



NEWSLETTER

AAP awards Reach Out and Read-Philippines National Director

Dr. Carmen Ramos-Bonoan, National Director of Reach Out and Read Philippines (RORP), has been selected by the American Academy of Pediatrics (AAP) Section On Epidemiology, Public Health and Evidence (SOEPHE) and the Council on Community Pediatrics to receive the 2020 Outstanding Achievement Award in the application of epidemiologic information to child health advocacy. The AAP recognizes pediatricians with this award because they have made outstanding contributions toward advocating for children and child health in the community through the use of epidemiologic information.

Prior to her return to the Philippines, Dr. Ramos-Bonoan served as Medical Director of the Child Health Clinics of the New York City Department of Health and Mental Hygiene, a network of over 50 pediatric primary care clinics in low-income underserved communities. She was also a member of the steering committee in New York City (NYC) that started the implementation of Reach Out and Read in several hospital-based pediatric clinics. Reach Out and Read of greater New York is currently a coalition of over 230 participating hospitals and community health centers. Dr. Ramos-Bonoan later became Assistant Commissioner of Child and Adolescent Health in the NYC Department of Health and Mental Hygiene.

In 2006, she worked with a team of PAPA pediatricians who submitted proposals to the ROR National Center in Boston, Massachusetts, to promote early literacy with the ROR model and 4 hospitals became the first pilot projects for this research-based intervention. Reach out and Read Philippines has collaborated with publishing houses and book distributors to print developmentally appropriate Filipino and Filipino/English books for children 0-5 years of age. It has also formed partnerships with foundations and organizations to promote early literacy. She has been featured in a series of workshops, "The Eager Reader" and "Dra. Carmen Says" sponsored by the Adarna Group Foundation and posted on its website and facebook. A grant of PhP1 M enabled RORP to expand and establish more program sites in Metro Manila, Laoag in Ilocos Norte, Bulacan and Quezon province.

The literacy committee that provides oversight of the ROR programs includes Dr. Carmen Ramos-Bonoan and Dr. Maria Jocelyn Quidlat as co-chairs and the ROR program directors in the different sites.



Dr. Bonoan reads with the children enrolled in the ROR in Purok Ilugin, Pasig

Inside the issue

AAP Awards Reach Out and Read-Philippines National Director.....	1
Editorial: 4P's: People...Places...Progress... Pandemic	2
PAPA Conducts First Webinar	2
Stories from the Survivors of COVID	3
Message from the PAPA Founding President	4
PAPA Committee Updates.....	7, 8

EDITORIAL

4P's: People...Places...Progress...Pandemic

It has been 6 months since the declaration of the pandemic by the WHO and we are more afraid than ever due to the rising number of COVID positive individuals particularly in Metro Manila. At the rate we are going, the light at the end of the tunnel seems nowhere to be found soon. Both South and North Americas continue to be afflicted with this deadly virus including India, South Africa and the Philippines as the highest in Asia according to the WHO report last August 2020. The COVID pandemic definitely made a massive impact in the lives of people all over the world. People of all walks of life were affected, physically, psychologically and financially. The unprecedented downturn of the economy all over the world pushed most countries into recession. The stock market plummeted. There was a tremendous slump in most businesses in the country forcing our very own Jollibee to close down over 200 stores. Some even declared bankruptcy. Others lost their jobs. Those in the

lower echelons of society suffered the most. A lot are still struggling, waiting and hoping that everything will be well. This pandemic affected people, places and progress. Each one has a story to tell. In this issue, we have collected stories from our members and friends who shared how this pandemic affected their lives. Prayers and family remain their stronghold as they go through the hardships in life. Staying at home, working from home provided an opportunity for them to know more the personality and values of each member of the family. Many lessons were learned. For some, learning new things, new skills, new methods are necessary to survive. For others, the ability to adapt with the changes happening in this volatile, uncertain, changing and ambiguous world is a valuable skill and virtue for progress. Nobody knows when this will end. But everyone is optimistic. Life still goes on, thankful for everyday that we live, living life one day at a time.

