



SCHOOL HEALTH FORUM

The Official Publication of the Philippine Academy of Physicians in School Health, Inc.



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PAPSHI HELD ITS 21ST ANNUAL NATIONAL CONVENTION VIRTUALLY

By Kristine June M. Capili, MD

School health professionals recognize the needs of adolescents in their developmental transition into adulthood. Hence, the theme for this year's convention by the Philippine Academy of Physicians in School Health, Inc. (PAPSHI) was conceptualized.

PAPSHI's 21st Annual National Convention was held last May 22-25, 2021, via Zoom and Facebook Live, with the theme "Nagbibinata, Nagdadalaga, Bata Pa O Matanda Na?" The convention generally aimed to empower school health personnel (SHP) in improving the quality, availability, and effectiveness of adolescent health and development programs in schools. Specifically, it focused on educating SHP in encouraging

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EMPOWERED SCHOOL HEALTH PERSONNEL: THE SUCCESS OF THE 14TH ICCSHP!

By Jennifer A. Bejasa, MD and Honeylee Faith C. Cervantes, MD

The KEY to a successful school health program is an empowered school health personnel. With this, The Philippine Academy of Physicians In School Health, Inc. (PAPSHI) annually

gives trainings on the school health program to school health personnel through its Interactive Certification Course for School Health Personnel (ICCSHP).

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Philippine Academy of Physicians in School Health, Inc.
An affiliate society of the Philippine Academy of Family Physicians, Inc.

21st Annual National Convention

May 22-25, 2021 | Virtual Convention via ZOOM and Facebook Live

"Nagbibinata, Nagdadalaga, Bata Pa O Matanda Na?"

PAPSHI recognizes the importance of supporting, improving, and protecting the health, safety and well-being of adolescents. In its 21st Annual National Convention, school health advocates laid down development programs that direct and assist school health personnel in addressing the developmental transitioning of adolescents and the threats they are facing at present involving sexually transmitted diseases, mental health, teen pregnancy, and violence.

FIRST DIPLOMATES OF THE ACADEMY CONFERRED

By Kristine June M. Capili, MD

The highest possible level of health care is the ultimate goal of all doctors, including school health physicians. PAPSHI values continued medical education (CME), thus providing a development path for physicians in school health, as school health consultants, diplomates, and fellows.

The first Diplomat Conferment Ceremony was held last May 21, 2021, through Zoom, and attended by conferees and their families, Honorary Fellows and recently conferred Fellows of the Academy, as well as invited guests. It was planned and organized by

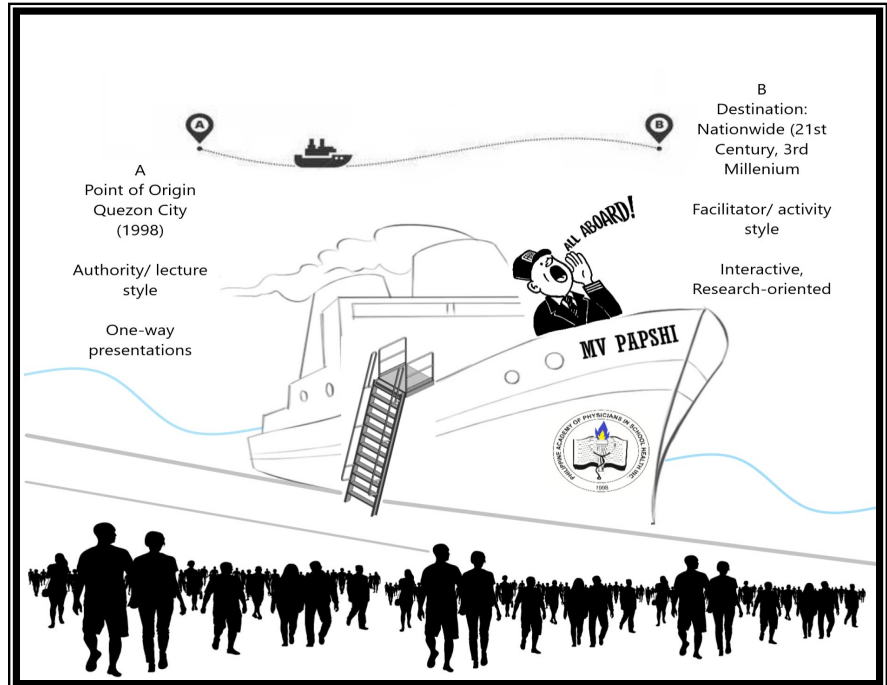
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Drafting the Future of PAPSHI

Amazing events in the Philippine Academy of Physicians in School Health, Inc. (PAPSHI) happened during the last few years. However, as a growing society so much more can be done.

The number of activities within the academy is such that one would wonder if the officers are working 24/7, to wit:

- A convenient office was opened at the Gregorian Building in Taft Avenue, Manila. The same office is also the teleconsultation center for Dr. Papshi.
- Within this period, the innovations on the training course for school health personnel were created and the Interactive Certification Course for School Health Personnel (ICCSHP) training courses started in July 2015. To date, 13 such courses have been conducted. During the pandemic, the first virtual training course, the 14th, was conducted last March 2021; and an upcoming one will be in July 2021.
- The PAPSHI By-laws were amended.
- Executive board meetings were held monthly; committee meetings were not put on hold.
- The first diplomate exam was held.
- The scheduled May 2020 annual convention was substituted by a virtual special convention in October 2020.
- Chapters were organized: the CALABARZON, Central Luzon, and Metro Manila chapters in 2019 and the Bicol chapter in 2020.
- The CALABARZON chapter has volunteered to work on the follow-up issue of the School Health Forum which was first published in March 2005.
- Other professional societies such as the PSMID, PSAAI, SAMPI, and PMWA have invited PAPSHI to share its concepts and advocacy. Several officers of PAPSHI were speakers during their conventions and symposia. Come June 2021, the PMA convention will also feature lectures on School Health.



- PAPSHI, represented by its president Dr. Randolph Trinidad, is a member of the Healthcare Professional Alliance Against COVID-19 (HPAAC) through which the academy has expressed its stand on public health issues. Also, PAPSHI made announcements on preventive measures against COVID-19 via social media.
- As a whole, PAPSHI is a vibrant organization. All the characteristics of an active society are present in PAPSHI, with the exception of one item - Research.

Since its conception 23 years ago, the academy's mission states that PAPSHI is "committed to the provision of a system that will encourage and support researches on school health." One of its purposes is "to conduct researches on School Health." Several seminars held and meetings conducted were on this topic. In particular, the 16th annual convention theme was "School-based Research Made Easy." There

were several initiatives done both individually and in partnership with other professional groups but the publication of these studies never happened.

In conventions and training courses, PAPSHI highlights the components of a coordinated and comprehensive school health program. All these were taken up in discussions, presentations, program designing, and action planning. Most of these components exist in many schools in the country, both public and private. The question is that do we have proof that these components of a school health program actually work? And, do they promote the health and well-being of students, rendering them equipped for optimal educational attainment?

It is high time that the gap between theory and practice should be filled. PAPSHI needs to gather evidence on the effectiveness of the Comprehensive, Coordinated School Health Program. With the creation of more chapters, there would be more leaders who can conduct training programs, and there would be more

SCHOOL HEALTH FORUM

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NOTE: References for articles will be sent upon request.



THE PURPOSE OF THE INSIGNIFICANT SCHOOL PHYSICIAN

BY RANDOLPH B. TRINIDAD, MD

During my younger years, my first reaction when I first met a school physician was that, "What is this doctor doing in this school?" I didn't even understand why he needed to check us up, when in fact, we were totally well. Those were times of naivety, and that was when I was still a first year high school student. I never had a chance to meet one when I was in my elementary years, since I wasn't really sickly as a child. If I ever got seriously ill, I was brought by my mother in a private clinic in downtown for medical consult.

I grew up in the province, and it was typical in our town not to see doctors in schools. The doctor would only visit the school once a year, and perform a quick physical examination to all the students. After doing his task, he would then come back after a year. Thus, I thought that physicians were actually insignificant in schools.

Another encounter with a school physician was when I was already in third year college. I tried to pretend that I was sick because I was trying to escape a school activity. I pretended that I was having abdominal pain, but to my surprise, the doctor advised me to undergo blood test and urine test in a nearby hospital first. Since I was afraid of needles, I never complied, and just returned to our classroom, and forgot about the malingering.

Since then, I had never encountered another school physician, not even during my medical student years. Or was it because I was not just aware of their presence? As before,

whenever I got sick, I would go directly to a private physician outside the school. After all, I thought that a prescription from a physician outside the campus would be more effective than a prescription from a school physician.

It is somewhat ironic that despite all those encounters with school physicians, whom I thought as insignificant, I am now a school physician, or better yet, a "school health physician", as I learned from PAPSHI. I really never

portantly, I started to advocate that school health physicians have important roles to play in the holistic health and wellness of the entire school community. I am grateful to my past experiences for providing me a background on how to go through with this distinct profession.

Time goes by, and I am sure that a lot of school health physicians have already gone through several developments. With these developments, I never wanted to think again that prescription outside the school is more effective than that of a school physician's. Hence, it is for this reason that we have to move further from one milestone to the next. We have to be the master of our own craft. We, the School Health Physicians, are the best specialists in School Health. I know that there are still a lot of rooms for us to discover, and a lot of paths for us to travel. For sure there will be plenty of challenges, but that should not hinder us from moving forward. In fact, when the pandemic came, school health was again tested proving to be more flexible and useful even in home-based learning.

At this moment, through my professional journey, the insignificant school physicians who I encountered during my younger years had already served their purpose. That is, to awaken me on how they are perceived, not only by myself, but by others as well. I may never see them again, but the memories will remain in my mind. And since I am actually in the shoes of a school health physician now, I feel that I have to do something to make the insignificant, a significant one.

"I began to be more passionate about uplifting the professional image of school health physicians. Most importantly, I started to advocate that school health physicians have important roles to play."

dreamed of becoming one. This was perhaps due to lack of role model or due to the impression that being a school physician is not an attractive career. As a saying in a famous American movie goes, "Life is like a box of chocolates. You never know what you're going to get." Well, that is definitely true! I never imagined myself as a school health physician, but who am I right now? A very proud school health physician! Now, that is destiny!

