



# BRIDGES

The Official Publication of the EASTERN VISAYAS REGIONAL MEDICAL CENTER

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# EVRMC INAUGURATES NEW MAIN BUILDING



EASTERN VISAYAS REGIONAL  
MEDICAL CENTER  
MAIN BUILDING



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- Unveiling of EVRMC's Malasakit Center
- Election of new EVRMCEA Officers
- The First Health Summit for Primary Care Providers
- Q & A with Dr. Coloma



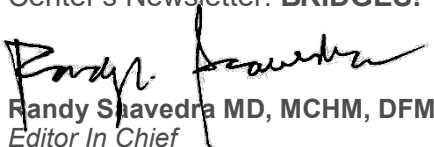
# Message from the Editor-in-Chief



Information nowadays is very vital to the society, most specially news or events in government institutions. As mandated by the law, government facilities must always let the general public know of what is happening within the vicinity of the said institution. With that being said, welcome to our first issue of the Eastern Visayas Regional Medical Center Newsletter! I am very excited with the launching of this publication which will not only inform but as well as inspire you with things associated with your wellbeing. Moreover, you will find the contents educational and helpful, give updates on events, news and even success stories of patients who had been under the care of EVRMC.

Just like the gallant San Juanico Bridge that connects the island of Samar and Leyte, BRIDGES is created to connect people through provision of information. It aims to give our readers a better understanding on the different disciplines, insights of our health professionals who cater the needs of the people of Region VIII. It intends to update the public on the news and events of the institution and the good-to-know tidbits that could enlighten employees as well as the general public on health and associated topics. These are exciting times for EVRMC since we came a long way and began our journey since 1916 and giving our patients the best healthcare beyond at hand.

Setbacks and challenges made it difficult to achieve the timeline set, but through the core values that guides us and the unwavering support of our Medical Center Chief Dr. John Edward Coloma and effort of the editorial board, everything was made possible. And now, we present to you the Eastern Visayas Regional Medical Center's Newsletter: **BRIDGES!**

  
Randy Saavedra MD, MCHM, DFM  
Editor In Chief

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# EVRMC INAUGURATES NEW MAIN BUILDING

By: Nissan Nataba

**M**ay 22, 2018 - Five years after the devastation of Typhoon Haiyan, Eastern Visayas Regional Medical Center (EVRMC) has opened its new main building in Barangay Bacagay, Tacloban City.

The Inauguration Ceremony was spearheaded by the Department of Health and EVRMC's Medical Center Chief of Hospital, Dr. John Edward Coloma. Special guests of honor from the Office of the President, Ms. Cielito "Honeylet" Avancena, Special Assistant to the President, Christopher Lawrence "Bong" Go, Assistant Secretary Abdula Dumama Jr, Office of the Presidential Assistant for the Visayas Michael Lloyd Dino also led the commemoration.

Congresswoman Yedda Romualdez, Regional Director Dr. Minerva Molon, DOH Office for Policy and Health System Dr. Lilibeth David and former DOH Secretary Dr. Paulyn Jean Ubial were also present during the prestigious event.



From left to right: Dr. Minerva Molon, Dr. John Edward Coloma, Dr. Lilibeth David, Congresswoman Yedda Romualdez, Assistant Sec. Abdula Dumama Jr, Ms. Honeylet Avancena, Michael Lloyd Dino, SAP Christopher "Bong" Go

The new 6-storey hospital building has a total floor area of 30,000 square meters. This P497 million infrastructure is designed for a 450 bed capacity and 180 bed private rooms. It has an Emergency Room, Radiology Department, Laboratory, Malasakit Center, Pharmacy and Special Units such as Central Intensive Care Unit, Stroke Center, Pediatric Intensive Care Unit, Neonatal Intensive Care Unit, Coronary Care Unit, Post Anesthesia Care Unit and Pre-op Unit.

"We must look beyond the present reality of

this medical center because this is the only medical center there is in this region. It will continue to be relevant and valuable for a place of healing, comfort, and hope. Together we can make the new Eastern Visayas Regional Medical Center the best health facility to provide for region 8, hopefully for the whole Philippines" said Dr. Coloma.

Through Dr. Coloma's unwavering support, effort and belief of a strong, resilient EVRMC, what was once a dream has now become a reality. It gives a tremendous opportunity for a quality delivery of health services to the community and employment opportunity for the people of Region 8. It signifies hope amidst of being one of the poorest regions in the country.