PAPA Conducts First Webinar

Edna Sarah C. Morada, MD, MHPEd, FPPS

The Philippine Ambulatory Pediatric Association becomes relevant during these trying times by hosting an online discussion entitled "Challenges and Opportunities to Support Children and Families During the Pandemic". This webinar took place on June 29, 2020, 6:30 to 7:30 pm using the platform Microsoft Teams with three speakers in tow.

The first speaker, Dr. Carmen Ramos-Bonoan, talked on "The Importance of Early Literacy: Books and Reading in Times of Crisis". She quoted Dr. Robert Needlman, cofounder of Reach Out and Read, who said "If we want children to be successful, we have to begin early and beginning early is what we pediatricians are all about. Reach Out and Read is about doctors working with parents on behalf of their children." Dr. Ramos-Bonoan expounded on reading and books and how they are the key to education and hence our key to success. She is the National Director of Reach Out and Read Philippines and is a fellow of the American Academy of Pediatrics.

Dr. Ma. Jocelyn Niere-Quidlat, our second speaker, tackled the topic "The Reach Out and Read Model and its Implementation in the Philippines". She said that there are three components of the ROR model which are: anticipatory guidance, a new book, and a literacy-rich environment. Dr. Niere-Quidlat reiterated the mission of ROR Philippines being its co-chair in the country. She shared good e-book resources found in www.reachoutandread.org/resources and www.papainc.org. Dr. Niere-Quidlat served as past president of both the Philippine Ambulatory Pediatrics Association and Society of Adolescent Medicine Philippines (SAMPI). She is affiliated with the Hospital of the Infant Jesus Medical Center and currently is the Assistant Training Officer of the Department of Pediatrics.

The discussion became more interesting with the presentation of Dr. Angelica Cecilia V. Tomas, UP-PGH medical consultant, as our last speaker. Her topic covered the "Integration of Literacy Promotion in Pediatric Practice and at Telehealth Visits." Dr. Tomas said that introducing books and reading aloud to families with young children supports early childhood development. She showed some video

clips reminding the participants on age-appropriate teachable moments. At one year old or earlier, the infant gets to listen to the parent's voice and hear more language. At two years old, the toddler realizes that books are an important part of family life and routines. Then at three years old, Dr. Tomas said, reading books increases comprehension and the ability to retell stories. Finally, at four years old, reading books with children helps them to identify parts of a story, like characters and setting.

The webinar discussions were capped by Dr. Peri Klass, National Medical Director, Reach Out and Read National Center, Massachusetts, U.S.A. She said that reading aloud can be integrated during telehealth visits. This provides an opportunity to focus on anticipatory guidance and to promote positive parenting. Overall, reading and routines create a sense of security and normalcy especially during this pandemic.

The PAPA webinar was conducted in collaboration with Unilab, Inc.

The graphic is a rectangular invitation for a webinar. At the top, it says "You are invited to the Philippine Ambulatory Pediatric Association, Inc. WEBINAR". The main title is "Challenges and Opportunities to Support Children and Families During the Pandemic". Below the title, the date and time are listed: "29 JUNE 2020, MONDAY 6:30 PM UTC+8:00 Philippine Time, 6:30 AM Eastern Time (ET)". A blue box contains the "TOPICS" section, listing three topics: "The Importance of Early Literacy: Books and Reading in Times of Crisis", "The Reach Out and Read Model and Its Implementation in the Philippines", and "Integration of Literacy Promotion in Pediatric Practice and at Telehealth Visits". Below the topics, there is a "SPEAKERS" section with four circular portraits and names: Edna Sarah C. Morada, MD, FPPS (Moderator); Carmen Ramos-Bonoan, MD, FAAP (National Director, Reach Out and Read Philippines); Maria Jocelyn Niere-Quidlat, MD, FPPS, DPSANS (National Director, Reach Out and Read Philippines); and Angelica Cecilia V. Tomas, MD, DPPS (Medical Consultant, Reach Out and Read Philippines). The bottom right corner says "In Partnership with" followed by logos for Unilab and the Philippine Ambulatory Pediatric Association.