I thought that everything that I experienced before had a purpose, including my so-called insignificant encounters with few school physicians. Reflecting on my past experiences, that made me to become more concerned about the improvement of school health, I began to be more passionate about uplifting the professional image of school health physicians. Most im-



POINTS TO PONDER

BY KAREN P. ALDAY-HARINA, MD

It has been barely one year and two months since the bleakest days of the COVID-19 pandemic. Looking back, I wanted to share with you key points on how I am continuously managing to thrive and to survive even up to this very moment.

1. PUTTING GOD FIRST
2. MAINTAINING A SOUND MIND AND BODY
3. THINKING OUT-OF-THE-BOX
4. RESILIENCE
5. CONQUERING FEAR
6. LEARNING

PUTTING GOD FIRST

"When we put God first, all other things fall into place." –Ezra Taft Benson

As a devout Roman Catholic, I cannot fathom on how I can face these unprecedented times without believing there is but one true God. Aside from following various pastoral services led by our dear Pope Francis and his clergy, I try to nourish my spiritual needs by beginning and ending my day with prayers. I believe that religious traditions also sustain me to keep my faith alive.

MAINTAINING A SOUND MIND & A SOUND BODY

"A sound mind in a sound body is a short but full description of a happy state in this world: he that has these two, has little more to wish for; and he that wants either of them, will be little better for everything else." –John Locke

As a physician, part of the treatment regimen that I give to my patients has something to do with balance nutrition, proper exercise, adequate sleep, and similar advices. So I said to myself, it is about time to walk-the-talk. It all

started one morning when I picked up my mat and gained the momentum of practicing yoga and pilates. I also grabbed the opportunity to spend quality bonding moments with my family while on quarantine. I also spend some leisure time either baking, indoor plant gardening, and playing music on a guitar or piano.

THINKING OUT-OF-THE-BOX

"Creativity can solve almost any problem. The creative act, the defeat of habit by originality overcomes everything" –George Lois

Early on during the lockdown, due to patient's fear of flocking to medical clinics and hospitals, I conducted vaccinations by appointment. I instruct them to remain inside their private vehicles, and then meet-up with me under the canopy of trees alongside the vast parking lot of a medical center. The main goal is to avoid neglect on other vaccine-preventable diseases in the community.

Previously, health educations were conducted through mass lecture and open forum. But these days, due to innovations in technology, it is easier to get one's message across through eye-catching infographics posted on social media platforms such as Facebook.

RESILIENCE

"On the other side of the storm is a strength that comes from having navigated through it. Raise your sail and begin." –Gregor S. Williams

During the Enhanced Community Quarantine (ECQ), I stopped conducting face-to-face consultations for two weeks, feeling devastated. I started soul-searching. Through fervent prayers and reflections on one's cherished values and defined purpose in life, I managed to get back on both feet to boldly face the world again.

CONQUERING FEAR

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy." –Dale Carnegie

"Oh, I'm afraid I might get afflicted with COVID-19 infection from my clinic or hospital and consequently transmit it to my loved ones upon returning home." This is the common fear of a healthcare provider like me. But, have you ever realized that the longer we dwell on our fear, seemingly, the more it gets larger-than-life!

Upon resuming my face-to-face clinical practice, I followed the World Health Organization (WHO) and the Center for Disease Control (CDC) guidelines: on telephone triage of patients in the outpatient clinic; and infection prevention control measures by proper disinfection of room and surfaces, by proper donning and doffing of PPEs, by establishing safe zones and physical barriers, and by separating sick and well patient schedule of visits. I gradually tested the waters first and adjusted accordingly through my daily experiences.

LEARNING

"Never become so much of an expert that you stop gaining expertise. View life as a continuous learning experience" –Dennis Wailey

To keep up with the changing times, I find time to read and to learn from updated peer-reviewed journals (UpToDate.com); clinical practice guidelines by medical specialty societies in the Philippines; WHO (OpenWHO), CDC and the Department of Health (DOH) guidelines; as well as webinars relevant to my practice.



COVID THOUGHTS

BY LOWELLA A. POLLANTE, MD

Over the decades of my clinical practice as Primary Health Care Physician, I did not imagine that we will experience this kind of pandemic. This COVID-19 Pandemic became a big game changer, not only to our careers but also to all aspects of our lives.

Psychologically, every healthcare provider become anxious. We have this fear of getting infected with the strain of coronavirus that might spread to our family, friends, co-workers and to just about anybody. The symptomatology of this COVID-19 varies from every individual. Even if we are asymptomatic, we might infect someone with co-morbidities that may turn the pathogenesis into the critical or severe form

that may take lives of our loved ones or somebody else.

Physically, this pandemic brought to us uncertainty and discomfort. Wearing face mask, face shield and complete personal protective equipment (PPE) causes many healthcare individuals to suffer from hyperventilation, palpitation and other physical discomfort. But

despite these discomforts, we need to adapt in wearing face mask and PPEs, that became part of our new normal routine. Other physical burdens were being overworked and exhausted, not only of our

fellow doctors in every hospital but also of all medical, administrative, and paramedical staff in every health institution, who tirelessly treat and cater to COVID-19 patients. Nowadays, be-

cause many health workers were also infected by this virus, other staff will work overtime or double shift due to lack of manpower.

Economically and financially, this pandemic affect us all so much. It increased the unemployment, poverty, hunger and inflation rates. As a Filipino, I feel sad seeing others, regardless of their educational attainment, how they struggle and ask for help to survive due to financial constraint. Some lost their businesses but still need to pay their mortgages and debts of their foreclosed property. Food scarcity are seen on both rural and urban areas. In spite of the financial assistance from our government and other non-government organizations (NGOs), it was still not enough to address the problem.

There are so many negative thoughts and experiences brought about by the COVID-19 pandemic. But as an individual and as a Filipino, we need to do our part and responsibility to flatten the curve and eradicate this virus because "We heal as One".

"As a Filipino, I feel sad seeing others, regardless of their educational attainment, how they struggle and ask for help to survive due to financial constraint."



RANDOM THOUGHTS ON SCHOOL HEALTH AND COVID-19

BY RYAN JEANNE V. CERALVO, MD

Being a school health physician is not as easy as it may seem. Long before that, patients only go to the school clinic seeking medical attention. Nowadays, as per the Commission on Higher Education (CHED) requirement, all students who are going out of the campus for internship/practicum, National Service Training Program (NSTP), fun run and other purposes should be medically cleared first. How can school physicians manage this huge labor when they lack manpower? During our certification courses, in the provinces, one doctor is in charge of more than 50 schools. On the other hand, one nurse would handle more than 20 schools while the other nurse goes to more than 30 schools on schedule. This occurred not only in the Philippines but around the world. Thus, the need of the birth of the comprehensive, coordinated school health program (CCSHP). CCSHP has 8 components namely: health services, health promotion for staff, health education, physical education, nutrition and food services, healthful environment, family and community involvement and last but not the least, counseling, psychological and social services. In the past 3 years, there has been a sudden increase in the number of students, even employees and faculty members, needing counseling services. In this fast-paced world, only a few are trained and gave willingly to this special time and effort-consuming type of service.

School health encompasses a lot of things. Each consultation is a challenge. Why? Of course, the patient will not ask the doctors' specialty unless the triaging system is functioning well or all specialties are present. If only all practicing doctors in the school setting can be members of the Philippine Acad-

emy of Physicians in School Health, Inc. (PAPSHI), then dentists and nurses can actively collaborate with other school health personnel (SHP). There are much more to learn and we can be directed towards one goal, that is, improving and leveling up school health. Furthermore, doctors, dentists and nurses have administrative roles. Aside from a long line of consults, there are piles of bundles of paper works for everyday record keeping including preparation for accreditations by accrediting bodies such as the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU), Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA) and Inter-



national Organization for Standardization (ISO). In addition, orientations and lectures on the current diseases should be done for preventive wellness. Indeed, there are numerous data for research, however, SHP are not gifted with that precious time to spare. In fact, they always have to attend to patients first. PAPSHI has created opportunities to increase the depth of understanding the roles for SHP, including guidance counselors, nutritionists/dietitians and administrators during annual conventions, certification courses, and facilitators and research trainings. The responsibilities extend to families, communities surrounding the institution such as coordinating with police, barangay leaders, and even landlords of dormitories or condominiums. Now, the battle

against the pandemic places some infirmaries to act as service delivery networks, which may collaborate with hospitals for proper referral system. At the same time, both students and faculty members are forced to adapt to study and work at home; hence, they are exposed to gadgets more than what is required despite synchronous and asynchronous schedules. Moreover, students complain that they miss their classmates and friends due to this unusual type of learning while professors are stressed in preparing their modules. For this reason, school health personnel have to be innovative in creating strategies on how to help stop the spread of infection such as engineering controls. Examples of these are the physical arrangement of the school building and new classroom set up, the installation of exhaust fans to ensure air exchange, and introduction of an online system wherein students, faculty and employees can log and fill up the health declaration checklist. If in case they develop signs and symptoms, then they will be monitored. They also have to do COVID-19 cases tracking and reporting. As a result, this clearly teaches us to include disaster and risk management in our planning. Therefore, a school physician is a doctor and a nurse, teacher, architect, and even engineer, at the same time.

Now that the Universal Health Care (UHC) implementation sites have been started, and together with the will to overcome this pandemic, cohesive and effective school health programs can only be achieved if the Department of Education (DepEd), CHED, the Department of Labor and Employment (DOLE) and the Department of Health (DOH), together with PAPSHI will work as ONE for the transformation of tomorrow's future. We are all in this together.

PAPSHI HELD ITS 21ST ANNUAL NATIONAL CONVENTION VIRTUALLY

FROM PAGE 1

adolescents on how to make healthy choices and develop pro-social behaviors, especially during this pandemic.

The event was successfully held virtually. There was collaborative efforts from the National Board of PAPS-HI, its chapters, and its sponsors. This convention was chaired by Dr. Ma. Zaela Vanessa M. Mailom, PAPS-HI's National Vice President and co-chaired by Dr. Honeylee Faith C. Cervantes, its National Auditor. The registered participants were over a thousand of various school health personnel. These delegates were composed of physicians, nurses, dentists, administrators, guidance counselors, teachers, parents, and other stakeholders from Luzon, Visayas, and Mindanao.