With EVRMC's continuous dedication in providing the best and quality service to the people, Dr. Coloma strongly believes that Eastern Visayas Regional Medical Center is not far-fetched of its goal of becoming a premier medical institution in the Visayas, thereby serving as a medical beacon who illuminates the citizen's medical needs and treasure a healthy and gaiety life.

This huge modernization project was supported and realized by the help of the Depart-

ment of Health. The construction of the OPD Building, MCH building, and the EVRMC new main building is just a start, as eight more buildings will soon to rise within EVRMC's hospital complex.

The impact of the catastrophic upheaval of Typhoon Haiyan in 2013 was an indefatigable challenge to EVRMC as an institution that was known to serve and help patients under the poverty line. As if unscathed, the hospital operations continuously dispensed medical services even with its meager resources. The challenge was

accepted and lead to what EVRMC has become now, a progressive and a competitive health institution in the Visayas.- o0o-

## Unveiling of EVRMC's Malasakit Center

By: Nissan Nataba

**A**long with the inauguration of the new EVRMC Main building last May 22, 2018 the Department of Health in partnership with the Office of the Presidential Assistant for the Visayas (OPAV) also unveiled the Malasakit Center, a one stop shop that provides assistance to the underprivileged of the region. It will work hand in hand with other government agencies such as, Department of Social Welfare and Development (DSWD), Philippine Charity Sweepstake Office (PCSO), Philippine Amusement Gaming Corp (PAGCOR), Philippine Health Insurance Corp. (PhilHealth) and Department of Health (DOH).

The government handed over a budget of 15million pesos for the first operation of the Malasakit Center. It upholds government's advocacy in



helping people who have no financial capacity to pay for their medical treatments, medicines and other medical needs.

In availing the service, the patient undergo assessment, verification and validation to check if the patient is a bona fide recipient of the free medical services. Once validated by the assigned personnel of the hospital and by the partner government agency, the patient can avail free hospital services base on their medical needs.

The Malasakit Center is inspired by President Duterte's *Pagkalinga sa Bayan* program when he was still a Mayor of Davao City. This is thus, the second Malasakit Center that was launched in the Visayas after Vicente Sotto Memorial Medical Center last February 12, 2018 in Cebu. Other Malasakit Center will soon to open in various DOH retained hospitals by the of end 2018, this paves way of achieving a universal health care by making health services accessible to the Filipino people.- o0o -



# Patient 01

By: Sherryjean Justine Uy

**M**ay 29, 2018, Tuesday - EVRMC Main Building officially opened its door to the people of Region VIII, Brgy. Bagacay, Tacloban City.

At 8:00 in the morning a 79-year-old, female, arrived at the Emergency Room Department accompanied by her daughter. They came from Schistosomiasis Hospital and was referred to EVRMC. Upon arriving at EVRMC – Magsaysay, they were told that all IM Cases are now in EVRMC Bagacay. They were then transported by the hospital's ambulance going to the new EVRMC Main. The patient's daughter expressed her deepest gratitude for the assistance that was voluntarily given by the EVRMC staff, especially since travelling is difficult for her mother who is turning 80-years-old this year.

At first glance, patient's daughter was a bit hesitant to have her mother admitted to the new hospital building because the facilities and the hospital itself looks expensive. As a senior citizen, the patient has no consistent source of income, henceforth, her daughter and other relatives take turns in taking care of her. She herself, doesn't earn as much as she only depends on her children producing hollow blocks, and just like most of the patients of EVRMC, they too need financial assistance in order to continue taking care of her mother.

“Ambot kun may bayad ini didi, ma'am kay

bagat private, diri ak maaram. Sana waray, kay waray ko kwarta, [The facility looks expensive, I hope they won't ask much from us, because I don't have money.]” she expressed.

According to her, “Maupay man it kaataman nira, gin asikaso dayon kami nira! [They immediately assisted us.]”

The patient is suffering from diabetes, and their main concern is for her maintenance of medicine. The daughter claimed that it's hard for the family to keep buying Januvia, an oral diabetes medication. Should there be any further assistance that EVRMC can give, the patient's family is hoping for a supply of medicine, especially, that her condition had already worsen.

