



NEWSLETTER

PAPA Convention goes Virtual



PAPA 26th Annual Convention Day 1 Speakers

PAPA 26th Annual Convention Day 2 Speakers

The Philippine Ambulatory Pediatric Association held its 1st virtual convention last May 10 and 11, 2021 entitled “New Perspectives, Directions and Opportunities in Pediatrics Amidst the Prevailing Pandemic”. The 26th Annual convention was spearheaded by Dr. Ma. Cecilia Alinea as overall chair and Dr. Angelica Tomas as co-chair.

The 1st day began with a marvelous video presentation of PAPA’s 27-year journey; its mission and vision, the trailblazers, the milestones, its achievements, such as the establishment of 5 advocacies and the 4 chapters in the Philippines. The rousing presentation was followed by an invocation led by Dr. Christel Mendoza. The PAPA president, Dr. Wenslyn Salvador stated in her welcome address that “we have the power to win over the challenges with the bahaghari mindset of bright and colorful hues over the horizon, to rise above the challenges because hard lessons in life are learned during hard times.” Dr. Cecilia Alinea, the overall chair, expressed her sincere gratitude for the overwhelming attendance of participants coming from the different areas of the Philippines and outside, including the United States and Australia. She then presented an overview of the topics to be discussed for the 2-day event.

The keynote speakers on day 1 were none other than luminaries in the field of Pediatrics; the founding president of PAPA, Dr. Mutya San Agustin and Dr. Benjamin Sablan, past

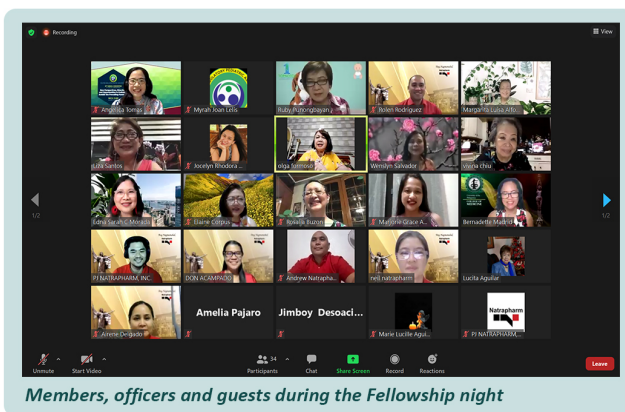
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president of PAPA. A professor at Albert Einstein College of Medicine in Bronx, New York, Dr. San Agustin discussed the principles of leadership during a health crisis.

“Leaders must communicate the gravity of the challenges and admit humbly that they do not have the answers yet”. She said, “leaders, stakeholders collaborate and work together following the basic principles of leadership. There should be unified leadership among government, public health, medical societies, health professionals and the community.”

She urged the audience that the way forward to a better normal is to advocate lifestyle and preventive care, promote evidence-based education that is patient-oriented and provide anticipatory guidance to all our patients. Dr. Sablan, a professor of the UP College of Medicine, mentioned the key challenges that resulted due to prolonged quarantine namely, social determinants of health, lack of communication with pregnant women, adjustments with home learning, social and emotional health concerns, mental health of parent and caregiver, and online safety. In addition, he said



that physical distancing that leads to social distancing, loss of family income and disruption in services like health, education and religious services are some of the factors that negatively impact children’s health. According to him, various stressors among patients led to a lack of daily schedule, changes in sleeping routine, unhealthy diet, decrease in physical activity, increase length of quarantine and increased screen time. Health providers, particularly doctors, are not spared from the impact of the pandemic and have made

major adjustments in their professional practice in order to cater to the needs of patients and the safety of everybody.

The keynote address was followed by four equally fascinating lectures. Dr. Yasmin Senturias, a pediatrician and professor from Yale University, explained how the complex and pervasive changes brought about by the pandemic affect child growth and development. She also listed down the challenges that the pandemic posed on health promotion and some tips to mitigate these. She emphasized the importance of good role models in dealing with stress and how parents play a key role in helping buffer toxic stress through different activities that support growth and development even during this pandemic.

In his lecture “Eat, Drink and be Healthy”, Dr. Edilberto Garcia, a general pediatrician, discussed the pre-pandemic state of nutrition of our children and how it has worsened during the pandemic. He illustrated how food insecurity increased by about 20% during the pandemic especially in households with children and pregnant women. Proper storage of fruits and vegetables and enhancement of the nutritional value of food packs rationed by the government using the *Pinggang Pinoy* guide are effective ways to promote good nutrition during resource-challenged times. Dr. Liza Gonzales, in her talk, emphasized the importance of catching up and boosting immunizations. She also proposed innovative ways to adapt to address vaccine hesitancy and encourage vaccine compliance. She ended her talk by quoting the Director General of the World Health Organization, Tedros Adhanom Ghebreyesus, “we must not forget the dozens of lifesaving vaccines that already exist and must continue to reach children everywhere.”

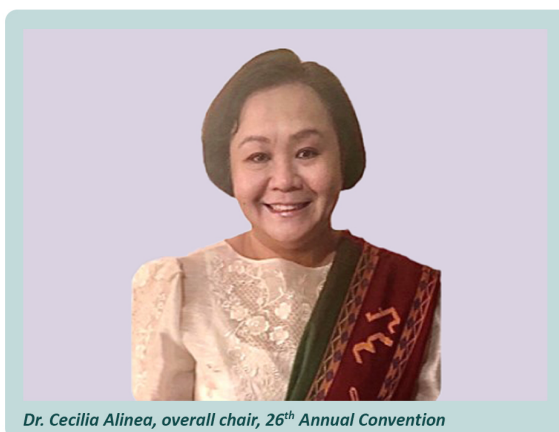
Dr. Jocelyn Quidlat, the co-chair of the Reach Out and Read (ROR) Committee of PAPA stressed in her talk the importance of continuing home-based literacy activities like shared reading, simple word cards and word games as good methods that promote child literacy during the pandemic. She cited that the Reach Out and Read program teaches parents the importance of reading to children

and puts books into the homes of disadvantaged Filipino children. Dr. Jasmin Castillo ably moderated the proceedings of the day. To cap the day, PAPA members, officers and guests virtually gathered for fun, games, and music during the annual fellowship night spearheaded by the gorgeous Dr. Olga Formoso and the dashing Dr. Mathony Basco.