The convention was filled with guest speakers, who selflessly contributed their expertise on adolescent health. Dr. Alicia B. Tamesis took the lead as Keynote Speaker in the opening ceremony during the first day. This was followed by the scientific sessions of distinguished lecturers and panelists including Dr. Ailah S. Jalotjot, Mr. Ramon Rodulfo, Dr. Noel M. Laxamana, Dr. Louie R. Ocampo, Mr. Ronchie D. Santos, Dr. Olive De Guzman-Quizon, Dr. Shiela Mae Yu-Geronimo, Dr. Wendy R. Nicanor, Dr. Marie Stella L. Karaan, Dr. Maria Almira R. Kiat, and Dr. Hernando L. Bernal, Jr. Moreover, this year's 21st ANC ended with an inspirational message from the PAFP President, Dr. Maria Victoria Concepcion P. Cruz, as she commended and congratulated PAPS-HI in its accomplishments and endeavors.

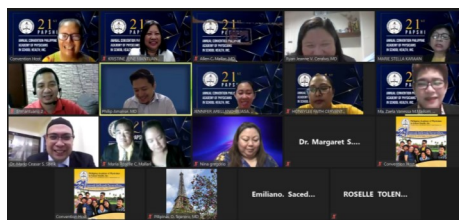
Furthermore, this event will not be as accomplished if not for the support of PAPS-HI's sponsors. United Laboratories, Inc. (Unilab, Inc.), together with Pediatrica, provided additional substance to the first day's symposia with the lecture of Renelyn Tan-Castillejos, bringing joy and spark to participants with her enlightening method of decluttering the Marie Kondo way. Then, the second day was actively participated by Sanofi Pasteur, with its symposium on Ensuring Continued Protection for the School Aged Child, a timely and needed lecture during this pandemic period, presented by Dr. Marimel G. Reyes-Pagcatipunan. On the other hand, Otsuka Solar Phils. con-



Dr. Alicia B. Tamesis, the founding President of the Society of Adolescent Medicine of the Philippines, Inc. (SAMPI), was the Keynote Speaker in PAPS-HI's 21st Annual National Convention. Dr. Tamesis stressed that on top of the advocacy plans, adolescents should be included thus empowering them to become better citizen of the future.

tributed as well by providing the delegates with games and prizes, which gave the participants a fun-filled moment after the flooding of new knowledge from the lectures.

As with every PAPS-HI convention, the general assembly (GA) and the induction of the new set of national and chapter officers and new members were conducted. The general assembly was presided by Dr. Randolph B. Trinidad. In addition, the election for the national officers for fiscal year (FY) 2021-2022 was facilitated by Dr. Marie Stella L. Karaan, the chair of the commission



The organizers of PAPS-HI's 21st ANC thank its guest speakers and delegates for their contribution and participation in this momentous event emphasizing the importance of adolescent health.

on election (COMELEC) of the academy. As a result, a new set of officers were elected that completed the incoming national board. The National Board for FY 2021-2022 are as follows: Dr. Ma. Zaela Vanessa M. Mailom as President; Dr. Kristine June M. Capili as Vice-

President; Dr. Ryan Jeanne V. Ceralvo as Secretary; Dr. Honeylee Faith C. Cervantes as Treasurer; Dr. Nina I. Gregorio as Auditor; Dr. Ana Lyn L. Paterno as Chairman of the Board of Directors; Dr. Jennifer A. Bejasa and Dr. Rocky Undangan as Board Members; and the Emeritus Board with Dr. Luz P. Revita as President Emeritus and Dr. Elmer M. Angus as Director Emeritus. The advisory council remains to be Dr. Zorayda E. Leopando, Dr. Maria Victoria C. Pilares-Cruz, and Dr. Marie Stella L. Karaan. In addition, Dr. Ardel C. Pagdayhag was appointed as assistant secretary while the assistant treasurer position was given to Dr. Allen C. Mallari.

Certainly, the highlights of the convention centered on the lectures and panel discussions of adolescent health issues. These school health topics included sexually transmitted diseases, (STD) particularly Human Immunodeficiency Virus (HIV)/ acquired immunodeficiency syndrome (AIDS), sexual health education, teen nutrition, vaccination, teen pregnancy, mental health, and violence. Indeed, the school community is faced with these challenges in which PAPS-HI initiated actions to answer the needs of school health personnel in addressing the developmental struggles of these young people within their schools.

To end, it is common knowledge that the healthy times of life reaches high level with adolescence; however, this is also that period where the social environments influence the adolescent's well-being. Support from families, peer groups, school community and neighborhood is crucial to get these adolescents through into adulthood. Cooperation and collaboration from different sectors of society are required to bolster the positive development of these young people. Each health professional has the responsibility for the care of adolescents, to develop his/ her potential physically, psychosocially, and spiritually. As a school health personnel, a little consideration, a little thought for these adolescents, makes all the difference.

PAFP@60 RECOGNIZES THE IMPORTANCE OF SCHOOL HEALTH EIGHT LECTURES FROM PAPSHI FEATURED IN PAFP ON DEMAND

By Kristine June M. Capili, MD

SCHOOL HEALTH carries on its important role of health care in the school community, more so now that a big shift has emerged in the education sector brought about by the COVID-19 pandemic.

School health was recognized in the 60th Annual Convention and Diamond Anniversary of the Philippine Academy of Family Physicians (PAFP) celebrated last March 3-7, 2021, with the theme PAFP@60 Resilient, Relevant, Radiant. Eight modules from PAPSHI were included in PAFP on Demand through their virtual platform shown on specified time of the program. These lectures included "Biopsychosocial Approach In Home-Based Learning" by Dr. Randolph B. Trinidad; "Keeping School Kids Moving Thru Distance Physical Education Learning" by Dr. Elmer M. Angus; "Relevant and Coordinated

Health Services In The Light of COVID-19" by Dr. Ma. Zaela Vanessa M. Mailom; "Coping with Stress in the New Normal" by Dr. Maria Roselle C. Mallari; "The Side Hustle: An Alternative Resource Management For School Health Personnel During The Pandemic" by Dr. Jennifer A. Bejasa; "Healthy Me & You In The School Community: Health Promotion For Staff Using The PFC Matrix" by Dr. Ryan Jeanne V. Ceralvo; "Mental Health & Resilience Among Students & Teachers In Time Of Pandemic & Calamities" by Dr. Marie Stella L. Karaan; and "Open Forums: Outline For Practical Everyday Nutrition Forums" by Dr. Allen C. Mallari.

It is PAPSHI's pride and honor to have participated in the educational endeavor of its mother society, the PAFP, contributing its expertise in the specialty of School Health.



Categories of the On Demand Modules of the Philippine Academy of Family Physicians (PAFP), in its 60th Annual Convention and Diamond Anniversary. Photo taken from <https://www.facebook.com/PAFP-Convention-2021>.

EMPOWERING SCHOOL HEALTH PERSONNEL ... FROM PAGE 1

The training held last March 25-28, 2021 through the virtual technology of Google and Zoom was the 14th course in the series. It was actively participated by 81 registered school health personnel of physicians, nurses, dentists, and other personnel from the different schools in Luzon, Visayas, and Mindanao. It was chaired by Dr. Ana Lyn L. Paterno, and organized by the Central Luzon chapter, in coordination with the Bicol chapter.

School health personnel of primary, secondary and tertiary schools in the country persevered in the 4 days of plenary sessions and interactive discussions, with the goal of creating, organizing, implementing and evaluating a school health program of their respective institutions using the eight components of the school health program. Participants engaged in a workshop that assessed their learnings through quizzes, action plans, and a planned school health program. Of the total number of participants for the course, 91% (74 participants) were conferred

the title, School Health Consultant, Level I, with a 5 years validity from the day of conferment.

Continued trainings of school health personnel by the academy ensures PAPSHI's vision that focuses on excellence in the practice of School

Health. Providing school health personnel with directions in the conduct of their school health program arms them with the knowledge, attitude, and skills needed to address the health and well-being of the school community, students and employees alike.



Participants of the 14th Interactive Certification Course for School Health Personnel (ICCSHP) via Zoom Meeting. These school health personnel were comprised of 37% MDs, 52% RNs, 7% DMDs, and 3% other personnel. With diligence and patience, the participants completed the 4-day requirement and was conferred as School Health Consultant, Level 1.

PAPSHI HOLDS FIRST DIPLOMATE EXAMINATIONS

By Marie Stella L. Karaan, MD

The first Diplomate Examination was held last November 15 and 22, 2020 by PAPSHI in its purpose towards the advancement of the subspecialty on School Health.

It consisted of two parts, the written and the oral exams. The written examinations, covering the CCSHP and the different medical specialties where school physicians are expected to be competent in, was given online last November 15 using Google Forms and Quilgo, a timer app with camera tracking. On the other hand, the oral examinations were held last November 22 via Zoom.



Examiners and examinees of the first Diplomate examination for school physicians by PAPSHI.

The examinees discussed with their panels clinical cases from the different aforementioned medical specialties. They also presented their school health programs which were evaluated

based on the coverage of the CCSHP. The panels consisted of the Fellows of PAPSHI who are members of the Specialty Board of Examiners.

There were four initial examinees: Dr. Ma. Librada C. Magma-Bajum, Dr. Allen C. Mallari, Dr. Maria Roselle C. Mallari, and Dr. Florencia D. Munsayac. All four examinees passed the examinations. Dr. Magma-Bajum got the highest total score from both parts of the examinations and delivered the valedictory speech in behalf of the new diplomates during their online conferment last May 21, 2021.

The title of Diplomate of PAPSHI is equivalent to School Health Consultant Level 3.

FIRST DIPLOMATES OF THE ACADEMY CONFERRED FROM PAGE 1

the conferment committee headed by Dr. Ryan Jeanne V. Ceralvo. The conferees were Dr. Ma. Librada Magma-Bajum, Dr. Allen C. Mallari, Dr. Maria Roselle C. Mallari, and Dr. Florencia D. Munsayac.