E-invite to the first PAPA webinar

Jeisela C. Balderas-Gaerlan, MD
PAPA La Union Chapter President

COVID has caught everyone by surprise. Never have I experienced this kind of fear and burden suffered by me and my fellow doctors. Coronaviruses, considered one of the common viruses that cause diseases, is self-limiting and treatment, supportive. The current Covid-19 pandemic can be likened to a war. Like all wars, there are battlefields. In this case, these are the hospitals and other health care facilities, where the enemy appears mainly as a respiratory ailment, ranging from mild to life-threatening. In this scenario, the health care workers can be considered the frontline soldiers in a battle to limit casualties and keep the virus from spreading.

As Assistant Medical Director and a member of the Task Force on Covid at Lorma Medical Center, our team is responsible to design and implement systems and processes for all patients coming in the hospital, whether outpatient or in-patient, Non-Covid or Covid cases, whether Suspect, Probable or Confirmed. Guidelines for the key sections of the hospital were drafted to ensure the safety of all medical and non-medical personnel.

Similarly, designated as the referral center for Covid in Region I, the Ilocos Training and Regional Medical Center (ITRMC), a tertiary government hospital, adapted effective measures to prevent transmission of infection among the hospital personnel. We divided medical frontliners into three teams. Each team goes on duty for one week straight and then takes a break for two weeks. This 14-day break allows members of the team to observe for symptoms of Covid disease that will manifest after their tour of duty. If one becomes symptomatic, he and his close contacts are subjected to additional tests and if necessary isolated, confined and treated. This strategy prevents interruption to efficient health service delivery if some healthcare workers become sick.



Health Workers of Ilocos Training and Regional Medical Center (ITRMC), San Fernando City, La Union

We admitted 2 Covid positive pediatric patients in the hospital; a 3 month-old boy exposed to a Covid positive grandmother who is an OFW from Hongkong and a 16-year-old boy with no history of exposure. Both had an uneventful hospital stay. We also assisted the delivery of a baby boy to a COVID Suspect pregnant mother who came in labor. The infant was temporarily separated from her pending the result of the RT-PCR Covid test. Breastmilk from our milk bank was initiated. They were discharged eventually when the Covid swab came out negative on the 4th day.

Managing Covid cases is indeed a challenge. It is a novel disease and therefore the signs and symptoms, the classification and even the management are evolving and changing. The estimated infection rate for doctors and health workers is approaching 20% of all those infected. It may not come as a surprise that the disease will hit the health sector hard. No one is immune. We go on duty to the hospital in fear and trepidation. To protect ourselves, we wear PPE's (personal protective equipment) like face masks, face shields and gowns and observe social distancing. This makes the work we do more difficult and awkwardly uncomfortable, a steep price to pay to avoid getting infected. We risk not only our life and health but our family and loved ones as well. We go through the routines of disinfection and decontamination at work and at home to keep everybody safe.

We are not heroes but we realize that people depend on us. We have to live up to the Hippocratic Oath we swore, not to mention, the Christian charity that we have embraced. We grieve heavily when a fellow men in white lost the battle.

I tried to reflect and rationalize why Covid came and changed the world. Its treacherous appearance mimics the gradual clearing of humanity, a form of revenge of mother nature, a punishment for our disregard. This may sound so profound but I cannot but accept and embrace to live the New Normal, Beyond Normal. Will things be back to how it was before? Que sera sera!!! I feel sadness for the world. To the fallen HEROES, I salute them. They have accomplished their mission well with dedication and without regrets. To my fellow doctors, let us continue to serve with passion and compassion despite the risk.

We are comforted by the thought that there is a God who is protecting us. May He cover us with His holy blood, magnanimous in His love and mercy. Every morning God says: One more time, live life, make a difference, touch one's heart, encourage one mind and inspire one soul...Let us keep the FAITH for it is our strength.

Message from PAPA's Founding President

Mutya San Agustin, MD, FAAP

My heartfelt greetings to everyone to be safe, stable, healthy and coping well as frontliners, active and retired physicians, parents and children. I pray for the memory of our colleagues, family and friends who lost their lives and those who lost their loved ones in the service of their profession during this pandemic. The great contribution of the health workers on the frontline should not go unrecognized.

