

BRIDGES



Installation of the New EVRMC Medical Center Chief

Oras na para mag 5 S



*Miss EVRMC 2018,
The Ambassadors of 5 S*



*The Legacy:
A Story of Resiliency*



Message from the Editor-in-Chief



The second issue of the BRIDGES shall unveil the services and programs EVRMC continuously offer to the region and beyond. This newsletter shall serve as an attestation that EVRMC has joined for a common purpose of achieving its mission, vision and goals. This issue features the newly installed Medical Center Chief Dr. Salvador B. Evardone, who, together with the rest of the EVRMC shall journey towards greater heights as we serve as catalysts who change and improve the health conditions of the people in the Region.

Indeed, BRIDGES is a celebration of achievements and joys of the people bearing the name of EVRMC as they deliver quality health services to everyone.

Randy Saavedra MD, MCHM, DFM

Editor In Chief

Message from the Medical-Center-Chief



To be successful, we need certain qualities such as clarity of purpose, courage, commitment, communication and connection. We need to know who we are and what we are - our weaknesses, and strengths, so that we can build confidence in ourselves. Having a positive mindset to all the things that we are going to do is the key to further ourselves towards more opportunities. Lastly, we should practice the leadership 5 theory that is humility and professional will.

S. J. A. T. J.

Salvador B. Evardone, MD, RN, MPH, FPAMS, CESE
Medical Center Chief

Contents

News

- 2 - DEM Goes International
- 2-3 - Miss EVRMC 2018, The Ambassadors of 5 S
- 3 - Inauguration of the New Peritoneal Dialysis Unit
- 4 - EVRMC Bags Gawad Kalasag - Again
- 4 - PCR Re-accredits Radiology Department
- 5 - Breastfeeding Awareness Month
- 5 - White Coat Ceremony
- 5-6 - Hands Only - CPR Awareness Campaign 2018
- 6 - Kapuso Helps a Child with Hernia
- 6 - The Helping Hands

- 7 - EVRMC Partakes in the PPA-DOJ Region VIII Anniversary
- 7 - Ribbon-Cutting and Blessing of New Hematology and Oncology Unit

Feature

- 8 - Installation of the New Medical Center Chief
- 9 - The Legacy: A Story of Resiliency
- 10-11 - Beauty with Advocacy: Ms. EVRMC 2018
- 11 - The Stunning 5
- 12 - People's Corner
- 13 - Oras na para mag 5 S
- 14 - EVRMC 24/7 Helpline Service; Opinion

EDITORIAL BOARD

RANDY C. SAAVEDRA, MD
Editor-In-Chief

NISSAN N. NATABA, RN
SHERRY JEAN JUSTINE UY
Managing Editors

ANGELITA C. JAYA, MD
JANJAN H. BERNARDO
FRANCIS KENNETH FABULA
MARIA DYNA ROSE V. ABRENIO
Associate Editors

DAREEN KATE D. CUEVA, RN
Social Media Editor

ROSALEO T. TOLIBAS
Website Editor

DANE MICHAEL P. TIMBAL, RN
JANN ROD BERONILLA
ARCHIE B. GALANGUE
Graphics/Layout Designers

RONVIC JUN S. AGNER, RN, MAN
ALEXANDER LEGION, RN
LOREN VERNA MACASAET, RN
Staff Writers

NIKKO MONTILLA, RPT
Cartoonist

NOEL LEVI SABARRE
Photojournalist



JERBIES LLAMES, RN
CHARMAINE S. GARIANDO
HANNAH LIM
LINDON MEMPIN, RN
IVY ROSALES, RN
DESIREE D. NAYRA, RN
LOREN VERNA MACASAET, RN
CECILIA CHUA, RN
GLAIZA T PEREZ, RN
GLADYS PADUL, RN
*** Contributors ***

MARIVIC D. BUNADO, RN, MAN
LORY RUETAS, MD
MARISSA A. NICOLASORA
*** **Media Relations Officer** ***



Dr. Aron Balais, Dr. Patrick Joseph G. Tiglaio and Dr. Francis Bonn Blanco leading EVRMC towards globalization together with International Medical Professional for Emergency Medicine Seminar Series, Clinical Grand Rounds and Pre-Hospital Care Forum

DEM Goes International

By: Nissan N. Nataba, RN

Tacloban City – July 19 and 20, 2018, Department of Emergency Medicine (DEM) Consultants of Eastern Visayas Regional Medical Center (EVRMC) led by Dr. Aron C. Balais with his colleagues Dr. Patrick Joseph G. Tiglaio and Dr. Francis Bonn Blanco were invited to be the resource speakers by Dr. Khalidun Ismail, an Emergency Physician Toxinology for the First Emergency Medicine Seminar Series, Clinical Grand Rounds and Pre-Hospital Care Forum in Universiti Kebangsaan Malaysia Medical Center of Bangi, Selangor Malaysia.

Dr. Aron C. Balais, Chairman of Emergency Department shared his knowledge on Wound Management Update and Hyperbaric Medicine while Dr. Patrick Joseph G. Tiglaio talked about Emergency Medical Services (EMS) and role of the Medical Director and Disaster Medicine. Dr. Francis Bonn Blanco, on the other hand, gave lectures about complex arrhythmia and diagnostic imaging for emergency physicians.

Ninety one participants attended the seminar. Composed of emergency physicians, post graduate emergency students, medical students, paramedics and nurses.

Clinical grand rounds were also conducted using simulation-based learning on acute stroke led by EMS Deputy Program Manager, Dr. Mohd Azion Abd Manap, who is an emergency physician in Hospital Canselor Tuanku Muhriz (HCTM), UKM. During the rounds, Dr. Francis Bonn shared his expertise in the recognition of the clinical signs and symptoms of stroke, as well as the management of acute stroke patients in the hospital.

Following the clinical ground, rounds a forum was presided at the Pre-Hospital Care Unit where participants tackled emergency preparedness during disasters and/or calamities. Then, Dr. Patrick Tiglaio imparted his experience on how EVRMC responded when Super Typhoon Haiyan struck Region

VIII. According to Dr. Tiglaio, extensive damages and lack of medical equipment caused delay in providing immediate care to patients brought to EVRMC but it didn't stop them in rendering care to the victims. Moreover, Dr. Tri Maharani, Head of Emergency Department of Doha Husada Hospital, Indonesia shared her expertise in Kelud Volcano eruption preparedness and conducted the First-Aid Care in Snake Bites (FACS) Workshop.

Along with the 2-day seminar was the creation of the ASEAN Clinic Fellowship Training in Toxinology in year 2020. This will be participated by ASEAN countries such as Indonesia, Thailand, Malaysia, Taiwan and Philippines. If pushed through, this

will be the first Fellowship Training under the Department of Emergency Medicine of EVRMC. The accrediting body of the ASEAN Fellowship Training are the Malaysian and Indonesian Society of Clinical Toxinology.

The First Emergency Medicine Seminar Series, Clinical Grand Rounds and Pre-Hospital Care Forum, without a doubt influenced and further enhanced the skills, knowledge and attitude of our health professionals towards rendering quality care to the people who need their selfless service. The patients of EVRMC will surely experience not only a Visayan service with a heart that cares but also a globally-scaled quality care.