The participants were greeted on the 2nd day by Dr. Mariella Castillo, the Health and Nutrition Specialist of UNICEF Philippines, with her keynote speech “Averting a Lost Generation in the Philippines: Lessons learned (so far) from the Covid 19 Pandemic”. Dr. Castillo noted in her discussion that increasing poverty, fewer antenatal consults and decrease visits to health facilities challenge child health. She outlined 6 action areas for a post pandemic Philippines, namely: 1. ensure that all children learn; 2. guarantee access to health and nutrition services; 3. support and protect mental health of children and young people and bring an end to abuse, violence and neglect; 4. increase access to clean water, sanitation and hygiene; 5. reverse the rise of child poverty; and 6. redouble efforts to protect and support children and families in conflict, disasters and displacement. Dr. Michelle de Vera, a pediatric allergologist, mentioned the role of research in deepening our understanding of pandemic child health. She shared tips on how to take pediatric research forward, how to critique available research and how to manage current research data on child health meaningfully. She underscored the importance of pediatric research in our practice, even more so during the pandemic.

Meanwhile, Dr. Emma Llanto noted that stress and rising mental health concerns are some of the challenges that adolescents face in the prevailing pandemic. Her acronyms HELP (Hope, Empathy, Loyalty and Partnership) so teens THRIVE (Tools, Healthy Coping, Routine, In Touch, Variety, Eat Healthy and Exercise) serve as a guide for primary care physicians who care for teenagers during this time. Dr. Ma Cecilia Alinea, a clinical associate professor at the UP College of Medicine, PGH-Manila and overall chair of the convention, said that school closures due to the pandemic may cause adverse effects on the education and well-being of children. She emphasized the importance of developing resilience, a trait that will help students during this difficult time. Increasing positive experiences and strengthening confidence, control, coordination, composure and commitment or persistence are some of the practical tips she suggested to foster resilience in families.

The last talk for the day, expertly moderated by Dr. Michael Te, was a panel discussion on “Career Paths for Generalists”. Prominent figures in the field of public health, the academe and community medicine graciously shared their journey in the path they have chosen and how it has created an impact in their life as a physician. Dr. Albert Domingo, a consultant for Health Systems and Emergencies for World Health Organization Philippines, gave his perspective as a public health practitioner. The associate dean of



Dr. Cecilia Alinea, overall chair, 26th Annual Convention

the Ateneo School of Medicine and Public Health, Dr. Martin Graciano Raymundo Baquiran, discussed the role of the physician in the academe. When asked if the academe can be part of a physician’s career, he quickly affirmed “the fulfillment of seeing your students grow far more than you can imagine”. Dr. Marie Anne C. Corsino, a consultant for Community Pediatrics and Public Health in Kalusugan ng Mag Ina, Inc., presented an inspiring guide to a career in community pediatrics. She mentioned the varied roles a community pediatrician can play and the joy of practicing in a community setting.

The interesting and informative two-day event was concluded by PAPA Vice President, Dr. Edna Sarah C. Morada who thanked the participants and organizers for being part of this historic 1st Virtual Convention. She also encouraged everyone to be a beacon of light to their patients and loved ones. The convention was culminated by the annual business meeting.

SAVE THE DATE

27TH ANNUAL VIRTUAL CONVENTION

MAY 16-17, 2022



PRESIDENT'S MESSAGE

Edna Sarah Clemente-Morada, M.D.

Dr. Mutya San Agustin, Founding President of PAPA, Dr. Joselyn Eusebio, PPS President, dear past presidents, incumbent chapter presidents and committee chairs, our loved ones whom we invited tonight to witness our oath-taking, a pleasant evening!

There were 12 presidents before me excluding our dear founding president, Dr. Mutya San Agustin. All of them had names, big names!!! Names such as Dr. Bernadette Madrid, Dr. Fusca Piczon, Dr. Rosalia Buzon, Dr. Amelia Fernandez, Dr. Ramon Arcadio, Dr. Jocelyn Yambao-Franco, Dr. Maria Jocelyn Quidlat, Dr. Benjamin Sablan, Jr., Dr. Florianne Feliza Valdes, Dr. Liza Santos, Dr. Edilberto Garcia, Jr., and Dr. Wenslyn Salvador. Giants in the field of pediatrics. Perhaps, I am still a little giant in the making, so I need to be:

- R – Ready to be mentored by your expertise and your experiences, my dear past presidents.
- E - Eager to pursue as a team the fulfillment of our dreams for PAPA.
- A – Anxious, perhaps, on how this pandemic will affect my presidency. And...
- P – Passionate in achieving the vision-mission of our organization.

If you noticed it, those statements started with the letters R, E, A, P. REAP! Yes reap! Reap some fruits

for our members to enjoy. Reap more fruits for the Filipino children and their families to have their needs somewhat met. Reap some more fruits for our dear PAPA to leave footprints in the history of ambulatory pediatrics in the country and internationally.

Definitely, my first year of presidency is to continue the world of virtual presence started by my predecessor Dr. Wenslyn Salvador. I am hopeful though that my second year as your PAPA president is to see a beacon of light for face to face engagement in the fulfillment of our programs and projects. And so my prayer to our God Almighty is for Him to be gracious to me and all the officers as PAPA's leaders for the next two years.

This verse from the Bible will be my guiding light: "Trust in the Lord with all your heart and lean not in your own understanding. In all your ways acknowledge Him and He will direct your path". Wonderful words from Proverbs 3:5-6. Hence, the song rendered during the intermission number by PAPA past president, Dr. Maria Jocelyn Quidlat, during whose term I served as over-all annual convention chair, was so apt! The song said "May the good Lord bless and keep you".

With heartfelt love and affection, I thank everyone of you for gracing this momentous event, the 1st virtual PAPA induction and oath-taking ceremony. Virtual hugs and kisses!!!