I went back to New York City (NYC) from the Philippines on March 10, 2020, just in time for the lockdown. I have been staying mostly in the apartment in NYC, joining webinars organized by medical societies here. When the weather is good, I take a walk at the Riverside Park, near my place of residence for some exercise and sunshine.

My compliments to the Officers, Board, Chairs and members of Advocacy Committees for the passion and commitment to the mission and vision of PAPA, Inc.; for your effort in putting together webinars with the theme "Challenges and Opportunities to Support Children and Families During the Pandemic" thru PAPA's advocacies—Reach Out and Read Program, Brief Advice on Tobacco Cessation and Control and Child Injury Prevention and Child Protection. God Bless us all to be safe and well. Best Wishes.

PAPA 26th Annual Convention
Tentative date:
MARCH 15-16, 2021

The Philippine Ambulatory Pediatric Association (PAPA) will be holding its 26th Annual Convention tentatively on March 15-16, 2021 with the theme "New Perspectives, Directions and Opportunities in Pediatrics in the Post COVID Era". It highlights the various aspects of ambulatory practice such as nutrition, physical and mental development, immunization and the like, and new viewpoints, roadmaps and opportunities that have developed during the pandemic. Confirmation details will be posted on the PAPA's website.

Ma. Cecilia D. Alinea, MD, FPPS
Overall Chair, 26th Annual Convention

COVID Stories cont.

When The Doctor Becomes a Patient

Catherine Maramag, MD

Tondo Medical Center

So many reasons to be grateful for.

I am simply someone who is trying to make sense of my suffering caused by Covid 19. But these experiences not only shaped my view of the world but also convinced me of God's inherent goodness especially in these uncertain times. Working on the frontline can be stressful and difficult. Much more, scared and scarred once you contract the illness.

After testing positive 4 times for Covid and stayed in the hospital for almost a month in agony, it was at this time that God really tested my faith. Anxiety, fear, loneliness and depression permeated my whole being. I terribly missed my family and my work. I was hopeless. But I was able to overcome these emotions by talking to my family and friends frequently, given the opportunity. I continued to trust in God and his plans for me. I realized that during these difficult times, He leads me to the path towards my "greatest" self. I fought hard. Finally, my 5th swab came out negative.

Looking back at my experiences brought by this pandemic, I realized that when you pray hard enough, God truly listens. One must continuously hope, remain patient and optimistic that soon, all will be well. We need to take care of ourselves and stay healthy. We must accept the recommended practices of the New Normal; observe social distancing, wear an effective face mask and practice proper hygiene. To those who are afflicted and battling this crisis, going through this may be a grueling nightmare but find comfort in God's love as you overcome each struggle. God indeed has a specific purpose for each one of us. I am so glad to have supportive family, friends, fellow frontliners who continued to uplift my dampened spirits during my confinement. Endless gratitude goes to all my fellow doctors, my heroes, who looked after me during my entire hospital stay, and to our God who is all GOOD and GREAT! Indeed, so many reasons to be grateful for. Now, I am ready to face another battle.... on the frontline. I am a frontliner and a COVID 19 Survivor!

Leila Jane Farrah Narag, MD

Tondo Medical Center

The COVID 19 pandemic has been a big scare not only in the Philippines but worldwide. Frontliners are at a higher risk to acquire this dreaded disease. I, for one did not expect to be infected, but the unexpected happened. Initially, I was experiencing some Covid-like symptoms. Because of these symptoms, the thought that I could be one of the possible Person Under Investigation (PUI) scared me thus, I ignored them. However, one frontliner whom I had close contact with was confirmed to be Covid positive. My suspicion of being infected terrified me, not only for myself but for my family as well. I cried when the institution called me to be admitted as PUI because this means that I would be away from my family for a while. I was devastated when I was confirmed to be Covid 19 positive. I pitied myself. But with my family's and my Pediatric department's unending support, I tried to be strong to fight this infection. At times, I would become extremely anxious and depressed but with the help of my family and coworkers, I was able to overcome these feelings. For more than three weeks I battled with this infection. However, this made me realize that Covid is nothing and I can survive it. With this resolve, I was determined to be with my family again and go back to work soon. Now, I am a COVID 19 survivor.



