



# ON-CALL

**MAGAZINE**

Volume 27 | December 2022

**PROFILES:** *New Generation of Healthcare Professionals*

**MEDSCOPE:** *Changing Practices in Healthcare  
Toward Endemic*

**IN THE NEWS:** *Our Lady of Peace and Good Voyage  
Finds Home in FUMC Antipolo*

*FUMC Valenzuela Maintains  
ISO 9001 Certification Status*

**DRY EYES SUITE**

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#### **PUBLISHER**

*Fatima University Medical Center*

#### **EDITORS**

*Ma. Lourdes Rosita A. Orenza, Jr., RMT, MHA, CLSSYB*  
*Shelley S. Talastas, RMT, CLSSYB*  
*Bernard A. Doctor*

#### **CONTRIBUTORS**

*Harold P. Iturralde, MD, MSc, FPCP*  
*Teresa C. Magtibay, MD, FPCP, FPCCP*  
*Maria Cynthia C. Roxas, Ph.D*  
*Gabriel F. Naig, MAN, RN*  
*Thomas E. Nalaunan, RMT*  
*Nathaniel Ray T. Ragundiaz, RN*  
*Uielen A. Roca, RN*  
*Aris B. Dolorito*  
*Maica V. Fulgencio-Gonzales*  
*Christian G. Macasadia*  
*Jonathan A. Paulino*

#### **VISUAL DESIGNERS**

*Maria Fe DV. Legaspi*  
*Jessie James P. Gomez*

#### **CONSULTANTS**

*Yvonne O. Santos-Guevara, MD, MHA*  
*Angelo Gabriel R. Santos*

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## MESSAGE FROM THE EDITORIAL TEAM

Dear Readers,

Greetings from the editorial team of ON-CALL Magazine! It's been a while since our last issue and we missed you so dearly.

The COVID-19 pandemic has altered our lives and ushered in a new era that quickly changed our healthcare system. Today, technology has become more popular and rapidly integrated into a wide range of health services, which enables patients to be more engaged with their health in a preventive, cost-efficient, and time/life-saving manner. Thus, for our much-awaited comeback issue, the editorial team of ON-CALL has decided to explore THE NEXT GENERATION OF HEALTHCARE SERVICES.

After ten years, this healthcare magazine has produced more than 25 volumes, and to our credit, ON-CALL Magazine editors continue redefining the content our readers have always loved. We made sure that the stories and features in this edition were fact-based, well-researched, and carefully written. Topics have been divided into five major sections: **Profiles** (featuring inspiring stories of FUMC's newest members); **Medscope** (introducing the latest news and happenings in the organization); **Innovating** (presenting updates on the up-to-date technological advancements in FUMC and the healthcare industry); **Healing** (containing articles on healthy living and preventive health care); and **Caring** (highlighting FUMC's commitment to excellent patient experience).

This latest volume of ON-CALL was made possible through the collaborative efforts of our writers, contributors, editors, visual designers, and consultants, all working tirelessly, day and night. You guys are the best and the hardest-working people we've ever known. Thank you so much from the bottom of our hearts.

Volume 27 of ON-CALL Magazine is our gift to you, our dear readers, in this season of love and giving. We hope you enjoy reading it. Thank you for your continued patronage.

***Wishing you a happy and healthy holiday season!***



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## MESSAGE FROM THE PRESIDENT

Vicente O. Santos, Jr., MD, DPBO



As we celebrate the 55th anniversary of Fatima University Medical Center Valenzuela and the 4th anniversary of FUMC Antipolo, I would like to express my gratitude to our doctors, medical and administrative staff, and the rest of our employees who have helped establish FUMC as a leading healthcare provider in the area. I admire them for their unending commitment to carry out the hospital's operating principles, from conducting themselves professionally to tirelessly showing compassion and care for our patients. Truly, they have shown what it is to be human.

In this ever-changing world, we hope to keep one thing constant, our mission: To improve man as man by providing competent and compassionate healthcare to those in need. In philosophy, a question frequently asked is "*What is it to be human?*" In FUMC, we believe that caring for your fellow man with care and competency is at the very core of being human.

In 55 years of operation, we can truly say that we have improved and are constantly improving man as man. By launching new services, learning changing practices in healthcare, and maintaining ISO certification status, we have shown our dedication to ensure the delivery of the best and most effective health and medical services to our patients. In striving for improvement and perfection, we hope to continue contributing to the betterment of our countrymen and society as a whole.

Balancing healthcare and business is constantly an astronomical challenge, and yet we have managed to not only survive but thrive for more than 5 decades, none of which is possible without the dedication and hard work of our doctors, medical and administrative staff. As we continue on for 55 years more, I would like to thank them for carrying out the company's mission-vision to the best of their abilities and gaining the trust of our beloved patients. To our patients, I would also like to express my gratitude for trusting us, and the way we operate. It is because of you and your patronage that we are able to do what we do best, and for this, I thank you.

# Janella Cristin S. Mercado-Garcia, MD, DPDS

Clinical Chairman, Dermatology Department  
FUMC Antipolo

Achieving work-life balance is one of the biggest challenges that a modern woman faces in today's fast-paced world. Thus, it is equally important for one to choose a profession that will give her the flexibility that she needs— a factor Dr. Janella Cristin S. Mercado-Garcia, DPDS, considered when she decided to specialize in Dermatology.

*"Dermatology gives me the work-life balance that I strive for. I get to fulfill my need to have professional growth and still have enough time to spend with my family,"* Dr. Jella shared.

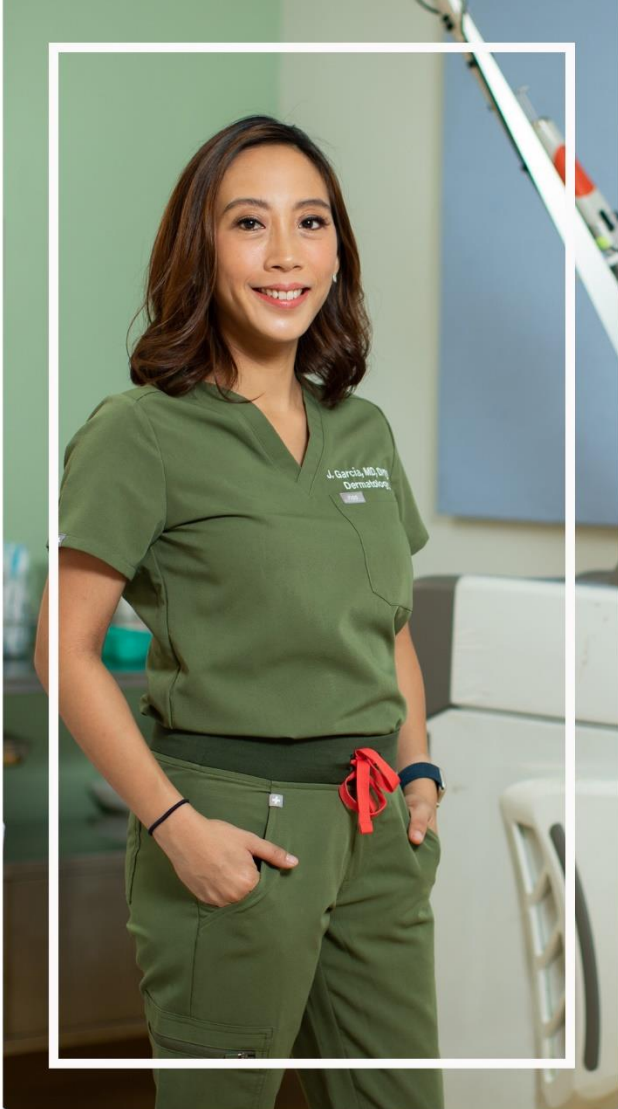
*"Since dermatology has a more flexible schedule compared to other specialties I am able to balance both work and family life. I have three young girls and it is very important for me to be there for them as they grow up, as well as to spend quality time with my husband and parents,"* she added.

Dr. Jella is a very hands-on mom to her three kids. She wakes up early to be with them before they go to school and before she goes to work. She also makes sure to finish everything that she has to do during the day so that she can get to play with them when she gets home.

However, that is not her only reason for choosing to build a career in Dermatology. Dr. Jella believes in the importance of balance and being a dermatologist gives her the balance of helping patients with both clinical and cosmetic concerns. Aside from making sure that the patients are healthy physically, she is also able to help them be healthy mentally by boosting their self-confidence and helping them be more comfortable in their skin.

Dr. Jella spent nine years as an MD before shifting to Dermatology a year and a half ago. She finished her Pre-Med in 2006 at the Ateneo de Manila University where she took a Bachelor of Science degree, Major in Psychology, and was on a Dean's List for 4 semesters. She completed her Doctor of Medicine studies, ranked 7th in the class, at Fatima University Medical Center.





One of her most unforgettable cases as a practicing MD was a patient with TB Abscess. *"Before getting treated, this young patient has been suffering in pain for years and was experiencing poor quality of life. He was not able to get the appropriate treatment because he has not been diagnosed correctly. When we were able to cinch the diagnosis and administered the medication that he needed, he started to improve and was soon completely healed. This case reminds me that we have to be very discerning when diagnosing a patient because that would make all the difference,"* she recalled.

Dr. Jella had her Dermatology residency at East Avenue Medical Center, where she worked as an Assistant Chief Resident from 2018 to 2020. She is currently a Graduate University Scholar at the University of the Philippines Manila where she is attending classes for her Masters in Hospital Administration.

When asked about her future plans, Dr. Jella bared that she hopes to do subspecialty training and that she's particularly looking into Pediatric Dermatology. *"I was tasked to be the Chairperson of the very new Department of Dermatology in FUMC Antipolo, and I would like to be able to develop and grow it into a robust and integral part of our hospital,"* she added.

During her spare time, Dr. Jella spent her time reading, going to art shows and galleries, doing yoga, and watching movies. She also picked up a new hobby-- playing golf, which she enjoys very much.