- oOo -

Miss EVRMC 2018, The Ambassadors of 5 S

By: Nissan N. Nataba, RN

In celebration of 102nd Founding Anniversary of Eastern Visayas Regional Medical Center, the Allied Division as the host spearheads the Miss EVRMC 2018, 5S Ambassadors pageant on the 16th of July 2018 at Leyte Academic Center, Palo, Leyte.

The goal of the pageant was in line with this year's theme "Accelerating Towards Globalization", to increase awareness and advocacy of the principle of 5S to all EVRMC employees and commitment to prioritize safety, efficiency, and organization in the workplace.

A physical Therapist from the Department of Rehabilitation Medicine, Kim May Delute bested 12 other candidates by being chosen as Ms. EVRMC 2018, Ambassador of 5S. She'll be the voice to affect positive change in promoting safe, clean, organized and well disciplined employees of Eastern Visayas Regional Medical Center.

The candidates who were includ-

ed in the Top Five were Kim Delute, Laurence Comandao, Louchile Arnoza, Maria Priscilla Barreda and Trizia Lou Garcia.

"How can you influence others to do 5 S?" – Top Five Q&A Portion

Kim Delute slayed the Question and Answer portion with her wit, poise, and confidence that made her stand-out and win the crown.

"I can influence others to do 5S by simply doing it first on my own. I will establish a vision for management to have every employee continually apply 5S to whatever they do, and this is through training them, keeping them aware of this advocacy and most especially having that strong discipline within ourselves. By committing ourselves in the practice and implementation of 5S, I can really say that the hospital is making

continue to page 3...

the determination to set its path to continuous progress, safety, and efficiency” she said.

Runners-Up and Special Awards.

The first Runner-up was Laurence Comandao from the Department of Internal Medicine while Louchille Arnoza from the Department of Emergency Medicine placed 2nd Runner-up.

Other special awardees were given to Trizia Lou Garcia from the Pharmacy Department- Best in SS Attire; Mikee Figueroa from MSS Department - Ms. Eloquence and Ms. Congeniality; Laurence Comandao from the Department of Internal Medicine - Best in Evening Gown, and, Dr. Ruzzel Faye Rosario from the MCH - Darling of the Crowd Award.

The Miss EVRMC 2018 Crown was designed by Festivali courtesy of Nick Guarino. The crowned queen, runners-up, and special awardees took home cash, sash, bouquet, and a trophy.

The pageant’s distinguish board of



Left-right: P01 Arla Ray Pacencia, Dr. Aron Balais, Louchille Arnoza 2nd runner-up, Kim Delute Ms. EVRMC 2018, Laurence D. Comandao 1st runner-up and Dr. Avito H. Salinas

judges were the Ambassadors of PNP’s Goodwill, PO1 Arla Ray Pacencia (Gandang Pulis National), Dir. Restituto Macuto, DSWD Regional Director, CECI- Concern Communication Adviser Abdul-Razzaq Dalal, CECI-Concern Livelihood Adviser Carlo Valle, CEO of Syedemer Medical Management Corporation, New Fairfield Connecticut, USA, Dr. Edgar Allan Abarientos and the Official

tabulator was Mr. Melchor Lantajo Jr., CPA.

The beauty pageant was hosted by Mr. Alfon Daga and successfully organized by Alexander Legion and Shennah Boquilla of CQI, John Marco Ribad of HR Department, John Patrick Maypa of Pharmacy Department and the 5’s mentor Akihiro Kaneko.

- oOo -

Inauguration of the New Peritoneal Dialysis Unit

By: Gladys Padul, RN

Tacloban City – Eastern Visayas Regional Medical Center inaugurates the Peritoneal Dialysis Unit in EVRMC, Magsaysay Boulevard, Tacloban City last September 20, 2018. The ribbon-cutting was spearheaded by Dr. Salvador B. Evardone, Medical Center Chief, together with Dr. Jane Borinaga, Dr. Lourdes C. Agosto, Chief Medical Professional Staff, and Dr. Johann Jaya, head of the Peritoneal Dialysis Unit.



Dr. Evardone at ribbon-cutting of the new PDU

hospital in Region VIII, is mandated by the Department of Health (DOH) to implement the “PD (Peritoneal Dialysis) First Policy” to Chronic Kidney Disease (CKD) stage 5 patients.

In the Philippines, ESRD or the End Stage Renal Disease is already the 7th leading cause of death among Filipinos. One Filipino develops chronic renal failure every hour or at least 120 Filipinos per million population per year. It is also one of the top 10 leading causes of morbidity and mortality. It ranked 6th as the leading cause of death and ranked 8th as the leading cause of morbidity based on DOH Regional Data. Diabetes and hypertension are the leading precursors of kidney diseases in the country. A combination of poor diet, smoking and lack of exercise increases the risk of Kidney Disease by 300%. Strict blood pressure and glycemic control and adaptation of “healthy lifestyle” play a major role in reducing if not totally controlling the epidemic of renal failure and this could be achieved through proper education.

There are two treatment options for patients with End Stage Renal Disease: Dialysis and Kidney Transplantation. The establishment of the Peritoneal Dialysis Unit offers patients better options in the management of their disease without financial burden. This is realized through the enrollment to the Phil-Health’s Z-Package.



EVRMC’s Medical Center Chief, Dr. Salvador Evardone and Peritoneal Dialysis Staff

This mode of therapy is recommended for patients who are hemodynamically unstable, coming from far flung areas, working and have tight schedules to which hemodialysis is not possible.

The Unit will educate the public about early detection, prevention, and promotion of better living and care of their kidneys through health education. As such, the establishment of the Peritoneal Dialysis Unit and the whole team will be of great service to the people of Region VIII. EVRMC, yet again, completes another milestone in its journey towards being globally competitive.

- oOo -

EVRMC, as an end-referral government

EVRMC Bags Gawad Kalasag Award - Again

By: Lindon Mempin, RN

Tacloban City - The Office of Civil Defense (OCD)-Regional Office VIII awarded institutions in the region who were recipients of the 2018 Regional Gawad Kalasag Awards, an annual award recognizing groups who rendered outstanding contribution in disaster risk reduction and humanitarian assistance. KALASAG stands for "*Kalamidad at saku-na LABanan, SARiling Galing at kaligtasan.*"



"The 20th KALASAG award"

"Gawad KALASAG recognizes exceptional contributions of disaster risk reduction and management (DRRM) practitioners, groups or institutions in promoting and implementing significant and gender-sen-

sitive DRRM, Climate Change Adaptation programs and innovations that build community resiliency in the long-term."

Regional awardees were chosen based on their exemplary performance in DRRM in Eastern Visayas.



EVRMC-HEMS received the 20th GAWAD kalasag award.

For 6 consecutive years now, Eastern Visayas Regional Medical Center consistently won this prestigious award for the Best Hospital for Regional and Training category. It has sustained what it has started and went beyond the standard sets from Emergency Preparedness, Response and Recovery Plan, Mechanism of Action of the Plan for External and Internal Disaster, Stan-

dard Operating Procedures for Emergency Management System and other guidelines.

The institution improved its operations by having a business Contingency Plan. Capabilities building activities were done regularly to ensure well-knowledgeable and proficient staff for the timely delivery of appropriate services. The trainings however did not only focus on the medical aspect but also on Disaster Preparedness and Emergency Response.

