

The Official Publication of St. Paul Hospital of Tuguegarao, Inc.

BLAST

Beacon of Love in Action for Service Together



Anniversary Edition



www.sphtuguegarao.com



St. Paul Hospital Tuguegarao / Spht Tuguegarao

Editorial Board:

Editor-in-Chief

Alfred Nikolai Andres, RN

Associate Editor

Roland Kharl Castaños, RPH

Lay-Out and Design

Visie Gabriel

Precious Loreto

Kristine Joy Balmatero

Photography

Janifer Dayag

Gretchen Templa

Louie Kem Anthony Babaran, RN

Writers and Contributors

Janifer Dayag

Richael Batang

Jolina Aspiros, RMT

Brigette Tobias, RN

Jalvin Maramag, RN

Jhuneth Agcaoili, RN

Kristine Joy Balmatero

Alfred Nikolai Andres, RN

Robiely James Masirag, RN

Roland Kharl Castaños, RPH

Kevin Christopher Cayetano, RN

Moderators

Sr. Rowena Rodil, SPC

Sr. Mary Martha Daproza, SPC

Consultant

Sr. Adelina Javellana, SPC



ABOUT US

ST. PAUL HOSPITAL OF TUGUEGARAO, INC.

is a Christ-centered private Hospital owned and managed by Sisters of St. Paul of Chartres (SPC). The Hospital is one of the leading healthcare providers in Cagayan Valley, Philippines providing complete healthcare services for both out-patients and in-patients services. The Hospital was awarded as Center of Excellence in year 2010 by Phil-Health, bringing a breakthrough in the field of Healthcare.

St. Paul Hospital of Tuguegarao, Inc. has committed 25 years of Hospital operation and administration into the development of a multi-specialized healthcare that serves thousands of in patients and outpatients a year. Additionally, the Hospital is equipped with state-of-the-art Medical Facilities and staffed with highly qualified and competent Medical Consultants and Practitioners in different specialties.

St. Paul Hospital of Tuguegarao, Inc. lives out its mission of healing into an environment of compassion, excellence and quality care.

VISION

Privileged to share in God's saving and healing action, we envision **ST. PAUL HOSPITAL OF TUGUEGARAO, INC. (SPHTI)** as a **CHRIST-CENTRED, DYNAMIC and SOCIALLY RESPONSIBLE GLOBAL HEALTH CARE INSTITUTION** providing **HOLISTIC QUALITY HEALTH CARE SERVICES.**

MISSION

We Commit ourselves to:

1. Faithfully proclaim God's love through compassionate care.
2. Uphold Bioethical principles and teachings of the Catholic Church.
3. Develop competencies of health care professionals for integral growth and strengthen partnerships in education, training and research.
4. Pursue Value Innovative and socially responsive health care services at par with global standards for sustainability.
5. Assure that Christian stewardship and good governance are practiced.

- 4 Administrators Anniversary Message
- 6 25th Anniversary Highlights
- 12 25 Years of Service
- 14 Maligayang Pagbati- A Christmas Message
- 16 July is National Blood Donor's Month
- 17 Breastfeeding Week Celebration
- 18 Hospital Management 2019-Vietnam Conference
- 21 SPHTI bags second DOH Star Award
- 22 SPHTI Delegates attend the 5th GGHH Asian
- 23 World Day of the Poor
- 24 HEMS Committee Leads Fire and Earthquake Drill
- 26 SPHTI Nightingales Kairos
- 28 100-seconds Infection Control Jingle
- 29 Honoring the Past- A Glimpse of Great Memories
- 30 The Perspective





Administrator's Anniversary Message

Good evening and Peace be to you all!

After all what we have seen, heard, experienced and shared in today's culminating activity that started with a meaningful Eucharistic Liturgy- the 25 years of loving service and commitment in its healing mission of St. Paul Hospital, Tuguegarao, to the people of Cagayan and even to the nearby and far flung provinces, I believe then, our hearts are naturally outflowing with profound thankfulness. As the psalmist in the Bible declared: 'Sing to the Lord with Thanksgiving and St. Paul further reiterates in his letter to the Colossians: 'Be thankful for the spirit of thanksgiving is always a mark of a joyous follower of CHRIST!