Dr. Maramag tending to a patient during this pandemic.

Stories from the Ilugin Community

Situated east of Metro Manila, Purok Ilugin is a densely populated area of Barangay Pinagbuhatan, Pasig with around 1500 households. The working population consists mostly of factory workers, vendors, carpenters, tricycle drivers, sari-sari store owners, government employees and contractual workers who are mostly construction workers. The Ilugin community is one of the beneficiaries of the Reach Out and Read Program of the Philippine Ambulatory Pediatric Association (PAPA). I have asked our Ilugin community volunteers to share what they felt, thought and did during the lockdown and realizations during the 1st 3 months of the lockdown.

Noong naglockdown, nagpanic ako. Nag-alala ako para sa aking pamilya. Dahil sa sitwasyong iyon, namili ako ng mga importanteng kailangan sa pamilya- bigas, delata at kung anu-ano pa para maistock sa bahay dahil walang kasiguruhan kung ano mangyayari. Upang harapin ang sitwasyon at labanan ang pangamba, kami'y nagdasal. Nilibang ko ang aking sarili sa pamamagitan ng paglilinis ng bahay at makipagbonding at kulitan sa aking mga anak. Subalit hindi maiaalis ang aking pag-aalala dahil sa kawalan ng kita naming mag-asawa. May mga pagbabagong naganap sa aming buhay katulad ng palagiang paghuhugas ng kamay, mag-alcohol, at mag-mask pag lumalabas para iwas sakit. Ang pandemyang ito ang nagturo sa akin na ang pagdarasal ang tanging nagbigay sa amin ng lakas at katatagan ng loob. Nabatid ko rin ang kahalagahan ng pag-iipon para may madudukot sa panahon ng kawalan ng trabaho. Nalasap ko ang tunay na family bonding sa pagkakataong ito dahil lahat kami ay nasa bahay ng 24 oras sa loob ng halos 7 araw. Ang kahalagahan ng paghuhugas ng kamay gamit ang tubig at sabon, o alcohol at paggamit ng mask ay tunay na pinakamainam na paraan upang makaiwas sa sakit na COVID. *(When the lockdown was imposed, I panicked, afraid for my family. Due to the uncertainty, I hurriedly bought the essential necessities-rice, canned goods and other important things I need to stock at home. In order to face the situation and overcome our fears, we prayed. Cleaning the house, bonding and horseplaying with my children occupied my time to entertain myself. But I cannot but worry because we do not have any income. There are changes that happened in our lives like frequent handwashing, using alcohol, and wearing a mask when going out of the house to prevent getting sick. This pandemic taught me that only prayers give us strength and fortify our resolve. I also realized the importance of saving up so I have something in times of drought. I experienced the real essence of bonding with my family because we are all stuck at home for almost 24 hours, 7 days a week. Hand hygiene using soap and water or alcohol and use of masks are important ways to avoid Covid).* ~Rea~

Noong nagdeklara ng lockdown, sabi ko nung una, ok lang kasi kailangan talaga. Subalit habang tumatakbo ang araw, linggo at buwan, sabi ko sa sarili ko, hanggang kailan? Habang lumalaon, nanahimik na lang ako sa bahay at nananahi ng mask para malibang ko ang aking sarili. Hinarap ko ang bawat araw na magdaan, "one day at a time". Naniniwala ako na "Health is wealth". Natutunan ko na mahalaga ang may ipon kahit papaano. *(When lockdown was declared, I initially told myself "it's ok, because this is really needed." But as days, weeks, months went on, I told myself, "until when?" Subsequently, I retreated at home, sewing masks to spend my time wisely. I face the day as they come, one day at a time. I believe that "Health is Wealth". I learned the importance of having at least some savings).* ~Carla~