OCD Deputy Administrator Nicanor Faeldon, OCD Regional Director Henry Anthony Torres, and other government officials led the awarding ceremonies to culminate the National Disaster Resilience Month

activities held at Summit Hotel Tacloban on the 31st of July, 2018.

This year's theme is "*Katagan sa Kalamidad ay Makakamtan kapag Sapat ang Kaalamn sa Kahandaan.*"

To top it all, EVRMC is now the region's candidate for the 20th National Gawad KALASAG as being one of the top 3 DOH Retained Hospital in the region to be a National qualifier.

- oOo -

PCR RE-ACCREDITS RADIOLOGY DEPARTMENT

By: Charmaine S. Gariando



The Radiology Medical Staff welcomes the Philippine College of Radiology (PCR) Accreditation Committee (L-R: Dr. Earl Courtney Gasco, Dr. Juancho Estorninos, Dr. Rene N. Reyes-Chairman of the Accreditation Committee, Dr. Francisco N. Estanislao, Dr. Vincent Stephen S. Villero, Dr. Patrick Nanz O. Buatis, Dr. Julie Faith Lombrio, Dr. Ma. Josephine Dayoha, Dr. Prince Royce Morales, Member of the Accreditation Committee; Dr. Anna Marie S. Aggabao and Dr. Ma. Lucia T. Alvarador, Dr. June M. Abieras, Director Danilo R. Sacdalan and Dr. Paula Marie Sydiongco.

After nearly a decade of endeavor, the coveted 4-year Certificate of Full Accreditation was granted to the Department of Radiology by the Philippine College of Radiology.

The accreditation team headed by Committee Chairman, Dr. Rene S. Reyes, FPCR with its members: Dr. Ma. Lucia T. Alvarado, MBA, FPCR and Dr. Anna Marie S. Aggabao, FPCR, FUSP along with director Danilo R. Sacdalan,

MD, FPCR, FUSP, FCT-MRISP was welcomed by EVRMC Radiologists and Medical Officers spearheaded by Dr. Vincent Stephen S. Villero, Chairman of the Department of Radiology last August 21, 2018.

On that same day, the accreditation committee headed towards the newly constructed Main Building of EVRMC at Brgy. Bagacay, Tacloban City to inspect each section of

the Radiology Department, leaving positive remarks about the high-end facilities that the department is equipped with. Formal discussion and assessment took place at the newly built Radiology Conference Room at EVRMC Magsaysay.

As a Level III healthcare facility provider and training institution in the region, accreditation from respective societies like the Philippines College of Radiology in providing high-quality care and services. It shall attract proficient physicians and specialists to join the institution and offer radiologic services to clients of EVRMC.

The few high-end equipment Manned by highly skilled Radiologists in the hospital are 1.5 TESLA Magnetic Resonance Imaging (MRI) Machine, 256 & 16-Slice Computed Tomography (CT) Scan Machine, Mammography Machine, several High-End 4-probes Ultrasound Machines and Digital Radiography Machines.

After passing the arduous assessment process and being compliant with the PCR standard requirements, EVRMC's Department of Radiology is dedicated in maintaining excellent quality healthcare services to the people of Region VIII. - oOo -

Breastfeeding Awareness Month

By: Dareen Kate Cueva, RN

Tacloban City – Eastern Visayas Regional Medical Center (EVRMC) joined the Breastfeeding Awareness Month celebration with this year's theme **"BREASTFEEDING: Foundation of Life"**. The advocacy aimed to raise public awareness on the importance of breastfeeding to women and children.



Mothers participated actively in breastfeeding their newborn child

EVRMC, spearheaded by the Breastfeeding Core Team through the effort of Ms. Dolores Casio and in coordination with the Public Health Department, launched the said observance through a motorcade held last August 1, 2018. This was participated by at

least sixty participants from the different public and private sectors in health care.

Cognizant to the many benefits of breastfeeding to women and children, EVRMC had been gathering mothers and their children for the past years for a simultaneous

breastfeeding activity dubbed as *"Hakab Na"*. This promotes breastfeeding as a way of life for mothers and children, and removes its stigma in today's society.

According to the World Health Organi-

zation (WHO), breast milk is the natural first food for babies. It provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one-third during the second year of life. It promotes sensory and cognitive development and protects the infant against infectious and chronic diseases as it serves as the baby's first immunization. It also decreases the risk of women from acquiring breast and ovarian cancer.

On August 3, 2018, more than 70 mothers simultaneously nursed their babies in public and an estimated 200 participants demonstrated their support for breastfeeding. They were included among the 60,000 people around the world who took part in the Global Big Latch On.

"It's an empowering moment," said one of the mothers as she cradled her twins at the mass breastfeeding event.

While breastfeeding is a natural act, it is also a learned behaviour. Scientific research demonstrated that mothers and other caregivers require active support for establishing and sustaining breastfeeding practices. This way the public is encouraged to foster this initiative, integrate practice within society and become a breastfeeding advocate. - o0o -

Donning of the White Coat

By: Loren Verna Macasaet, RN

One of the highlight activities of Eastern Visayas Regional Medical Center's 102nd Anniversary was the White Coat Ceremony of Resident Doctors in the institution on July 16, 2018 at the EVRMC Chapel.

The ceremony was spearheaded by the Resident's organization. It has been a tradition to formally welcome the physicians as they embark a new journey as health care professionals, equipped with legal rights, practicing with dignity and upholding the institution's mission and vision and providing quality health care for the people of Region VIII.

The white coat symbolizes a physician's pure intention to serve humanity and to do no harm to their patients. The coat imbues its wearer the challenge to transform one's self into the person worthy of its calling.

Dr. Avito H. Salinas, OIC Medical Center Chief assisted by the chairmen of the different departments lead the donning of the white coat. There were 60 residents donned with the blessed white coat from the different departments of EVRMC. Seven (7) residents from Anesthesiology Department, nine (9) residents from Emergency Medicine Department, twelve (12) residents from Internal Medicine Department, three (3) residents from Obstetrics and Gynecology Department,

four (4) residents from Pediatric Department, five (5) residents from Radiology Department and twelve (12) residents from Surgery Department and seven (7) Residents from the practice based Residency training program of the Department of Family and Medicine.

After donning the White Coat, the renewal of Oath of Hippocrates was conducted. The oath pledges to treat the ill to the best of their ability, to preserve the patient's privacy, and to teach the secrets of medicine to the next generation.



Residents donned with white coat

In commemoration of the anniversary and with its theme: Accelerating Towards Globalization, the White Coat Ceremony necessitates commitment in serving humanity and having the opportunity to make a difference in a global scale. - o0o -

Hands Only - CPR Awareness Campaign 2018

By: Cecilia Chua, RN

The **National Policy on Health Emergencies and Disasters** - AO No. 168 S. 2004 specifies one of the objectives of the Health Emergency management framework to promote health emergency preparedness through networking, intersectoral collaboration, technical assistance, training and development,

and public information and advocacy. This is to advocate and support the implementation of the provision of **Republic Act 10871 "An Act Requiring Basic Education Students to undergo Age appropriate Basic Life Support Training"**.

continue to page 6...