*Acceptance Speech delivered during the Induction and Oath-Taking Ceremonies of the Officers and Board of Trustees last August 12, 2021

EDITORIAL

Random Thoughts from Une Personne Extraordinaire

By Margarita Luisa A. Alfonso, MD

Thesaurus defined inspiration as a process of being mentally stimulated to do or feel something, especially to do something creative. It is synonymous to influence, to motivate, to impress. An inspirational message aims to provide the listener the desire and confidence to pursue a difficult goal. It must draw people to action- a positive action. Throughout history, various leaders made speeches that inspired their audience, created an impact and changed the course of history. Some speeches still resonate today and continue to inspire us. One of the most inspiring speeches in American history “I have a Dream,” was delivered by civil rights activist Martin Luther King on August 28, 1963 in Washington which talks about something better on the horizon. “Our lives begin to end the day we become silent about things that matter.” A very relevant quote especially with how things are going in our country. Thus, our incumbent president, Dr. Diding Morada found it most fitting to invite our very own Dr. Bernadette Madrid to deliver the inspirational message during the recent induction and oath taking ceremonies of the officers and board of trustees of the Philippine Ambulatory Pediatric Association.(PAPA) . A past president of PAPA, the current executive director of the Child Protection Unit of the Philippine General Hospital is this year’s recipient of the most prestigious Outstanding Pediatrician Award conferred by the Philippine Pediatric Society. The multi-awarded Bernie, as she is fondly called, is the epitome of a complete pediatrician, a 5 star physician, an extraordinary person in her own right. Working for several years with abused children in the child protection unit of PGH and collaborating with government and non-profit organizations have given her lots of insights worthy of sharing. Below is the outline of her message aptly titled, Random Thoughts.

1. Purpose

You need to be passionate about something outside yourself to get out of yourself.

2. Happier

In a book written by an American writer, Tal Ben-Shahar entitled “Happier”, he mentions that everyone’s goal is to be happy. All else are means to get there but many mistakenly look at the means as goals e.g., money, fame. When you use the happiness meter, the happiness of a poor man is the

same level as the happiness of a rich man but the money difference to get there may be huge for the rich man.

3. If you compare yourself to others, you will not be happy.

Each of us are unique individuals; no one is like you. Only you can fulfill your purpose. We all have our individual unique journey in this world.

4. Children as victims

In my years at the Child Protection Unit, I have always marveled at the capacity of the child victims to forgive.

5. Perpetrators

They are complex beings with bad intentions mixed with some good. They persuade themselves that they are doing the right thing or that it’s for some greater good. Moreover, they are convinced that they deserve it because they did something good.

6. You have to believe that God will forgive you if you are really penitent

Some people are “eaten by guilt” because they think what they did was unforgivable to somebody they loved.

7. Nothing happens by coincidence

If you do not believe this, then you are missing the small miracles so many times.

8. You can choose a world of love, hope and faith over doubt, anxiety and fear.

9. Prayer bursts

Sports experts say that you can do 4-second intense exercise bursts and repeat this 12-15X a day and it will be just as effective as long hours of exercise. You can exercise your spiritual muscles by doing prayer bursts of 4 seconds throughout the day.

“Nothing happens by coincidence.”

*The 2021 Outstanding Pediatrician Awardee,
Dr. Bernadette Madrid*



2021 Elected Officers & Board Members take Oath of Office

The induction and oath-taking of the officers and members of the Board of Trustees for year 2021-2023 happened via Zoom platform on August 12, 2021, 8:00 PM. The inducting officer was Dr. Mutya T. San Agustin, founding president.

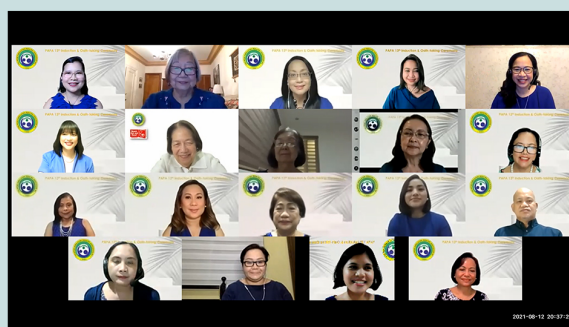
The activity was attended by ten past presidents, two chapter presidents, four committee chairs, the eleven inductees, and several family members of the inductees. It was graced by the incumbent president of the Philippine Pediatric Society (PPS), Dr. Joselyn A. Eusebio, who gave some leadership pearls to the inductees.

Highlight of the evening was an inspirational message from Dr. Bernadette J. Madrid, the first PAPA president, who recently was awarded by the PPS as its Most Outstanding Pediatrician 2021. Another PAPA past president in the person of Dr. Ma. Jocelyn N. Quidlat rendered a prayer song for intermission.

President Dr. Edna Sarah Morada led the inductees in their oath-taking. The rest of the officers who were sworn into office were: Dr. Margarita Luisa Alfonso, vice president, Dr. Jasmin Castillo, secretary, Dr. Angelica Cecilia Tomas, treasurer, Dr. Ma. Cecilia Alinea, board member, Dr. Marjorie Grace Apigo, board member, Dr. Marionito Estanislao, board member, Dr. Maria Christel Mendoza, board Member, Dr. Sarah Christine Mendoza, board member, Dr. Renee Joy Neri, board member, and Dr. Melissa Joyce Ramboanga, board member.

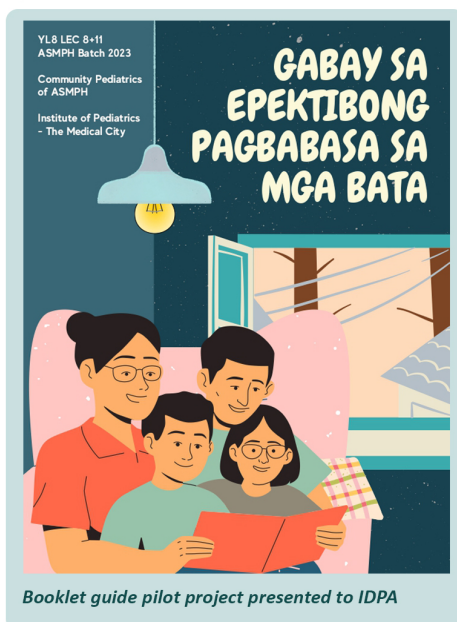


Dr. Mutya San Agustin inducts the new PAPA Officers and Board members



Zoom gallery view of inductees, committee heads, and guests

IDPA accepts pilot work of a parent's guide booklet to reading to children



The abstract "Readers for Tomorrow: A Parent's Guide to Effective Storytelling for Purok Ilugin" has been accepted for poster presentation during the 4-day virtual congress of the International Developmental Pediatrics Association (IDPA) to be held on December 2-5, 2021. The digital book project was initiated by the current LEC 8+11 group of medical clerks and Community Pediatrics faculty of the Ateneo School of Medicine and Public Health. The faculty who are members of the Community Pediatrics Unit of the Institute of Pediatrics of The Medical City are likewise affiliated with the Philippine Ambulatory Pediatrics Association (PAPA). The co-authors of this project include Dr. Marthony Basco, a member of PAPA and Drs. Sarah Mendoza and Margarita Luisa Alfonso, a board member and officer of PAPA, respectively. Registration to the congress is free.