To our dear Sister Lilia Therese Tolentino, our Provincial Superior and Chairman of the Board of Trustees, Sister Ma. Nilda Masirag, Assistant Provincial for Education Ministry, Sister Celeste Rivas, Provincial Secretary and Sister Ruby Abellana, our Provincial Bursar, Sister Edith Christine Aguirre, Sister Ma. Linda Tanalgo and Sister Norma Patricia Manzano – the pioneer and courageous Hospital Administrators of SPHT and my predecessors and mentors, Sisters who were once sent here for their mission in the spirit of Obedience and those whose seed of religious vocation have been sown, nourished and have grown because of the community, lay partners and friends in the ministry- I know you would identify them around by your strings of friendship with

them, our dynamic Medical Staff headed by our Medical Director, Dr. Rolando Mesde and Chief of Clinics, Dr. Maria Raul Carmela Combate, to our self-giving and committed hospital staff and personnel especially those actively involved in the different working committees and task force, our generous partners in the health care industry: suppliers, GO's and NGO's networks, partners in the financial arena, benefactors, friends, guests, ladies and gentlemen- YOU are all the reason why I should be thankful to the LORD! Because God has blessed us, all these 25 years of birthing, growing and bearing fruits, truly, we should be thankful for each blessing... As William Arthur Ward puts it: "Feeling gratitude and not expressing it is like wrapping a present and not giving it'...



That is WHY I need to express my deepest gratitude and appreciation to everyone present here and even to those who could not make it with us tonight. This year's Silver Jubilee Year was launched last January with a 'big bang' motorcade that featured the 'many things that have happened in the past and those that we have and are at the present. The opening of the Gallery Walk, unveiling of the anniversary landmark, laying of the time capsule, 'dinner for a cause', giving – out of commemorative tokens, Hataw sa Puso and Zumba at Robinsons, Medical-Surgical Mission, Tree- Planting, Ball games, and our first-ever Santacruzian Marian devotion gave us all the opportunities to look back, remembering with joy in spite of difficulties how the LORD has been truly alive and active in this healing ministry of SPHT. Isn't this a great reason to celebrate?

Also today, we share you the 'work of art' and giftedness of our staff and personnel through the launching of the first edition of our hospital publication named 'BLAST': Beacon of Light and Action in Service Together...that because there are so many things to express and share- our grateful hearts could not merely keep them just for ourselves. Indeed, GRATITUDE unlocks the fullness of life. It turns what we have into enough and even more...

As this spirit of gratitude has now been expressed, we must never forget that there is still a higher appreciation that follows- and that is, 'it is not ONLY to utter them in words, but to live by them' in LOVE! LOVE has providentially brought us together in this SPHT family and since nothing really happens by chance- we will continue to build and deepen this culture of LOVE and SERVICE in our SPHT mission for the next 25 years. Congratulations to all of us and May GOD bless us all!



ST. PAUL HOSPITAL

25th Anniversary Celebration

By: Roland Kharl Castaños, Rph



ST. PAUL HOSPITAL OF TUGUEGARAO, INC. (SPHTI) culminated its month-long Silver Anniversary celebration on August 19, 2019 with the theme "SHINNING CHRIST'S PRESENCE SHIMMERING AND SOARING FOR EXCELLENCE...SPLENDID HEARTS IN THANKFULNESS...".

The Eucharistic Liturgy was held at SPHTI Chapel, celebrated by Archbishop Emeritus Diosdado Talamayan, DD followed by a formal program at Cagayan Coliseum.

The momentous event was joined by hundreds of staffs, medical doctors, SPC Sisters nationwide, suppliers from different Drug distributors and Companies, specials guests and visitors.

Indeed, it was a memorable night of celebration, filled joy and thanksgiving, especially with the presence of the *Provincial Superior, Sister of St. Paul of Chartes, Philippine Province, Sr. Lilia Therese Tolentino, SPC*. The shimmering and shinning decorations around the coliseum, the dazzling and gorgeous awardees in their fascinating gowns and dapper suits; the excited employees cheered their colleague's achievements, the passionate, graceful and elegant entertainers made the celebration more exciting, extraordinary and memorable.



The impressive production numbers by the staff and special performers captivated the hearts of the audience aside from their graceful performance not to mention their talent in showcasing different local festivities that depicted sweet glimpses of SPHTI beginnings- from the first SPC Sisters who came from France coming to the Philippines until they reached the province of Cagayan, and established their congregation in the land of Tuguegarao.

Celebration of the 25th Anniversary program continued as the institution took time to give numerous awards of appreciation and recognition to various individuals who made a great contribution in the fulfillment of its vision mission since 1994. Truly, without their endeavors to help set the base, SPHTI could not have arrived this far. The institution genuinely recognized and appreciated the Early Birds for their punctuality, with good customer service based on customers' commendation, and employees who served the institution for 5, 10, 15, 20 and 25 years. The 25 years of service awardees or the *Silver Jubilarians* where Mrs. Gloria Birung (Linen Laundry Department), Mrs. Heicelina Narag (Linen Laundry Narag), Ms. Perla Maribbay (Central Supply Department), and Mr. Querubin Batang (Maintenance Department).





