



# NEWSLETTER

## EDITORIAL

Margarita Luisa A. Alfonso, MD

It has been 3 months since the last issue was released and now we're on our 2<sup>nd</sup>. So much has been happening in the organization, from convention preparations of our Silver edition to talks on the establishment of a wellness center for those who wish to quit smoking which are still in the drawing board. The Reach out and Read Committee has literally reached out to a number of communities and still counting, teaching them the value of reading. The Childhood Injury Prevention Committee has continuously catered to many government and non-governmental organizations, teaching them how to protect and handle children from accidents, injuries, disasters and emergencies and do first aid treatment. The new edition of the Bahaghari handbook, released by the Committee on Health Supervision in May 2019, serves as a guide on child development, anticipatory guidance and counseling for parents which is valuable for physicians and medical students alike. In its efforts to help curb tuberculosis in the Philippines, the TB Control committee participated in several discussions last year with the PEER project as the highlight of its activities. The project aims to screen, treat and prevent the spread of TB. Everyone is hopeful that all the plans come into fruition despite the disasters and epidemics that confront us this year. I wish that members would draw inspiration in any of PAPA's advocacies and proactively participate in the activities.

## Newly Elected PAPA Officers and Board of Trustees Meet

The newly elected PAPA Officers and Board of Trustees headed by Dr. Wenslyn SM Salvador conducted their 1<sup>st</sup> board meeting last January 22, 2020 at Stories by Lilypad Restaurant, Times St., Quezon City. The meeting was also attended by previous presidents, Drs. Mutya San Agustin, Edilberto Garcia, Jr., Liza Santos and the overall chair of the 2020 Annual Convention, Dr. Loreta Prodon-Mendoza who presented convention updates. Agenda discussed were the details of the upcoming 25<sup>th</sup> Annual Convention, ROR activities for children affected by the Taal volcano eruption and proposal for the establishment of PAPA's Wellness Center for those who wish to quit smoking.



First Board Meeting. (L-r): Drs. Wenslyn Salvador, Mutya San Agustin, Edilberto Garcia, Jr., Melissa Ramboanga and Marjorie Grace Apigo.

## The 25<sup>th</sup> Annual Convention: Silver Edition

All roads lead to 8 Waves Hotel, Bulacan for the Silver Edition of PAPA's annual convention on March 3-5, 2020. The preconvention workshop which will be held on March 3 will focus on Childhood Injuries: Identification, Prevention and Management, Disaster Workshop and Table Top Exercises. Lectures and workshop sessions will be conducted and facilitated by trained physicians and pediatricians spearheaded by Dr. Ma. Eva I. Jopson, head of PAPA's Committee on Childhood Injury Prevention. The main convention will be on March 4 and 5 with the theme "Optimizing Primary Health Care in the Ambulatory Setting." Attendance to the preconvention will earn the following CME units: PRC-10 CPD, PMA-8 CPD, PPS-8 CPD, PAFP-10 CPD category 2, while the main convention, the following: PRC-10 CPD, PMA-14 CPD, PPS-14.5 CPD, PAFP 20 CPD category 2. This year the Officers and Board of Trustees shall grant a 20% discount to Persons with Disabilities (PWD) and Senior Citizens attending either the preconvention or the main convention. A Luau-themed fellowship night will be held on March 4 for members, current and former presidents, officers and board of Trustees of PAPA. Women are encouraged to wear a colorful dress with a flower headdress while a floral polo shirt for men.

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## PAPA Culminates 2019 with Work and Play



*White and Gold outfit for the Strat Planning and Christmas Event. (L-r): Drs. Renee Neri, Zenny Centeno, Olga Formoso, Loreta Mendoza, Rica Jimenez, Liza Santos, Sarah Mendoza, Diding Morada, Mutya San Agustin, Wenslyn Salvador, Jeisela Gaerlan, Jasmin Castillo, Eva Jopson, Peter De Jesus and Marjorie Apigo.*

PAPA held its Strategic Planning activity last December 11, 2019 at Dolcelatte, Quezon Avenue, Quezon City. Led by the incumbent president Dr. Wenslyn Salvador, the committee heads and the chapter presidents presented their annual report, plans for the coming year and budget proposals. After the presentation, a fun-filled Christmas celebration with engaging games, dance and pageantry capped the night.

## COMMITTEE UPDATES

### Up, Close and Personal with Dr. Mendelsohn

Dr. Alan L. Mendelsohn, a developmental-behavioral pediatrician, is Associate Professor of Pediatrics and Population Health at New York University School of Medicine. A Fellow of the American Academy of Pediatrics, his researches have included various topics on early child development and poverty, the role of the pediatric primary care provider in promoting early literacy and school readiness and the importance of enhanced parent reading activities. Among his many important contributions to the research on ROR is the development of the Video Interaction Project (VIP) which adds a parenting coach to help strengthen parent-child interactions with books and toys provided during video recordings. This project has demonstrated that this intervention has improved parenting behaviors and social-emotional development and reduced maternal depressive symptoms and parenting stress. He spoke with the ROR groups in the Philippines last December 11, 2019 at Dolcelatte, Quezon Avenue, Quezon City. It was a getting to know you sort of a meeting where Philippine representatives of the ROR groups shared to him their activities in their institution or community.