COMMITTEE UPDATES

Reach Out and Read Committee

[OPINION] Ang unang aklat: Early literacy in a child's first 1,000 days

by Chi Laigo-Valido
JUL 21, 2021 12:42 PM

'Eighty percent of a child's brain develops from birth until age three'

ANG UNANG AKLAT:
EARLY LITERACY IN THE FIRST 1,000 DAYS

DR. BEVERLY HO
Director
Health Promotion Bureau
Department of Health

DR. CARMEN RAMOS-BONOAN
National Director
Reach Out and Read Philippines
Philippine Ambulatory Pediatric
Association, Inc.

MS. EMELINA ALMARIO
President
Adarna Foundation, Inc.

CONG. EVELINA ESCUDERO
Deputy Speaker and
Sorsogon First District Representative
House of Representatives

MAYOR TRINA FIRMALO-FABIO
Odiongan, Romblon

WEDNESDAY
28 JULY 2021
10AM-12NN

ZOOM LINK:
<https://bit.ly/3he9AhF>

Philippine Center for
Population and Development
www.pcpd.ph

Dr. Carmen Ramos-Bonoan as one of the speakers and talked about, "Promoting Early Literacy to Optimize the School Readiness of Filipino Children"

"While I was pregnant with my son Fritz, I read aloud to him. Books like Grimm's Fairytales and whatever I was reading for my class."

Dr. Marela Mancenido Bolanos, associate professor of Philosophy at the University of Santo Tomas, believes that reading to her child prepared him for school and developed his love for books. Last summer, in fact, during the strict lockdowns due to COVID-19, then-10-year-old Fritz had finished reading Norse Mythology.

The first 1,000 days of a child's life begin from conception to the second birthday, and is a period that has a significant impact on a child's development. Eighty percent of a child's brain develops from birth until age three.

Significant impact

In December 2018, child rights advocates celebrated the passage of Republic Act 11148 or the First 1,000 Days Law. According to the Department of Health, 4.2 million Filipino children are stunted, and stunting affects children's cognitive and intellectual capabilities. But early stimulation including early literacy can help improve brain and child development, together with proper nutri-

tion and other health protection measures.

Ensuring that children get proper nutrition is a challenge for poor families. That's why advocates of early literacy like Dr. Carmen Ramos-Bonoan emphasize that while food and nutrition do impact child development, stimulation activities like talking, reading, rhyming, singing, and playing with a child from birth will also build strong parent-child relationships. It will also foster early language skills, promote cognitive and social-emotional development, as well as motivate a child's interest to learn.

According to Dr. Bonoan, who is a pediatrician and national director of Reach Out and Read (ROR) Philippines, the first 1,000 days is the window of opportunity – when the interactive influence of genes and experiences shape the architecture of the developing brain.

"It is the most rapid period of brain growth when the sensory pathways for vision and hearing first develop, followed by early language skills and the higher cognitive functions," she said.

The American Academy of Pediatrics (AAP), an organization of over 60,000 pediatricians in the United States and other countries, including the Philippines, promotes early literacy development for children beginning in infancy. Doctors and health providers integrate literacy promotion and emphasize the importance of reading aloud to children, including providing developmentally and culturally appropriate books during health care visits that the child can take home and keep.

Promoting early literacy

The original Reach Out and Read program, founded in Boston in 1989 by pediatricians and an early child educator, found out that a mother provided with a book during her health care visit is six times more likely to read to her child than the one who does not have a book. ROR's is the only national pediatric literacy model endorsed by the AAP.

In a poor Filipino household, a mom would always choose food for the family over books for her child. That's why we hope that our local government units will expand their maternal and child health services through the integration and promotion of early literacy to support parent-child relationships," said Dr. Marilen Dangui-

lan, Executive Director of the Philippine Center for Population and Development.

Beyond the conventional understanding of literacy as reading, writing, and numeracy, literacy according to UNESCO must also be understood as a “means of identification, understanding, interpretation, creation, and communication in an increasingly digital, text-mediated, information-rich, and fast-changing world.” The application of these literacy-related skill sets determine an individual’s functional literacy level. increasingly digital, text-mediated, information-rich, and fast-changing world.” The application of these literacy-related skill sets determine an individual’s functional literacy level.

According to the latest Functional Literacy, Education, and Mass Media Survey (FLEMMS 2019) by the Philippine Statistics Authority (PSA), among the estimated 57.7 million Filipinos between 3-30 years old, an estimated 24.8 million did not attend school. Too young to go to school was the reason of 16.6% of this population. This is about 4.11M young children out of formal school, where early literacy can play a crucial role. According to FLEMMS, Filipinos who do not receive any early childhood education have a functional literacy rate of 2.7.– Rappler.com

About the Author

Chi Laigo Valido is co-founder of Women Writing Women Philippines and is a consultant at the Philippine Center for Population and Development.

UP-PGH invites ROR chair in community lecture



The *Unang Aklat* community lecture was organized by Dr Cecilia Alinea, Section Head of General Pediatrics, Department of Pediatrics, UP-PGH, together with the resident rotators, Drs. Kaira Osmeña and Amadea Cahanding

Early Literacy Advocates score big in the Kalusugan at Nutrisyon ng Magnanay Act of 2018

In November 2018, RA 11148 , also known as the Kalusugan at Nutrisyon ng Magnanay Act of 2018, was signed into law. The implementation of this law is part of the National System for Early Childhood Care and Development (ECCD) as mandated by RA 10410 or The Early Years Act, “An Act Scaling Up the National and Local Health and Nutrition Programs through a strengthened and integrated strategy for Maternal, Neonatal, Child Health and Nutrition in the First 1000 Days of Life”.

The DOH Division of Family Health subsequently organized the Technical Working Group (TWG) to review the key provisions of the law and its Implementing Rules and Regulations towards the drafting of the Manual of Procedures (MOP). The group included a diverse membership with representatives from the WHO, UNICEF, Save the Children, government and non-government agencies, civil society and professional organizations, and other stakeholders. As a member of the TWG, the Philippine Ambulatory Pediatric Association Inc. was represented by the President, Dr. Wenslyn Salvador, and the Co-Chairs of the Literacy

Committee, Dr. Carmen Ramos-Bonoan and Dr. Maria Jocelyn Quidlat.