*"Dermatology is not just for aesthetics. Don't be afraid to consult our FUMC dermatologists about any skin concerns you might have, because your skin's condition can reflect your overall health. Stay hydrated, wear sunscreen, and always be happy,"* she ended. 📝 Written by: Bernard A. Doctor



## Gabriel F. Naig, MAN, RN

Chief Nurse, Nursing Service Office  
FUMC Valenzuela

*"Nobody has a perfect life. Everyone has problems/challenges. But whatever it is that you're dealing with, life must go on"*

**N**ursing is a work of heart." While doctors diagnose illnesses and prescribe medications and treatments, nurses allay patient fears, listen to the concerns and worries of the families, and find ways to manage difficult situations.

What prompted Mr. Gabriel Naig, Chief Nurse of Fatima University Medical Center Valenzuela's Nursing Service Office, to choose Nursing as his profession? *"A nurse's mission is not only to save lives but also to preserve the quality of life. I choose Nursing because I want to take care of the sick."*

Being a Chief Nurse, Gab should maintain the clinical and patient-care standards for patient safety. To achieve this, he works closely with the other members of the management to ensure the prompt delivery of treatment and care to the patients. He is also responsible for formulating and implementing new nursing care strategies, which require extensive knowledge of the nursing procedures, staff rules, and patient policies.

Gab was elected President of the perioperative Registered Nurses Association of the Philippines, Inc. (ORNAP) from 2019 to 2021 due to his extensive years of experience in Nursing. Earlier this year, he received recognition as one of FUMC's Service Awardees after celebrating his 16th anniversary in the patient-care industry.

Gab graduated from Iloilo Doctors College with a degree Bachelor of Science in Nursing. He finished his Master of Arts in Nursing at Our Lady of Fatima University. He hopes to complete his Doctor of Philosophy in Nursing (PhDN) soon.

Despite his busy schedule, Gab still finds time to spend quality moments with his family. During his "me time," he enjoys watching movies and reading books. He also finds time to feed his spiritual life by attending the weekly Sunday Holy Mass.

Gab's strong faith has been his armor against the many challenges in life. *"Nobody has a perfect life. Everyone has problems/challenges. But whatever it is that you're dealing with, life must go on, and we must face these challenges with courage and perseverance, coupled with the assurance that God is on our side. He'll sustain us and protect us. Indeed, nothing is impossible with Him,"* he shared.

✍️ Written by: Bernard A. Doctor



# Shelley S. Talastas, RMT, CLSSYB

Assistant Hospital Administrator  
FUMC Valenzuela

Life doesn't always go according to plan. God directs or sometimes redirects us to where we should be rather than where we want to be. This was what happened to Ms. Shelly Talastas, Assistant Hospital Administrator of Fatima University Medical Center Valenzuela, when her dream of becoming a doctor didn't push through.

*"I guess it was both a choice and a chance-- choice not to become a doctor and go abroad, but grabbed every chance or opportunity to improve myself on the profession that I have chosen,"* shared Lei when asked if being on the administrative side of the healthcare industry is part of her career plans. *"I took a Bachelor of Science in Medical Technology course as a pre-med to Medicine. But it didn't push through for so many reasons. I also dreamed of working abroad, but my parents did not allow me, because they wanted us to be together. So, I've changed my focus and realigned my goals. I worked harder, listened to people who mentored me, and learned from my and other people's experiences,"* she added.

Lei has been in the healthcare industry for more than 16 years. She started her career in the Microbiology Department of Makati Medical Center, where she spent four years as a Medical Technologist. Four years later, she was promoted to Unit Manager.

She left MMC after eight years and decided to go back to her first love being a Chief Medical Technologist, but this time at QualiMed Health Network in Manila. Two years after, she received a promotion and was transferred to QualiMed's San Jose Del Monte, Bulacan branch where she became the Assistant Director for Ancillary Services. This is where her career as an administrator began. After her stint at QualiMed, Lei briefly joined Delos Santos Medical Center as its Deputy Director for Ancillary Services and Specialty Center.

Prior to joining FUMC, Lei was the Hospital Administrator of Semirara Mining and Power Corporation Hospital for three years.

Some people struggle or find it hard to manage stress and balance family time with work, outside commitments, and activities. In Lei's case, she tries to get all the work done in the office. She often reports to work early, usually before 7:00 AM, so she can finish her work commitments early. Because when she gets home, it's time for her family. *"Talking and spending time with my husband and child is a huge stress reliever. Some of my stress relievers include traveling, grocery shopping, and quiet time or my self-reflection and prayer time,"* she enumerated.

Lei is a Basic Occupational Safety and Health certified and a graduate of Pastoral Studies. She is currently taking her Masters in Hospital Administration at Our Lady of Fatima University (OLFU). Her goal is always to progress both professionally and personally. *"Five years from now, I'm praying that I'll still be at FUMC (I can't see myself in another company) but as a more experienced and learned individual. I am also hoping to start a small business like a nail salon,"* she shared.

Before we end the interview, ON-CALL asked Lei to spill some of her secrets to success. Here's what she shared.

1. Set an annual plan or annual targets for yourself and your family. I call this annual faith goal. It helps me set my focus straight, serves as a reminder, and guides me in case something goes wrong.
2. Always aim to improve yourself. Read, listen and learn from your own and others' experiences.
3. Do right, be good, and guard your heart and intentions. It's a small world, you never know whom you might bump into.
4. Work, save, and travel. I'm sure you'll learn a lot from each trip.
5. Be kinder than necessary.
6. Be grateful, not most of the time but all the time.
7. When you find yourself in times of trouble... sometimes you gotta "let it be."

Lei is a true testament that God is at work in our lives. All we have to do is to put our full trust in Him. 🙏 Written by: Bernard A. Doctor





## Bernard A. Doctor

Marketing and Sales Manager  
FUMC Antipolo | Valenzuela

Bernard graduated Bachelor of Mass Communication, Magna Cum Laude, in full scholar, from the Pamantasan ng Lungsod ng Maynila. He was a proud product of the public education system and a consistent honor student from Elementary to College. He is also a frequent school representative in various oratorical and extemporaneous speech-speaking competitions from the district to the national level. Indeed, Bernard has been a scholastic achiever throughout his academic years.

Growing up though, life isn't that easy with the young Bernard. His mom passed away when he was 6 years old. Thus, he grew up with his father and four other siblings. Being the youngest in the family, he witnessed the hardship of his father as a single parent and recognized his father being a good provider and an excellent mentor. His father was present during the most important phases of his life, silently cheering for him at every competition, recognition, and graduation ceremony. Bernard sees his father as a highly principled man who always acts with integrity and respects everyone he works with regardless of their beliefs or life status. His father has this fighting spirit that doesn't back down with a flame that never falters. Such qualities have been channeled into every aspect of Bernard's life and eventually inspired him to be the person that he has become.

Being an achiever is innate and natural to Bernard as he climbed up the ladder in his career. Now, the healthcare industry is new to him but when asked how the experience was working at FUMC, he says, *"Surprisingly, I am having fun. I have supportive bosses who trust my expertise in the field of marketing and promotions. And since I'm new, they patiently guide me through the ins and outs of the healthcare industry. I also have the best team who tirelessly and lovingly do their roles to the best of their abilities. And I wanted them to grow, learn, and be recognized for their contributions. They truly deserve it!"* Bernard is a valuable asset to FUMC.

Over the next few years, Bernard hopes to further broaden his leadership skills to create future leaders and marketing practitioners. Moreover, he wishes to advance his knowledge in the ever-changing world of social media management. The COVID-19 pandemic heightened the value of social media. In the absence of the country's biggest network, people relied heavily on Facebook, YouTube, TikTok, and other social media platforms for information, and the amount of time people spent on these platforms has dramatically increased. Tri-media (TV, radio, and print) has taken the rear seat, and social media has become the primary medium for promoting products and services. Because of this, marketing practitioners must continue to evolve to keep up with the changing times. 📌 Written by: Ma. Lourdes Rosita A. Orenza, Jr., RMT, MHA, CLSSYB

The past two years of COVID-19 pandemic created a huge change in the lives of many and the impact differs to each person. The situation encouraged us to think more deeply about ourselves, our purpose and goal. But what kind of shift happened to Mr. Bernard Doctor, the Marketing Manager for both branches of Fatima University Medical Center?

*"Listen to your body when it's tired." Be mindfully aware when things feel different. Paying attention to the physical and mental signs that your body gives you will serve you well. Yes, we only live once. But don't be reckless and live healthily.*" This is the piece of advice from Bernard when asked about his life realization. Health and wellness became his priority. This made Bernard felt that the opportunity to be part of FUMC is very timely especially that he was diagnosed with Type 2 Diabetes Mellitus.

Bernard is an experienced advertising, marketing, and media practitioner who dedicated 21 years of his life in his craft. But he revealed that initially, he wanted to become a newscaster. When he was young, he enjoyed watching the coverage of PBA games and TV Patrol where he admired the likes of Mr. Noli De Castro and the late Ernie Baron and Joe Cantada. However, chances of entering the broadcasting field were quite thin. Hence, he decided to test the waters in the entertainment industry and started as an AdProm Assistant where he met the best marketing mentor for him. And from there, as they say, the rest is history.

# Angelo Gabriel R. Santos

Supply Chain Manager  
FUMC Antipolo | Valenzuela

He may be young but he's definitely one of the most reliable young guns at Fatima University Medical Center. Meet Angelo Gabriel Santos, Administrative Head of FUMC's Inventory Department.

ON-CALL sat down with 29-year-old Angelo and asked him a few questions about his personal life and the secret behind his calm aura and chill personality.