One twenty seven personnel participated during the said activity facilitated by the EVRMC Basic Life Support trainers and spear-headed by Disaster Risk Reduction manager in health, Dr. Lory Ruetas.

Audio - visual presentations were shown to the participants followed by the simulation and demonstration of Cardiopulmonary Resuscitation (CPR) then the giving the certificates of participation.

The activity was concluded successfully through the eager support and demonstration of the EVRMC-OPD staff. The hands-only CPR is simple life-saving measure but proper execution of the right person at the right place and time could make a huge difference specially during emergencies and disasters.

- oOo -



Participants during the Return-Demonstration of Hands-Only CPR

Kapuso Helps a Child with Hernia

By: Glaiza T. Perez, RN

July 18, 2018, Wednesday – One of the prestigious and top rated network in the Philippines, GMA Network, thru 24-Oras documentary team coordinated with Eastern Visayas Regional Medical Center in response with the letter sent to them by a family member seeking financial assistance for her nephew.

A seven year old patient from Brgy. Marayao, Kanagga, Leyte together with the 24-Oras Documentary Team went to EVRMC Out-Patient Department in Bagacay Tacloban City for patient consultation with Dr. Florentino Merin, one of Pediatric Surgeons of the hospital and was assisted by the OPD - Public Health Department's Nurse Ms. Glaiza T. Perez.



A nurse caring for the POST-OP Patient at the recovery room

After thorough physical examination, John Paul was diagnosed of Bilateral Inguinal Hernia, a type of inguinal or groin hernia that occurs in both sides of the lower abdomen. According to Dr. Merin this kind of case is common in male children and can be corrected through Herniorrhaphy.

September 11, 2018 the patient was successfully operated by Dr. Florentino Merin together with his surgical team, Dr. Joselo Mendiola, Dr. Aileen May Balonga and two Anesthesiologists, Dr. Mary Grace Villacortes and Dr. Joseph Robert Limos, in the newly built Operating Room located in the New Main Building of EVRMC in Bagacay Tacloban City.

Through the collaboration of Eastern Visayas Regional Medical Center and GMA Kapuso Foundation, the hope for a brighter future for the child and his family will be within their reach.

The dedication of both team to help those people who doesn't have the means to provide for their health and medical needs is indeed the true definition of being a true "Kapuso".

Credits to the EVRMC – OPD employees especially to Dr. Florentino Merin who handled the case and for the full support he gave throughout the process. - oOo -

A Helping Hand

By : Dane Michael P. Timbal, RN

Tacloban City – August 29, 2018, a 17-year old girl was brought to the Emergency Department of Eastern Visayas Regional Medical Center. She was accompanied by her mother and a staff of a renowned magazine show of ABCBN network - Rated K.

A DSWD personnel of Mayorga posted a story of the 17 years old girl of Brgy. Union, Mayorga Leyte that gets viral and caught the attention of Rated K who came all the way from Manila to Mayorga Leyte. With the help of ABS-CBN the girl was able to seek medical

intervention.

Assessment shown the girl has an acute case of malnutrition and has a history of seizures since she was two months old. She was then admitted to the pediatric ward under the care of Dr. Dan Juvy De Paz, a pediatric resident physician of the hospital.

After running a battery of laboratory tests and diagnostic exams, she was diagnosed with Epileptic Encephalopathy and Sever Acute Malnutrition. She had nutritional therapy during her confinement to achieve her nutritional balance and to improve her health through proper and balanced diet.



A mother's comfort

The "Buto't Balat" episode of Rated K aired on ABS-CBN last September 16, 2018 and hosted by Ms. Korina Sanchez-Roxas.

- oOo -

EVRMC's First Practice Based Training Program Accreditation

By: Maria Dyna Rose V. Abrenio

Tacloban City - The Department of Family and Community Medicine had its Practice-Based Residency Training Program (PBRT) accreditation last September 29, 2018 at the OPD Bldg., Bagacay Tacloban City.



The Department of Family and Community Medicine Residents with the Philippine Academy of Family Physicians Residency Training Program Accreditors

It was spearheaded by Dr. Dennis R. Esquivel, Chairman of Department of Family and Community Medicine and Dr. Angelita C. Jaya, Training-Officer of Practice-Based Residency Training Program together with the rest of the department's physicians. The event was

attended by its seven (7) resident physicians namely Dr. Katerina N. Abiertas, current Municipal Health Officer(MHO) of Motiong, Western Samar; Dr. Phoebe D. dela Cruz, MHO of San Jose de Buan, Western Samar; Dr. Bernize P. Dulfo, MHO of Artech, Eastern Samar; Dr. Gloria E. Fabrigas, Local Gov't. Physician of Tacloban City; Dr. Perlie P. Langi, Provincial Health Officer of Catbalogan; Dr. Sheila N. Tante, Municipal Councilor and a Private Practitioner of Alang-alang, Leyte and Dr. Zoilo B. Sabuya, MHO of Calubian, Leyte.

Dr. Lelaine Apostol-Nicodemus & Dr. Lynne Marcia H. Bautista, the Philippine Acad-

emy of Family Physician (PAFP) Residency Training Program Accreditors mention the program to be impressive. The training program is being held twice a month along with the mentor's site visit to each mentee's area of practice headed by Dr. Angelita C. Jaya & Dr. Randy C. Saavedra.

The traditional PBRT started last 1980 but its accreditation was on 2004 during the time of Dr. Aileen Espina. The first Chairman was Dr. Julieta L. Horca. Its first full accreditation however commenced on 2008 to date under Dr. Dennis R. Esquivel. This is in response to Administrative Order 2010-0036 directing all DOH Regional Teaching & Training Hospitals to develop the residency training program in Family Medicine ensuring availability of adequate competent health care providers at all levels of care particularly to capacitate Municipal Health Officers and to address the increasing number of patients.

- oOo -

Ribbon-Cutting and Blessing of New Hematology and Oncology Unit

By: Nissan N. Nataba, RN

Tacloban City - Eastern Visayas Regional Medical Center opened its first Hematology and Oncology Unit on August 8, 2018 at the Out-Patient Building at Barangay Bagacay Tacloban City.



Dr. Marion Acuin (ENT DEPT. HEAD) and Dr. Josephine Apurillo (Hema-Onco Unit Head) cutting the ribbon for the new Hematology and Oncology Unit of EVRMC

Dr. Josephine Apurillo, Oncologist and Dr. Marion Acuin Training Officer Designate led the ceremonial cutting of the ribbon to formally open the new Chemotherapy unit of EVRMC. The inauguration was attended

by the department heads of EVRMC such as, Dr. Lordes C. Agosto Head of Poison Control Unit, Dr. Avito Salinas of the Department of Nephrology and Dr. Nelita Salinas of the Department of Pediatrics, Dr. Lory Ruetas of Health Emergency Management Staff (HEMS), Dr. Everly Joy Tobio a Pediatric Hematologist Dr. Gemma Udtuhan an Internal Medicine Hematologist, Dr. Angelita Jaya and Dr. Benedict Anover, the Hospice and Palliative Care Specialists of the region from the Department of Family and Community Medicine and employees of EVRMC as well.