Medyo natakot ako nung naglockdown kasi baka walang makuhanan ng supply ng pagkain. Para labanan ang aking takot, tumulong ako sa aming barangay na nagbibigay ng relief sa aming mga kabarangay. Nagassist din ako sa pagbabantay sa lugar namin upang walang makapasok na may COVID. Kinukunan ko sila ng temperature at nilalagyan ng alcohol ang kanilang mga kamay. Hinarap ko ang pagsubok ng pandemyang ito ng buong tapang dahil kailangan nating maging matatag para sa aking mga kabarangay. May mga pagbabagong naganap sa aming pamilya katulad ng pag-iwas sa paglabas kung hindi importante ang gagawin. Iwasan din ang pakikisalamuha sa labas ng bahay. Stay at home na lang kami palagi. Ang pandemyang ito ang nagtulak sa akin na maging mas matulungin sa kapwa. Naging mas lalo kaming naging maalaga sa aming health. *(I was a bit fearful during the lockdown because there might be a lack of food supply. To overcome my fear, I assisted our village personnel in providing relief goods for its constituents. I volunteered to police our area to prevent entry of COVID infected persons. I get their temperatures and spray alcohol on their hands. I faced the challenges that this pandemic brings with courage because I need to be strong for my fellow villagers. Avoid going out of the house if there is nothing important to do and avoid interacting with people outside of the house are some of the rules we imposed in the family. We stayed at home as a family at all times. This pandemic pushed us to be more helpful to others. Now, we are more than ever careful with our health).* ~Carina~

COVID Stories cont.

Stress at pagkabahala ang naramdaman ko nung naglockdown. Para maibsan ang aking matinding pangamba, naging pagkakataon iyon upang makapagbonding kaming mag-anak sa bahay. Nagdasal kami upang maibsan ang aming takot. Naging busy ako sa paggawa ng gawaing bahay. Napagisip ko na marami ding walang trabaho at walang sahod, kaya di ko dapat ipagmukmok ang nangyayari sa amin ngayon. Hindi kami makalabas kaya sa bahay lang kami ng 3 buwan. Marami akong natutunan sa pandemyang ito; habaan ang pasensya at mag-ingat parati. *(I felt stressed and worried during the lockdown. To allay my fears, the situation provided the opportunity to bond with family members. We prayed to lessen our fears. I busied myself with household chores. I realized that many lost their jobs and have no income so I should not brood with what is happening with us now. We cannot go out so we stayed home for 3 months. I learned many things in this pandemic; stretch my patience and to stay safe at all times).*~Luz~

Na-stress ako nung naglockdown dahil hindi ko maisip kung papaano magkaroon ng hanap buhay. Nawalan ng trabaho at sahod ang aking mga anak. Ang hirap ng buhay. Hindi ko rin alam kung saan ako pupunta dahil bawal lumabas ang senior. Napag-isip-isip ko na kailangang magkaroon ng ipong pera sa lahat ng pagkakataon. *(I got stressed during the lockdown because I do not know how I can earn a living. My working children lost their jobs and have no income. Life is hard. I do not know where I will go because senior citizens are not allowed to go out. I realized that we ought to have savings at all times).*~Virgie~

Natakot po ako nung naglockdown. Nagstock kami ng mga kailangan sa bahay. Bagama't takot ang naramdaman ko nung simula, sinubukan kong maging kalmado. Naging maingat din kami upang walang magkasakit sa pamilya. Di makakaila na lumiit ang kita ng pamilya sapagkat may mga nawalan ng trabaho. Subalit sa kabila ng pagsubok ng pandemya, natuto kaming maging malinis sa lahat ng bagay upang maiwasang magkasakit. *(I was afraid during the lockdown. I stocked the essential items at home. Despite the fear that I experienced initially, I tried to calm myself down. We were careful so nobody in the family gets sick. I cannot deny that indeed the family income decreased because some lost their jobs. However, despite the challenges of this pandemic, we learned to be clean at all times to prevent illness).*~Sally~



The Ilugin Community Health Volunteers (CHVs) from Pasig

A Different Lens

Today, June 10, 2020, is the 88th day I have been in quarantine because of the COVID-19 pandemic. Time went swiftly because I kept myself busy. When COVID-19 made the news, I believed it was God-sent – not as a punishment, but His way of telling us to amend our lives. For giving us a chance, we cannot thank Him enough. God is fixing the mess we have created, and we must cooperate. Quarantine is a good time for me to ponder, to process, and to reflect on the spiritual side of my life. At 77, this matters most. Now I found a daily ritual, I pray I will never miss. Although there is a little worry in me, I have no fear because I firmly believe in what Jesus said: “Be still. “Be not afraid.” May this COVID-19 pandemic make us better people, living in a better world, caring for one another, adoring Jesus. ~Blanquita Kimpo~