Other recognitions and appreciations were bestowed to the Medical Officers as Chairman of different Committees, Head of Respective Units, Chairman of different Departments, Medical training Officers, Director of Medical Education, Chief of Clinics, and medico-legal.

Special awards were also given to distinguish physicians in appreciation for their exemplary dedication in their Medical Practice and for being role models to their colleagues. They displayed good relationships and dedication that built a culture of camaraderie, fostering friendship among the members of the Medical Staff of SPHTI, active participation, generous support and volunteerism to the different activities especially the Medical Outreach Programs of SPHTI throughout the years.



Other highlight of the awarding ceremony were the recognition of the Medical Directors of SPHTI for the past 25 years for their significant contributions and dedicated service to SPHTI health care, Dr. Edwin Pascua (Medical Director 1994-1996), received by his sister-in-law, Dr. Jane Castillo, PhD., Dr. Sergio Mamba (Medical Director 1996-2008), received by Dr. Laila Reyes, and Dr. Valeriano Combate (Medical Director 2009), and the present Medical Director of SPHTI, Dr. Rolando Mesde for his invaluable contribution to the growth and development of the Medical Care Services of SPHTI, leading and uniting the Medical Staff in the pursuit of quality, compassionate and excellent healthcare for the people of Cagayan Valley.



Who would forget **Rev. Fr. Ferdinand Baculi** in his pioneering effort of 25 years of service as Chaplain of SPHTI Pastoral Care Services. His service has brought comfort and healing not only to the sick and dying patients of SPHTI but also to the Doctors, Personnel and other members of the SPHTI family; that helped SPHTI in realizing its mission as a Catholic institution that “faithfully proclaims God’s love through Compassionate Care”. Another significant awardee was **Atty. Domingo Cayosa** in gratitude of his faithful service as Legal Counsel of SPHTI and for his unceasing participation in the SPC Healthcare Ministry.



SPHTI will never be known and be established without their invaluable contribution and leadership performance as Hospital Administrators making SPHTI a hospital of choice for the Cagayanos, given to the past *Hospital Administrators* namely: **Sr. Edith Christine Aguirre, Spc** (1994-1997, 2013-2017), **Sr. Maria Linda Tanalgo, Spc** (1997-2002), and **Sr. Norma Patricia Manzano, Spc** (2002-2012).



The institution also recognized the irreplaceable role of **St. Paul University Philippines** as the primary mover in the conception of SPHTI to serve the needs of the Cagayanos, and for their unwavering support in all undertakings of the institution as their partner in the continuing training and education of Paulinian Health Care Providers , who made SPHTI to produce a globally competitive health care professionals providing its patients with the best healthcare services and delightful patient experience in Region II.





As a surprise, the present Hospital Administrator, **Sr. Adelina Javellana, Spc.** was also bestowed a Plaque of Appreciation for her invaluable contribution and Exemplary Leadership Performance in uplifting SPHTI dreams and aspirations to be globally competitive Healthcare facility radiating Christ mission of Compassionate, Care, Authenticity and Excellent service. Her social dynamism and innovative spirituality inspired and motivated SPHTI to spell the difference in Healthcare.



But one of the most impressive and remarkable awards that the hospital had ever received was the granting of the ISO Certificate to SPHTI. Their award incredibly fulfilled and notably inspired all the staff, medical doctors, and to the SPC sisters for their hard work to make the systems work accordingly.

Since August 26, 2019 was the foundation day of SPHTI, the institution celebrated it with a Liturgical Mass at SPHTI Chapel thru the kindness of **Archbishop Sergio Utleg, DD** as the main celebrant. Late in the evening, there was so much joy with a free concert by a well-known stand-up comedian and local actress, **Ms. K Brosas**. She also took time to visit the Pediatrics ward of SPHTI prior to the concert that brought smiles on the faces of these lovely patients. Undeniably, her performance was a delightful surprise and entertained the audience as she gave her appreciation and song tribute to the efforts and sacrifices of the health workers of SPHTI.