**ON-CALL:** *Why did you choose Inventory Management?*

**ANGELO:** *I chose to be in Inventory Management and management in general because ever since I began my professional career, I have always been exposed to different kinds of management. My very first job was at a bank where I worked as a Relationship Manager. Here, I learned how to build rapport and take care of my clients' needs. For my second job, I worked as an Events Marketing Manager for a physiotherapy clinic, where I learned how to build connections, negotiate with corporate partners, and broadcast our services.*

**ON-CALL:** *How did you end up working at FUMC?*

**ANGELO:** *Before taking my MBA, I briefly worked for Our Lady of Fatima University (OLFU) as a Management Trainee. As a trainee, I was exposed to different functions of the school, how it operated, and how we were able to provide our clients, the students, the best value for their money. When I took my MBA, this was the goal I had in mind to provide the best value to our clients, but this time with FUMC.*

**ON-CALL:** *How was the experience so far?*

**ANGELO:** *So far, it has been challenging because I realized how hard and costly it is to operate a medical center. There are too many moving parts that are needed to be monitored all the time.*

**ON-CALL:** *But you always seem so calm and unbothered. How do you manage those challenges and of course the stress that comes along with them?*

**ANGELO:** *Angelo gave a genuine smile. When it comes to work, I make sure that nothing piles up. I try to do the easiest tasks first just to help me get in the flow of starting, and then continue on with my work. When it comes to reducing stress, I play tennis and basketball during my free time.*

**ON-CALL:** *What do you look forward to after a hard day of work?*

**ANGELO:** *No matter how busy I am, I try to make it home in time for our nightly family dinner.*

**ON-CALL:** *What are your future plans? Do you have other goals with regard to your professional and/or personal life?*

**ANGELO:** *Five years from now, I see myself wearing more hats in managing FUMC and maybe OLFU. Aside from that, I plan on having other businesses of my own, with no relation to our family businesses.*

**ON-CALL:** *Any advice for our readers?*

**ANGELO:** *Always live with purpose.*

Angelo finished his AB Management Economics degree at the Ateneo De Manila University and completed his MBA at the University of San Francisco in California, USA. 📍 Written by: Bernard A. Doctor



## FUMC VALENZUELA CELEBRATES HISTORIC 55TH ANNIVERSARY

By: Shelley S. Talastas, RMT, CLSSYB



Earlier this year, Fatima University Medical Center Valenzuela celebrated its 55th anniversary by recognizing and honoring its most loyal employees who have rendered 10 and beyond years of service to the company and its stakeholders.

An audio-video presentation was released, where we met the dedicated and committed healthcare workers who fearlessly faced and were with us at the height of the pandemic. In the presentation, they were given the opportunity to share their FUMC stories including their most unforgettable and challenging

experiences, as well as their failures and successes. The featured employees also expressed their desire to stay longer and work even harder for the institution that they considered their second home.

The AVP also highlighted one of FUMC's most valued battle cries, 'Fatima Cares', which is expressed and shown not only to our patients but is equally important in giving care and honor to one of the institution's most valued assets – our employees.



# MEDSCOPE

## FUMC ANTIPOLLO CELEBRATES 4TH ANNIVERSARY

By: Ma. Lourdes Rosita A. Orenza, Jr., RMT, MHA, CLSSYB

In February 2018, Fatima University Medical Center (FUMC) opened its doors to the people of Antipolo City and Rizal province. Over the last four years, we have continued to grow to meet the community's changing needs.

FUMC Antipolo flourished as a reliable medical institution during the surge of the COVID-19 pandemic because it continuously served inpatients, outpatients, and patients needing emergency medical services. It showed resiliency amidst adversities and stayed true to its purpose of providing healthcare services that are innovative, healing, and caring. The leadership, physicians, healthcare professionals, and the entire team of FUMC Antipolo worked tirelessly together to serve the health and well-being of the patients.

FUMC Antipolo began with a vision of being a world-standard tertiary provider of healthcare. We take great pride in having served our community by offering state-of-the-art diagnostic, treatment, and preventive services. Such was evident when the Department of Health (DOH) recognized FUMC Antipolo as an apex or end referral hospital that offers quality, efficient, and patient-centered services.

To mark its fourth anniversary, FUMC Antipolo launched the latest addition to its services – the Women's Healthcare and Skin Center (WHSC) and the Dry Eye Suite in its comprehensive and advanced Eye Center.

### Women's Healthcare and Skin Center

It is a center dedicated to comprehensive, quality obstetrical and

gynecological care for women. Meanwhile, the skin center, equipped with top of the-line machines, caters to medical and aesthetic dermatological care for both men and women. Our highly trained experts are committed to meeting the skin care needs of every patient.

### The Dry Eye Suite

Dry, itchy eyes are a common condition where the eyes do not produce enough tears. These tears are necessary for maintaining the health of the surface of the eye and for providing clear vision. Symptoms typically include irritation, dryness, burning, grittiness, and difficulty reading for long periods. Dry eye syndrome is associated with a decreased ability to perform activities that require visual attention, such as reading and driving a car.

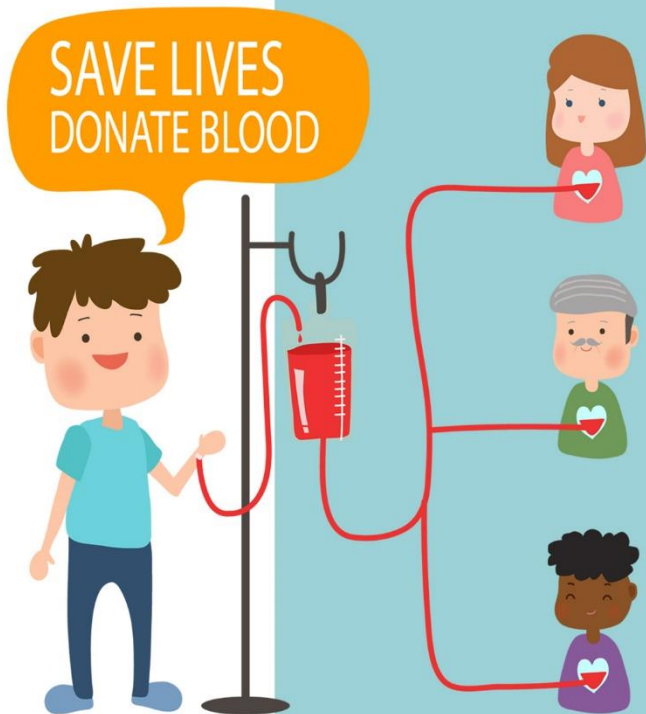
FUMC Antipolo's Eye Center offers its latest innovative technology in diagnosing and treating dry eyes, performed by our board certified Ophthalmologists.

In fulfilling our mission to improve the quality of life of our patients, we will strive to provide competent and compassionate healthcare along with our medical experts.

Filled with deep gratitude, Fatima University Medical Center Antipolo will look forward to many more years of serving the people of Antipolo City and Rizal province.

## A DROP OF BLOOD, A LIFETIME FOR SOMEONE ELSE.

By: Thomas E. Nalaunan, RMT



With the outbreak of COVID-19 and its containment measures, blood centers faced a huge challenge in balancing blood demand and supply. To help address this concern, the Blood Bank section of Fatima University Medical Center organized a series of blood donation drives with the theme 'A Drop of Blood, A Lifetime for Someone Else.' The project aims to increase the hospital's level of blood supplies and to spread awareness on the benefits of donating blood.

*"Giving blood isn't just good for the recipient. Making regular blood donations can also benefit its donor," says Ms. Glory Biazon, RMT, Chief Medical Technologist of FUMC Valenzuela. "Donating blood reduces the risks of high blood and liver diseases. It also lowers the risk of developing cancer and allows donors to develop new blood cells. And for our patients, we can provide them safe and quality blood units that will supplement their needs," she added.*

FUMC Antipolo's Clinical Laboratory has scheduled four blood donation drives for the year. Two of which are in collaboration with the Philippine Blood Center while the remaining two are in partnership with FUMC Valenzuela. Here are the schedules: February 23-24, July 7, October 12-13, and December 7.

Meanwhile, FUMC Valenzuela started its mass blood donation program last March 10 – 11. Followed by three more successful activities last April 21-22, June 14-15, and September 15-16.

To date, FUMC was able to collect almost 250 bags of blood. This was made possible through the invaluable support of FUMC employees together with their families and friends, Our Lady of Fatima University (OLFU) faculty and students, as well as walk-in donors, who have trooped their way to FUMC to support this meaningful cause. All donors went through the rigorous blood donation screening process to ensure their safety. Screening of blood donors also helps to ensure that the donated blood is safe for transfusion into a recipient.

We encourage everyone, especially our readers, to take part in the upcoming blood donation events of FUMC. This pandemic may have changed our priorities but we hope that you'll continue to support this life-saving act.

For inquiries, contact the Blood Bank section of FUMC's Laboratory Department at the following nos.: For Antipolo, (02) 8727-8845 Loc. 3006 and for Valenzuela, (02) 8291-6538 Loc. 207.





## 2022 NATIONAL HOSPITAL WEEK

By: Jonathan A. Paulino

Inspired by the aphorism, "an apple a day keeps the doctor away," Fatima University Medical Center celebrated this year's National Hospital Week. FUMC Antipolo and Valenzuela branches distributed over a thousand apples to our dear patients last August 10, 2022, because #FatimaCares. This simple act aims to show our earnest gratitude to all who continue to patronize our services and choose us as their trusted healthcare provider.

The theme for this year's celebration, "*Pagbangon mula sa pandemya, kayang-kaya basta't sama-sama*" signified the resilience of our nation from the pandemic and together, we will rise above the challenges.

As we are closer to the end of the pandemic, FUMC has shown the community its contribution to being a dependable healthcare provider that heals, cares for, and innovates.

The National Hospital Week is observed from August 6 to 12 via Proclamation No. 181 signed on May 21, 1993 by President Fidel V. Ramos. The purpose of the celebration is to make the people understand the role of hospitals in nation-building and to recognize the people working frontline and behind the scene in every healthcare facility.

# FUMC ANTIPOLLO RECEIVES TOP PERFORMING HOSPITAL AWARD FROM PHILCAT

By: Ma. Lourdes Rosita A. Orenza, Jr., RMT, MHA, CLSSYB



COVID-19 has severely impacted the fight against TB around the world. In the Philippines, the National Tuberculosis Control Program (NTP) works closely with all stakeholders—national government agencies, public and private sectors, non-governmental organizations, professional societies, academe, patient groups, civil societies, and development partners – in the Philippines' fight against tuberculosis. In 2020, the NTP recorded a 49% decrease in TB testing, a 37% reduction in TB notification, and a 14% reduction in drug-resistant TB (DR-TB) notification as compared to 2019 data. When TB testing rates decline, this has devastating implications: the fewer people that are found, tested, and treated, the more TB cases and deaths there will be, and the higher the risk of drug-resistant TB (DR-TB) spreading worldwide. According to WHO, the Philippines has the fourth highest TB burden in the world.