## Two Pediatric Patients

The Pediatric Ward of the Department of Emergency Medicine also assisted a one-month-old and a one-year and seven-month old baby. Both pediatric patients were rushed to the hospital due to cough and cold.

The mother of the one-year-old baby, came to know about the new EVRMC hospital located when TV Patrol Station aired its inauguration.

Despite the busy transition, transferring of medical equipment and organizing hospital procedures, Eastern Visayas Regional Medical Center continually achieve its goal and upholds the hospital's advocacy in providing quality health care to the people of Region VIII. - o0o -

## MOA Signing

By: Loren Verna Macasaet

Eastern Visayas Regional Medical Center (EVRMC) through the Public Health Department, organized a Memorandum of Agreement (MOA) Signing Ceremony on May 28, 2018 with 81 participants at the EVRMC Library Conference Room.

The activity was spearheaded by the Medical Center Chief of the EVRMC, Dr. John Edward M. Coloma together with the Vice President of PhilHealth – Regional Office VIII, Mr. Renato Limsiaco Jr. and Assistant Regional Director of the Department of Health, Dr. Paula Paz Sydiongco.

Representatives from different offices and agencies, such as the Bureau of Fire Protection, Bureau of Jail Management and Penology, 546<sup>th</sup> Engineer Construction Battalion, 78<sup>th</sup> Infantry Battalion and the University of the Philippines – Tacloban Chapter attended the said event to sign an agreement with EVRMC to create a systematic Health Management System for the said offices and it's employees.

“Kung 'yung Men in Uniform ay prinoprotektahan tayo sa kahit anong krimen o terrorist attack, tayo naman ang magprotektahan sa kanila tuwing magkakasakit sila.” said Dr. Coloma.

Also, the different provinces of Region VIII, namely the province of Eastern Samar, Southern Leyte and Biliran signed an agreement with EVRMC for the full implementation of the Service Delivery Network (SDN).

The Department of Family and Community Medicine of EVRMC, Philippine Academy of Family Physicians and the Department of Health – Regional VIII for the implementation of the Practice-Based Residency Training Program (PBRT) for the Local Government Unit Physicians.

In commemoration of its 1<sup>st</sup> year anniversary, the Public Health Department (PHD) highlights the activity through continuously linking and bridging the gap between the clinical and community set-

## Election of New EVRMCEA Officers

By: Ronvic Agner

**T**he Eastern Visayas Regional Medical Center Employees Association (EVRMCEA) held its election of officers last May 11, 2018. Two precincts were set-up, one in EVRMC Main, Magsaysay Blvd., and another in EVRMC-MCH, Bagacay. Casting of votes started at exactly 8:00 AM and ended at 3:00 PM.

Of the 1067 qualified voters, only 510 ballots were casted. The Counting of votes started at exactly 3:30 PM and ended at 4:25 PM and was headed by the COMELEC Chairman, DR. Lory R. Ruetas and the HEMS staff.



The following were declared and proclaimed as winners during the EVRMCEA election of officers: Dr. Aron Balais (President), Ms. Marivic Bunado (Vice-President), Ms. Palmer Quero (Secretary), Ms. Judita Darang (Treasurer), Dr. Vincent Villero (Auditor) and Mr. Jayson Bayona (P.R.O). Oath-taking of the elected officers is still to be announced. The elected officers will serve for a term of two (2) years from 2018-2020. o0o

ting. EVRMC extends its arms through the Service Delivery Network by improving the access of quality health services especially to the vulnerable and underserved population and uplifting the social well-being of the stakeholders by having health management systems that will offer a wide range of services or managed care for self-funded health care benefit plans for certain terms and conditions.



A press conference was conducted after the simultaneous MOA signing. Respective representatives from the different provinces of Region VIII together with Dr. John Edward Coloma, Dr. Paula Paz Sydiongco and Dr. Randy C. Saa-vedra, the Chairman of the PHD were the panelists for the said activity. o0o



# EVRMC Held its 1st Regional Ambulance Summit

By: Loren Verna Macasaet



**T**he Disaster Risk Reduction and Management Cluster of Eastern Visayas Regional Medical Center (EVRMC) spearheaded the 1<sup>st</sup> Regional Ambulance Summit at the Summit Hotel, May 24-25, 2018 with a total of 206 participants from all around Region VIII.