The Hematology and Oncology Unit offers great privacy, safety and has a combination of lazy chairs and bed for the comfort of its patients. It offers spacious, comfortable and peaceful room, since these patients spend hours sitting or lying in the bed for the whole duration of therapy.

The Unit is located on the 3rd level of Out-Patient Building and is open from Monday to Friday, 8am to 5pm. It is headed by Dr. Josephine Apurillo, Oncologist; two staff nurses Ms. Eube T. Pindot and Ms. Janina A. San Gabriel. Moreover, all patients who will undergo chemotherapy are scheduled in advance and referred by the different clinics of EVRMC's Out-Patient-Department.

First Chemo Patient

The Hematology and Oncology Unit started to accept patients last August 10, 2018. The first patient was a 44 year old female of Baybay City Leyte with a Stage III Breast Cancer.

"Maupay dinhi kay diri mapaso ngan diri naghuhuruot ngan komportable." She said.

The patient's expensive chemotherapy drugs were charged to her Philhealth and through the assistance of EVRMC's Malasakit Center.

"Salamat sa serbisyo" she said after her therapy.

Nevertheless, the opening of the chemotherapy unit of Eastern Visayas Regional Medical Center signifies the continuous progress, improvement and modernization of the institution to provide prime service and quality health care for the people of Region VIII.

- oOo -

F E A T U R E

INSTALLATION OF THE NEW MEDICAL CENTER CHIEF OF EASTERN VISAYAS REGIONAL MEDICAL CENTER

By: Jerbies Llamas, RN

Give me the benefit of the doubt: The new MCC's Installation Address

Having mixed emotions being an official part of Eastern Visayas Regional Medical Center (EVRMC) organization, Dr. Salvador Evardone vowed to listen and talk to all employees with fair and open mind, and not to be pre-judgmental.

"As an incoming new health leader in this organization, the first thing that I would like to do is to step back and assess the situation", he said in his first speech, delivered to at least 500 employees present during the event.

Dr. Evardone mentioned several concerns in the 14-minute speech that gives him both excitement and apprehension.

He did say that his concerns are on how his new environment will accept him and what will be the expectations of the people from him being a servant leader.

He pledged to continue the good leadership and the achievements that his predecessors productively put in place, including the system and process initiated in this institution. *"I believe that successful leadership depends on the quality of attention and intention that a leader can bring into any situation"* he added.

The new Medical Center Chief also congratulated every staff of EVRMC for the significant improvement of the health facility.

'Fair-mindedness'

The newly installed Medical Center Chief (MCC) also emphasized the importance of equality and impartiality when it comes to decision making.

"I assure you that I will be consultative and will solicit 360 degree of information and feed-back before making strategic decisions. I need to consult every one of you for any major strategic decisions and actions not limited to management committee because I believe that wisdom comes from everywhere and every level. That all of your voice and opinion

has an equal opportunity to be heard, welcomed, and respected even to the lowest member of this organization," says Dr. Evardone.

He emphasizes, however, that the core business of this institution is the patients. They must be placed at the center of every decision. There should be no single complaint in a single day that is not attended.

'Moving on Towards Progress'

Dr. Evardone is optimistic to overcome and surpass every situation by being resilient, practical, and resourceful.

"As the new MCC, I will continue with your goals and target. Sustain and institutionalized whatever good initiatives and practices that you already have in place", he added.

He also calls for the cooperation and commitment of all employees, especially that EVRMC is composed of highly professionals, highly technical, and highly intelligent people with strong personalities.

"I need to leverage with your experience and strength to compensate my weaknesses for us to be able to achieve a better health care delivery system."

Despite the big challenge of managing a tertiary hospital, the new leader has high hopes that EVRMC will become the hospital of choice especially the vulnerable and marginalized because of the existing strategic management plan.



TACLOBAN, CITY- Dr. Salvador Evardone received the symbolic key during his installation as the new Medical Center Chief of Eastern Visayas Regional Medical Center last July 27, 2018 at the EVRMC grounds.



Left-Right: Dr. Aron Balais, Dr. Nelita Salinas, Dr. Lyn Veronana, Paula Paz Syndiongco, Dr. Avito Salinas, Regional Director Minerva Molon, Dr. Salvador B. Evardone, Ms. Fe Cuaton, Ms. Marissa Nicolasora, Dr. Jennyllind Lesiguez, Dr. Rufina Barrot-Gler and Engr. Nestor Guy Alcantara

"I believe that EVRMC has a huge responsibility and accountability to the people, especially in Region VIII because this hospital is one of the ten DOH Hospital that is included to be transformed into a Regional Specialty Center targeted to be completed in the year 2021," he affirmed.

Ending his speech was a call to engage in a more functional partnership and fulfilling relationship with the hospital personnel in order to have a meaningful achievements that will make a hospital system a real force to improve the health of the Filipino people.

- oOo -

THE LEGACY: A STORY OF RESILIENCY

By: Ronvic Jun Agner, RN, MAN

'From Humble Beginnings'

Built on July 16, 1916, Eastern Visayas Regional Medical Center was first established as Leyte Provincial Hospital located at Jones Street which started out with an authorized bed capacity of fourteen (14). It was then re-located to its site along Magsaysay Boulevard, Tacloban City in the year 1925 due to its increasing demand.



Eleven years after, Former President Manuel L. Quezon inaugurated its building on 1936 allowing the hospital to expand to forty (40) bed capacity. During the Second World War in the year 1942, Japanese forces claimed the hospital as one of their headquarters forcing the hospital to evacuate to TB Pavillion.

Almost thirty years later, the hospital formally opened its School of Nursing on July 6, 1970, making it as the 7th school of nursing under Department of Health (DOH), and the only nursing school in Region VIII that time. Two years after, by virtue of Republic Act No. 6572, the hospital was renamed as Speaker Daniel Z. Romualdez Memorial Hospital (SDZRMH) and increasing the bed capacity to two hundred fifty (250).

However, the renaming of the hospital didn't end there. Just right after the historical EDSA Revolution, Memorandum No. 48 was sent by the Office of the President which ordered the renaming of SDZRMH to Tacloban City Medical Center (TCMC) on November 12, 1986. Finally, in accordance to Republic Act No. 7289, the hospital was given its current name of Eastern Visayas Regional Medical Center (EVRMC) on March 24, 1992. Since then, the rehabilitation and construction of new buildings and other infrastructures started.

In 2009, by virtue of R.A 9793, EVRMC increased its bed capacity from two hundred fifty (250) to five hundred (500), upgrading its services and facilities and professional health care, authorizing an increase of its medical personnel and appropriating funds thereof.

'Through the Darkest Time'

Nobody would ever forget the wrath of Super Typhoon Yolanda (Haiyan), as it was considered one of the strongest and deadliest typhoons ever recorded, when it ripped through the Eastern Visayas region on the 8th

of November 2013 putting the entire city in total darkness. Black sheets of clouds poured down heavy rain, with strong wind and water continuously slamming and gushing into every household and establishment, creating a storm surge that killed thousands of people in the region during its landfall.

"We were thinking about the safety of our patients especially the babies. And so we evacuated them to a safer place upstairs which is the chapel," said Jerbies Llamas who was one of the nurses on duty at NICU the time Typhoon Yolanda (Haiyan) made its landfall.