Between March and May 2020, the NTP, World Health Organization (WHO), Philippine Business for Social Progress (PBSP) ACCESS TB Project, United State Agency for International Development (USAID), Philippine Coalition Against Tuberculosis (PHILCAT), and other partners came together to develop the National TB Adaptive Plan to ensure continued TB prevention, testing, and treatment for their patients. In fact, the Philippines was one of the first countries to develop a strong comprehensive TB adaptive plan, which has served as a model for other countries.

Part of the challenge of TB is that it requires long and complex treatment. It takes six months of four antibiotics to cure TB.

Drug-resistant forms of TB demand an even longer regimen, lasting between nine and 18 months of taking nausea-inducing medication every single day. Loss to follow up when patients do not complete their full treatment course – can mean that people are not fully cured, further drug resistance can develop, and TB can be spread.

Hence, it is important that healthcare facilities vigorously participate in implementing the TB Notification Program, which aims to notify all cases of TB infection in the country. In relation to this campaign, Fatima University Medical Center Antipolo actively monitors TB cases and coordinates with the Department of Health Region 4A.

Fatima University Medical Center Antipolo was awarded as the Top Performing Facility in Region 4A- Rizal based on the number of notified TB cases from the first to the third quarter of the year. The Certificate of Recognition was received by Mr. Nathaniel Ragundiaz, Infection Control Nurse, during the TB Program Implementation Review and Period 4 Quarter 3 2022 Data Validation Workshop entitled "Stepping Up Performance: Highlighting the Role of Engaged Facilities and Stand-alone Physicians to achieve Mandatory Notification Performance Targets and Ensure Sustainability" held at Sequoia Hotel, Quezon City, Metro Manila last October 19-21, 2022.

Now more than ever, we need to work together to achieve a TB-free Philippines (#TBFreePH).

# FUMC HOLDS ANNUAL TEAM-BUILDING AT KATMON HARBOR NATURE SANCTUARY BEACH RESORT

By: Aris B. Dolorito

Fatima University Medical Center executive officers and administrative heads had fun under the sun during its annual team-building activity held at Katmon Harbor Nature Sanctuary Beach Resort in Infanta, Quezon province, in July 2022.

FUMC Antipolo had their weekend getaway last July 15-17. They started their three-day activity with an afternoon chat, followed by an evening of music and cheers. A series of fun-filled activities to establish employees' teamwork, communication, and camaraderie opened on their second day. employees were given time to explore the resort during the afternoon socials.

The following weekend, July 22-24, it was FUMC Valenzuela's turn to relax and have fun at the blissful beach of Katmon. They opened their first day with exciting games showing the employees' creativity, cooperation, and competitiveness. In the evening, there were non-stop music and laughter. The following day, Katmon management and staff prepared an outdoor obstacle course challenging the physical strengths and the strategic thinking of employees.

# MEDSCOPE

Ms. Ma. Lourdes Rosita Orenza, Jr. (VP for Operations), Dr. Jose Ravelo Bartolome (Medical Director), and Ms. Leilani Estacio (Chief Nurse) led the delegates from FUMC Antipolo. Meanwhile, Ms. Shelley Talastas (Assistant Hospital Administrator), Dr. Oscar Payawal, Jr. (Medical Director), Dr. Diana Alcantara-Payawal (Chairman of Internal Medicine), Mr. Gabriel Naig (Chief Nurse) headed the FUMC Valenzuela team.

Dr. Yvonne Santos-Guevara, Executive Vice President, and Hospital Administrator of FUMC Antipolo and FUMC Valenzuela, respectively, and Dr. Alfredo Guevara, Head of the Quality Assurance and Patient Safety Unit (QuAPSU), attended both activities, to the delight of the FUMC employees.

I am honored to have hosted the FUMC Valenzuela event with Ms. Evangeline Carreon of Heart Station. The FUMC Antipolo activity, on the other hand, was presented by Ms. May Legaspi of Marketing and Ms. Kimmy Jarquio of Executive Office.

Though brief, this activity helped employees renew their commitment to providing quality healthcare to our stakeholders – a welcome break from everyone's crazy and hectic work schedule. And everyone is hoping and looking forward to more exciting adventures in the coming years.





## OUR LADY OF PEACE AND GOOD VOYAGE FINDS HOME IN FUMC ANTIPOLO

By: Maria Fe DV Legaspi

A replica of OUR LADY OF PEACE AND GOOD VOYAGE, also known as Birhen ng Antipolo, has been enshrined permanently at Fatima University Medical Center–Antipolo on August 8, 2022.

Our Lady of Peace and Good Voyage is the patron saint of travelers asking for guidance and protection. Its original image may be found at the Antipolo Cathedral. The statue is one of the most celebrated images of the Blessed Virgin Mary in the Philippines, gaining devotees since the mid-19th century. It attracts millions of devotees yearly from all over the world, especially from May to July.

In 2018, Most Rev. Francisco De Leon, D.D., Bishop of Antipolo, decreed the first Tuesday of May as the feast day of Our Lady of Antipolo, Nuestra Señora de la Paz y Buen Viaje.

The tradition of imploring her blessing for a safe trip continues to live and evolve. Let's welcome her into our homes and into our lives. Viva, La Virgen!



## NSO CARES

By: Gabriel F. Naig, MAN, RN

The mother of modern nursing Florence Nightingale once said, "Let us never consider ourselves finished nurses. We must be learning all of our lives." Thus, to continually uphold lifelong learning, the Nursing Service Department of Fatima University Medical Center conducted a timely and relevant seminar-workshop titled, "NSO CARES" last September 16 and 17, 2022 at the San Lorenzo Hall of Our Lady of Fatima University Valenzuela.

C.A.R.E.S. stands for Continual Adjustment and Realignment toward Enhancing Stakeholders' Satisfaction. The activity aims to develop the soft skills of the nursing service personnel to render quality and prudent care to employees and their families, patients, doctors, and business partners.

Bro. Mark John Bagalan, a Prelature of Batanes, facilitated the 2-day seminar-workshop, which includes meditation and various activities that promote teamwork, accountability, commitment, and cooperation. Every minute was worthwhile and used productively to touch the hearts of the attendees. The workshop highlighted their important roles and contributions to providing competent and compassionate healthcare to those in need.



## FUMC VALENZUELA MAINTAINS ISO 9001 CERTIFICATION STATUS

By: Christian G. Macasadia

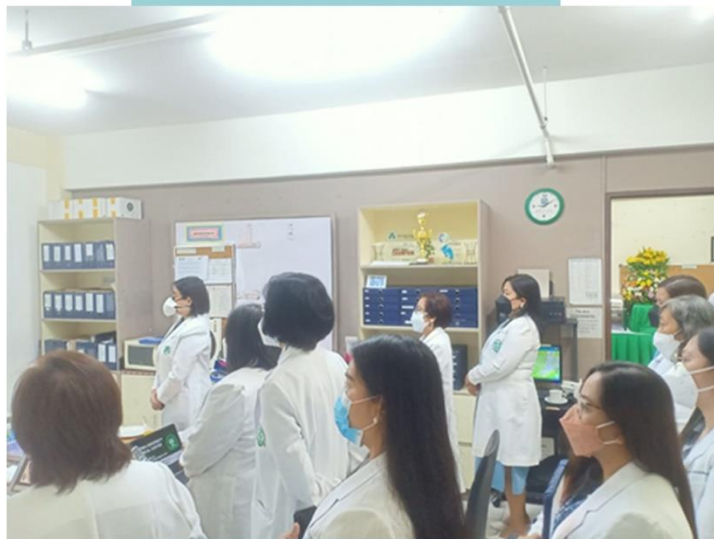
Fatima University Medical Center Valenzuela maintained its ISO 9001 certification status after passing the surveillance audit last January 12 and the recertification audit last June 06, 2022, conducted by the SOCOTEC group (formerly AJA Registrars).

Despite the restrictions and challenges posed by COVID-19 in 2020 and 2021, FUMC managed to fast-track the audit coverage and maintain its ISO certification status. The certification covered nursing, ancillary, and administrative support services. It confirmed that our policies and procedures are consistent with quality standards.

The preparation for this year is quite different from the previous ones since this is the first time an online/remote audit has been conducted. The Quality Assurance and Patient Safety Unit (QuAPSU), IT team, and all the departments worked closely to ensure a smooth audit activity. As a result, SOCOTEC recommended FUMC Valenzuela for continued ISO certification with zero non-conformity. This proves that FUMC was able to update its policies, practices, and procedures to cope with the changes and challenges of the new normal.

As imbued in our Quality Policy, being ISO-certified keeps our commitment to continually improve our quality management systems. Thus, in FUMC, we aim to meet and exceed the needs and expectations of our patients.





## FUMC VALENZUELA SECURES REACCREDITATION OF CLINICAL DEPARTMENTS

By: Shelley S. Talastas, RMT, CLSSYB

Guided by the vision of its founders, Mr. Jose C. Olivares and Dr. Vicente M. Santos, Fatima University Medical Center was established in 1967 to become a primary provider of high-quality medical services. They created an institution that became a training ground for future doctors and healthcare workers in the country. FUMC reaffirmed this commitment by reaccrediting its clinical departments such as Obstetrics and Gynecology, Emergency Medicine, Ophthalmology, Family Medicine, and Anesthesiology.

These reaccreditations will ensure the delivery of the highest quality medical care through the implementation of well-structured residency programs and curricula that will test and hone the competency of those undergoing training in the Clinical Departments.

This also serves as an assurance that even during the pandemic, the institution will continue to be innovative in maintaining and improving the quality of its medical services, which is a great benefit not only to the hospital and its personnel but especially to the patients, doctors, and other stakeholders.