To reach 25 years as an institution in the delivery of healthcare services in the northern part of the country where special services were made available to cut patients expenses from traveling to Manila. It took a lot of courage and determination to face the challenges, do or die situations to face, to cut one's losses, and even to experience the worst - a bitter pill to swallow to provide an excellent healthcare services to the Cagayanos and to nearby provinces. But what made SPHTI stronger and able to exist in the area of excellence? Where did hope come from when the chips SPHTI remains anchored in the gospel of Christ and tirelessly uphold the teachings of St. Paul and the Catholic Church to create a compassionate and a caring environment in the healthcare systems.

As St. Paul says in his Epistles to the Philippians 4:13, "I can do all things through Christ who strengthens me"., thus the success belongs to the Lord. All glory belongs to Him.

"Caritas Christi Urget Nos", The Love of Christ Impels Us!.



25 Years

By: Perla Maribbay

To our dearest Sisters of St. Paul of Chartres, to Sr. Lilia Therese Tolentino, SPC, the Provincial Superiors, members of the Provincial Administration, my previous Administrators, Sr. Edith Christine Aguirre, SPC, Sr. Linda Tanalgo, SPC, Sr. Norma Manzano, SPC and of course my present administrator Sr. Adelina Javellana, SPC all the sisters present, doctors, colleagues, friends, visitors & my beloved family, a pleasant evening to everyone.

It is with great honor and privilege to stand before you to receive this award. Looking back when I started 25 years ago, I have never imagined I will make it this far. I was young and full of great expectations.



I worked very hard every single day to fulfill my duties and responsibilities. It was tough; it was not easy, but now, I feel like everything I have done is all worth it. I would like to take this opportunity to express my sincerest gratitude to everyone especially to those who were behind this success.

To the Sisters of St. Paul of Chartres, you have given me countless opportunities to expand my knowledge and wisdom in this career I have chosen.



of Service

Thank you for your trust, for your guidance, for giving me another home here in St. Paul Hospital. Keep in mind that everything you have imparted to me will always be my foundation as I walk through the path of life. To all my colleagues and friends, I wouldn't reach this success without your unending love and support for me. Thank you for all the laughter, struggles, and moments we have shared together. I found another family in you. Thank you for everything you have done for me and for my family.

To my beloved family, especially to my Mama and Papa you are my inspiration. You are my motivation. Thank you for the love and understanding. This is all for you.

Lastly, all these things would not have been possible without God who has blessed me in so many ways and I couldn't thank him enough. Let me close this speech with a bible quote taken from the letters of St. Paul to the Philippians. "I can do all things through Christ who strengthens me". Thank you again for this honor and the opportunity to share my thoughts and memories with you. I hope we will continue to do our best, work hand in hand, be true to our faith, and be committed to Jesus Christ our lord, to love and serve one another. ***"Caritas Christi Urget Nos!"***





Maligayang

Peace be with you all!

As we finally come to a close of our whole year - round silver jubilee activities, we also put to a close the Year of the Youth and welcome the Church' Year of Ecumenism, Inter-Dialogue and Indigenous People.

Indeed, it is true what a familiar song describes - there are 10,000 more reasons to celebrate meaningfully events in our lives if we choose and decide to. As we thank the Lord for the blessings and graces of our hospital's 25 years of existence in this healing mission, we are continually inspired and challenged to live up to our theme- *"Shining Christ's presence, Shimmering and Soaring for Excellence and Splendid hearts in thankfulness"* for the next 25 years or so. If this is a legacy that we could pass on to the next generation of our hospital personnel, doctors and other stakeholders, so be it! We do not lose sight of the primary vision-mission SPHTI stands for to serve its purpose and be truly relevant in the Lord's vineyard.

Moving on, our theme in this Christmas gathering is: *"A Word, A Touch, A Look...with Love"*. This is a theme that must have stirred our hearts and minds deeply amidst the daily 'health

care-giving' routines we do in this hospital and even in the midst of a down trodden flood victims of the recent typhoons and devastating earthquakes. Have we spared a word, a touch, a look filled with love in the daily, simple and ordinary things we do, in the people we meet and attend to, or with the persons we wake up with in the family and work with in our workplaces? Have we given even a 'little of our time, presence and resources to express "a word, a touch, a look" to those waiting, wanting and needing? I do not intend to examine ourselves and feel guilty at this joyous celebration but may this be a gentle wake up call to all of us posing this important question- what do we really focus on at Christmas? It is easy to enumerate the many Christmas stuff we want to buy and have for ourselves and for our loved ones but let's briefly recall what happened to 'Mary and Joseph' in Bethlehem 2,000 years ago. They arrived in Bethlehem with Mary carrying Jesus in her womb and they couldn't find a place to stay. And after looking around and being rejected by several innkeepers, finally- was offered a cold and dirty place where animals stay and as we all know, that became the very place where Jesus was born.