"We tried to keep everyone calm and somehow be the strength for our patients. I've witnessed the struggles of every personnel and patients trying to survive amidst the challenges of having no electricity and insufficient food, medical supplies, and medicines. And putting into consideration the anxiety and distress that everyone was feeling," he added.

Nevertheless, EVRMC remained the last hospital standing despite the catastrophic upheaval.

'On the Rise'

Almost five years have passed since the onslaught of the devastating typhoon, this government tertiary hospital, Eastern Visayas Regional Medical Center (EVRMC), continues to provide comprehensive health care services for the people of Region VIII. It is equipped with highly skilled and competent personnel and all services required for a Level III capacity hospital.

Being the oldest government healthcare facility in the region, and one of the two Department of Health (DOH) retained facilities under DOH Regional Health Office, EVRMC continues to serve as the end referral hospital of the DOH through Service Delivery Network (SDN) as well as the region's designated teaching-training hospital.

Overwhelmed with the support from different agencies and offices, EVRMC made huge development over the past few years. In fact, last June 25, 2014, the Regional Development Council-8 even endorsed the EVRMC Modernization Program costing around P2 billion which involves the construction of the new 6-storey hospital and ancillary building in Brgy. Bagacay and Cabalawan.

Marking its 100th year, EVRMC celebrated its centennial anniversary last July 16, 2016, with the theme "100 years... Onwards to Progress," proving its strong foundation and resiliency against all odds. And on the following month, the new four-storey Mother and Child (MCH) building which was donated by Bloomberry Cultural Foundation Inc., formally opened after 16 months of construction. Through the auspices of Japan International Cooperation Agency (JICA), the Out-Patient-Department (OPD) building was also constructed having a modernized and disaster resilient design.

And finally, the long wait was over when the EVRMC Main building officially opened its door last May 29, 2018, at Brgy. Bagacay, Tacloban City. Expected to have a much-improved facility and services that would benefit the people of Eastern Visayas most especially the indigent ones. With the advancement of technology for diagnostic procedures, laboratory examination and for other clinical use, EVRMC is very promising to becoming a globally competitive hospital in the years to come.

'The Legacy Continues'

At present, the following departments are all accredited by their respective Specialty Societies: Internal Medicine, Pediatrics, General Surgery, Anesthesia, Obstetrics and Gynecology, Pathology, Family & Community Medicine, and the two recently accredited departments, the Emergency Medicine, and the Ears, Nose, Throat – Head and Neck Surgery (ENT-HNS). However, other departments are also on their way preparing for their accreditation.

EVRMC in partnership with the Office of the Presidential Assistance for the Visayas (OPAV) also unveiled the EVRMC Malasakit Center, a one-stop shop that provides assistance to the underprivileged people of the region. In addition, the hospital started to have new special care units that cater to specific patient needs and began the conception and planning of fifteen (15) specialty centers.

Looking at EVRMC reminds us that it doesn't matter how many times we fall and take the hit. For as long we know when to bounce back and adapt well in the face of adversity, we would rise up higher than we were.

It's never easy for an institution to keep on surviving despite the many challenges and downfalls if not because of its strong foundation. A foundation built by people with a common goal and principles, and having the dedication to serve the institution as it stands the test of time continuing to inspire, aspire and make history.

Each one of us has a unique story to tell. A story that would make a difference and give a huge impact in the lives of many. As for EVRMC, this is its story – a story of resiliency and the greatest legacy that will live forever.

- oOo -

Beauty with Advocacy: Ms. EVRMC 2018

By: Ronvic Jun Agner, RN, MAN

"Whether you think you can or you cannot, either way, you are right." This is the philosophy that 23-year-old Kim May Delute lives by.

Truly, we become doubtful sometimes of our capabilities which makes us diffident in pushing ourselves to explore and unleash the potential in us. We may have our own prerogative whether we would take the risk or not but what matters most, in the end, is how we stand by our decisions.

But this young native of Alangalang, Leyte really stood by her decision of taking the risk and grabbing the opportunity to join the much-anticipated pageant as she bested 12 other lovely candidates and was crowned as Ms. EVRMC last July 16, 2018, at the Leyte Academic Center. Born on January 28, 1995.

"Khimai" or "Kimmy", as what her family and friends call her, together with her two siblings Kathrina and Kyron, were raised with unconditional love and support of their parents, Engr. Vicente Jose Delute and Mrs. Maybelene Delute, RN.

As young as she was in her childhood days, Kim already showed much potential being one of the top students in school as she received 4th honors in pre-elementary at Holy Trinity College (HTC) and was a consistent honor student from Grades one to six at Asian Development Foundation College (ADFC). Moreover, she was also an awardee of Theatre Guild, Band member, and the Regional Press Conference, specifically in poster making, radio broadcasting and sports writing, proving that she definitely excelled not just in academics but in extracurricular activities as well. Her achievements continued to pile up as she entered high school in Liceo del Verbo Divino (LVD). Not only was she an awardee of Glee and Debate Club (WHIP), she was also awarded as *"Band majorette of the Year"* which probably was the start of discovering her potential to become a beauty queen in the making.

Being in college was never easy for our multitasking physical therapist who earned her Bachelor's degree in Science in Physical Therapy at Remedios Trinidad Romualdez Medical Foundation (RTRMF) and took her Masters degree in Public Resource Management (MPRM) at Eastern Visayas State University (EVSU). Focusing on her studies was her top priority as there are lots of requirements she must submit, reports she has to prepare and examinations she needs to pass. Indeed, she managed to balance her time well as she was also active in participating in school activities and at the same time maintaining good grades as a scholar of Commission on Higher Education (CHED). This beauty queen in the making turned into a reality as she first took center stage with much poise and elegance when she joined Ms. Physical Therapy 2011 and won the crown, making it's her first walk as a title-holder. This opened doors for her to represent their department and join Ms. RTRMF-DVOREF 2011 in which she was

hailed as 1st runner-up and bagged the special award as best in talent.

But behind the limelight of this lovely lady is a heart that is ready to serve not only her patients in Rehabilitation Medicine but also in the community. She extends her services especially to the youth, influencing them and being a role model who possesses traits

of a good leader. In fact, she was an active youth leader and servant of the Our Lady of Miraculous Medal Mission Station at Alangalang for 12 years. She also received an award as the Most Outstanding Sangguniang Kabataan (SK) Chairman during the SKY Award 2011. And just this year, she was awarded as *"Young Professional Awardee of the Municipality of Alangalang."*

All of her achievements plus her good personality are indeed the crowning glory of our Ms. EVRMC. A crown she deserved to win being a person who is confidently beautiful with a heart and has the will to support the 5s advocacy.

Just like any other beauty pageants, beauty

queens are put to the test as they compose themselves in a nerve-racking yet much anticipated Question & Answer (Q&A) portion which determines who among them has the total package of beauty and brain. So we took the chance of putting our very own Ms. EVRMC, Kim May Delute back on the hot seat for the Q&A.

Q: How does it feel being the reigning Ms. EVRMC?

Kim: Being the reigning Ms. EVRMC feels like I'm still in the middle of a whirlwind of emotions, but feelings of excitement and gratitude are the most prominent. I'm overwhelmed because I gained a lot of friends. I'm happy but at the same time pressured because of the huge responsibility of winning the crown.

Q: How do you define beauty?