## FUMC ANTIPOLLO GEARS UP FOR ISO 9001 CERTIFICATION

By: Ma. Lourdes Rosita A. Orenza, RMT, MHA, CLSSYB



International Organization for Standardization (ISO) is an independent, non-governmental organization that provides a platform for developing practical tools of international standards through understanding and cooperation with all stakeholders. The ISO standards ensure consistency to make organizations create a proactive commitment to quality, transparency, accountability, and safety.

The ISO 9001 standard is a quality management system focused on risk management and continuous improvement. It will enhance the ability of a healthcare provider to deliver quality care that will meet or exceed the requirements of the stakeholders.

As FUMC Antipollo, journeys toward its vision of being recognized

as a world standard tertiary provider of quality healthcare in the country, we shall undergo a rigorous evaluation process. The entire process includes quality management system development, a management system documentation review, pre-audit, initial assessment, and clearance of non-conformances. All these processes work to identify corrective actions that eliminate non-conformance to the quality management standard.

Our ISO preparation began on October 10, 2022, with the training of the ISO Core Team under the ISO consultant, Ms. Maricel Velasco.

FUMC Antipollo shall dedicate and commit to becoming the first ISO-certified hospital in Antipollo City.

## “I DO, I DO” : KASALAN SA FUMC

By: Maria Cynthia C. Roxas, Ph. D.

Wedding bells were literally heard within and beyond the walls of the National Shrine of Our Lady of Fatima when Our Lady of Fatima University (OLFU) and Fatima University Medical Center (FUMC) sponsored the mass wedding and wedding anniversary celebration of select employees last September 8, 2022. Rev. Father Nicanor F. Lalog II, University and Medical Center Chaplain led the ceremonies.

The six couples who tied the knot include Mr. & Mrs. Henjie Abrazaldo (Center for Guidance Services, OLFU Quezon City); Mr. & Mrs. Ronnie Cuesta (Dietary Department, FUMC Antipolo); Mr. & Mrs. Christopher Decena (Nursing Service Office, FUMC Valenzuela); Mr. & Mrs. Reynante Gabito (Housekeeping, OLFU Valenzuela City); Mr. & Mrs. Ranie Lastimada (Fortress, FUMC Antipolo), and Mr. & Mrs. Noel Suclan (Transport Service, OLFU Quezon City).

Those who celebrated their wedding anniversary include Mr. Jose Geraldo & Mrs. Doniza Jean Garcia, 1 Year (Surgery Department, OLFU Valenzuela); Mr. Ardie & Mrs. Racquel Dumaguit, 10 Years (Human Resources Department, Valenzuela City); Mr. Rodel & Mrs. Rosemarie De Sotto, 15 Years (Payroll Department, OLFU Valenzuela City); Dr. Francis Jay & Mrs. Mary Grace Dela Cruz, 15 Years (College of Maritime Education, OLFU Valenzuela); Mr. Aquillar & Mrs. Mary Ann Povadora, 17 Years (Engineering Department, FUMC Valenzuela City); and Mr. Alejandro, Jr. & Dr. Maria Cynthia Roxas, 43 Years (Human Resources Department, Valenzuela City).

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The reception was held at the Assembly Hall of RISE Tower where a brief program ensued, highlighted by the ceremonial cutting of the cake and wine toasting. The newlyweds and celebrants also joined the “How Well Do You Know Your Partner?” relationship quiz game, which added fun to the celebration.

University and hospital officials graced the occasion, organized and spearheaded by the Human Resources Department. These include OLFU President, Dr. Caroline Marian Enriquez; OLFU Digital and Social Media Head, Mr. Vicente Santos III; Dean of College of Arts and Sciences – OLFU Valenzuela, Mr. Ernesto Leuterio, Jr.; Dean of College of Arts and Sciences OLFU Quezon City, Dr. Ramonita A. Salazar; Over-all Head of Center for Guidance Services & Chairperson of CQM, Dr. Ana Liza P. Ocampo; OLFU Marketing & Communications Head, Ms. Irene Louise Gelle; and FUMC Valenzuela Assistant Hospital Administrator, Ms. Shelley Talastas.

Congratulations and best wishes!



# FUMC VALENZUELA ACQUIRES THE LATEST TECHNOLOGY IN MAMMOGRAM

By: Maica V. Fulgencio – Gonzales

Cancer is a collection of a disease characterized by the development of abnormal cells that divide uncontrollably and can infiltrate and destroy normal body tissue. It can often spread throughout the body.

An early diagnosis opens the door to future care and treatment. It enables people to plan while they are still capable of making important decisions on their care, support, financial, and legal matters. Detecting cancer in asymptomatic patients as early as possible is the best way for successful treatment. When cancer care is delayed or inaccessible, there will be a lower chance of survival due to problems associated with treatment and higher cost of care.

Cancer is the second – leading cause of death in the world, but survival rates are improving for many types of cancer – thanks to improvements in cancer screening, treatment, and prevention. Based on World Health Organization data, breast cancer is the most common. The 5-year relative survival rate for breast cancer is 90%. To simplify, this means 90 out of 100 women will still be alive five years after they've been diagnosed with breast cancer.

One of the best ways to detect early signs of breast cancer is through mammography or mammogram. It is an x-ray image of the breast that doctors use to investigate symptoms of breast cancer.

Guided by its commitment to providing innovative solutions to healthcare problems, Fatima University Medical Center has acquired the latest and most advanced technology in mammography, the Senographe Pristina Digital Mammogram. Here are the outstanding features of this machine:

## USER-FRIENDLY ON PATIENTS.

- o **Empowers Patients.** Guided by technologist supervision, patients can now work to reach the compression that is right for them. The new self-compression feature enables patients to help manage the exam experience reducing potential anxiety when it comes to breast exams.
- o **Provides Clear Diagnosis.** It provides an exceptionally sharp and detailed picture of breast cancer detection and diagnosis.
- o **Eases Patients' Anxiety.** It provides an exceptionally sharp and detailed picture at the same dose as a standard 2D mammography.

## USER-FRIENDLY TO TECHNOLOGISTS.

- o **Comforts Patients.** By making patients more comfortable during the exam, technologists can focus on more suitable positioning, enabling a faster and smoother experience for both patient and technologist.
- o **New Design to Avoid Physical Strain.** It has an adequate space below the collimator. The tube design with the wrap-over top makes it easy for technologists to position patients. The backspace is also large enough to allow technologists to work without hitting their elbows when positioning the breast over the support. Technologists can also position patients while facing them, allowing better communication throughout the exam.
- o **Reinvents Mammography Experience.** The console and gantry are ready to use within a few minutes after start-up without requiring any calibration before starting the day. Also, the change from 2D to 3D mode is as easy as one click with pre-set default acquisition.

## USER-FRIENDLY TO RADIOLOGISTS.

- o **Deliver Exceptional Image.** The mammography platform allows for excellent visualization of breast lesions without increasing the dose compared to a 2D exam.
- o **Provide Accurate Diagnosis.** It sets the bar for diagnostic confidence and performance.

Come! Consult with our medical experts and experience the wonders of this latest innovation from FUMC Valenzuela. Call us at (02) 8291-6538 local 108. Digital Mammogram is also available at FUMC Antipolo. Contact (02) 8727-8845 local 4007 for details.



## SAY GOODBYE TO ITCHY, DRY EYES

By: Jessie James P. Gomez

Staying true to its commitment to bringing innovating, healing, and caring solutions to its patients' healthcare concerns, Fatima University Medical Center has recently invested in and acquired a complete set of machines that will help diagnose and solve Dry Eyes.

The state-of-the-art technologies are acquired through, Swissmed. It is a Transmedic company that distributes high-quality, innovative, and proven products in specialist areas including cataract, refractive surgery, glaucoma, dry eyes, diagnostic equipment, and practice development tools. These products support pioneer-minded ophthalmologists, who want to offer superior solutions to patients.

Dry Eye Disease (DED) is a common condition where tears cannot provide adequate lubricant for the eyes. It often occurs when the eyes produce insufficient tear quantity or inadequate tear quality. This situation brings an uncomfortable stinging or burning feeling to the eye and cannot be solved by simple eye drops. Thus, it's essential that you get your eyes and tears analyzed by your trusted ophthalmologist.



### TEARLAB

Measures tear osmolarity. As the osmolarity of your tears increases, ocular surface cells become damaged.



### MEIBOMIAN GLAND IMAGING

Quick, objective, and automated, its ergonomic and innovative design makes dry eye and meibomian gland screening simple and easy. It captures high-quality meibomian gland images. The machine has intuitive imaging software that plugs directly into the desktop's USB port for simple EMR upload.



### SBM's OCULAR SURFACE ANALYZER (OSA)

This instrument carries out quick detailed structural evaluation of the tear composition. The device identifies the type of Dry Eye Disease (DED) and determines which components can be treated with a specific treatment, in relation to the type of tear deficiency.



### EYE LIGHT'S INTENSE PULSE LASER

The first step of the treatment consists of just 5 painless light shots (OPE® / IPL) around the eye and on the inferior eyelid. This allows blood to flow better, dissipates blood vessels, and improves the secretion of anti-inflammatory cytokines.



### BLEPHEX

A new, in-office eye treatment that provides long-lasting relief from blepharitis (a common inflammatory condition of the eyelid) and dry eye. The procedure safely and precisely removes debris from along the edge of your lashes, exfoliates your eyelids, and immediately improves uncomfortable symptoms.

- No gel required
- Totally automated
- Updatable software
- Other ophthalmic treatments

LIGHT MODULATION® treats directly the Meibomian glands, triggering endogenous heating of both eyelids. This patented photobiomodulation technology triggers cell ATP production. Thanks to the light emission of the LED matrix, the tear lipid layer is increased and stabilized.

In 2021, FUMC's Eye Laser Center made headlines when it acquired Artevo 800, Zeiss' first revolutionary digital microscope in the Philippines and Southeast Asia.

Come! Have your eyes checked and treated by our experts while enjoying the scenic view of Antipolo. Visit us at Km. 23 Sumulong Highway, Brgy. Sta. Cruz, Antipolo City or call us at (02) 8727-8845 local 2020 and 0967-4622020 or 0948-0692020.