Pagbati

Bringing us back to our present times, the story remains relevant. We could be one of the innkeepers who may simply missed Jesus in our lives. We could be one of those who have closed the doors to welcome the holy family in our homes. Indeed, it is easy to be tempted to dismiss Jesus in our hearts when we are pre-occupied by the lure of materialism and relativism. This is a reality that has penetrated our families, society and communities. And so as we celebrate Christmas- let us bear in mind that if we choose and decide- it is profoundly possible to be pre-occupied too of Jesus: opening the door of our hardened hearts to forgive, free from hatred anger and resentments, opening the door of our minds to free us from biases, prejudices and rash judgments, and opening the door of our souls to welcome and be nourished by the sacraments and His daily Gospel message and inspiration. And all these are for FREE- costless and effortless for us who will open our doors to love generously and without conditions. We are challenged every moment of every day to live out this Christmas story not just on Christmas Day- and we could choose and decide, WHO AM I as the INNKEEPER?

This is what Christmas is all about as I quote Pope Paul VI- "We must consider Christmas as the encounter, the great ENCOUNTER, the historical encounter, the decisive encounter, between God and mankind. He who has faith knows this truly; and so, we have the reason to REJOICE.

My dear Doctors, personnel, staff, stakeholders, family members, guests, benefactors, health care partners and friends of SPHT- thank you for your gracious presence in this gathering of thanksgiving, celebrating and remembering...The SPHT Administration, in behalf of the Board of Trustees, expresses our deep gratitude for your trust, unwavering commitment and support, loyalty and friendship all these years of loving service to our brothers and sisters seeking out our healing hands and hearts especially our sick-poor. Despite the 'man-made and natural disasters' and other uncertainties our country faces- there is still a reason to celebrate in simplicity, in unity and generosity because the real meaning of Christmas is greater LOVE!

A blessed Christmas and a Holy New Year to all!



SR. ADELINA JAVELLANA, SPC
Hospital Administrator

July is National Blood Donor's Month



By: Jolina Aspiros, RMT

July of every year was declared as the "Blood Donors Month" by former President Fidel V. Ramos per Proclamation No. 1021 signed on June 9, 1997. The annual event was dedicated to promote public awareness on voluntary blood donation countrywide.

This year, St. Paul Hospital of Tuguegarao, Inc. through its Laboratory Department in partnership with the Cagayan Valley Medical Center (CVMC) Blood Bank heeded the call of this campaign by conducting a blood donation drive at the Out-Patient Department of St. Paul Hospital of Tuguegarao last July 20, 2019.

SPHTI Blood Donation Program started in 2012 to meet blood necessities especially in times of crisis. The focus of this year's campaign was centred on the importance of the blood supply in emergency settings like natural disasters as well as man-made catastrophes as emergencies trigger increased demand for blood supply. A total of ninety-six (96) blood units were collected and was made possible through the kind and noble assistance of SPHTI personnel, and doctors.

Donors and recruiters of the bloodletting activity were given tokens and certificates of recognition.

This activity has significantly helped in the blood transfusion requirements of our very own patients, SPHTI employees, their dependents, and the general community.



Give Blood
Save Lives

Breastfeeding and Lactation Committee launches Breastfeeding Week

By: Jhunette Agcaoili, RN

The SPHTI's Breastfeeding and Lactation Committee joined the country to celebrate the Breastfeeding Week with this year's theme "Empower Parents, Enable Breastfeeding" at SPHTI Main Lobby Area last August 13, 2019.

The objective of this theme was to inform parents about the benefits of exclusive breastfeeding for 6 months because of its many benefits both for the infant and the mother. Exclusive breastfeeding could be very important source of energy and nutrients in children aged between 6–23 months.

Breastfeeding promotes better health for mothers and children alike. Increasing breastfeeding to near-universal levels could save more than 800, 000 lives every year, the majority being children under 6 months. Breastfeeding decreases the risk of mothers developing Breast Cancer, Ovarian Cancer, Type 2 Diabetes, and heart diseases. It is estimated that increased breastfeeding could avert 20,000 maternal deaths each year due to Breast Cancer.

The WHO recommends exclusive breastfeeding starting within one hour after birth until a baby is 6 months old. Nutritious complementary foods should then be added while continuing to breastfeed for up to 2 years or beyond.