The theme of the regional summit was "Saving Lives through Safe Ambulance Driving". Its objective was to develop competencies of the participants in the operation of emergency vehicles by managing and allocating request for ambulance service, delivering basic ambulance communication skills, carrying out vehicle maintenance and servicing, observing traffic

rules and regulations, and lastly implementing and coordinating accidents/ emergency procedures.

The topics were carefully chosen and the Resource Speakers were the best in their own fields. Other agencies were also invited, namely Mr. Mario Cordero and Mr. Isabello Lagutan to discuss the Defensive Driving Techniques and the Different Traffic Signs from LTO and TOMECA respectively.

"*Dili ra jud mo basta basta na driver, after this activity,*" stated to the ambulance drivers by Dr. John Edward Coloma, the visionary leader of EVRMC and the keynote speaker of the activity. He said that the summit would be the their edge to be trained ambulance driver responders. He also emphasized 4 salient points to the Ambulance Drivers: Patient's safety, Driver's Safety, Ambulance Completeness, and Continuing Education. He eventually added another point, which included the Health Management Services that will be offered to ambulance drivers and their families.

As part of its disaster and emergency preparedness, EVRMC invests on capacity enhancement of the human resources purposely to prepare responders for much needed pre-hospital care and aims to strengthen its Service Delivery Network thru capacitating one of the most important actors of the Health Referral System, the Ambulance Drivers.

Dr. Lory Ruetas, the Disaster Risk Reduction and Management in Health Manager of EVRMC said; "We, at Eastern Visayas Regional Medical Center, being the End-Referral hospital of Region VIII, aside from equipping our own personnel and staff on how to manage our patients with utmost care using state-of-the-art equipment and the updated knowledge and skills of our expert medical professionals, we feel it likewise our moral and social obligation to extend our services, not only within the confines of our medical center but to the rest of our catchment areas, to the community where we belong, to the local government units which our patients came from."

The 2-day Summit ended with Basic Life Support training for the ambulance drivers to officially allow them to perform life saving measures. - o0o -

## President Visits the Wounded Men in Uniform Admitted in EVRMC

By: Jann Rodd M. Beronilla

**T**he President of the Republic of the Philippines visited the Wounded-In-Police-Operation (WIPO) admitted in Eastern Visayas Regional Medical Center, Tacloban City on June 29, 2018. He was welcomed and accompanied by Dr. Aron C. Balais, OIC- Chief of Medical Professional Staff and Dr. Marion A. Acuin, Training Officer Designate.

Nine brave police officers were the survivors of the alleged misencounter with the Philippine Army's 87<sup>th</sup> Infantry Battalion at Sitio Lunoy, Barangay San Roque in Sta. Rita Samar on June 25, 2018.

The president spoke to each and every wounded hero lying in bed from one of the wards of EVRMC. He gave each police officer an honor salute and awarded the Order of Lapu-Lapu in Kampilan medal. The Kampilan Medal is awarded in recognition of the invaluable service of an individual who rendered extraordinary or exceptional contribution to the country. Aside from the medal he also gave a present and a promise of a sweet financial

assistance.

The Commander-in-Chief also visited the adjacent ward to which, six wounded soldiers of the Armed Forces of the Philippines (AFP) were admitted due to a separate incident. They were also awarded the Order of Lapu-Lapu and were told to patiently wait for the result of the investigation conducted for the said incident.

Joining the President were Defense Secretary Delfin Lorenzana, Philippine National Police Director General Oscar Albayalde, Armed Forces of the Philippines Chief of Staff General Carlito Galvez Jr., Secretary Bong Go of the Office of the Special Assistant to the President, Presidential Adviser for Military Affairs Arthur Tabaquero and Department of Interior and Local Government Officer in Charge Eduardo Ano.

Along with the presidential visit to the wounded police officers, SAP Christopher "Bong" Go turned over the new ambulance for EVRMC's Malasakit Center at the hospital's parking area. The key was accepted by the



following department heads of EVRMC, Engr. Guy Nestor Alcantara - OIC Chief Administrative Officer, Dr. Jenny Lind Lesiguez- OIC - Chief of Hospital MCH, Chief Nurse of EVRMC - Ms. Fe Cuaton, Ms. Marissa Nicolasora - Financial and Management Office and Dr. Randy Saavedra - Chairman of Public Health Department. SAP Go assured the public that the services of the ambulance come free of charge.