The virtual ceremony began with the virtual processional and opening activities. In particular, diplomates and attendees were moved and inspired by the message delivered by Dr. Elmer M. Angus, Director Emeritus and Founding Vice-President of PAPSHI. This was followed by the presentation of new Diplomates by Dr. Marie Stella L. Karaan, chair of the Specialty Board of Examiners, and the ceremony proper. Furthermore, Dr. Magma-Bajum was

recognized and awarded as topnotcher. With this, she delivered a response that brought joy and laughter to everyone as she narrated her experience from being coaxed to taking the exam and being anxious in taking it online, to her triumphant finish. It was a short event but a meaningful one for all.

In a constantly changing and evolving medical field, education continues throughout a medical professional's career. Its importance lies in improvement of patient care, advancement of career and maintaining certification. These may seem overwhelming but all it takes is that first step to get you on your way to excellence.



PAPSHI is proud of its first Diplomates: (1) Ma. Librada Magma-Bajum, MD, DPAPSHI, (2) Allen C. Mallari, MD, DPAPSHI, (3) Maria Roselle C. Mallari, MD, DPAPSHI, and (4) Florencia D. Munsayac.

Congratulations to the newly conferred Diplomates of PAPSHI!

NEW PAPSHI PRESIDENT ELECTED By Kristine June M. Capili, MD

PAPSHI members and officers have chosen! Dr. Ma. Zaela Vanessa M. Mailom is PAPSHI President for fiscal year (FY) 2021-2022.

Election of National Officers for FY 2021-2022 was held within the third and fourth day of the recent convention. Members voted 4 nominated candidates out of 9. Dr. Mailom was elected into the national office and was unanimously voted by the officers to be president for the coming term. During the closing ceremony of the convention, the president-elect was presented to the members of PAPSHI. She was inducted into office by Dr. Maria Victoria Concepcion Pilares-Cruz, the PAFP President. Dr. Mailom graciously accepted through her inaugural



Dr. Randolph B. Trinidad, outgoing PAPSHI President gave his valedictory address during the closing ceremony of PAPSHI's 21st ANC, while Dr. Ma. Zaela Vanessa M. Mailom, incoming President, delivered her acceptance speech during the same event.

address.

Presidential transition, generally, is accompanied by issues involving outgoing and incoming administrations. Fortunately for PAPSHI, to date, there has only been smooth and unwrinkled transfer. Gratefulness had always been a forefront perspective and hopefulness preceded expectations. Dr. Trinidad's achievements and contributions have brought recognition and commendation to the Academy, for which PAPSHI is thankful. Undoubtedly, Dr. Mailom's devotion and true-heartedness, over years of service, radiates a fruitful term of leadership. PAPSHI, with full support and commitment, hopes for great, new things for FY 2021-2022.

By Kristine June M. Capili, MD

ANSWERING A CALL FOR HELP DURING THE PANDEMIC

The COVID-19 pandemic brought to the community a state of helplessness as restrictions and curtailment were imposed. These actions left the people struggling in finding aid in answer for their illnesses, whether COVID-19 related, seasonal ailments, or maintenance of existing diseases. The Philippine Academy of Physicians in School Health, Inc. (PAPSHI) responded to these calls for help by providing free medical consultations through "Chat With Dr. Papshi."

"Chat With Dr. Papshi" is telemedicine, using Facebook and its messenger feature. Free medical consultations were provided by volunteer physicians of the academy through this social media. This service was given May 26—June 6, 2020, with a schedule of 9am to 9pm, Monday through Saturday. It was organized by the PAPSHI Committee on Online Health Inquiry and Screening, chaired by Dr. Ana Lyn L. Paterno.

A diverse pool of clients were catered by various specialists in PAPSHI. School health physicians, occupational medicine specialists, internists, and pediatricians of the academy collaborated with patient queries and management

utilizing primary health care in virtual settings and efficient referral system.

CHAT with **Dr. Papshi**

FREE ONLINE QUERY FOR WELLNESS & HEALTH MANAGEMENT

HERE'S HOW:

1. Log in to your Messenger account and search for Chatwith Drpapshi (Dr. Papshi).
2. Prepare a copy of your valid ID.
3. Send a message to Chatwith Drpapshi, and wait for a reply.
4. Follow the instructions to be asked by Dr. Papshi.
5. After properly following the instructions, your inquiry and/or consult may begin.
6. The free online service is available from 9AM to 5PM, Monday to Saturday, until April 18, 2020 (subject to change without prior notice).

"Chat With Dr. Papshi", a free telemedicine, provided an avenue for PAPSHI physicians to render voluntary service of medical consultations to the quarantined community during the beginning of the COVID-19 Pandemic.

Surgical and OBGYNE consultations were coordinated with specialists in hospital and clinics of the volunteer physicians. This provided a comprehensive health care for the clients of "Chat With Dr. Papshi."

Not only did patients benefited from this free online query but participating PAPSHI members, as well. In the

Professional Regulation Commission's (PRC) Resolution No. 1239, series of 2020, continuing professional development (CPD) credit units were granted to all professionals providing essential services during the state of public health emergency due to the coronavirus disease 2019. Moreover, according to PRC, volunteer professionals, who offered services during the COVID-19 crisis, including answering queries about COVID-19, online consultation, and public health education, earned 25 CPD credit units. This is a significant number of units as physicians are required 45 CPD credit units for the renewal of their Professional Identification Card (PIC).

The success of this endeavor was evident by the number of clients served by the academy and by PAPSHI members who selflessly gave their service. Patients were very grateful for the free service, literally expressing their appreciation. The follow-ups reported improvement and alleviation of their primary complaints, which is the goal of every physician. Furthermore, it brought unity and camaraderie to its members, as each chapter contributed to its accomplishment.

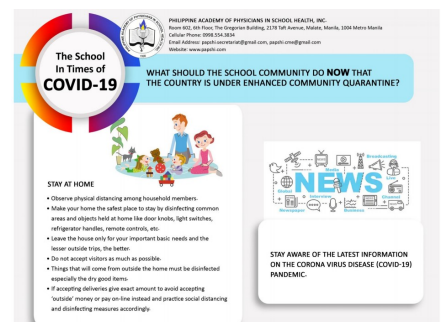
INFOGRAPHICS: A HEALTH EDUCATION STRATEGY FOR PAPSHI

Imageries, charts, and texts combined provide better understanding of relevant health topics and concerns. Engaging readers through visual communication enables information to be perceived quickly and clearly. PAPSHI recognizes this strategy, thus, the creation of its infographics as an approach to convey its recommendations for the conduct of the school community during the COVID-19 pandemic.

PAPSHI, through its Committee on COVID-19 & Infographics Interim Guide for Schools, led by Dr. Kristine Capili and Dr. Honeylee Faith Cervantes, released its infographics on "The School In Times Of COVID-19," in the academy's official website, www.papshi.com, last May 31, 2020. These infographics were based on the directives, guidelines, memos and rec-

ommendations from governing agencies, authorities, and specialists such as the COVID-19 Inter-Agency Task Force on the Management of Emerging Infectious Diseases, the Department of Health (DOH), the Department of Education (DepEd), the Commission on Higher Education (CHED), the Department of Labor and Employment (DOLE), the Department of Interior and Local Government (DILG), the Philippine Society for Microbiology and Infectious Diseases, Inc. (PSMID), and the Philippine Pediatric Society, Inc. (PPS).

"The School In Times Of COVID-19" infographics illustrate what the school community should do *now* that the country is under community quarantine, *before* going back to school after community quarantine, and when school operations *resume*. The content



A PAPSHI infographic on "The School In Times Of COVID-19" showing illustrations and information on what the school community should do during the enhanced community quarantine (ECQ). STAY AT HOME!

of these infographics were also presented as lectures to reach out as many audience as possible, in aid of guiding the school community in adapting to the new normal brought by the COVID-19 pandemic.

FIRST HONORARY FELLOWS CONFERRED

By Jennifer A. Bejasa, MD

The distinctive expertise and enormous extent of service and contribution to the academy warrants recognition. Being conferred as an Honorary Fellow of the Philippine Academy of Physicians in School Health, Inc. (PAPSHI) is a prestige and privilege bestowed on worthy and notable individuals.

The first fellowship conferment ceremony of PAPSHI was held last November 18, 2018 at the Orchid Garden Suites, Malate, Manila. Past presidents Dr. Luz P. Revita, Dr. Marie Stella L. Karaan, and Dr. Ana Lyn L. Paterno were conferred as Honorary Fellows. Similarly, former presidents Dr. Elmer M. Angus and Dr. Manolito S. Pueyo were also accorded the title; however, their conferment took place during the opening ceremony of PAPSHI's 20th Annual National Convention held last May 20, 2019 at the Century Part Hotel, Malate, Manila.



Dr. Luz Revita, Dr. Ana Lyn Paterno, and Dr. Marie Stella Karaan were conferred as Honorary Fellows of the Philippine Academy of Physicians In School Health, Inc. last November 18, 2018 at the Orchid Garden Suites, Malate, Manila.

The event began with processional of the candidates for fellowship, PAPSHI officers, and guest speakers from the Philippine Academy of Family Physicians (PAFP), Dr. Policarpio B. Joves and Dr. Winnie P. Siao. With Dr. Ardel C. Padayhag serving as the master

of ceremonies, this was followed by the welcome address of Dr. Randolph B. Trinidad and the introduction of guest speakers by Dr. Ryan Jeanne V. Ceralvo. Dr. Siao gave the inspirational and conferment address while Dr. Joves served as the conferring and inducting officer. Presentation of the candidates for conferment was done by Dr. Honeylee Faith C. Cervantes, the chairman of the conferment ceremony committee. Then, the conferees were honored by highlighting the positions they held, their accomplishments and contributions to the progress of PAPSHI. After the conferment ceremony, the certificates and oath of fellowship were distributed. Moreover, a response speech was delivered by the newly conferred Honorary Fellow, Dr. Luz P. Revita, founder and President Emeritus of PAPSHI. The program ended with Dr. Ma. Zaela M. Mailom's closing speech and consequently, a fellowship dinner that concluded the joyous occasion.

NINETEEN PHYSICIANS CONFERRED AS FELLOWS

By Lolita L. Tolentino, MD

On a beautiful and cool evening in November 22, 2019, a prestigious gathering of nineteen outstanding and deserving school physicians took place. Not all, however, were able to attend the event for various reasons. Summoned for conferment were previous and current officers of the Philippine Academy of Physicians in School Health, Inc. (PAPSHI). The atmosphere in the Orchid Garden Suites was cozy and festive, with Yuletide season being felt in the venue, albeit formal.