Kim: "Beauty comes in many forms. It's not actually based on the physique and intelligence of a woman, but rather the beauty within the person. And a beautiful woman is someone who is like Mama Mary; humble, patient, and someone who loves and respects everyone around her."

Q: What was the greatest lesson you've learned from the pageant?

Kim: "The greatest lesson I've learned from the pageant is that just be humble, never underestimate someone's capability. Everyone has its own uniqueness, strengths, and weaknesses. And most of all, at some point in your life you need to accept failure and defeat even if you played fairly."

Q: How will you influence others as Ms. EVRMC in promoting the 5s advocacy?

Kim: "I can influence others to do 5s by simply doing it first by myself. I will create a vision for management wherein each employee should implement and do 5s in whatever they do. And this is through training them, keeping them aware of this advocacy and most especially, having that strong discipline within ourselves. And by committing ourselves to the practice and implementation of 5s. We are paving the determination to set our organization on a path of continuous progress, efficiency and success."

Q: Being the reigning Ms. EVRMC, what is your message to all EVRMC personnel who supported you during the pageant?

continue to page 11...



Kim: Thank you to all my well-wishers, friends and to my rock and pillar of strength, my Rehab family for your undying support. You always believed in me. You never failed to boost my confidence. I can't thank each and every one of you enough for being so supportive of me throughout my entire journey.

Thank you for all your loud cheers, financial

support and for your efforts to gather as many plastics as you could. You all deserve more than just a 'thank you'. To Dr. Rommel Marcos Eduardo Bugho, thank you for your all-out support, trust and for believing in my ability to capture the crown. I am indeed grateful. To my other beautiful pageant sisters, congratulations! You did it, I did it, we all did it and we are all winners. You all did a

wonderful job!

To everyone who cheered and supported me during the pageant, thank you! So much love for you guys. Let us all be 5s advocates and make EVRMC an efficient and safe hospital for the people of Region 8."

- o0o -

The Stunning 5

By Desiree D. Nayra, RN

MISS EVRMC 2018 - In every pageant one of the most anticipated part is the announcement of the Top 5 candidates.

During this momentous event, endless screams and cheers filled the venue as the host called out every name.

Thirteen gorgeous ladies but only these stunning beauties were chosen to be in the Top 5 of Miss EVRMC 2018.

Kim May A. Delute, 23, Physical Therapist, Rehabilitation Medicine

Laurence D. Comandao, 26, Nurse, Internal Medicine

Louchille B. Arnoza, 26, Nurse, Department of Emergency Medicine

Maria Precilla E. Barreda, 26, Resident Doctor, Medical Officer III Surgery Department

Triza Lou D. Garcia, 25, Pharmacist, Pharmacy Department

Preparations

In a span of less than a month, these ladies were turned into beauty queens as they all vie for the crown.

"My preparation was really mental preparation because I was thinking I will be facing a lot of people and it would be shameful if I won't be able to answer the questions." said Ms. Delute, who won the title of Miss EVRMC 2018.

Expectations

This pageant is the first to be held and organized by the hospital. As such, these ladies are the first lucky candidates to be crowned as Miss EVRMC.

As 1st runner-up, Ms. Comandao said "I was thinking that I will not be on the Top 5 because 40% of the criteria will be from the

L-R: Louchille B. Arnoza, Trizia Lou D. Garcia, Laurence Comandao, Kim Delute, Maria Precilla Barreda.

plastic collection and I ranked 3rd from the bottom, so I did not expect much".

"But then I was called last and I was very happy" she added.

Announcement

"To be honest, I told myself being part of the Top 5 is enough, and it doesn't really matter what happens next. To be part of Miss EVRMC is already very humbling, and to be part of the Top 5 is a bonus. But when I heard my name called, I said God is really wonder-

ful, he works in wonders" recalls Ms. Arnoza, 2nd runner-up.

Advocacy

These stunning ladies do not only have the beauty and brains but most importantly, they all possess the dedication to fulfill the responsibilities as the 5s Lady Ambassadors. In unison, they believe that through starting within themselves and setting a good example to everyone, we can all together make a significant change. - o0o -



Your Health "Buddy"

By: Loren Verna A. Macasaet, RN

"A man with full of courage and believes in cooperation will lead us to success"

SALVADOR B. EVARDONE, MD, RN, MPH, FPAMS, CESE

Ladder to success – As a child, Salvador B. Evardone once dreamed of becoming a doctor. In order to make his dream a reality, he took up his preparatory medical course at the University of the East, Manila with a Bachelor of Science degree in Zoology. Before taking up Medicine at Remedios Trinidad Romualdez Medical Foundation, he first acquired a Master's Degree in Public Health at the University of the Philippines.

With great desire and passion for his profession, Dr. Evardone made sure to leave a mark in the medical field. To elaborate, he molded young minds at the Eastern Samar State University, College of Nursing as a professor for three years. Later into his career, he took over the position of the Medical Officer III at Oras District Hospital, Oras, Eastern Samar, also for three years. Still situated in the Municipality of Oras, Dr. Evardone became its Municipal Health Officer for seven years.

Greatest achievement – Having been practicing his skills in the medical and academic fields for quite a long time, it is only but proper for Dr. Evardone to be recognized for his achievements. With that, he was recognized and awarded by the Philippine Hospital Association for three consecutive years, in 2006, 2007, and 2008, respectively. Also, he was given the Presidential Achievement Award in Delivering Health Care Services.

After 24 years of imparting his knowledge and expertise as a medical public servant, it clearly shows that Dr. Evardone is well-equipped and ready to embark the new challenges presented to him as the new Medical Center Chief II of Eastern Visayas Regional Medical Center.

One on One Talk with Dr. Evardone

Q: Three words to describe yourself

Dr. Evardone:

1. *Practical* – in the sense that putting anything into execution and make the concrete.

2. *Resourceful* – having the ability to find quick and clever ways to attain goals.
3. *Resilient* – the ability to withstand or spring back into shape from difficult situations.

Q: What is your strength and weakness?

Dr. Evardone:

Everyone has its own weaknesses but the important thing is how you will turn your weakness into an opportunity or growth to develop a potential. My greatest strength is humility – accepting failures and rising up every time you fall and a professional will to decide everything for the good of everyone. Be it in a form of courage, in a way that you take risks and ready to face what comes with it, as long as you are right and ready to face the consequences.

Q: What made you decide to apply the position?

Dr. Evardone:

Truly, the position for MCC II is not easy, yet I know I am qualified and I can do something. I applied for this position more of a career advancement. I equipped and prepared myself for this position.

Q: What are your expectations in EVRMC?

Dr. Evardone:

1. *[To] deliver and promote quality health care services.*
2. *[Be] more competitive and be recognized all over the world.*

Q: How will you lead and manage EVRMC?

Dr. Evardone:

Through the use of collaborative leadership – investing time to build relationships, give everyone a voice and allow solution to develop from the best ideas of the group and take a team approach in problem solving. [I believe]

open information sharing is the cornerstone of success.

Q: How will you motivate the employees of EVRMC?

Dr. Evardone:

There was once a phrase saying, "An employee's motivation is a direct result of the sum of his interaction with his manager." To achieve that I need to gain their trust and build their confidence by listening to their needs, let them express what they wanted.