After the visit, the excited and exhilarated crowd of EVRMC was greeted by the President himself with warm smiles and even stopped for quick selfies and photo opportunities. -o0o-

# A Code to Remember

By: Ronvic S. Agner

It was seven o'clock in the evening and the entire Emergency Department was in disarray with the numerous patients clamoring to seek immediate medical assistance. Doctors and nurses were rushing off their feet to make sure that every patient was seen, examined, and managed appropriately with consideration to the department's turnaround time. Then, a loud distressed voice coming from the entrance caught our attention. There was a man carrying a pale and lifeless boy in his arms.

"Doc! Nurse!" the man begs.

With no time to waste, we immediately placed the patient on the resuscitation bed.

"CODE BLUE ER Triage! CODE BLUE ER Triage!"

A signal that buzzed our head upon hearing it. The team automatically responded to the triage area getting ready for an intense action armed with intubating set, suction machine, crash cart, cardiac monitor and defibrillator.

Aware of their roles and having the initiative to do their responsibilities, the compressor immediately grabbed the cardiac board, placed it under the patient's back and performed cardiopulmonary resuscitation (CPR) following its principle of pushing hard and fast. One nurse initially administered oxygen via face mask while the other one initiated an IV line. The medication nurse prepared Epinephrine, the circulating nurse runs to and fro getting supplies needed and asked by the doctor, while the charge nurse served as the timekeeper. At the same time he documents everything that has happened from the time the

code started, the medicines were given, until the code is stopped by the doctor, either the patient regained his life or unfortunately faced death. The movements were fast, voices were getting louder and the tension was getting higher as the team leader makes sure that his orders are carried out. But as professional as we are, we remained focused. The patient was then attached to a cardiac monitor and an Epinephrine was administered after a double line of intravenous fluid were initiated. The man was still anxious and continued to cry his heart out. The dilemma came in when he was undecided to have his patient be intubated, perhaps afraid that it might worsen the condition. However, it can be truly felt through his eyes the pain and apprehension as tears burst out like water spilling down his face wanting his patient to be revived. Despite of this heavy feeling, I have to be reminded of the rule to "never let your emotions control you" and just stay focused on what I'm supposed to do.

"Time is ticking and the patient needs to be intubated!"

With thorough explanation, he was then convinced to let the doctor do the procedure and eventually signed the consent. It was the only time I knew he was the father of this 14 year old kid. Slowly but surely, the endotracheal tube was successfully inserted into the patient's trachea for the primary purpose of maintaining a patent airway and ensuring an adequate exchange of oxygen and carbon dioxide. The drama continued as the patient was still pulseless, breathless and in asystole after 7 minutes of continuous CPR and a series of resuscitative measures. Nevertheless, we never gave up despite of the humid environment causing more exhaustion. I tried to relieve

the compressor and started performing CPR with the hope of reviving the patient never minding the heat, the sweat and the pressure. I'm not a God but the only thing on my mind that time was to bring back this young boy's life and let him have another chance to live.

Then a P wave suddenly appeared on the cardiac monitor indicating a sinus rhythm! Immediately the team leader checked for the pulse. And yes! The young boy indeed regained his life! The father was in pure bliss holding his son's hand so tight, feeling every heartbeat, begging him to fight and be strong. Little did we know that a tragedy has significantly changed their lives losing his wife a year ago which makes his son the only family he has. Putting myself in his shoe would definitely make me feel and say how cruel life can be. But I believe it's just a test of your faith which eventually makes you a better person. He was very sincere expressing his heartfelt gratitude to the team for not giving up on his son.

A sign of relief was evident on each and every one's faces knowing that the code was a success. But more than that, it's the feeling of fulfillment knowing that we again saved a life and served our purpose of being in the medical profession. Teamwork and communication indeed are vital factors being in an action-packed kind of working environment. With all the drama happening inside the Emergency Department, I bet there is one incident that each one of us would probably won't forget. And for me, this is story and the code that I'll always remember. -o0o-

## Q&A with Dr. John Edward M. Coloma

By: Shaira Mazo



Dr. John Edward Coloma's secondment as the Medical Center Chief of EVRMC took effect last June 1, 2017. A year later, his term concluded with EVRMC as a changed institution because of it. In this Q&A with Dr.

Coloma, former Medical Center Chief II talks about his impression, regrets, and message to the EVRMC employees.