The Filipiniana-themed event was a reunion of sorts. The newly conferred fellows of PAPSHI came from different regions in the country, with some who diligently served the organization since its conception. Everyone had his/ her own toga, cap, hood, and medal. Dr. Elmer Angus hooded each conferee while Dr. Policarpio Joves of the Philippine Academy of Family Physi-



Nineteen school physicians were conferred as Fellows of the Philippine Academy of Physicians In School Health, Inc. last November 22, 2020 at the Orchid Garden Suites, Malate, Manila.

cians (PAFP) carefully hung the medal. Certificates of fellowship were each handed by Dr. Zorayda Leopando (PAFP) and Dr. Luz Revita. A sumptuous dinner followed the rites, with Dr. Elmer Angus serenading the guests.

To cap off the evening, all

went home with a souvenir of abaca abanicos and wide-brimmed buri hats, completing the Filipiniana theme. As each one exited the venue, the glow in the face, the satisfaction and joy of achievement of each attendee was indescribable. Until the next PAPSHI Grand Event!



THE RESILIENCY OF SCHOOL HEALTH EDUCATION DELIVERY IN THE MIDST OF THE PANDEMIC

By Elmer M. Angus, MD

Resiliency is the ability or capacity to recover quickly from difficulties. It is the process of adapting well in the presence of threats or significant sources of stress as the presence of serious health problems. School Health Education is a planned school health curriculum that should be designed to assist students to maintain or improve their health, prevent diseases and reduce health-related risk behaviors.

We know that the school is about more than just “reading, writing and arithmetic”. We know that it is an important place to learn about the WHY and HOW to be healthy and active. In the late 2019, we learn about the start of COVID-19 in China and early last year 2020, it spread to the other countries in the world, until it reached our shores. We have been that coping much to control its claiming of lives and spreading fear, thus the pandemic. As of October 6, 2020, almost 36 million people have been infected and over one million have died. In the Philippines, this translates into almost 325, 000 infected and 6,000 deaths (Worldometer, 2020).

We experienced lockdowns, heard about quarantines, learned about ECQs, MCQs, etc., disruptions of travels, may they be land, air or sea, closures of businesses, increase in unemployment, disruptions of work and classes of all levels, etc. Our daily lives today include things like COVID-19 which exacerbates the learning crisis. Kids, who are supposedly supported on a journey of health literacy, are now very much affected, because of the limited delivery of health information and sources.

The world is adjusting to a new reality that was unimaginable. COVID-19 has altered every aspect of our lives into abrupt changes to the way governments, businesses and communities operate. The pandemic has affected education systems around the world, forcing more than 1.5 billion students out of schools and universities (over 28 million Filipino learners). The marginalized communities are the most at risk.

As many as 94% of children across the world have been out of school due to its closures. Online learning is not possible in

many places as less than half of households in low and middle income countries have internet access. Education leaders reflected to these points for the delivery of quality education, as to being its status quo or explore new approaches. Then came the Idea of Adaptive Learning which may help ensure continuity of education and protection of learners.

Adaptive Learning

It is one technique that provides personalized learning, which aims to provide efficient, effective, and customized learning paths to engage each student.

It is sharing knowledge through homeschooling, and, there are many ways that this can be achieved, such as:

1. Distance learning for parents and educators
2. Online repository of blogs and webinars
3. Virtual touch/meetings
4. Video delivery
5. Online classes and platforms
6. Delivery of e-learning
7. Teleconference

Benefits of Adaptive Learning

Adaptive learning is learning developed when the time suits and when the training or the objective or task on hand. It uses the technology in your pocket, using the phones or tablet or laptops or desktops. It is flexible, meaning that you have the contents in different formats, like, videos, text, images, documents and quizzes. Its time is flexible so are the users can flexible. It is engaging with the use of the different formats. It is rewarding because the learning itself is rewarding to the training. It is progressive since there is the chance to go forward or the feeling of having advanced from the training. It is interactive and one can improve his knowledge retention and increase his engagement.

Department of Education Press Release dated June 19, 2020:

Secretary of Education Briones and other education ministers unite to ensure learning continuity amid the COVID-19. The following are the strategies that were adopted in the Philippines and the Southeast Asia:

1. Modular systems to deliver educa-

tion while prioritizing the safety of the learners. These are the Self-learning Modules.

2. Blended forms of Learning: Internet, TV, Radio
3. Distance learning (Online)

What are the roles of the School Health Personnel with these Strategies?

With the good qualifications and educational backgrounds, the School Health Personnel can assist the teachers with specific health programs and projects, as well as the curriculum committees or individual teachers with programs of health instruction in an effort to avoid gaps and duplication. They can serve as health counselor to the students and keep the teachers informed of up-to-date instructional techniques and materials.

They can arrange, plan for and organize proper in-service training opportunities in school health for teachers. They can share their medical expertise as consultant and resource persons. With their medical attainments and experiences, they may do direct teachings and demonstrations. They can serve as guidance and mentors to students and parents.

The school health personnel of the schools are the most qualified in making health modules for the students. They are all-ready vital persons when it comes to health information and resources.

Setting the New Kind of Learning

As we set into the new kind of learning, there are some factors that have to be considered such as teacher/parents capacity and availability, the student's preparedness, willingness and ability to learn, conduciveness of the environment, internet availability and connection speed, mode of delivery, and materials' costs.

However, we have to move forward and implement the school health education delivery through the strategies of adaptive learning in order to have, not only the needed school health instruction, but the required school curriculum itself. We need to have substantial coordination, cooperation, collaborative efforts and engagement of teachers, students, parents, school administrators, and technology-based companies, in order to provide solutions to our education system problem in this midst of the pandemic. It may need a long road to success though we also need a good delivery of sacrifice.



THE SIDE HUSTLE: AN ALTERNATIVE RESOURCE MANAGEMENT FOR SCHOOL HEALTH PERSONNEL DURING THE PANDEMIC

By Jennifer A. Bejasa, MD

The term “side hustle” came from the root word “hustle” which means to shake, push, move quickly. During the 1920s, surprisingly, it meant to swindle. But during the 1940s, it started to mean paid job, and by the new millenium, it already meant to make money alongside one’s main employment or income.

There are other definitions. In the business community “side hustle” represents any activity undertaken to create supplemental income, that is in addition to one’s full-time job. For the freelancers or part-timers, a “side hustle” allows one to have more than one income stream.

Other terms being used for “side hustle” are side-job, side-line, secondary occupation, moonlighting, second job, and income supplement.

Side hustles for school health personnel may be medical or non-medical. A medical side hustle could be teleconsultation, medical transcription, and medical proofreading, all done online. The non-medical side hustle could be a hobby or skill-based, marketing, and E-commerce which can be online and offline.

Teleconsultation

Teleconsultation is for physicians. Some physicians use social media platforms such as Facebook Messenger, Viber, but data privacy here is not secured. Most physicians prefer telemedicine platforms such as SeriousMD, Medifi, Medgate, and others.

Transcription

A transcriptionist is a professional typist who listens to recorded or live audio files and converts them to text format. This can be in the general, medical, or even in the legal industries. However, training is needed for this job. The Transcription Certification Institute offers a paid training. In Transcribe Me, however, training is free. A training file is sent to the learner who later needs to take the qualifying exam.

Proofreading

Proofreading is the process of reviewing the final draft of a piece of writing to ensure consistency and accuracy in grammar, spelling, punctuation, and formatting. An example is Scribendi. The material could also be in the general, medical, or legal industries. Training is also needed. After training, one can apply to freelance websites like Upwork, Freelancer and Fiverr.

Hobby/Skill-based

Some examples of a hobby of skill-based side hustles are 1) Videography like vlogging thru Youtube and getting paid thru advertisements; 2) Writing such as blogging and also get paid thru advertisements, affiliate marketing, or direct-selling products; 3) Cooking/baking home-cooked meals, viands, and baked goodies and selling them; 4) Gardening, selling plants, seeds, and gardening tools.

Affiliate Marketing

In affiliate marketing one applies as an “affiliate” in a company (such as Bigcommerce) that sells certain products. The “affiliate” promotes the products on his website, blogs, or vlogs. When a customer clicks the link of those products and buys, the company will track this and the “affiliate” gets a commission for every click or buys through the link.

E-commerce

E-commerce or electronic commerce or internet commerce refers to selling, buying, and paying online. E-commerce sites are Shopify, woocommerce, and the more familiar ones, lazada and shopee. The business models in e-commerce can be: 1) traditional, 2) wholesaling, 3) dropshipping, and 4) subscription.

Dropshipping is a type of retail fulfillment method where the customer places an order to the online store and the store sends the order to the dropshipping supplier. The dropshipping supplier prepares and delivers the order to the customer directly. International dropshipping companies are Aliba-

ba/Aliexpress and Chinabrands. Locally, dropshipping as a business is still young. The big ones here are Dropify, Bilis Benta, OJMD, and Drop Ph.

In the local dropshipping setting, the seller chooses the products he wants to sell and subscribes to a dropshipping company. The seller sets the price and prepares the store, then markets the chosen products in marketplaces such as lazada or shopee and even to social media platforms.

When a customer buys the products thru lazada or shopee, the dropshipping company will pack and ship the products to the customer. Lazada or shopee will remit the payment to the dropshipping company and the dropshipping company will transfer the pay-out to the seller. The main role of the seller is to market the products and deal with the customer’s inquiries and concerns.

In dropshipping, there is no manpower needed. A laptop or desktop is enough to do dropshipping. There is no need for capital on inventory nor the need to buy products, no need to go to the warehouse to pick the product ordered, no overhead expenses like electricity, labor, warehousing, and no need to pack the product or ship the product or order. In dropshipping, anyone and everyone can sell. There is only the need to pay for the subscription to the dropshipping company.

I have given you some ideas on what side hustles school health personnel or anyone can do during these times of financial crises. But in choosing, take into consideration what is feasible, what you are passionate about, what you will enjoy, and what will work for you.

And, whatever side hustle you choose, keep trying. If the first side hustle you choose does not work for you, try a different one. Keep learning and don’t hesitate to ask for help and be mentored. Be persistent and endure the hurdles. Be patient, success is not immediate. And most of all, enjoy the process or the journey.