Q: What are your plans for EVRMC?

Dr. Evardone:

- *Provide excellent result in quality services.*
- *Provide a wide range and complex specialized services.*
- *To become the leading hospital in terms of delivering services.*
- *To be recognized globally in terms of professionalism.*

Q: How will you change the things that needs to be change?

Dr. Evardone:

Plan first on how and what you will do. Second, align it the mission and vision of the institution, and finally, do, act, or implement what you've plan.

Q: What is success to you?

Dr. Evardone:

Success for me is motivating and inspiring people to get things done with best results; through the employees and community, and with clarity of purpose. Coming together is a beginning, keeping together is a process, and working together is a success.

Q: What is your message to the employees of EVRMC?

Dr. Evardone:

I need your full cooperation for you to achieve our goals. Unity can make a difference. If we are one and on the same page, we can move forward together, and together we [can] achieve more.

Being the head of a large-scale government hospital is never an easy job for anyone. With all the challenges, issues, and hardships that come with being the Medical Center Chief, it takes a great leader like Dr. Salvador Evardone to get the job done and provide excellent results. EVRMC is set for a promising road to success, through the vision of its new MCC, and with joined efforts of all the medical and non-medical members of this institution. - oOo -

"Oras na para mag 5 S"

By: Hannah Lim

"Oras na para mag 5S" – as the 5S 10-minute daily program fills the air, this prompts everyone in the hospital to clean up, organize their things and practice 5S.

5S stands for Sort, Set in order, Shine, Standardize and Sustain. It is a workplace organization method which originated in Japan and has been widely used in different industries including healthcare for reducing waste, increasing efficiency and improving workplace organization.

To strengthen the 5S Program, on October 10, 2016, Japan International Cooperation Agency (JICA) deployed a volunteer - Akihiro Kaneko for a 2-year contract assignment in EVRMC. After graduating from Business Administration, Aki took up Nursing Studies. Although he wanted to be a pediatric nurse because of his love for children, he was assigned to the emergency and operating room instead. This made him realize how precious and short life is. For these reasons, he then became interested to be a JICA volunteer. He finds it enjoyable because he is able to study medical situations not only in Japan but also in various countries including the Philippines.

This Japanese volunteer strongly believes that 5S has great benefits not only for patients and patient's watchers but also for the employees. In this interview, Aki passionately shares his advocacy to implement and sustain the 5S Program of the hospital.

With your almost 2 years of stay, what do you

consider as the greatest development of the 5S Program here in the hospital?

- *Initiation of the 5S 10-minute program. We devised 5S activities using music starting July 2017. Probably this is the first time in the Philippines that we broadcast the 5S 10minute program three times a day.*

Also, the IPC staff continues the 5 S education for infection control regularly. Moreover, the ISO staff and the Workplace Committee has been very active in motivating staff to promote 5 S.

What do you consider as the most challenging task in implementing the program?

- *I think the challenge now is how to maintain 5S in the Philippines. Even if it is clean it will be meaningless unless it continues.*

How do you expect to sustain the activities of the 5S program in EVRMC?

- *I feel honest, this is the most difficult thing. In order to further strengthen the 5S policy, a strong commitment is required to cooperate with the new MCC Dr. Salvador Evardone, Chief Nurse Mrs. Fe Cuaton and Chief Admin. Engr.Guy Alcantara, and realize it.*

What support does the program needs?

- *5S does not cost money. The best support for the 5S is for everyone to take ac-*

tions seriously and to think how to make EVRMC a better workplace environment for the patients and us.

How do you envision 5S Program here at EVRMC in the next 5 years?

- *Continuation of 5S education for all employees of EVRMC and the chief of each department can firmly manage the 5S of the place. Unfortunately, there is no end to 5S. Therefore, it is necessary for each individual to acquire a good 5S habit. 5S do not increase your work. I always think that I want to reduce your work and eliminate overtime. EVRMC is a core hospital. Lots of work will increase in the future. It is necessary to change the way of working and way of thinking.*

Finally, what is your message to the management and to the employees of EVRMC?

- *I love EVRMC. I love Philippines. I am praying that EVRMC will be a more beautiful hospital for you and your patients...your little cooperation every day is important. A hospital made by everyone, for everyone. "An ospital hinimo han katawhan, para han katawhan."*

May Aki's dedication to improve the lives of the community he serves reminds us to love our environment and care for own workplace. Indeed, we all have a part to play - so the next time we hear, "Oras na para mag 5S", let's do our share and altogether do the 5S. - o0o -



Akihiro Kaneko in action promoting 5 S



EVRMC 24/7 HELPLINE SERVICE

By: Sherryjean Justine G. Uy

For more than a century now, Eastern Visayas Regional Medical Center has provided medical service to the people of Region VIII. Through the years, the institution has grown and developed into one of the biggest medical facilities in Visayas, as it always aimed to be globally competitive.

To further maintain the continuous provision of high quality level of service to the people, the EVRMC Helpline Service was created. Since August 2017, the staff of the Public Health Department spearheaded by Dr. Randy Saavedra, have been accommodating referrals, queries, and complaints, 24 hours a day, 7 days a week.

Continuity care – that is what EVRMC is aiming for. To provide assistance outside the premises of the institution. This is to assure the public that help in EVRMC does not stop after 5 PM, does not end by the time a patient has been discharged from the facility, that an ongoing support system is available for any queries or referrals that could be answered by the helpline staff. Discharged patients are contacted days before their scheduled follow-up consultation at the Out-Patient Department; the staff reminds the significant other or the patient themselves of their supposed return and to assure to bring with them their Alagang Pinoy Tagubilin or the discharge instructions slip that was given to them on the day of their discharge.

In the recent report, the staff have contacted more than 1600 patients with Tagubilin slips from Northern Leyte in September, and almost 1200 patients from Eastern Samar of the same month. Since Eastern Visayas is a vast land of resilient people, geographical proximity and location is an essential matter to consider. Upon calling these patients, they are encouraged to have their follow-up consultation at their respective Rural Health Units as a consideration to their convenience and financial capability. However, patients who are required to have specialized follow-up care are strongly advised to comply the instructions provided by their attending physicians. With this, more and more patients are assured of unceasing improved health status.

Another vital role of the EVRMC Helpline Service is creating a strong connection and a harmonious relationship between the lower-level health facilities across the region. Through the efforts of the Service Delivery Network, also a program spearheaded by the Public Health Department, referrals are made easy, since the establishment of the helpline. The significance of such is highlighted most especially during emergency cases, where municipal and provincial health workers can easily contact EVRMC for medical direction, vital initial management required for patients

in emergency situations both in a health facility and continuing update about the status of patients being rushed by the ambulance. As a tertiary and end-referral hospital, the expected performance from EVRMC is higher compare to other government hospitals. With that, the Public Health Department assures that the public is being reached out to by EVRMC, providing them of extra care and service they deserve, because every Filipino deserves quality health care that they can depend on, for your health is not a privilege, but a birth right.

- oOo-



O P I N I O N



EVRMC events for the months of July - September 2018



Installation of the New Medical Center Chief of EVRMC



The Helping Hands



Kapuso Helps a Child with Hernia



Breast Feeding Awareness Month



Mental Health and Psychosocial Support Training