**In three words, describe your first impression of EVRMC and its employees.**

Three words? Ang hirap naman ng tanong! Ano sila... They're resilient, but they're unmotivated. And hindi nila nakikita yung kanilang potential.

They're disoriented, in a way, of their functions.

**During your entire stay as a consultant and as the MCC, what are you most grateful for?**

Grateful for the time they've given me and accepting me as one of their own... in spite of my vulgarity.

**You can only choose one thing, what do you think was your greatest achievement here?**

I was able to lead them to their potential.

**Share 5 positive things about EVRMC now that you can think of.**

Well, the institution has been resilient from the start. They've always been there. Employee's hunger for improvement. Marami naming positive. Drive to service. Energy to continue their advocacies. And room for improvement in the quality of leadership.

**Tell us an embarrassing moment you've had in EVRMC.**

What!? Wala naman. So far I've none... Fine. Being trapped in the elevator with the guests during the Main Building Inauguration.

**If you could change anything in the way you managed the hospital in the past year, what would it be?**

Maybe it was best to organize first the people than looking at the infrastructure. Kasi kapag naorganize sila pala ang dali naman talaga. Balik-tad eh. I was so involved with the systems.

**Finally, what's something you'd like to tell the employees of EVRMC?**

Move on and proceed to what your goals are. Be proactive to attain the goal.

-o0o-



# The First Health Summit for the Primary Care Providers

By: Dareen Kate Cueva

June 22 of 2018 marks the first Health Summit for Primary Care Providers conducted by the Public Health Department (PHD) of Eastern Visayas Regional Medical Center (EVRMC) in time for its first-year anniversary which was held at the activity area of Robinsons North. It was attended by 184 Barangay Health Workers, Nurses from the Nurse Deployment Program and Midwives from the Rural Health Midwives Placement Program of the Department Health from all over the region. The summit, with its theme “#HealthIsPrimary”, aimed to be a channel for interaction and exchange of information and expertise on the growing public health initiatives implemented in the region.

Primary care is a challenging enterprise which includes promoting health and preventing disease in the entire population in coordination with public health activities. Primary care providers are typically the first healthcare provider the community people see for any non-emergency medical problem. They are specifically trained for comprehensive first contact and continuing care for patients with any undiagnosed health symptom or concern, as well as preventive care.

The Health Summit for Primary Care Providers

was a platform for all the attendees to facilitate the sharing of knowledge and experience from resource speakers to capacitate their healthcare management workforce skills. It offered unique opportunities to learn the latest healthcare management while connecting with like-minded colleagues. It also discussed ways to in putting quality initiatives in healthcare which will definitely provide improved outcomes for the communities of the attendees.



Distinguished personalities in the event were Dr. Avito Salinas, the OIC - Medical Center Chief II of EVRMC, Dr. Aron Balais, the OIC - Chief Medical Professional Staff II of EVRMC and Ms. Arlene Perlado, the Regional Barangay Health Worker Coordinator of the Department of Health - Regional Office VIII. The

Warrior Dancers of the Philippine Army 78th Infantry Battalion also graced their presence by entertaining the attendees with a dance number.

Experts discussed relevant healthcare topics. Speakers and their topics were: Dr. Randy C. Saavedra on Service Delivery Network; Dr. Ma. Lourdes Agosto on Biomarine Poisoning and Toxicology; Dr. Angelita Jaya and Dr. Benedict Añover on Supportive Hospice and Palliative Care; Dr. Mae Christine Agatha Bernabe on Community Geriatric Care, Ms. Dolores Casio on Maternal, Neonatal, Child Health and Nutrition; Ms. Jelah Velasco on Disaster Preparedness; and Ms. Maricel Collado on HIV/AIDS.

Health services such as Blood Pressure taking, Blood Sugar taking, HIV/AIDS testing and Purified Protein Derivative Testing were made available during the event for the attendees and onlookers. A Mass Blood Letting, in coordination with the EVRMC's Blood Bank, was simultaneously conducted with the event at the same venue. A gallery walkthrough was also showcased to highlight EVRMC's advocacies and services.

- o0o -

## SDN: Bridging Towards Health Development

By: Dareen Kate Cueva and Francis Kenneth Fabula

In the Philippines, specifically in Eastern Visayas, we experience immense healthcare problems of persistent health inequities and fragmented healthcare systems which are major barriers in accessing healthcare.