On October 6, 2021, the MOP was launched by the Secretary of Health which focused on the role of LGUs in integrating the various components in the implementation of the strategy based on the Nurturing Care Framework (NCF) for Early Childhood Development. This document was announced in May 2018 at the 71st World Health Assembly by the group that included the WHO, Unicef, the World Bank and other partners “so children will survive, thrive and develop”. “It provided an evidence-based roadmap for programs, policies and services to support parents, other caregivers and communities to provide nurturing care to young children”. The five components of the NCF include good health, adequate nutrition, responsive caregiving, opportunities for early learning, and safety and security, through interactions that are responsive and emotionally supportive.

The presentation of the MOP emphasized the importance of collaboration between the government and the public and private sectors to ensure

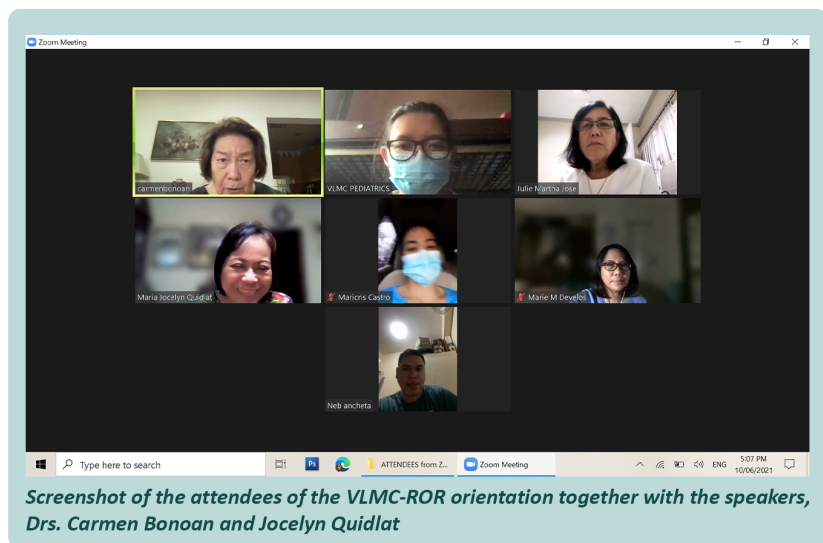
the effective delivery of services from the barangay to the national level, for maternal health and nutrition, newborn care, infant and child nutrition as well as early childhood care and development. The MOP was also developed as a reference guide to achieve the main objectives of RA 11148. The MOP states that while RA 11148 limits the age group to 0-24 months of age, its implementation strategy includes children from 25 to 35 months old to “ensure that all children are looked after and to be consistent with the Nurturing Care Framework”. So, for the purpose of the MOP, F1KD refers to all children in the first 1000 days plus the 25-35 months old age group. The MOP further notes that while “a significant part of the services mentioned in RA 11148 are related to health and nutrition (e.g., antenatal care, promotion of infant and child feeding, immunization, micronutrient supplementation, water sanitation and hygiene), RA 11148 also recognizes the other ele-

ments of the Nurturing Care Framework”, as follows: Item k of Section 2 of Rule 8 on Program Components is on “Counseling and support to parents and caregivers on parent/caregiver-infant/child interaction for responsive care, early stimulation and promotion of early literacy for early childhood development and early detection, identification, referral and provision of appropriate intervention for developmental delays and disabilities”. Item m of the same section is on “Protection against child abuse, violence against women and children, injuries and accidents including the provision of first aid, counseling, and proper referrals”.

To access the presentation and recording of the First 1000 Days Manual of Procedures, you may request through the DOH link: https://bit.ly/F1KDMOPrLaunch_Records or through the DOH Family Health Division, 028651-7800, local 1726-1729.

V. Luna Medical Center ROR team adapts to the pandemic

The Reach out and Read (ROR) Program of the V. Luna Medical Center (VLMC) started in 2007. Since then, training of the trainers and volunteer readers of the program is held annually but was disrupted due to the pandemic. Adapting to the changing times, the VLMC Department of Pediatrics hosted the first online ROR seminar via Zoom last June 11, 2021 with the theme “Literacy Promotion in the Pandemic.” Leading the list of speakers is the National Director of ROR Philippines, Dr. Carmen Ramos-Bonoan who talked about the importance of language and literacy development in the lives of children and the importance of reading to them. This was reiterated by Dr. Ma. Jocelyn Quidlat, co-chair of ROR, who underscored the ROR as an evidence-based initiative to promote early literacy.



Dr. Julie Martha Jose, head of the VLMC-ROR program later narrated the beginnings of the ROR at VLMC and the challenges that they faced during this pandemic. Dr. Maribel Develos, who concluded the orientation with a talk stressed the need to integrate good childcare practices to the principles of ROR. She stated that for ROR to be more effective, parents should also be supported to enable them to commit to better childcare practices. The seminar had a total of 74 attendees composed of military and civilian staff, post graduate medical interns, other health care workers and early literacy advocates in the Armed Forces of the Philippines.

Tobacco Control Committee

Tobacco control advocates commit to Health

Philippine Ambulatory Pediatric Association and other medical societies join forces with civic groups to push for a strong regulation of vaping, while the tobacco industry and their front groups have been intensifying their efforts lobbying for the relaxation of tobacco control measures of government.

In May, the House of Representatives passed a bill undoing important provisions in RA No11467 that provides for regulation by an appropriate agency, the Food and Drug Administration (FDA), and the ban of sale of e-cigarettes and Heated Tobacco Products (HTPs) among persons below 21 years old.

Congress instead substituted FDA with the Department of Trade and Industry (DTI) and lowered the age of access to vapor and heated tobacco products from 21 to 18 years old. There have also been calls to repeal Civil Service Commission and Department of Health Joint Memorandum Circular 2010-01 on the Protec

In a Position Statement on Electronic Cigarette Regulation submitted in the Philippine Senate public hearing held in March 17, 2021, the coalition of Tobacco Control Advocacy Group of pediatric societies, where PAPA is a member, denounces any effort to: 1.) Lower the age of access from 21 years old as approved in RA 11467 in order to control exposure to nicotine before the full maturation of the prefrontal cortex by mid 20s, 2.) Substitute FDA with DTI, and 3. Promote, advertise (even if just targeted) and sponsor online sales of flavoured e-juices, vapor and HTPs.