PAPA's Committee Updates

The Philippine Ambulatory Pediatric Association's Committee on Childhood Tuberculosis Control has actively participated in numerous events spearheaded by the Philippine Coalition Against Tuberculosis (PhilCAT) since May 2020. Dr. Anna Hassan, PAPA's committee head was invited to be one of the resource persons for the PhilCAT's webinar entitled COVID-19: Impact on TB Care and Prevention, held last May 27. Dr. Hassan shared PAPA's experiences on the impact of COVID-19 on the delivery of TB services and its perceived impact in future initiatives.


The committee, together with other partner organizations attended planning sessions for PhilCAT's National Lung Month Webinar Series which were held last August. The webinar series, which were conducted in partnership with the Department of Health and the World Health Organization comprised of five interactive and well-attended sessions with esteemed national and international speakers.

To cap the celebration of the National Lung Month, PhilCAT held a general assembly last August 28, 2020 wherein different organizations presented their current initiatives pertaining to screening, prevention and control of childhood tuberculosis. Dr. Christel Mendoza, co-chair of PAPA Committee on Childhood Tuberculosis Control presented PAPA's community-based training and activities that were accomplished as well as future projects it envisions. During the assembly, PhilCAT also announced the development of a new committee, the Section of Child and Adolescent TB to strengthen its efforts to eliminate childhood tuberculosis through public-private partnership. PAPA was formally included among its member societies while Drs. Ana Hassan and Christel Mendoza were designated as official representatives from PAPA of this newly-formed committee.



TB Committee meeting on Feb. 25, 2020


Clockwise from left: Dr. Christel Mendoza (co-chair), Dr. Rosalia Buzon, Dr. Ana Hassan (committee chair), Dr. Carmen Bonoan (ROR chair), Ms. Myrah Lelis (admin secretary), Dr. Mutya San Agustin (founding president), Dr. Benjamir Cabrera and Ms. Gay Tolentino (admin assistant).




COVID-19: Impact on TB Care and Prevention

PhilCAT has invited resource speakers from various professional societies in infectious diseases, pulmonary medicine, public health, advocates and experts in adult and pediatric tuberculosis:

- Philippine College of Chest Physicians
- Philippine Society for Microbiology and Infectious Diseases
- Philippine Pediatric Society, Inc.
- Pediatric Infectious Disease Society of the Philippines
- Philippine Academy of Pediatric Pulmonologists
- Philippine Ambulatory Pediatric Association, Inc.
- Child Neurology Society of the Philippines
- UP-PGH Department of Pediatrics / Infectious and Tropical Diseases (INTROP) Division
- Lung Center of the Philippines
- De Los Santos Medical Center
- De La Salle Medical and Health Sciences Institute
- Tropical Disease Foundation, Inc.
- Samahan ng Lusog Baga





Moderated by:
Dr. Camilo C. Roa, Jr.
Founding Chair of PhilCAT

When: 27 MAY 2020 (Wednesday)
Time: 9:00 AM - 11:00 AM

Guest Speaker:
Dr. Anna Marie Celina Garfin
National Tuberculosis Program Manager
Department of Health

This webinar was organized in collaboration with
ULIVaccines, Inc.

Microsoft Teams
Download the App now!

The PhilCAT Webinar attended by different professional societies including PAPA, represented by the TB Control Committee Chair Dr. Ana Hassan.

Tobacco Control Committee Updates

Smoking remains the top preventable cause of non-communicable diseases and kill eight million people worldwide every year including 17 Filipinos every hour or 240 Filipinos dying every day or 87,600 every year. Although policies and regulations have effectively reduced smoking prevalence during the last 15 years the fight against this pandemic is far from over especially with the introduction of e-cigarettes and heated tobacco in the market which complicates tobacco control.