Fragmentation in healthcare systems occurs when different health subsystems operate independently to deliver healthcare to different parts of a population. This kind of system creates gaps that often leave out the vulnerable population in the provision of health services.

Moving towards Universal Health Care through the FOURmula One Plus, the Department of Health's strategic thrust to the Philippine Health Agenda is to institutionalize a people-centered Service Delivery Network that will provide comprehensive healthcare services to the Filipinos, especially for the vulnerable population. Filipinos will be served by integrated and coordinated networks of healthcare facilities and providers as well as have a reliable insurance that reduces out-of-pocket expenditures.

In addition, Service Delivery Network shall be delivered, first, by networks that are fully functional, which includes having complete resources from equipment, supplies to competent and highly skilled health personnel.

Second, it shall be compliant with Clinical Practice Guidelines to use the best available evidences to guide clinical practice and increase high quality care.

Third, it shall be available 24/7 and even

during disasters. In line with the latter, the healthcare facility's hotline numbers, healthcare resources and services should be disseminated to the community to link them to the network, especially during emergencies and disasters.

Fourth, it shall practice gatekeeping. Primary cases should be managed at the primary levels of care such as the Barangay Health Stations and/or Rural Health Units. The illnesses and diseases that need higher levels of care should be referred to the appropriate health facility while strictly following the proper referral system. Furthermore, all referrals and transactions must be communicated by coordinating networks. The strengthening of this mechanism would help address the long queuing in the Out Patient Department and Emergency Room of hospitals and will also address the fragmented healthcare systems.

Fifth, it shall be close to people. Health education and promotional activities, diagnostic, surgical and medical missions, and the Last Mile Strategy are some of the activities that shall be conducted to reach the underserved population.

Lastly, it shall be enhanced by Telemedicine, which allows and aids healthcare professionals to evaluate, diagnose and treat patients in remote locations using telecommunications technology.

Thus, the Service Delivery Network is com-

mitted in making arrangements to meet individuals and populations' health needs and monitor network outcomes. It shall help underserved patients access health resources and overcome barriers.

Service Delivery Network has been operationalized in Eastern Visayas Regional Medical Center since June of 2017. Collective efforts and strategies have been made that truly impacted the lives of the common people – a genuine change that they can actually feel. The institution will continue to aid the Department of Health in exploring ways to pursue excellence in healthcare with the goal of uplifting and improving the lives of Filipinos.



The move towards Universal Health Care will take time and will be more difficult for some than others. However, there are ways we can work within the broken systems that currently exist to help patients access the care they desperately need now. - o0o -

# EVRMC Sends Off 16 Post-Graduate Interns

By: Sherryjean Justine Uy

Office of Professional Education and Training (OPET) in coordination with the Planning, Research, and Development Section celebrated this year's Postgraduate Internship (PGI) Graduation, June 15, 2018, The Oriental Hotel, Baras, Leyte.

The Eastern Visayas Regional Medical Center (EVRMC) gave recognition to sixteen (16) PGIs after completing their rotation for a year. The 2018 batch of Postgraduate Interns call themselves as #BraveSouls2 and Autumn. Led by their batch president, Carl B. Centinaje, who received this year's Leadership Award.

The sixteen PGI doctors were, Carl B. Centinaje, Andrea Mae Ayaso, Marlon Sigfred Balais, Gia Wynafe Cuaton, Cecile Louise Dejaño, Ma. Elenita Dela Cruz, Marc Kevin Latorre, Faith Hope Lesigues, Remy Martin Lesigues, Roxanne Lucban, Kim Macanip, Gilfred John Mutia, Arvin Jan Peñaflor, Ivan Rosaldo, Irene Krista Simbajon, and Lorraine Vilches.

A solemn Eucharistic Mass officiated by Rev. Fr. Raymond Mazo started the celebration and blessed the graduate's white coats, stethoscopes, and pencils they will use on their upcoming board examination.

Dr. Calixto Chan Jr – Thoracic Cardiovascular Surgeon from the Philippine Heart Center, the key note speaker talked about their success in the medical field and medical breakthrough as a leading heart center in the Philippines. In addition, Dr. John Edward M. Coloma gave an inspirational message for the post-intern graduate.



Dr. Avito H. Salinas OIC-MCC and Dr. Marion Acuin – OPET Designate gave their message of encouragement as they will take up their board examination. Together with the PGI, Chairmen from different clinical departments of EVRMC were also present during the event.