Highlights of the activity were the Quiz Bee on Facts and Myths of Breastfeeding and bazaar was organized by the Operating Room Complex staff to raise funds for future projects of the committee.

We can all support this advocacy, as breastfeeding is a team effort. To enable breastfeeding, we all need to protect, promote, and support it.





HOSPITAL MANAGEMENT ASIA 2019

VIETNAM EXPERIENCE: A Learning Tour

Travel is rich with learning opportunities, and the ultimate souvenir is a broader perspective.

– Rick Steves

By: Kevin Christopher Cayetano, RN

Who does not like to travel abroad? At some point of our lives, we would like to get out of the house or out of work for some pause and see the wonders of the world with our own eyes because in reality, pictures are just never enough. Living in the moment, learning and making memories in a new place is what makes an experience truly remarkable and unforgettable.

On an ordinary day of June 2019, my generous Administrator, Sr. Adelina Javellana, SPC invited me to attend the 18th Hospital Management Asia Conference to be held in Hanoi, Vietnam together, with my two colleagues, Ms. Tristan Joy Pablo and Ms. Leonora Marie Castillo, along with Sr. Jonalou Muyco, SPC and Sr. Elizabeth. And who am I to say “No?” Of course, I gladly said “Yes”. #FirstTimer.



Two weeks before the big day, excited and thrilled, I packed my “precious stuffs” in a Big Hiking Backpack and remembering not to bring liquids more than a hundred mL. The big day of departure came, September 10, 2019. #First out-of-the-country travel. We boarded the plane to Ho Chi Minh Airport, Vietnam at 1:30 in the morning, together with the other ten SPC Sisters and four lay partners. After a three-hour travel, we arrived in Ho Chi Minh Airport, Vietnam and I couldn’t be more excited. While waiting for our shuttle bus, we went to the Money Changer to convert our Pesos to Vietnamese Dong and guess what, I’m holding a Two-Million-three-hundred-thousand Vietnamese Dong at that point. #First-time Millionaire. Around 5 AM, I took a warm bath and slept at a big classic hotel room at Ping Hotel. After three hours, I woke up to see the surroundings and then ate my breakfast, a meal full of vegetables and fruits, which eventually made us “moderate vegetarian” in Vietnam.



St. Paul Hospital Vietnam

Around ten-thirty in the morning of the same day, we visited different areas of Ho Chi Minh City for our city tour. We visited the historic St. Joseph Cathedral which serves as the Cathedral of the Roman Catholic Archdiocese of Hanoi to nearly 4 million Catholics in the country. Then, we went to the Legendary Turtle Tower, one of Hanoi's most iconic attraction which was built to commemorate Le Loi who gave Vietnam freedom from the Chinese in 1425. Next was St. Paul Hospital Vietnam, one of the most popular hospitals of Hanoi and then, formerly owned by the SPC Congregation but now given to government. We proceeded to the SPC Provincial House of Hanoi and there the Sisters warmly welcome all of us with the songs, dances of their 21 aspirants. We had a short tour of the house of which was adjacent to a Kindergarten School with almost 100 students from 2-6 years old whom the Sisters take care and teach. We also went to Hang Bot Community, where students are studying and following their religious vocation. The area also has a small group of Kindergarten and with whom we interacted and played with the children in their break time. Then, we visited the VINCOM Mega Mall, a modern and luxurious shopping center and entertainment complex on the outskirts of Hanoi. During our tour, we noticed a large number of people using motorcycles as their primary form of transportation. The City is planted with many trees despite the space restrictions in the area, which provided a clean and beautiful environment for the residents. Also, almost all of the people in the area have lean body structure, with light and smooth skin, maybe primarily due to their food preferences, which are vegetables and fruits.