While the world struggles to beat smoking and an imminent vaping pandemic if control measures fail, an outbreak of a new disease from a then unknown virus began in Wuhan, China reaching pandemic proportion in 2020. On 30 January 2020, the Philippine Department of Health reported the first case of COVID-19 in the country. To date COVID-19 has claimed the lives of 4000 and has afflicted at least 245,00 Filipinos.

The impact on health of these two pandemics together will be the main topics of the upcoming webinar.

Twin Experts to Talk on Twin Pandemics

The Tobacco Control Committee in partnership with UMED is coming up with a webinar on September 29, 2020 at 6:00 PM to 7:30 PM (Philippine Time). Entitled Tobacco and COVID-19 Twin Pandemic: Shielding the Children, the webinar wishes to present the magnitude of tobacco-problem that goes beyond health and what measures are in place to address this problem; and the synergistic effect of tobacco and e-cigarette use in poor outcome of patient with COVID-19 disease.

To be moderated by Dr. Benjamin Sablan, past president of the Philippine Ambulatory Pediatrics Association, the webinar puts together two anti-tobacco stalwarts:

Ulysses Dorotheo, M.D., FPAO will talk on Tobacco -The Neglected Pandemic

Dr. Ulysses Dorotheo is a Filipino Neuro-Ophthalmologist with two decades of experience as a tobacco control advocate, whose policy advocacy work revolves around implementation of the WHO Framework Convention on Tobacco Control (FCTC) in the ASEAN region, including in the areas of tobacco taxation, smoke-free environments, packaging and health warning labels, advertising and marketing bans, and industry interference. He is the current executive director of the Southeast Asia Tobacco Control alliance (SEATCA) and a former chair of the board of the Framework Convention Alliance (FCA), a global alliance of tobacco control civil society organizations.

Annette David, M.D., MPH, FACOEM will talk on Tobacco, Vaping, and COVID-19: A Deadly Combination.

Dr. David is an Internist and Occupational and Environmental Medicine specialist who completed her Doctor of Medicine at the University of the Philippines College of Medicine, Masters in Public Health at Columbia University (NY), Internal Medicine residency training at the State University of New York at Stonybrook, and post-graduate fellowship at Yale University.

Dr David has worked with WHO for almost two decades. She was Technical Officer, and eventually Regional Adviser, for the Tobacco Free Initiative (TFI) at the WHO Western Pacific Regional Office, before moving to the US Territory of Guam. She serves as the Guam Department of Public Health's Tobacco Control Consultant and chairs the State Epidemiological Workgroup of Guam.

The poster is for a webinar titled "TOBACCO-COVID19 TWIN PANDEMIC: SHIELDING CHILDREN". It features the UMED ONLINE EVENTS logo at the top left and a circular logo with a globe and a virus at the top right. The main title is in a blue banner. Below the title, the date and time are listed: "September 29, 2020 | 6:00 PM - 7:30 PM". There are three circular portraits of the speakers: Edgardo Ulysses N. Dorotheo, MD (SPEAKERS), Annette M. David, MD (SPEAKERS), and Benjamin P. Sablan, Jr., MD (MODERATOR). To the right of the portraits is an illustration of a child in a protective bubble, with a virus particle and a cigarette nearby. The background is white with blue and green accents.

LINK TO REGISTER:

<http://bit.ly/Tobacco-COVID19>

Editor

Margarita Luisa A. Alfonso, MD

Contributors

Carmen Ramos-Bonoan, MD

Marionito Estanislao, MD

Jeisela Balderas-Gaerlan, MD

Maria Ana Hassan, MD

Ilugin Community Health Volunteers

Blanquita Kimpo

Catherine Maramag, MD

Edna Sarah Morada, MD

Leila Jane Farrah Narag, MD

Layout Artist:

Myrah Joan H. Lelis

Philippine Ambulatory Pediatric Association, Inc.

Unit 1409 Balagtas Royale Mansion, 168 Balagtas St., Pasay City 1300

(0632)8525-1797/ 0933-9144623

papa_incorporated@yahoo.com

www.papainc.org