RELEVANT AND COORDINATED SERVICES DURING THE COVID-19 PANDEMIC

By Ma. Zaela Vanessa M. Mailom, MD

In December of 2019 Coronavirus Disease (COVID-19) was identified, in January 2020, the World Health Organization (WHO) declared the COVID-19 outbreak as a Public Health Emergency of International concern, eventually as a Global Pandemic by March 11, 2020. Stricken with the emergence of this unprecedented pandemic, our world faced a crisis. Anxiety and fear of the contagion grew when millions of people succumbed and eventually lost their lives. World leaders immediately closed their borders to foreign travelers, and government officials decided to implement whole-of-government and whole-of-society action against COVID-19. Government restrictions were imposed to mitigate and suppress the transmission of this infectious disease so that the implementation of enhanced community quarantine (ECQ) nationwide closed all establishments, private offices and workplaces, academic and research institutions, and places of worship. With the closure of schools and the abrupt suspension of classes, students, teachers, and other school personnel got locked down in the dormitories and houses inside the campus, and in their respective residences. During the sudden interruption of the regular face-to-face activities of students on campuses, the school health personnel were tasked to adjust and modify the health and safety guidelines and to develop a flexible delivery of school health services.

School Health Services is organized school-based or school-linked activities performed by health professionals who provide access or referral to primary health care services, such as provide preventive health care services, give emergency care for sudden injuries and illnesses, and the management of the chronic disease. These services are made available for all students, teachers, non-academic school personnel, security personnel, maintenance, and janitorial personnel, and in some universities, the surrounding communities inside the campus. These activities contribute to the goals of the educational system.

Following are the School Health Services during COVID-19:

1. The formulation of coordinated COVID-19 Health and Safety Guidelines by the health services staff and administration relevant to the respective schools, colleges, and universities, guided by the advisories from DTI, DOLE, IATF, and other concerned government agencies.
2. Linkages with the nearest BHERT (Barangay Health Emergency Response Team) are formed, and prompt coordination and reporting of suspected, probable, confirmed COVID-19 cases is done.
3. Daily Health Screening and Monitoring for all employees reporting in the school campus is established. All employees are required to accomplish daily health and travel questionnaire and submit it to the designated safety officer prior to the entry.
4. A Referral System to medical specialists for more extensive management, to health facilities like hospitals, and to health centers is in place.
5. The provision of online medical consultation for students and employees, with a digital format for laboratory requests, and prescriptions for medicine.
6. To offer health status assessment and inquiry using Telemedicine/Teleconsultation.
7. In some universities, outpatient consultations by students, teachers, school personnel who got locked inside the campus were done on an appointment basis only.
8. In large universities, emergency and acute care services can be availed after triage and are managed accordingly.
9. In large universities, in-patient services can be availed of by patients with negative RT-PCR results.
10. In other large universities, ancillary services (Laboratory, Radiology and, Pharmacy) are made available on an appointment basis only.
11. Travel Clearance service for teachers and non-academic personnel going home to their respective provinces or country of origin is offered.
12. COVID-19 test (RT-PCR) service for students, teachers, school staff, and the college or the university community members is made available.
13. Coordination with Human Resource Department (HRD) to implement a mixed Work From Home set up specifically for high-risk/vulnerable employees and to make modified skeletal workforce arrangements.
14. Information Dissemination utilizing the educational institutions' official social media platforms for posting updates, and reminders regarding COVID-19, and for giving online COVID-19 and other health-related orientations and seminars for all stakeholders.
15. Coordination with Property Administration Office/Central Supply Office ensures an adequate supply of PPEs for frontliners, and enough cleaning and disinfection supplies.
16. In some universities, there is the provision of virtual assessment for students and employees, doing history-taking for the basic information such as height and weight sent to the school/university clinic electronically using Google Forms.
17. In universities offering allied health courses, there is the provision for online HepB Status Screening and the electronic release of Chest x-ray results.
18. Certain universities have a provision for modified pre-employment Physical Examinations with laboratory tests for school personnel. Smaller schools and colleges canceled annual physical examinations and laboratory tests.

The following activities are temporarily canceled:

1. The annual Pre-enrollment physical examination for students
2. Dental services.
3. Pre-participation examination of athletes.

COVID-19 has had a tremendous effect on our lives. We continue to live with uncertainty. Active disease surveillance, prompt isolation and treatment, strict consistent adherence to the minimum health protocols and complete COVID-19 vaccination coverage to achieve herd immunity are the proposed solutions expected to allow our students to be back physically in schools.

PAPSHI WELCOMES THE BICOL CHAPTER!

The Philippine Academy of Physicians in School Health, Inc. is continuously growing as another chapter opened in the southeastern end of Luzon, the Bicol Chapter.

In the Special Virtual Convention of PAPSHI last October 24-27, 2020, the Bicol Chapter was inducted as a new chapter representing school physicians in Region V. The oath of office for the chapter officers was presided by Dr. Randolph Trinidad, the National President, on the last day of the convention, October 27, 2020, as they were sworn to service and loyalty.

The Bicol chapter officers were headed by Dr. Nina I. Gregorio, the President; with Dr. Siemens Bonacua, Vice-President; Dr. Mary Joan Placides-Verdida, Secretary; Dr. Virgilyn Paniterce, Treasurer; Dr. Philip John I. Amanse, PRO; and Dr. Rosito Bascuna and Dr. Desiree Bricenio, Board Directors.

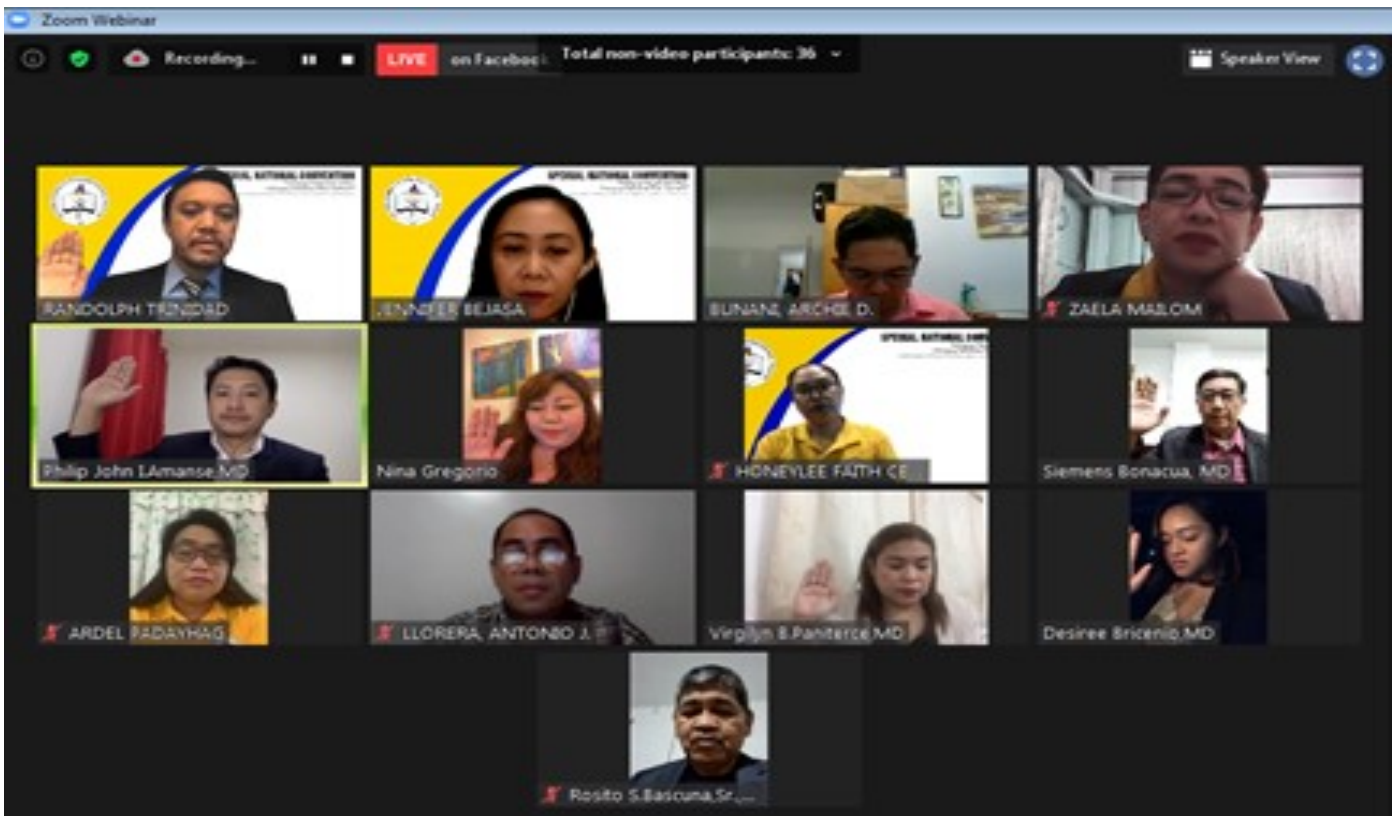
It was a momentous event for the academy as school physicians came together in the Visayas, with a vision of empowering school health personnel and improving the health of the school community through the school health program.

Bicol chapter supports the national and PAPSHI chapters' projects and activities. One of its first contribution was its involvement in the Special Virtual Convention of the academy wherein it hosted the last day of the convention. In addition, during the 14th Interactive Certification Course for School Health Personnel, the Bicol chapter contributed to its organization and facilitation together with the Central Luzon chapter. Furthermore, the Bicol chapter again provided support in the recently held 21st Annual National Convention of PAPSHI, as they facilitated the 4th day symposium and closing ceremony.

The chapter looks forward to contributing to programs and activities given by the academy such as the Facilitator's Training Course, Advance Certification Course for School Physicians, and the Annual National Convention.

This new chapter of the academy aspires to increase the number of their members by encouraging school physicians in the region to empower themselves in the conduct of the school health program through trainings provided by PAPSHI.

PAPSHI is grateful to the chapter's founding president, Dr. Nina I. Gregorio, for her initiation and perseverance in making Bicol chapter happen. The academy welcomes the Bicol Chapter to the family!