The Senate Vaping Law is anti-health and regressive. It puts the gains in the last 10 years in tobacco control in imminent danger.

Earlier this year, PAPA joined a media forum for the Senate entitled Protecting the Public Health through Novel Tobacco Product Regulations. Organized by the Action on Smoking and Health (ASH) on July 23 2021, Dr. Marionito Estanislao, PAPA Tobacco Control committee chair pointed

PAPA together with other medical and health organizations support anti-health vape bill

out that the kids are the target market of e-cigarettes. In the same forum, Dr Maricar Limpin, President of the Philippine College of Chest Physicians emphasized the harms of e-cigarettes and HTPs (heated tobacco products) in adults.

In a separate assembly held at the Lotus Hotel in Davao City, Dr. Estanislao was invited to talk on the harms of E-cigarettes or VAPES on February 29, 2020. The “ Training for Learning Facilitators’ organized by the Health Justice Philippines (HJP) tapped members of the Private Practicing Midwives Association of the Philippines, Junior Chamber International, Parents’ Against Vapes and select youths to attend the training. Similarly in an earlier forum organized by the HJP on August 27, 2019 “Sustaining the Smoke Free Vision of the President”, Dr Estanislao talked on the different harms of e-cigarette with focus on nicotine and its effects on the developing brain. There were at least 20 representatives from different civic groups and organizations who participated in this event held at Kandle restaurant in Quezon City. Incidentally it was in the same morning that President Duterte announced in a press conference that he was banning e-cigarettes.

Meanwhile, the Tobacco Control Committee of PAPA in partnership with the Department of Education Bureau of Learners Services held a webinar on September 19, 2020 entitled Tobacco and Covid-19 , Twin Pandemics: Shielding the Children.

Child Safety and Injury Prevention Committee

“Let Child Safety be our Priority: Preventing Poisoning and Injury at home”

The Covid-19 pandemic which resulted to the mandate of long-term home isolation in order to stop its spread bears the potential rise of childhood injuries at home. Hence, families must always keep their guards up from possible threats that their children might be at risk to accidents in the home, like poisoning and other injuries. This predicament motivated the Committee on Childhood Injury Prevention to conduct an online webinar in order to intensify the awareness on poisoning and other childhood injuries during this time of pandemic.

In partnership with UMED, the online event was conducted last January 29, 2021 via Zoom. Dr. Nerissa M. Dando, an associate professor and toxicology consultant of the National Poison Management and Control Center (NPMCC UP-PGH), provided an extensive talk about the different potential poisons and their respective prevention and treatment strategies. On the

The poster features the UMED ONLINE EVENTS logo at the top left. The main title is "LET CHILD SAFETY BE OUR PRIORITY: PREVENTING POISONING AND INJURY IN THE HOME". Below the title, the date and time are listed as "January 29, 2021 | 6:00 PM – 7:30 PM". Three speakers are introduced with circular portraits: Nerissa M. Dando, MD (SPEAKERS), Ruby L. Punongbayan, MD (SPEAKERS), and Jasmin A. Castillo, MD (MODERATOR). An illustration of a child poisoning another child is shown on the right. A yellow button at the bottom right says "CLICK HERE TO REGISTER".

“Let Child Safety be our Priority: Preventing Poisoning and Injury in the Home” Webinar dated, 29 January 2021 Via Zoom

other hand, Dr. Ruby L. Punongbayan, an associate professor in pediatrics and a pediatric emergency consultant discussed about the other types of child injury in the home including child abuse prevention and treatment strategies. The event was participated by 314 physicians and other health professionals from different institutions across the country.

TB Control Committee

The poster is titled "LAUNCH OF TB KIDS" and is an awareness campaign. It features the "TB KIDS" logo with a child and a lung. The text includes "Sustaining Quality TB Care & Prevention Amidst Covid-19" and "2021 PhilCAT Online Convention August 4, 11, 18, 25, 27, 28, 29". It also commemorates National TB Day on August 19, mentioning the death of former President Manuel L. Quezon. The poster is dated "SEPT. 2021 VOL. 1".

Bahaghari Committee

Bahaghari Health Supervision Booklet

The Bahaghari booklet, published and revised by the PAPA Inc. in 2019, is a reference guide for clinicians, academicians, pediatrics residents in training, medical students, nurses, midwives, community workers as well as parents. It is a guide for a more efficient and thorough history, physical examination, anticipatory guidance and counseling. For orders, please contact Ms. Gay Tolentino at 09173231460 and Myrah at 09173091771.



CHAPTER UPDATES

La Union Chapter

The weekly schedule of the ROR Program was momentarily put on hold for 2 ½ months last year both at the outpatient clinic and the pediatric ward of the Ilocos Training and Regional Medical Center (ITRMC) due to the declaration of a nationwide lockdown brought about by the pandemic. However, upon the resumption of the outpatient services in June 1, 2020, the ROR program likewise resumed. Despite a drastic decline in the outpatient census, the weekly ROR program continued. In July of the same year, the PAPA La Union Chapter in partnership with the Inner Wheel Club of San Fernando, La Union held its first community project in Barangay Sagayad Day Care Center in San Fernando, La Union where they distributed books to children. In addition, learning modules were given to their parents complete with pencils, crayons and writing pads.

Two months after opening the ITRMC-OPD, the weekly ROR book distribution at the pediatric ward held every Friday afternoon resumed. Based on the December year end report of 2020, a total of 142 children benefited from the program since July last year. All 122 books were given by PAPA-ROR Committee while the 20 were donated to the community by the Inner Wheel Club of San Fernando, La Union. Despite the challenges brought about by the various alert levels imposed in the different parts of the country, the LA Union Chapter continues to implement the ROR program every Tuesday of the month to children admitted in the ward and every Monday to pediatric patients with leukemia consulting in the Oncology Unit of the ITRMC. Books, toys and some more learning materials were distributed both in the hospital and in the community towards the latter part of last year.

Bulacan Chapter

The PAPA Bulacan chapter conducted several activities last 2020. First among several successful activities was the Road Safety lecture which was held in February last year at Mary Mount Professional College, Banga, Meycauyan Bulacan. There were 20 participants which consisted of grade 1 and 2 students.