On the next day, we prepared ourselves for the big event, the 18th HMA Conference. After fifteen minutes of travel, we reached our destination, the Vietnam National Convention Centre. The conference aimed for the healthcare leaders to become more updated on the best practices of hospital management thinking while creating a real and virtual form for international networking. The first day of conference started with a major plenary discussion about the Ministers of Health Panel: Healthcare objectives and how the hospital can help. Driving Culture of Improvement – A Strategy for Reducing Harm, High-value care at less cost and a shift in delivering care through tele-rounding were also tackled. The conference focused on five aspects which were CEO Forum and Featured Sessions, Safety, Quality and Accreditation, Patient Care and Management, Talent Management and Healthcare 4.0. Our Administrator instructed us to be distributed to different sessions to ensure that the majority of the topics offered by the conference are attended. We were able to attend the numerous topics based on our line of work such as: International guidelines to improve patient safety and health outcomes, Patient Safety and improve health outcomes with technology, Delivering high-value care that concentrates on the patient experience, Creating a Culture of Safety and Leveraging Technology and getting closer to patients to enhance patient experience and improve outcomes. Staff Encouragement to follow standard quality programs for better health outcomes, Financial perspective: Impact of Universal Healthcare, Improvement of patient flow to reduce waiting time, Ways on reducing unwarranted variations – human errors, medical errors to ensure patient safety, how to develop leaders from within the organization to ensure succession, how to train management and middle managers in handling finances and controlling inventory cost efficiently and Leveraging the power of the Laboratory's unique position as a data epicenter to create greater value: better outcome, improved revenue and profitability were attended. Having these kind and numerous topics for one day is not easy, but it is worthwhile. Foreseeing the bulk of important topics, we need to assimilate for tomorrow's conference made us prepare more by having adequate rest after taking a soothing shower that night.



Day two of the conference, September 11, 2019, another day full of learning is waiting ahead of us. Another four major plenary discussions were conducted which included Sustaining Patient Safety Improvement Programs in Developing Countries, Humanizing Artificial Intelligence in Healthcare, Improving Healthcare Value Innovation to improve quality, safety, service, care and outcomes and lastly how cost cutting in health systems impacts hospital services without compromising quality care. At 11:30 in the morning, we started to attend separate break-out topics. The topics we have attended includes: (1) Designing a hospital that minimizes the patient safety and improve outcomes, (2) Use of technological innovation in addressing needs of the aging population, (3) How to recruit, retain and develop the best to improve hospital services, (4) Building patient trust and provide the best service and care, (5) International Hospital Federation senior management symposium mentoring for enhancing top executives capacities, (6) Improving hospital operations to provide better quality of healthcare, (7) Handling large population demand with limited resources and still provide the best healthcare service, (8) Managing younger generation of staff to improve hospital services,

(9) Implementing value-based care from the patient's perspective to improve patient experience, (10) Hospital Investment Forum, (11) How to address medico-legal issues, (12) Marketing Hospitals to generate more patients, (13) Maintaining the right patient-doctor expectation and vice versa, and (14) Implementation of public-private and private-private partnership in different countries to improve outcomes. After the conference we really felt overwhelmed, luckily, the event has an Awards Night and Gala Dinner which made us entertained. Such an opportunity was given to us by St. Paul Hospital. This travel opportunity widened my understanding of culture, lifestyle and behaviour of people. The conference brought eagerness to my part to deepen my understanding of the situation of our hospital and to use the numerous learning in improving our hospital's services. Additionally, the conference invites me to step forward in improving the processes of the hospital and to create a safer environment for our patients, employees and community. The opportunity and experience will be a memory, but the learning will become my tool to better improve myself and be the best I could be.

SPHTI bags second DOH Star Award

DOH30 Awardee – Level 2

St. Paul Hospital of



By: Jalvin Maramag, RN

For the second time, St. Paul Hospital of Tuguegarao, Inc. was adjudged as one of the recipients of the much-coveted Department of Health (DOH) 30 Star Awards 2019.

The DOH 30 Star Awards gives recognition to 10 Level I hospitals; 10 Level II hospitals, in which SPHTI is categorized; and 10 Level III hospitals for upholding quality healthcare for the Filipino People.

To encourage both private and public hospitals to constantly improve their services and to enhance their compliance to regulatory requirements, Health Secretary Francisco Duque III conceptualized the DOH 30 Star Awards in 2018.

The hospitals were scored according to the criteria set under the following categories: safety and infection control, service provision, customer and employee's satisfaction, community-based programs, and quality improvements.

The award was received by Sr. Adelina B. Javellana, SPC at Pearlmont Hotel, Cagayan De Oro City on September 17, 2019.

The SPHTI took pride in being the only hospital in Cagayan to be given the recognition.



SPHTI Delegates attend the 5th GGHH Asian Conference

By: Richael Batang

Khoo Tech Puat Hospital- Singapore hosted the 5th GGHH Asian Conference in collaboration with Global Green and Healthy Hospital Asia Network through the Healthcare Without Harm- Asia with the theme, “Towards a Sustainable, Climate-Resilient Asian Healthcare”.

The conference was attended by five SPHTI Delegates namely, Richael Batang, Jalvin Maramag, Louie Kem Babaran, Rona Anne Marie Maddara, and Sr. Rowena Rodil, SPC last October 8-10, 2019.