PAPSHI Bicol Chapter Officers swore the oath of office during PAPSHI's Special National Convention last October 27, 2020 held virtually via Zoom. They are sworn in by PAPSHI National President, Dr. Randolph B. Trinidad.

CALABARZON CHAPTER MOVED FORWARD WITH ITS 1ST GENERAL ASSEMBLY AND ONLINE ELECTION 2021

The community quarantine imposed by the pandemic has limited gatherings including meetings and assemblies for the safety of everyone. However, this was not a barrier for the CALABARZON Chapter. With its committed and dedicated officers, the chapter was able to continue communication through social media and the various platforms available, thus, allowing the general assembly (GA) and online election of the chapter to push through.

The first GA and online election of CALABARZON chapter was held last May 11, 2021 through Google Meet. It was presided by Dr. Kristine June M. Capili, the chapter president. The meeting proceeded with the President's Report, followed by the Treasurer's Report, and then the election of officers for fiscal year (FY) 2021-2022. Present in the assembly were officers from PAPSHI's national board and the chapter's advisory council

Discussed in the general as-

sembly were the organization and activities done since the chapter's institution in 2019 including drafting of the chapter by-laws, conferment of chapter officers as fellows of the academy, webinar on COVID-19 pandemic in the school setting, and involvement of the chapter in the Special Virtual Convention. The School Health Forum, the official publication of PAPSHI is expected to be released before the fiscal year ends. Its publication and distribution is led by CALABARZON chapter.

The election was one of the highlights of the GA. It was facilitated by Dr. Jennifer A. Bejasa, the chair of the Committee on Election (COMELEC) and supervised by Dr. Nina I. Gregorio, the Regional Director. There were eight nominated candidates and each one got more than 50% of votes from the registered voters, hence, elected as officers. From the eight elected officers, they voted among themselves the positions, and the results are as follows: Dr. Kristine June M. Capili remains as presi-

dent, Dr. Ma. Librada Magma-Bajum as vice-president, Dr. Rubilyn C. Nueva España as secretary, Dr. Rommel F. Vicedo as treasurer, Dr. Karen P. Alday-Harina as auditor, and Dr. Ria S. Rabano, Dr. Pilipinas O. Tejerero, and Dr. Randolph B. Trinidad as Board Directors. With these officers pledge of commitment and service, they emanate a hopeful term for an active and dynamic chapter.

CALABARZON chapter is one with the vision, mission, and purposes of PAPSHI. It advocates for excellence in the practice of school health by the trainings and programs it provides for school health personnel encompassing the school health program. In addition, the chapter aims to lead the research colloquium of the academy, in coordination with PAPSHI's research committee. As the values of research finds its way into mainstream medical practice, PAPSHI strives along side it, lifting research's worth as merit for the academy. The chapter supports this endeavor.

DR. MAGMA-BAJUM TOPS THE DIPLOMATE EXAM

An EXCELLENT and DEDICATED physician and board director of PAPSHI CALABARZON Chapter, Dr. Ma. Librada Magma-Bajum emerged on top in the recently held diplomate examination for school physicians by the Philippine Academy of Physicians in School Health, Inc. (PAPSHI) last November 15 and 22, 2020 through Google and Zoom platforms. The result was phenomenal as Dr. Magma-Bajum scored highest both in the written and oral examinations, amongst the three other members who took the exam.

According to Dr. Magma-Bajum, she aimed to do her best and her perseverance paid off with the result of the diplomate exam. Quoting her, "Ang hirap mag-aral sa panahon ng pandemya. Mas lalong mahirap ang kumuha ng exam na computer ang kaharap. Magkahalong takot dahil gusto mo pumasa pero mas nakakatakot ang mawalan ka ng signal



Ma. Librada Magma-Bajum, MD, DPAPSHI, scored highest in the diplomate exams, both written and oral; an exemplar for school physicians aspiring for advancement in the subspecialty on School Health.

habang nag eexam ka. " She was faced with not only the ordeal of critical thinking and application of the specialty but also of adapting to communication and technological needs brought about by the current situation. She was conferred as Diplomate of PAPSHI during the diplomate conferment ceremony last May 21, 2021 via Zoom.

CALABARZON Chapter greets with pride, Dr. Ma. Librada Magma-Bajum for her tenacity and determination in continuing her medical education. One with the academy's vision and advocacy for excellence in school health, she remains to be an admired physician and a role model for other members of PAPSHI.

CONGRATULATIONS, Dra. Dada!

CHALLENGES, PROGRESS AND A PATH FORWARD

By Honeylee Cervantes, MD and Allen Mallari, MD

The beginning was the birth. It was the year 2019. The members of the Philippine Academy of Physicians in School Health, Inc. (PAPSHI) from the provinces of Bulacan, Pampanga, Nueva Ecija and Tarlac came together to create the PAPSHI Central Luzon Chapter (PAPSHI CL). It was the hatching of a forming idea. As a result, our founding officers were elected with Dr. Marie Stella Karaan as president, Dr. Honeylee Faith Cervantes as vice-president, Dr. Mary Therese Sayo as secretary, Dr. Roselle Tolentino as treasurer, Dr. Celia Fajardo and Dr. Anna Rosalia San Diego as board directors. This was followed by recruiting other members. Consequently, the number of the chapter grew and we started to dream of bigger things ahead.

In 2019, we were ambitious and rightly so. We, as a chapter, in partnership with the Pampanga Medical Society, held our first ever school health forum on September 19, 2019. It was a successful event. We were looking forward to having this as an annual event, unfortunately, 2020 happened.

The year 2020 is, thus far, the most challenging year for the fledging PAPSHI Central Luzon Chapter. We had everything planned before the end of 2019, however, the year took us all by surprise. As these challenges intertwined and overlapped, we chose to come together, to work and support each other. With restrictions for face to face interactions in place, doing the School Health Advancement for Professionals, Educators and Students (SHAPES), a flagship project of the chapter this year, was out of the question. Hence, we had to be creative. We had to adapt since the new normal requires a shift to a virtual platform. Collaborations for Optimal Learnings of Online Resources and Services (COLORS) was the result of our creativity and innovation. Inspired by our SHAPES, COLORS was born. It had its initial broadcast via Zoom last December 12, 2020 with the topics, Nutrition and Hypertension Basics. Our speakers were husband and wife tandem and PAPSHI CL members, Dr. Allen Mallari and Dr. Maria Roselle Mallari. With the relative success of the first run of COLORS, a second run was held last March 5, 2021. The topics were on Road Safety and Inclusivity for PWDs. Our speakers were Mr. Aljun Garcia of A-1 Driving School - Philippines and Mr. Reiner V. Bernabe, Founder of Disability Advocates of Pampanga, respectively.

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First Facilitators' Training Course

With the aim of up-grading the skills of PAPSHI Mem-

bers from Central Luzon and augmenting the pool of qualified facilitators, PAPSHI CL conducted the first facilitators training course last February 21- 22, 2020 at Otel Pampanga, City of San Fernando. This was led by the



Dr. Marie Stella Karaan as lecturer in S.H.A.P.E.S.

efforts and leadership of Dr. Marie Stella L. Karaan and Dr. Honeylee Faith Cervantes. Four doctors participated and completed the course successfully.

On Partnerships and Cooperation

1st Special National Convention

With great enthusiasm, we planned for the hosting of the second day of PAPSHI's 1st Virtual Convention. We had Dr. Marie Stella L. Karaan, the chapter's President, lectured on the topic "Home-Based Learning and Its Effect on Mental Health". Our very own Dr. Allen Mallari assumed the role as the Master of Ceremonies while Dr. Honeylee Faith Cervantes, vice-president of the chapter, served as the overall convention chair.



Participants of the 1st Facilitators' Training Course by PAPSHI Central Luzon Chapter.

1st Virtual and 14th Interactive Certification Course

In collaboration with PAPSHI Bicol Chapter and with the help of the National Executive Board, PAPSHI CL spearheaded the first virtual interactive certification course for school health personnel.

Continuing Education for Lay Persons

A lay forum, designed to create awareness on school health personnel in the University of the Assumption, in the City of San Fernando, Pampanga, was conducted last April 19, 2021 with the title "COVID-19: Current Trends and Updates." It was given by PAPSHI CL member, Dr. Allen Mallari. Another lay forum on diabetes mellitus, with the title "Sweet Talks: Diabetes Dialogues," was also given by Dr. Allen Mallari last November 24, 2020 at Clarkfield, Angeles City, Pampanga. In addition, "Iwas Alta-Presyon Online Kapihan" is another lay forum conducted in collaboration with the Philippine Society of Hypertension Central Luzon Chapter. Dr. Allen C. Mallari and Dr. Honeylee Faith C. Cervantes, our hypertension specialists, represented PAPSHI CL. This was done virtually last October, 2020.

In addition, "Iwas Alta-Presyon Online Kapihan" is another lay forum conducted in collaboration with the Philippine Society of Hypertension Central Luzon Chapter. Dr. Allen C. Mallari and Dr. Honeylee Faith C. Cervantes, our hypertension specialists, represented PAPSHI CL. This was done virtually last October, 2020.

Continually Working, Progressing

The Chapter congratulates its two members, who were conferred the title of "Diplomates" after they have aced their specialty examination (written and oral), held virtually last November 2020. Congratulations to our new Diplomates: Dr. Allen Mallari and Dr. Maria Roselle Mallari.

Moving Forward

Although a path forward may feel uncertain, one thing has never been more clear: to change the trajectory for the better. We will work as one, for the love of PAPSHI!