Fund Raising Activity Medical Mission, "PAPA ALALAY SA ALBAY"

A fund raising activity "PAPA Alalay sa Albay" initiated by members of the chapter aims to help victims of the Mayon Volcano eruption. Proceeds of the activity were used

to procure 32,000 worth of medicines in November last year for a medical mission led by a team of doctors who responded to the LGU's call for medical assistance in Tiwi, Albay.



Dr. Genesis Rivera, guest speaker of PAPA Bulacan-initiated webinar

"Commonly Overlooked Poisons in a Child's Environment." No other than the former Philippine Pediatric Society President, Dr. Genesis Rivera spearheaded the talk with Dr. Elizabeth Mendoza as moderator. 374 doctors attended this event.

To cap the year with a bang, the chapter held its first virtual scientific session via zoom on December 9, 2020 with a webinar entitled

Cebu Chapter

The Reach Out and Read Program was put to a halt in our institution since April 2020. To minimize patient contact and covid transmission, such group gatherings were prohibited. The usual venue for our Reach Out and Read Program became unavailable since the outpatient department was closed. Consequently, there was a scarcity of personnel to implement the ROR

sessions since the senior and junior clerks who used to be our readers were not allowed to go on hospital duty especially during the height of the pandemic. Moreover, the hospital went on skeletal workforce. Due to the restricted mobility imposed by government, delivery of books from the ROR NCR office became a challenge.

CHAPTER UPDATES

Zamboanga Chapter: The New Baby of PAPA

In February 2020, PAPA president Dr. Wenslyn Salvador, our founding president, Dr. Mutya San Agustin and Dr. Michael Resurreccion, committee chair of the PAPA chapters and former PAPA board of trustees headed to one of the most beautiful places south of the Philippines, Pagadian City, to visit the newest addition to our growing number of chapters, the Zamboanga Chapter. The visit was accompanied by a brief lecture by Dr. Mutya San Agustin where she talked

about the “Guiding Principles in the Practice of a Primary Care Physician. A month later, officers and members of the chapter led by Dr. Efraim Culminas as president were sworn into office and inducted, respectively by then PAPA President, Dr. Salvador. Dr. Culminas, who hails from Pagadian City is currently taking his fellowship training in Child Neurology at the Philippine Childrens Medical Center and will be finishing next year.



Front row (Left-Right): Drs. Michael Resurreccion, Wenslyn Salvador, Mutya San Agustin, and Officers of the Zamboanga chapter



Ma’am Mutya discusses the “Guiding Principles of a Primary Care Physician”



PAPA President inducts officers and members of the Zamboanga chapter



Dr. Efraim Culminas, together with Dr. Wenslyn Salvador display the PAPA Zamboanga chapter banner

REFLECTIONS



The COVID 19 Pandemic: The Good, the Bad, and the Beautiful

by Elly Rose Araneta-Sanchez, M.D.

As doctors, we have seen how COVID 19 wreaked havoc on our professional practice and healthcare system. From a small outbreak in China, it has become the plague of our generation. It did not only show how powerless we are against nature, with mutations outpacing the speed at which we can develop vaccines and cures, but it also exposed the weaknesses in the healthcare system, its leadership and governance all over the world.

Despite the ill effects of COVID, bad times bring out the best in people and this pandemic is not an exception. We have seen how people initiated donation drives for PPEs and food for our frontliners. More recently, the creation of community pantries which sprung like mushrooms has shown us that people still care for each other.

Technology has become our best friend for more than a year now. We have no recourse but to come to terms with online classes, telemedicine zoom meetings, and the never-ending online conferences and webinars. Known for our religiosity, even the closure of churches and the prohibition to hold face to face worships and gatherings did not stop us to find ways to express our faith. Online masses are streamed from different parts of the world, the Philippines included and at a click of a finger you can choose the day, the time and language in the comfort of your home. Yes, times have been scary and difficult, but we can't deny that this pandemic brought some good in our lives too. With lockdowns all over the world, it forced us to stop, slow down and think of what is really important in our lives. It made us realize that we can live with just the basics. Being stuck at home has also given us more time with family and pursue the things that truly makes us happy- be it cooking, baking, crafting and the newest, very popular hobby, gardening!

Read on and see how the COVID 19 pandemic has affected the lives of other PAPA members.

This pandemic paved the way for quality time with my wife and 2 kids. Before the pandemic, I was busy tending to my patients, attending conferences both local and national. Now, we enjoy more time together.

Unfortunately, the disease hit me. It was the most terrifying 3 weeks of my life. I was terrified not only for myself but more so for my family. It's a good thing they were not infected. Luckily, I survived.

Sadly, there is nothing beautiful I can think of about this pandemic. Depending on one's perspective, it brought out the best and worst in us. But truthfully, there is not a single day I wished that this pandemic never happened.

"There's nothing that can replace all the lives that were lost due to COVID 19 (Relatives, Friends, Colleagues, Patients, Parents lost). This phenomenon is a nightmare."

Francisco Emilio Remotigue Jr., M.D.
PAPA-Cebu Chapter

Surely it shocked me like a thief in the night. I had fear of getting infected since our hospital is designated the COVID Referral Center of the North. Fear was greater when fellow doctors die one after the other. The situation is like fighting the enemy-blind! Trust and Faith in the Ultimate, our almighty GOD kept us through the pandemic.

In adversity, there is opportunity. As a PAPA Member and an Inner Wheel member, I sought to provide help and services to those who need them most. These services come in various forms; a fund raising campaign that provided 200 PPEs for the doctors, nurses and midwives of the Department of Pediatrics at the Ilocos Training Regional Medical Center (ITRMC), distribution of improvised face shields which we painstakingly made and assembled at my home, and lastly, provision of meals to health workers on duty at ITRMC and other hospitals and checkpoints solicited from generous and kind-hearted donors.

Jeisela B. Gaerlan, M.D.
PAPA-La Union Chapter

REFLECTIONS

continuation...The COVID 19 Pandemic: The Good, the Bad, and the Beautiful

Social Media in a lot of times shatters our being. We get so many fake news, posts from trolls, political bickerings, human sins against mother earth, which are all not meant for a targeted life of peace and happiness. Call me indifferent, lacking nationalism, or by any name, but this time I will begin to love myself more. Yes, I do what makes me happy. I just look at good things I want to focus on. I am mostly in my happy place, my kitchen. I invent, recreate and redo wholesome dishes handed down by my Mom Adela. I started my much delayed passion for baking. I continue my advocacy as a pediatrician and a healing physician in my own humble way. I practice 3Rs... reduce, reuse and recycle. I focus on God's gift of nature through 3Ps- planting, painting and photography, 3 ways of communicating with HIM closer. I do bible studies 3x weekly, and joined 3 prayer warriorship groups. My day is full, there are so much good things to fill it... I thank God for the breath of life each day.