# Women's Healthcare & Skin Center

By FUMC Antipolo

# INNOVATING

## Experience Complete Care for Women at Women's Healthcare & Skin Center

By: Maria Fe DV Legaspi



Experience complete care for women while enjoying the relaxing view of Antipolo at Women's Healthcare & Skin Center by FUMC Antipolo.

In an interview with Dr. Janella Cristin Mercado-Garcia, DPDS, Section Head of FUMC Antipolo's Dermatology Department, she shared, *"Today's modern women face many demands and responsibilities. We know the importance of their time, so we ensure we have what they need here in FUMC. They take care of so many things, but here in our center, they can relax and feel comfortable. We have an amazing view here in Antipolo that is conducive to self care. And they can relax because we would be the ones taking care of them, whether it be for their gynecological or dermatological needs."*

WHSC offers services from the Department of Obstetrics and Gynecology like OB-GYN Ultrasound, High-Risk Pregnancy, Fertility, and Gynecologic Oncology. On the other hand, the Skin Center provides services from the Department of Dermatology which caters to both men and women.

In WHSC, we introduced the MonaLisa Touch, the only laser therapy fully recognized by the International Scientific Community that restores the trophic conditions of a woman's vulvovaginal region. We are the only facility with such technology in Antipolo City and Rizal province.

The Skin Center has state-of-the-art technology such as:

**SmaXel**, the gold standard for ablative skin resurfacing and rejuvenation

**Discovery Pico Laser**, the most advanced laser technology for pigmented lesions

**GP Fast Diode** for permanent hair reduction.

*"Unlike the other centers, we made sure that we acquired the best machines that technology can offer. All procedures are performed not just by anyone else but by skin experts. We also made sure of the affordability of all procedures. In this way, the trip to our center will be worth it, not only for their hard earned money but for their busy time as well,"* Dr. Garcia explained.

In WHSC, we believe good skin is not just about vanity and beauty. Instead, it reflects the overall health and well-being of an individual. We shall continue to provide solutions to every skincare need and give the services that our patients deserve because Fatima truly cares.



## MonaLisa Touch™

For women who are experiencing post-menopausal vaginal symptoms like constant feelings of burning and itching, vaginal dryness, pain during intimate time with your partner, and peeing if you sneeze or when exercising, Women's Healthcare and Skin Center by FUMC Antipolo introduces the MonaLisa Touch.

MonaLisa Touch therapy is a non-surgical procedure, which improves vaginal health with its special laser therapy that strengthens and repairs vaginal tissue. Through the expert and comprehensive care of our gynecologists, we'll help you reclaim the integrity of your vagina, revive your vaginal mucosa and restore your urinary continence.

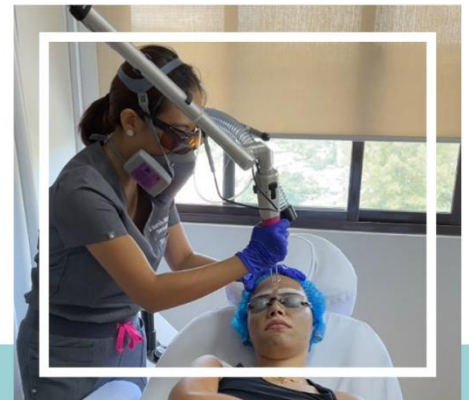


The Smart Fractional CO2 Laser (SMAXEL) is a carbon dioxide laser that precisely removes the outer layers of damaged skin and stimulates the regeneration of healthy skin underneath. SMAXEL accurately targets various skin concerns through its micrometer columns of laser beams in either traditional CO2 mode (continuous, pulsed, or ultra-pulsed) or fractional CO2 mode. This laser is indicated for improving and/or treating the following:

- o Acne scars
- o Stretch marks
- o Enlarged pores
- o Fine lines/wrinkles, sun damage
- o Warts, skin tags, seborrheic keratoses
- o Syringoma and sebaceous hyperplasia



The GP Fast Diode Laser is a safe, highly effective, and pain-free laser for the permanent reduction of unwanted hair in any area of the face and body. Its high cooling power quickly disperses heat produced by the high powered diode, giving the patient a cooler and more comfortable experience. The price and duration of treatment depend on the surface area to be treated. For optimum results, a minimum of 6 monthly sessions are recommended.



Discovery Pico Laser is a non-ablative triple wavelength Q-switched picosecond laser that is considered the gold standard in the treatment of pigmented skin lesions. The laser energy is absorbed by the targeted pigments that are broken down into tiny particles which are then eliminated by the body's immune system. A powerful yet versatile laser, Discovery Pico Laser features three true laser wavelengths Nd:YAG 1064nm, Nd:YAG 532nm, and Ruby 694nm, leading peak power, four pulse emission modes, and its unique fractional handpiece. This laser is an excellent treatment option for the following indications:

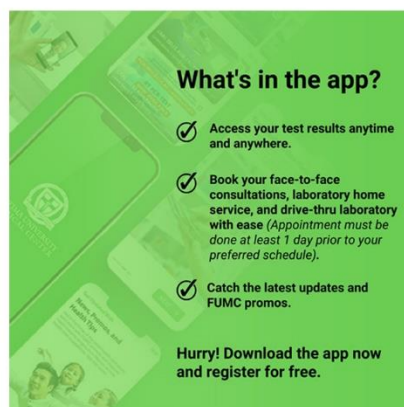
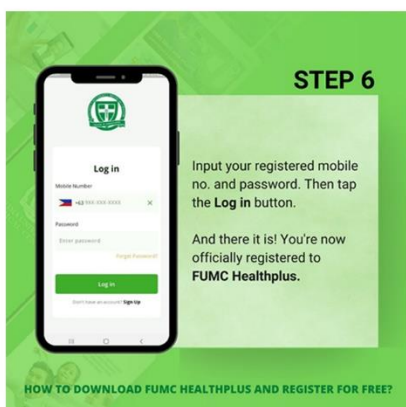
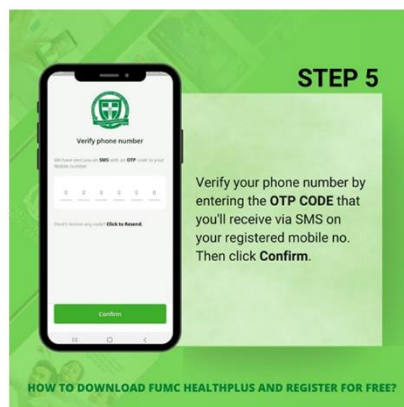
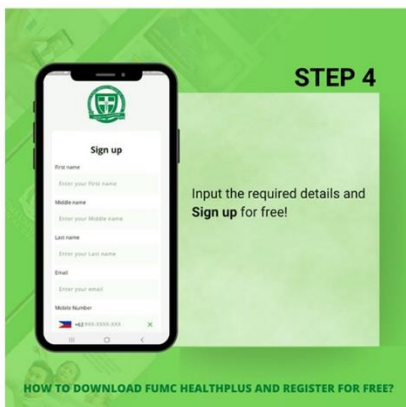
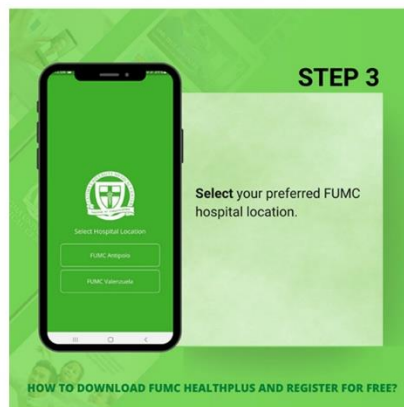
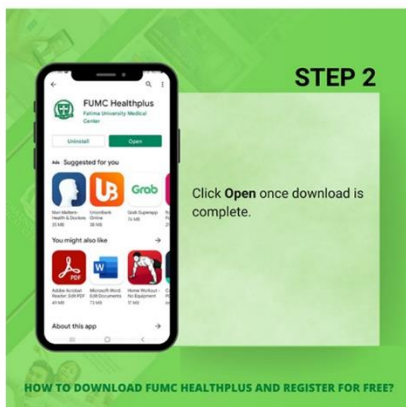
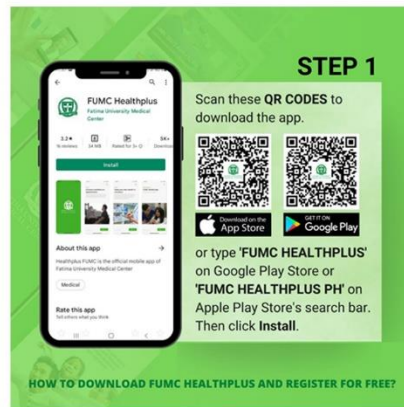
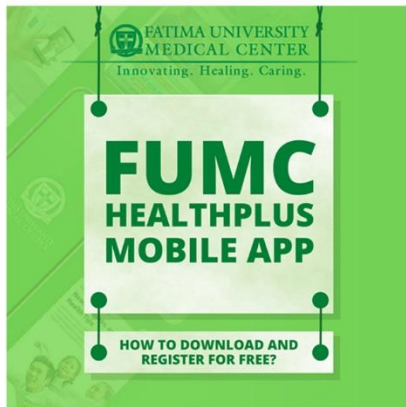
- o Benign pigmentation lesions – freckles, age spots, melasma
- o Multicolor tattoo removal
- o Laser skin whitening – armpits, lips, under eyes (panda eyes)
- o Skin rejuvenation/laser toning
- o Carbon peeling
- o Inflammatory acne

Come and visit the Women's Healthcare & Skin Center by FUMC Antipolo at Km.23, Sumulong Highway, Brgy. Sta. Cruz, Antipolo City or call 8727-8845 local 4001 and 0968-8525321.

You may also book an appointment via the FUMC Healthplus mobile app, download it now and register for free.

# FUMC HEALTHPLUS MOBILE APP: HEALTHCARE AT YOUR FINGERTIPS

By: Maica V. Fulgencio - Gonzales



The coronavirus pandemic has engulfed the world. It altered the pace, fabric, and nature of life. It ushered us into a new era that rapidly changed our digital world and reinvented our technology in every possible way.