An awarding ceremony for the Most Outstanding PGI from the different departments were given to the graduates.

Ma. Elenita Dela Cruz – Most Outstanding Postgraduate Intern of 2018, as she received five (5) Awards from the different Departments namely Pediatrics, Psychiatry, Pathology, Obstetrics and Gynecology, and Family Medicine.

Lorraine Vilches received three (3) awards from the Departments of Radiology, Surgery, and ENT – HNS.

Marlon Sigfred Balais received an award from the department of Radiology and Ophthalmology. Arvin Ian Peñaflor as the best PGI for the department of Orthopedics and Emergency Medicine, Gilfred John Mutia an awardee for the department of Ophthalmology, Gia Wynafe Cuaton for the department of Emergency Medicine, Faith Hope Lesigues stood out as the best PGI in Internal Medicine, Carl Centinaje in the department of Anesthesiology and Andrea Mae Ayaso as the most outstanding PGI in Health Emergency Management Staff.

EVRMC as a training hospital once again upholds its mission by continually providing a good quality training ground to practice their theories and gain knowledge from their experiences, hoping that the PGIs will return after successful board examination and serve the people of Region 8. - o0o -

## COLOR RUN: *Running for a Healthy Lifestyle*

By: Dareen Kate Cueva

The Public Health Department (PHD) of Eastern Visayas Regional Medical Center (EVRMC) spearheaded a Color Run at Magsaysay Boulevard in celebration of its first year anniversary on June 2, 2018. It was a unique take on the conventional fun run as it merged two of the well-known and well-liked race concepts, color and water, into one noteworthy event.

Several agencies and offices participated in the said event, namely the 546th Engineer Construction Battalion and the 78th Infantry "Warrior" Battalion of the Philippine Army, the Tacloban City Fire Station, the Local Health Insurance Office of PhilHealth in Tacloban, the Department of Health - Regional Office VIII through its Health Promotion Office, the Provincial DOH Office of North Leyte, Leyte Normal University, University of the Philippines - Tacloban City, the DOH - Treatment and Rehabilitation Center in Dulag and several employees from the different departments of EVRMC.

Over a hundred runners joined the three-kilometer run, which started with a Zumba Dance Exercise at the EVRMC grounds. Color-filled happiness was splashed throughout the event as participants dove their way through colorful tracks and sprinkles of fun.

There were booths for food, face painting, picture taking and a freedom wall to know the participants thoughts on the event. According to the wall, most of them looked forward to another similar but better event as they took unending photos of themselves with smiles on their faces.

The PHD, through its head, Dr. Randy Saavedra and its Health Education and Promotions Officer, Ms. Marivic Bunado, encourages everyone to start simple habits such as joining fun run activities to kick-start a healthy lifestyle. Not only is the sport enjoyable as it brings out the real fun in the fun run but it also has great health benefits.



Many experts recently suggested that exercise is "the best preventive drug". *"Exercise is the best preventive drug we have, and everybody needs to take that medicine,"* says Jordan Metzl, a sports-medicine physician at New York City's Hospital for Special Surgery.

*"Exercise strengthens the entire human machine — the heart, the brain, the blood vessels, the bones, the muscles. The most important thing you can do for your long-term health is lead an active life,"* says Dr. Timothy Church, the director of Preventive Medicine Research at the Pennington Biomedical Research Center in Baton Rouge.

Running is one of the most direct ways of getting the important benefits of exercise. Since it improves aerobic fitness, not only is it a great way to improve cardiovascular health but it also burns calories and can build strength. There's also a long list of psychological benefits of running.

"Aerobic exercise is the key for your head, just as it is for your heart," write the authors of an article in the Harvard Medical School blog "Mind and Mood." It can improve your mind at any age and fight age-related cognitive decline. It also changes the brain in ways that make it more resistant to stress. It helps young people to sleep better, improves their mood and boosts their ability to focus.

It's one of the easiest ways to get your family, friends and relatives into a healthy, active lifestyle. All it takes is a good pair of running shoes and a safe and conducive environment.

Now that you know the benefits of participating in fun run activities, are you ready to join? If yes, head off to the office of the Public Health Department and sign up for the regular fun run activity being conducted every 3rd Saturday of the month and watch out for more race concepts in store for you or try to find fun run activities in your community. - o0o -