Social Media when used appropriately is God sent too. It is a medium to communicate with loved ones in this most difficult time of pandemic. It is my warm gadget to feel and send love to my family and friends at least temporarily. We have to look at the beautiful side of sickness, separation, sorrow and emanate victorious and calm each day. We have to trust God's faithfulness, love and mercy. Yes, happiness is a matter of choice.

*Emelita Leh, M.D.
PAPA-NCR Chapter*

The Covid 19 pandemic has taught us the vulnerability of this health care profession. It has its merits, yes, but we're also part of the society. We take care of our patients and their families most often than not, without regard to our own mortality. But if we're taking care of everyone, who is taking care of us? This pandemic also shows us that everyone in society has a responsibility and we should do it with grace and compassion. Cure sometimes, comfort always.

*Cristal Ann Laquindanum-Tan, M.D.
PAPA-NCR Chapter*

In the beginning, it was BAD...

Chilling, and everyone was

Overwhelmed!

As it went on, what's GOOD is that we became ---

Vigilant of our Health and Safety

Intimacy among family member strengthened!

And the BEAUTY of it is we all Learned to hang on...

Don't lose Hope, let's own it, that all these be over... very soon!

*Shiela Fe, M.D.
PAPA-La Union Chapter*

The Covid-19 has caught us offhanded. It has taken a toll in our lives and continues to haunt us. It secluded us and detached us from the outside world. But on the brighter side, we became closer to our families, valued the simpler life which paved the way to a better communion with God. Maybe, this is God's way of reminding us to yield to Him, trust in Him because only He, who has the full control of the universe can put an end to this pandemic.

*Julie Martha T. Jose, M.D.
PAPA-NCR Chapter*

"We have all made sacrifices over the past few months to keep our families and communities safe. This collective effort has made a huge difference. While restrictions are being lifted in some places, COVID-19 isn't gone yet. We must continue to protect ourselves and each other."



Conversations with the MAMA of PAPA

Margarita Luisa A. Alfonso, M.D.

Talking with Maam Mutya, the founding president of the Philippine Ambulatory Pediatric Association, Inc. (PAPA) and touted as the Mama of PAPA makes you wonder where she gets her energy and sharpness to remember most of the details and accomplishments which made PAPA how it is today. Here, she shares her challenges as she leads PAPA to new heights and how she was able to overcome them. Determination, passion and grit of the leaders together with its members are the main ingredients of an organization that stood the test of time. I included some excerpts from a published chapter she wrote “Revolutionizing the Health Care Delivery System” in the book “Disrupt: Filipino Women Daring to Lead” edited by Maria Beebe and published in 2016 at San Francisco, CA.

Marge: *How did PAPA come about?*

Mutya San Agustin: *I initiated the establishment of PAPA working with four pediatricians in the Philippines. Drs. Bernadette Madrid, Eleus Fajardo and Fusca Piczon were graduates of the International Pediatric Fellowship Program, Department of Ambulatory Medicine, Montefiore Medical Center and Albert Einstein College of Medicine of which I was a director while Dr. Rosalia Buzon finished her fellowship program in Ambulatory Pediatrics (encompassing all services Developmental and Behavioral, Adolescent, Ambulatory management and Clinical Trainer of residents) at the University of Louisville in Louisville, Kentucky.*

M: *What or who inspired you to put up the various advocacies of PAPA?*

MSA: *My medical career has shaped my leadership philosophy: “Knowing is not enough; we must apply. Willing is not enough; we must do.” (Goethe). My medical career in Bronx set the stage for my sustained involvement and leadership over 35 years. What I learned about leadership in the Bronx is now being tested with the PAPA.*

M: *Who were the people who contributed much to how PAPA has become now?*

MSA: *Through the capable leadership, dedication and commitment of PAPA, Inc. officers, board and members, advocacy committees, the activities implemented in communities for the well-being of Filipino children and families will continue to expand.*

M: *What were the challenges you encountered during the journey?*

MSA: *How do you provide continuing guidance and direction to the officers, board, chapters, advocacy and special committees to carry out their mission, vision for PAPA that will be a rewarding experience for them personally and professionally? How do you motivate PAPA members to assume leadership role in the organization with a sense of responsibility and passion? How can PAPA successfully create partnership with National and International Organizations?*

M: *So, these questions seem to be a continuous challenge, yesterday, today and tomorrow. What then were the concrete steps you did to overcome these challenges?*

MSA: *I try to be supportive and understanding of the difficulties encountered by the officers, committee and chapter heads in achieving the goals of the organization. I tried to be available at all times especially when needed most. I also tried to actively participate whenever possible in PAPA activities even at my very ripe age of 87.*

M: *Wow- that is you Ikigai- your secret to a long and happy life!*

M: *How do you envision PAPA to be 10 years from now?*

MSA: *My vision for the Philippines is based on my experiences with the primary health care system in Bronx, N.Y. PAPA hopes to support career development of healthcare professionals taking care of children. At the same time, we hope to continue to collaborate with international organizations that shares the PAPA Inc’s mission and vision. We will encourage research related to our advocacy and influence public policy and legislation. These advocacies were initiated and established by the officers and members of PAPA Inc. who had the interest and experience in identifying the health care needs in their community. Therefore, active participation of all the members of this organization, including the Chapter, Honorary and International Affiliate members is crucial to the successful implementation of the organization’s objectives.*

Dr. Mutya San Agustin-Shaw,
founding President of the
Philippine Ambulatory
Pediatric Association



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Editor in Chief	Margarita Luisa Agapinan-Alfonso, MD
Associate Editor	Elly Rose Araneta-Sanchez, MD
Contributors	Marjorie Grace Magcamit-Apigo, MD Carmen Ramos-Bonoan, MD Vivina Chiu, MD Marionito Estanislao, MD Shiela Fe, MD Jeisela Gaerlan, MD Maria Ana Hassan, MD Julie Martha Jose, MD Emelita Leh, MD Edna Sarah Clemente-Morada, M.D. Francisco Emilio Remotigue Jr., MD Cristal Ann Laquindanum-Tan, MD
Layout Artist	Chamaco Kim