The digital revolution in the health sector has democratized access to healthcare services and empowered patients to engage with their health in a preventive, cost-efficient, and time-saving manner.

A study states that digitization changed healthcare dynamically. Patients become more active in their health care and wellness decision-making using digital tools.

At Fatima University Medical Center, we heal and care for our patients through innovations that will bring the best medical services to our patients. With this, we are proud to introduce our mobile application, the FUMC Healthplus.

## THE APP

Officially launched in the last quarter of 2021, FUMC Healthplus brings you healthcare at your fingertips. The mobile app offers the following functions:

### 1. Appointment Booking

Booking an appointment was made a lot easier. Schedule your face-to-face consultation by browsing through the app's list of doctors, requesting an appointment, and getting checked by the trusted health experts in the industry.

### 2. Access Test Result

Keep your test results in one place. Accessing your health data anytime and anywhere has never been these easy.

### 3. Get the Latest Promos

Be updated with the latest promos and packages from FUMC.

### 4. Stay updated on FUMC's Upcoming Events

Get the latest health tips and stay updated with FUMC's upcoming events and activities.

Tap the Google Play Store or the Apple App Store to install the FUMC Healthplus mobile app on Android and iOS devices.

**Download it now and register for free!**

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Dancing is an exercise that engages the entire body including our minds. It improves the condition of our heart and lungs, increases muscular strength, and helps manage weight problems, among many others. These are just some of the reasons why I fell in love with it, especially with belly dancing. Read on to know more about my journey.

#### The Journey Begins.

As kids, my parent enrolled me and my sisters in Hawaiian dance class in Brookside Hills, Cainta. That was my very first exposure to dancing/exercise. My father, being the general manager of a multinational pharmaceutical company then, found opportunities for us to perform during their company Christmas parties. Growing up, I also had the opportunity to teach hula to the neighborhood kids in Taytay. Dancing was only put to a halt when I entered medical school and throughout my internship, residency, and fellowship.

#### Love Rediscovered.

I went back to dancing after my fellowship and enrolled in a belly dance class in Gold's Gym as a student. After which I took in-depth training--learning not only from teachers here in Manila but also from abroad by attending week-long seminars with dancers from different countries. That jumpstarted my fitness career as a belly dance instructor in Gold's Gym Galleria, other GG branches as well as in other dance studios.

#### Going Live!

One of my most memorable experiences was being asked to teach hula and belly dance to the EB Babes of Eat Bulaga back in 2005. Little did I know, it would be the start of a series of TV guesting and performances as well as promoting belly dance fitness to my colleagues in the medical profession by being invited as a presenter to different medical societies such as the Philippine Association of the Overweight and Obese, Philippine Heart Association (PHA) and Philippine College of Chest Physicians (PCCP).

#### A Great Complement.

Yoga was an offshoot of my passion for dance. It actually complemented dance since maintaining flexibility is essential. I started out as a student and maintained my practice. I only stopped teaching due to the pandemic, but what I love about belly dancing and yoga is that they help you feel good about yourself. The personal satisfaction of being able to share my passion with others and at the same time inspire them to feel good about themselves adds to the joy of what I do. Yoga gives me that sense of accomplishment once I achieved a certain pose. There is also a sense of peace when I get to find my balance and relax in that position. The process of learning and getting it right teaches me patience.

#### The Health Benefits.

Belly dance is a good cardio workout. The shimmies and the fast percussive movements of the hips increase heart rate. I would consider it a total body workout involving head-to-toe movements, graceful arm movements, and gluteus maximus to drive the shimmies. It also burns tons of calories. On the other hand, yoga maintains spine flexibility, increases mind-body connection, promotes relaxation, and is a great stress reliever.

#### Let's Warm-Up.

Just like any dance form or workout, warm-up with stretching is king! It is necessary to prepare the muscles for rigorous movements. Do start with basic moves like hip rotations, progressing to hip circles, and figure eight movements. Yoga can be a great warm-up, too!

#### 2Cs of Success.

Just like in any discipline or form of exercise, there should be commitment and consistency. Find a good instructor who will guide you on the proper form and technique to avoid injuries. They can help you set your fitness journey on the right track. Most of all, enjoy what you are doing!



## DANCE YOUR WAY TO A HEALTHY LIFESTYLE

By: Teresa C. Magtibay, MD, FPCP, FPCCP



## NUTRITION & WELLNESS IN THE MIDST OF PANDEMIC

By: Harold P. Iturralde, MD, MSc, FPCP

In 2020, humanity woke up to the pages of history being turned and written in front of our eyes. It was when we did not know which way to turn but to its survival instincts. Masks, hand washing, social distancing, quarantines, and lockdowns slowly crept into the scheme of things that transformed the world into the “new normal.” A good deal of people also had their aha moments: *“I have to lose weight!”*, *“I should have changed my lifestyle”*, *“Starting today, I will eat healthily.”*

I would love to think that the pandemic put nutrition and wellness in the spotlight. Some people choose to take the road less traveled keeping the body healthy by eating right. That's good! But in today's world where misinformation and disinformation are becoming colloquial, the public is reminded to ask and listen to experts on how they can achieve wellness through healthy eating.

I would like to shed some light on the nutritional craze during the pandemic the dietary supplements, particularly the multivitamin/mineral supplements (MVMs). A lot of people are taking very high doses of these MVMs.

Take, for example, Vitamin C. The RDA for Vitamin C is 90 mg for men and 75 mg for women. This means that those amounts are sufficient to meet the needs of 98% of the said population. Currently, we see people taking 1-2 tablets a day of Vitamin C (that's 500 mg – 1 gram each day which is the dose for those with scurvy or Vitamin C deficiency). Many would say that since they are vitamins, they will not cause harm to the body. Are vitamins and mineral supplements harmless?

The vitamins and minerals are considered “micronutrients.” The human

body needs them and will function normally when in small amounts. A rule to remember is that too much of anything may be harmful. Same is true for vitamins/minerals, hence the conditions of vitamin/mineral deficiency (very low levels) and toxicity (very high levels). Those people with normal levels of the micronutrients will not experience “added” benefits but usually risk themselves for its adverse effects. Again, taking very high doses of vitamin C supplements in those without deficiency for a long period (since the start of the pandemic) may increase the risk of developing kidney stones, especially among males. And the list goes on for the other effects of taking high doses of MVMs if there is no deficiency state. You may consider taking the MVMs but talk to your trusted expert to discuss if you need one or probably undergo a test to determine the levels of the micronutrients in your blood. In that way, your “wellness” goal will not take a turn for the worse and suffer an “illness” instead.

Our immune system is very complex and does not rely on one specific nutrient/vitamin/mineral to function normally. Getting the nutrients from a complete and balanced combination (in the right proportion and amounts) of vegetables, whole fruits, whole grains, fat-free/low-fat dairy, protein foods (lean meats, poultry, eggs, seafood, beans, lentils, nuts, seeds, soy products), oils from vegetables and nuts, adequate sun exposure, and regular physical activity will boost our immune system.

Lastly, to reap the fruits of the healthy lifestyle that many people have embraced during the pandemic, remember that “Consistency is the key.” The next pandemic is not a question of “if” but “when” so it is best to always put our body's defenses up.



## CREATIVE GIFT-WRAPPING IDEAS FOR HOLIDAYS

Christmas is the season of giving and sharing. It's inspired by the story of when Jesus received the gifts of frankincense, gold, and myrrh from the three wise men. It also reminds us of the time when God gave His only begotten son to save humanity from their sins.

During the holiday season, we take considerable effort to pick the best gifts for our loved ones and no matter what presents we decide on, a well-wrapped package always makes it more meaningful and eye-catching.

Gifts can be wrapped in various ways. Yarns, twigs, leaves, or even paints can be used to upgrade basic wrapping or craft papers. Cloth can also be used to wrap irregularly shaped items.

ON-CALL Magazine rounded up some of the most creative and easy-to-execute gift-wrapping ideas for you. Read on to know more



### Splattered Paint

Be playful. Find a few of your favorite paint colors and use a paintbrush to lightly splatter the paint onto white paper or craft paper.



### Yarn Wrapping

Yarn is a handy gift-wrapping material as it secures your gifts and provides a gorgeous accent against brown paper.



### Burlap Bag

Using a rustic pouch is an easier solution for circular-shaped gifts.



### Hand-Stamped Wrapping Paper

Do away with the traditional wrapping paper and make your own patterns by simply stamping it. It's easy, creative and unique.

### DIY Holiday Paper Bags

Simple and easy DIY paper bags, adorned with merry messages, work for gifts with irregular shapes and sizes.



### Add Natural Touches to Paper Craft

Use seasonal accents like sprigs, pine leaves, and cones to enhance packages wrapped in craft paper. This gives your gifts a rustic, organic feel.



### Furoshiki Cloth Wrapping

Furoshiki, the traditional Japanese way of wrapping gifts in special cloth, makes your gift look clean and fresh.



### Letter Ornaments

Glittery monograms identify the recipients while adding a little sparkle to your gift. It's a gift, tag, and topper all in one.



### Go, Eco!

Grab some old telephone directories, magazines, and newspapers to dress up your gift in a way that's both eye-catching and eco-friendly.



Sources: Country Living <https://www.countryliving.com/diy-crafts/how-to/g1053/gift-wrapping-ideas/>  
Good Housekeeping <https://www.goodhousekeeping.com/holidays/gift-ideas/tips/g1775/diy-holiday-gift-wrap/>

## VACCINATION ROLL-OUT IN FUMC

By: Uielen A. Roca, RN and Ma. Lourdes Rosita A. Orenza, Jr., RMT, MHA, CLSSYB

The COVID-19 pandemic has been a great challenge to every person across the globe. It changed our everyday lives and eventually proved our ability to forge forward in the face of crisis.

When COVID-19 vaccines developed, countries started to deploy them and brought new hope to the fight against the global pandemic. Vaccines train our immune system to recognize the targeted virus and create antibodies to fight off the disease without getting the disease itself. After vaccination, the body is ready to fight the virus if it is later exposed to it, thereby preventing illness.