Here's a look at our plans for the coming months:

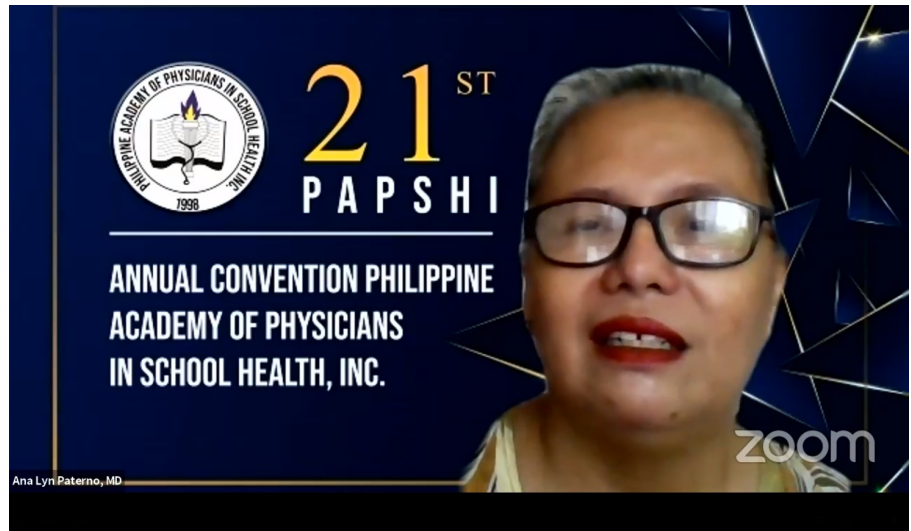
1. Participation in the Annual National Convention
2. Lay Forum on Mental Health First Aid for Substance Abuse
3. C.O.L.O.R.S. 3rd Run on June 2021 on Aging Gracefully
4. Participation in the 15th ICCSHP in July 2021 and the 2nd Advance Certification Course for Physicians in School Health (ACCPSH) in November 2021

INSPIRING TO ADVANCE EXCELLENCE IN SCHOOL HEALTH

By Ana Lyn L. Paterno, MD

The Metro Manila Chapter, from where it all began, is PAPSHI's oldest, or should I say, original Chapter where all the other Chapters came about. Five out of the seven past Presidents of PAPSHI originated from the Metro Manila Chapter, including many of its past Officers and Board of Directors. At present, the two distinguished Emeritus Board, Dr. Luz P. Revita and Dr. Elmer M. Angus, the President Emeritus and the Director Emeritus respectively, belong to this Chapter. Yet, it is an irony how challenging it can be to build ourselves as a Chapter on its own.

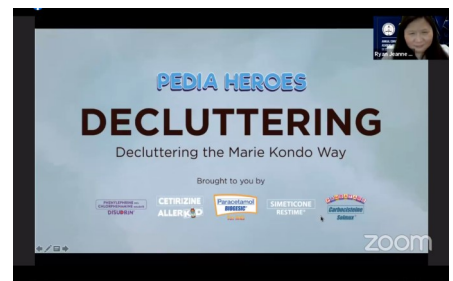
It has been a year of struggle for us who are all busy in our own school work places, as well as our roles in the Executive Board. Hosting Day 1 of PAPSHI's Special National Convention via virtual platform was our very first activity together. This was held last October 2020 during the height of the COVID-19 pandemic. Not much of an accomplishment, but I guess it was a good start, especially since this was the



Ana Lyn Paterno, MD

Dr. Ana Lyn L. Paterno led the Metro Manila Chapter in yet another successful first day of PAPSHI's convention. Dr. Paterno, being Chapter President, showed effectiveness in leadership, as the chapter came together and enthusiastically opened a successful 21st Annual National Convention, centering on adolescent health.


first time that PAPSHI ventured into delivering a convention via virtual platform. We were new to the technology but we pulled it through with the very patient and hardworking technical help of Mr. Danilo 'Jay' N. Mantuano. Thank you so much Sir Jay. There wasn't many of us in our Chapter but working as a team surely made the day a success.



The symposium presented by Unilab, Inc. featured "Decluttering," delivered by a certified Marie Kondo speaker. It was moderated by Dr. Ryan Jeanne V. Ceralvo, Metro Manila Chapter's Vice-President and Chapter President-elect.

We had a second run of hosting during the recently concluded 21st Annual National Convention. As usual, we handled the Opening Ceremonies. For the first time in PAPSHI Convention history, we presented our first batch of four Diplomates and the additional fifteen Fellows in School Health. We also had the chance to work with our sponsor for a very interesting topic on "Decluttering the Marie Kondo Way". This was given to us by a certified Marie Kondo speaker in the person of Ms. Renelyn Tan-Castillejos. Everyone was inspired to plan out their decluttering schedules especially in this time of the pandemic. And this concluded the first year of the Metro Manila Chapter.

Chapter, Dr. Ryan Jeanne V. Ceralvo, together with Dr. Ma. Zaela Vanessa M. Mailom as Vice President, Dr. Florencia D. Munsayac as Secretary, Dr. Ana Lyn L. Paterno as Treasurer and Dr. Louie Cervantes as Auditor. Our Board of Directors are Dr. Luz P. Revita and Dr. Elmer P. Angus. This year, we hope to inspire more members from Metro Manila to join us and be active in the Chapter to advance our advocacy of excellence in the practice of School Health.

 Philippine Academy Of Physicians In School Health, Inc. SPECIAL NATIONAL CONVENTION KikabangangPangkalahatan Niino, KikabangangPangkalahatanNiinoNgPiyos: A Home-based Approach to School Health during Pandemic October 24-27, 2020 via Zoom / FB Live	
DAY 1 October 24, 2020 Saturday	PROGRAM 2:30PM – 3:00PM Registration / UNILAB Video Presentation 3:00PM – 3:30PM OPENING CEREMONIES PROFESSIONAL (VIRTUAL) INVOCATION PHILIPPINE NATIONAL ANTHEM PAPP HYMAN PAPSHI HYMN PRESENTATION OF DELEGATES by National Secretary JENNIFER A. BEJASA, MD OPENING REMARKS by National President RANDOLPH B. TRINIDAD, MD WELCOME ADDRESS by Convention Chair HONEYLEE FAITH C. CERVANTES, MD MESSAGE FROM UNILAB ALYSSA BIANCA L. SANITOS INTRODUCTION OF THE KEYNOTE SPEAKER by Convention Chair HONEYLEE FAITH C. CERVANTES, MD
Hosted by PAPSHI Metro Manila Sponsored by United Laboratories, Inc. EMCEE MA. ZAELA VANESSA M. MAILOM, MD Moderator RYAN JEANNE V. CERALVO, MD	3:30PM – 4:00PM KEYNOTE ADDRESS AILEEN T. RIEL-ESPINA, MD
METRO MANILA CHAPTER President ANA LYN L. PATERNO, MD Vice President RYAN JEANNE V. CERALVO, MD Secretary REYNALDO ULM, MD Treasurer MA. ZAELA VANESSA M. MAILOM, MD Board Director UNILAB CERVANTES, MD	4:00PM – 4:10PM Presentation of Certificate/ UNILAB Video Presentation 4:10PM – 4:50PM Pandemic: Effect to 4th of PAPSHI: Physicians, Pupils, Parents, & Personnel Speaker: ALBERT FRANCIS E. DOMINGO, MD 4:50PM – 5:00PM Q&A / Presentation of Certificate / Unilab Video Presentation 5:00PM – 5:40PM Home-Based Learning and Its Effect to Physical Health Speaker: ANA LYN L. PATERNO, MD 5:40PM – 5:50PM Q&A / Presentation of Certificate / Unilab Video Presentation 5:50PM – 6:50PM Evening Symposium by Unilab: Proposed Protocol for School Health Speaker: ANNA LISA ONG-UIM, MD 6:50PM – 7:00PM Q&A / Presentation of Certificates to Sponsor and Symposium Speaker 7:00PM – 7:10PM Pediatrica Activity – Trivia Game with prizes 7:10PM – 7:15PM Reminders

The Metro Manila Chapter hosted the first day of the Special National Convention of PAPSHI held last October 2020, virtually via Zoom. Together with Unilab, Inc., the chapter made possible for the convention to open with a terrific momentum that was maintained until the last day.

This year, 2021-2022, we will be headed by the new President of the

Philippine Academy of Physicians in School Health, Inc.

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**“Advocating Excellence in
the Practice of School Health”**

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BACKSTORY

WRITING IT DOWN: CONNECTING YOU AND ME

By Kristine June M. Capili, MD

Everything written can be read and everything read can be remembered. Remembering preserves the way of life. Preservation of culture ensures continuity for the Philippine Academy of Physicians in School Health, Inc. (PAPSHI).

The second volume of the School Health Forum, the official publication of PAPSHI, was initiated by the CALABARZON Chapter, with its desire to reach out to PAPSHI members, to involve them, and to establish communication. At the same time, it will allow documentation of events, people, places, and researches saving records of learnings and development of the academy, in its move-



CALABARZON chapter leads the publication and distribution of the School Health Forum. Its logo designed by Dr. Ria S. Rabano

The Philippine Academy of Physicians in School Health, Inc. (PAPSHI) is an association of physicians that focuses on excellence in the practice of School Health. It is an affiliate society of the Philippine Academy of Family Physicians (PAFP).

PAPSHI was founded in 1998 with its founding president, Dr. Luz P. Revita. With excellence in service, dignity, integrity and solidarity as its core values, the academy is committed to the total quality management of its affairs and activities; the development and maintenance of high standards of school health service; the promotion of the professional development and welfare of school physicians; and the provision of a system that will encourage, support, and translate researches on School Health.

The academy offers the following trainings, programs, and professional development, not only for physicians but also for school health personnel, as delivery of the school health program necessitates team effort, cooperation, and collaboration:

- Medical lectures/ updates through seminars/ webinars and symposia
- Interactive Certification Course for School Health Personnel (ICCSHP)
- Advance Certification Course for Physicians in School Health
- Professional Development Path for Physicians in School Health
- Facilitators' Training
- Research Training and Workshop for PAPSHI Members

With the growth of the PAPSHI came the institution of the regional chapters. The academy has four chapters bringing school health within better reach: Bicol chapter, CALABARZON chapter, Central Luzon chapter, and Metro Manila chapter.

For inquiries, concerns, or more information about PAPSHI, you may contact the following:

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mm.secretariat@papshi.com

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MIMAROPA** Dr. Kristine June M. Capili
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ardelcastaneda.padayhag@gmail.com

ment towards the betterment of the practice of School Health.

Writing it all down guarantees substantiation and corroboration that history took place, that PAPSHI happened.

CALABARZON chapter takes upon itself to make certain to produce volumes and issues of the publication to build on an avenue for matters concern-

ing the specialty, the school health personnel and the health of the school community.

The publication team welcomes writers, illustrators, photographers, and passionate doctors to join us in the path towards immortalizing heritage and memoirs, creating linkages for stakeholders, and expressing beliefs and realizations. We write because words make a difference.