### Committee on Early Literacy: Reach Out and Read

ROR program sites continue to advance the promotion of early literacy in their own institutions and communities by training more primary health care providers and pediatric residents and integrating the ROR model during well child visits. Presentations on the importance of books and reading from infancy have also highlighted the role of the pediatrician in children's lives. Dr. Jocelyn Quidlat gave one such presentation to midwives and nurses of the Safe Birth Initiative sponsored by Unilab as it promotes the new law on the "First 1000 Days". The grant from Wyeth to RORP in 2018 to promote and expand the program ended in 2019 and a preliminary report submitted to Wyeth and the PAPA Board in October 2019. A final report will be submitted in March 2020. The funds supported the training of 3 new ROR program sites (Pasig City General Hospital, Q1K in Lucena, Quezon and the Ilocos Training and Regional Medical Center). Two more sites (Perpetual Help Medical Center and Medical Center Manila) are also scheduled for training in March and April 2020. Book donations to the sites are most appreciated and PAPA members can contact each of the sites if they want to donate new and gently used children's books.



*Meeting with Dr. Alan Mendelsohn (Center). Clockwise fr left: Drs. Jeisela Gaerlan, Gerlie Zamora, Julie Jose, Mutya San Agustin, Dr. Mendelsohn's wife (partly hidden), Carmen Bonoan, Farrah Narag and Wenslyn Salvador.*

## Committee on Tobacco Control: Directions in 2020

In the past two years PAPA, in alliance with other pediatric subspecialty societies and along with other medical societies, FDA, DOH, various civic groups and concerned citizens, actively supported the passage of reforms in tobacco regulation. At the same time PAPA participated in both Congress and Senate hearings on e-cigarettes. Cognizant of health havoc that tobacco brings to smokers, Tobacco Control Committee saw the urgency of influencing a strong regulation of e-cigarettes (initially fought for total ban) because the nicotine in e-cigarettes leads vapers to traditional cigarette smoking (vaping as gateway to smoking). The success of the passage of Sin Tax Reform Law in 2019



*Reconvening the Asia Pacific Child and Family Health Alliance for Tobacco Control (CFTC) of the Western Pacific Region on Sep 14-15, 2015 in Bataan.*

raised the minimum age of sale of tobacco to 21 years old (from 18 years). Tobacco excise tax meanwhile is increased to 45 pesos with a 5 peso increase every year until the proposed for now optimum of 60 pesos is reached in 2023. These two important provisions are expected to limit youths' access to tobacco. Incidentally the law also included provisions prohibiting sale of e-cigarettes to anyone below 21 years old, and limiting the flavors to tobacco and menthol.

Ongoing in Congress are hearings of the technical working group (TWG) on HBS regulating e-cigarettes/vaping. Participation in the hearings for the IRR (implementing rules and regulations) will try to safeguard the welfare of youth particularly in the provisions in the minimum age of sale, flavor, marketing/advertisement as well as vaping in public places.

Gains in the regulations on vaping have been encouraging but must be watched until the bill versions in both Congress and Senate have been finalized and passed into a law. Apparently, there are efforts from people from the tobacco industry to railroad certain provisions in their favor.

Beyond vaping and smoking regulations which became a priority in the past years, the Tobacco Control Committee would like to conduct more Brief Advice on Smoking Cessation training workshops. An initial activity would be to update the training modules. As a corollary to this, the committee would like to activate the Asia-Pacific Child and Family Health Alliance for Tobacco Control.

## Committee on Childhood Injury Prevention

As part of the committee's advocacy of safety and injury prevention in school, a total of 150 books entitled "Keeping Jett Safe" were donated to Malaya Elementary School in October 9 and November 13, 2019.

One hundred twenty (120) participants attended the Child Safety and Injury Prevention Seminar in coordination with DOH CALABARZON for Calamba Province last November 29, 2019.



## Committee on Health Supervision Guidelines

BAHAGHARI, a developmental and child supervision handbook released last May 2019 is already out for grabs. A total of 1000 copies of BAHAGHARI handbooks have been printed and are already available for sale to different medical institutions, medical schools, physicians, and pediatricians This is the 5th edition of the handbook.





## Committee on Tuberculosis Control

*“PAPA will continue on its advocacies to translate researches into public policies, to work with communities to appropriately identify and address their needs, and to create a comprehensive health care system.”*

*~Dr. Mutya San Agustin~  
PAPA Founding President*

Last year, members and officers of PAPA attended several meetings pertaining to TB control. Among them were the following; World TB day celebration spearheaded by PhilCAT attended by Dr. Marjorie Grace Apigo, the 7th Union Asia Pacific conference held in Diamond Hotel last April 23, 2019 where Dr. Benjamin Sablan, Jr. presented his PEER project for PAPA, the 5th Annual Prospective Observational Research in Tuberculosis (RePORT) International Meeting which was participated by Dr. Wenslyn Salvador on September 19, 2019. Meanwhile, the Philippine Pediatric Society held a Consensus Panel meeting last December 9, 2019 at Hotel Benilde Maison De La Salle. Dr. Anna Hassan, the new TB Committee Chair, participated on behalf of PAPA in the discussion on the formulation of Clinical Practice Guidelines for TB in Children.



### ***PAPA 25th Annual Convention Organizing Committee Meeting, January 15, 2020***

*L-r: Drs. Cynthia Guce, Ana Armas, Efren Tan, Katerina Bustamante, Ramon Yambao, Heidi Alveza, Mr. Gilbert Robiso (Unilab, Inc.-Pediatrica) and his team, Drs. Sarah Mendoza, Rory Gonzales, Olga Formoso, Loreta Mendoza (Overall chair), Mike Resurreccion, Rica Jimenez and Alona Testa.*

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