Hence, it is an effective way to protect people by reducing the possibility of severe cases. The National Vaccine Deployment Plan brought together the national agencies, local government units, and partners in civil society and private sectors to fulfill the vision of a Healthy Pilipinas.

### FUMC Valenzuela

The proactive Vaccination Task Force of Fatima University Medical Center Valenzuela and the Department of Health (DOH) joined to promote the nationwide vaccination campaign with the theme, "Resbakuna: Kasangga ng Bida".

Allocation of the first batch of vaccines from the DOH, particularly Sinovac, began in early 2021. The initial roll-out commenced on the 6th and 7th day of March 2021 at the Our Lady of Fatima University RISE Tower. DOH assessed the adverse effects of immunization through online tools. Weeks later, procurement and administration of AstraZeneca followed as an alternate brand of vaccine for the primary series.

The second roll-out was conducted last April 3 and 4, 2021, two months after the success of the first one. The first batch of employees was declared fully vaccinated. Three weeks later, on April 28, 2021, the FUMC management provided free antibody testing to the fully vaccinated employees to check the potency of the vaccines.

Most of the employees participated in the vaccination roll-out activity. However 54 out of the 376 unvaccinated staff were deferred at the vaccination site due to elevated blood pressure and fear of the vaccine.

Seven months from the 2nd dose of the primary series, a roll-out for boosters on November 20, 2021, with Moderna and Pfizer as the only FDA-approved brand to be used.



In time, the unvaccinated employees conquered their fear and made FUMC reach 99% fully vaccinated staff status.

Aside from providing free COVID-19 vaccines to its employees, FUMC extended the activity to the community, employees' family members, senior citizens, and immunocompromised individuals on May 28, 2022.

### FUMC Antipolo

In July 2021, Our Lady of Fatima University (OLFU) Antipolo received its approved COVID-19 Bakuna Center Registry (CBCR) as the vaccination site of FUMC Antipolo. Together, OLFU Antipolo and FUMC Antipolo conducted a series of vaccination activities in coordination with the Local Government Unit (LGU) of Antipolo City. The acquired COVID-19 vaccines were given freely to healthcare workers, support staff, doctors, faculty, students, and their families. This continuous program made us achieve 100% vaccinated staff that assures the safety of our patients with us.

We believe that working with the government for the national vaccination program shall pave the way for the recovery of our country. FUMC shall always be keen on its mission of serving its community until the country reaches herd immunity and create a healthy and resilient nation.



The COVID-19 pandemic has changed most of our daily lives since the start of 2020. Established are new norms for infection control and social distancing, all trying to mitigate the risk of spreading the virus. But after two and a half years, and most of the population had either contracted the virus or was vaccinated, people are slowly returning to their pre-pandemic lives. Businesses are opening, and more people are coming out of their homes. Despite COVID-19 being yet to be classified endemic, health restrictions loosened with the decreasing infection rate. But slowly and carefully, we move in to resume normalcy in our modern lives. As we move to the easing COVID-19 situation, here are some changes in healthcare practices toward the endemic COVID-19.

## CHANGING PRACTICES IN HEALTHCARE TOWARD ENDEMIC

By: Nathaniel Ray T. Ragundiaz, RN



### Masks are still a must!

Although most of the population already had their jabs against COVID-19, infection with the virus is still possible. COVID-19 spreads thru respiratory droplets and aerosols, especially in healthcare facilities where "3 C's" are present: closed spaces with poor ventilation, crowded places, and close-contact settings. Therefore, masks are still required when entering health facilities.

### Faceshields no more

For a time during the COVID-19 pandemic, face shields had been a part of our daily outfits. Face shields evolved from mere personal protective equipment into stylish and modern accessories. But the trend passed since the lifting of IATF mandate on wearing face shields. Use of this PPE is now limited in healthcare settings and those providing direct care to COVID-19 patients.

### COVID-19 Screening and Testing

Screening one's COVID-19 status has been one of the fundamental practices in ensuring public safety during the height of the pandemic. Contact tracing and routine testing had been a norm during hospital visits and confinement. However, as vaccines continued to roll out and more people received their jabs paired with the decreasing number of COVID cases, mandates on screening and testing needed updating. Health facilities and establishments now require vaccination cards instead of contact tracing forms and QR codes. Moreover, mandatory swabs for all patients are now required only for those scheduled for medical procedures or with COVID-related symptoms.

### Dedicated COVID-19 Rooms to Infectious Wards

With the following surges in COVID-19 cases in the past two years, the DOH called on government and private hospitals to increase their bed capacity for COVID-19 patients. In response, health facilities built dedicated COVID wards to contain the virus and retrofit existing assets to improve ventilation and prevent possible transmission. But as the number of COVID-19 cases continues to decline, most of these dedicated COVID

rooms were left unoccupied. Hence, the conversion of COVID-19 wards to cater to other infectious diseases are underway to maximize our advancements in handling emerging and reemerging infections.

### Infection Preventive Culture

One of the lessons this COVID-19 pandemic has taught us is that prevention is always better than cure. People had been frantic with hand hygiene and disinfection so much that shelves were emptied in an attempt to secure sanitation supplies for personal use. All establishments have installed hand sanitizer dispensers, and many public signages remind us to cover our mouths when coughing or sneezing. COVID-19 not only highlights the infection control culture in public establishments but more so in health facilities. Hospitals launched infection control campaigns and programs to inspire a safety culture to preserve the healthcare workforce and ensure patient safety.

The future of the COVID-19 pandemic treads between the return of normalcy and curbing the infection curve. And while we journey thru the endemic phase of the COVID-19 health crisis, the Fatima University Medical Center, along with its experts in infection prevention and control, moves to lighten restrictions while maintaining the utmost importance for the safety and your well-being. Our policies and protocols for COVID-19 are regularly reviewed and revised accordingly to provide a comfortable and secure medical facility to our patients and their relatives, healthcare professionals, and all of our stakeholders.



## ANTIMICROBIAL RESISTANCE AND STEWARDSHIP

By: Nathaniel Ray T. Ragundiaz, RN

Antimicrobials, more commonly known as antibiotics, play a vital role in humanity's combat against infections and diseases. Since the discovery of Penicillin by Alexander Fleming in 1928, antimicrobials have been an indispensable tool in healthcare. Antimicrobials contributed to the millions of lives saved throughout the 20th century and until the present day. But the era of antibiotics may soon be over as microbes, such as bacteria, continue to evolve and develop immunity against these antibiotics or antimicrobial resistance.

The continuing emergence of drug-resistant pathogens, especially the multi and pan-resistant bacteria commonly known as "superbugs" that cause infections not treatable by the existing antibiotics, has been increasing at an alarming rate. Though antimicrobial resistance happens naturally over time through genetic changes in a pathogen, extensive use and misuse of antibiotics accelerate antimicrobial resistance. As a result, antibiotics become ineffective, and infections become increasingly difficult or impossible to treat. These infections often lead to poor patient outcomes and are associated with nearly 5 million deaths worldwide in 2019 alone.

A decrease in the production of new antimicrobials further aggravates the global problem of drug-resistant pathogens. In 2019, the World Health Organization identified 32 new antibiotics in clinical development that address the list of priority drug-resistant pathogens, of which only six were classified as innovative. Additionally, high-quality antibiotics remain inaccessible and are often expensive, contributing to the burden of medical costs. But even if we create new and innovative antibiotics, they will only suffer the same fate as the current ones if people will not change how they use antibiotics. Unnecessary and inappropriate use will ultimately render antibiotics worthless in the fight against infections.

A concerted effort is needed to preserve our antimicrobials to address the health threat of antimicrobial resistance. World Health Organization urged governments to take urgent action to address antimicrobial resistance in 2011 by adopting guidelines on antimicrobial stewardship. In response, the Department of Health formulated the Antimicrobial Stewardship Program, a manual of procedures and policies for all health facilities in the country. The program aimed to ensure the appropriate and conservative use of antibiotics in health facilities and communities on top of preventing infections caused by drug-resistant pathogens.

Antibacterials, as the name implies, are intended for bacterial infections. But most of the time, people self-medicate and take antibacterials for most illnesses, including viral infections. Furthermore, people often discontinue antibiotics once symptoms disappear or extend their antimicrobial therapy for non-resolving symptoms. Antimicrobial stewardship warrants correcting these inappropriate practices toward antimicrobials by limiting access to antibiotics to prescribed use only.

It includes dispensing antibiotics only to those with a prescription from a medical practitioner and taking the antibiotics as instructed, ensuring treatment is complete. The program also provides that unnecessary use and extension are avoided by regularly reviewing the patient's progress and that antimicrobial therapy is adjusted accordingly.

On the other hand, conservative use of antimicrobials includes the preservation of antimicrobials by limiting access to last-of-line antibiotics in situations that requires so. Last-of-line antibiotics shall not be used on infections wherein first- and second-line antibiotics may still be utilized. Hence, it prevents the development of resistance against the last generation of antibiotics and preserves their effectiveness.

Aligned with the global effort to combat antimicrobial resistance, the Fatima University Medical Center – Antipolo City adopted the Antimicrobial Stewardship Program with its initial implementation in 2021. The program ensures the availability of high-quality antimicrobials for the patients and the supervision of antimicrobial management to be led by highly qualified specialists in infectious diseases. Moreover, compliance with strict infection prevention and control practices and antimicrobial resistance is periodically reviewed throughout the facility to prevent infections of multi-drug resistant organisms. FUMC also empowers patients by providing correct information regarding antibiotics, engaging in compliance with prescribed antimicrobial therapy, and ensuring follow-up after treatment thru qualified medical personnel. Thru the antimicrobial stewardship program, FUMC contributes to reducing antimicrobial resistance. FUMC also advocates for prudent antimicrobial use by actively participating in the Global Antimicrobial Use – Point Prevalence Survey, a multi-national survey on antimicrobial use and resistance in hospitals.

But moving forward, the chance to preserve our antibiotics remains a social responsibility and needs everyone's effort to combat antimicrobial resistance. Safeguarding our antimicrobials starts with everyone observing infection prevention measures, ensuring the appropriate use of antibiotics, and complying with the treatment regimen by following the prescribed dose and duration. In doing this, everyone can become an antimicrobial steward.



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