The conference included in-depth workshop session on Sustainable Procurement in Healthcare, Air Pollution and Air Quality Monitoring in Hospitals, including a deep dive workshop on the issue of Plastics in Healthcare. Most of the participants during the conference were members of the international network from the different countries worldwide.

The key objective of the conference was to set the 5-year roadmap that would pave the way for Asian healthcare as major stakeholder engaged in climate actions and policies in their respective countries that featured the following key elements: climate adaptation and resilience, mitigation and leadership within the Asian healthcare realities.



During the conference, the Healthcare without Harm Asia recognized institutions and facilities during the Gala Dinner for their active and steadfast commitment in bringing about a sustainable, low-carbon and resilient healthcare system. SPHTI was given special recognition for its Solar Roofing Initiative and for competing with the case studies on “A Safer Alternative to Disinfectant, Phasing Out Mercury Containing Devices and Water Recycling through Reverse Osmosis System in Dialysis Units.

As Paulinians, we challenged to transform our healthcare system into a climate-smart and innovative sector that guards public health from climate change while improving equity and access.



Khoo Tech Puat Hospital- Singapore

World Day of the Poor

By: Janifer Dayag

The Compassionate Care for the Marginalized marked the 3rd World Day of the Poor with a special event for the adopted Aeta community in Peñablanca, Cagayan last November 17, 2019.

The World Day of the Poor was instituted by Pope Francis after the Jubilee Year of Mercy, and the first one took place in 2017.

The Aeta families got their chance to visit St. Paul University Philippines (SPUP) and toured around the hospital. Volunteers conducted health teachings while the SPC Sisters gave them catechism.

The World Day of the Poor event organized by the CCM Thrust lasted until early afternoon that included breakfast and lunch.

Pope Francis said in his message, “the poor are valuable in the eyes of God because they do not speak the language of the self, they do not support themselves on their own, but their own strength; they need someone to take them by the hand. The poor reminds us how we should live the Gospel: like beggars reaching out to God.”



In addition, Pope Francis stressed “that instead of feeling annoyed when they knock on our doors, let us welcome their cry for help as a summons to go out of ourselves, to welcome them with God’s own loving gaze.”

It is good to reach out to the poor and participate in outreach activities in poor communities, but the need itself is far greater. We all have a role to play to help alleviate the sufferings of our poor brothers and sisters, and the success of such endeavour relies on strong cooperation and commitment to serve.





HEMS Committee Leads Fire and Earthquake Drill

By: Robiely Masirag, RN

Dated November 6, 2019, St. Paul Hospital of Tuguegarao, Inc. conducted their Annual Fire and Earthquake Drill. The Drill was guided by our Regional and Local Officers from Tuguegarao City Fire Station, Bureau of Fire and Protection - EMS Division and Office of Civil Defense.

The objective of the drill was to heighten and assess the level of preparedness of our hospital employees when a disaster arises. Another is, to highlight and continuously practice the capability of all employees and doctors to execute procedures that will address the safety needs of patients and visitors should a natural disaster, such as an earthquake, occur within its grounds. Moreover, it also offered an opportunity to institutionalize the activity to further raise earthquake safety consciousness among the public, hence, develop a disaster-resilient community.



The preparation prior to the awaited drill was taxing. Training for new employees was implemented last October 21-23, 2019 regarding HEMS and ICS Structure, Hospital Safety Structure, Coding System, Basics of Earthquake and Fire, Emergency Rescue and Transfer such as triaging, first aid (BLS) and bandaging, and different carries. Signages and paraphernalia were improved, marshals or officers were re-oriented of their command posts.

The day of the event came and all of the staff were on their feet having different perception and emotions. Some were anxious and others were relaxed.



Starting 8 in the morning, the designated Liaison Officer pages a reminder to all employees, doctors, patients and visitors regarding the upcoming drill and this was repeated every 5 minutes. At 9 AM upon hearing the loud siren, all employees, including some staff acting as patients, doctors and some visitors throughout the hospital performed the “duck, cover, and hold” or DCH position under payment counters, study tables and seats, among others which signaled the start of the drill. After 45-second siren through scenarios based on the possible effects of a strong earthquake a fire appeared at 6th floor and surged around the area leading to total evacuation of the hospital signaled by Administrator, Sr. Adelina Javellana, SPC, assigned Incident Commander.

Rescue Marshalls led the evacuation of the employees, doctors, patients and visitors and assembled at the new parking space (designated evacuation area). Clearing operations were also conducted to ensure that no one was left in the building. The scenario involves search and rescue operations inside damaged structures of the hospital, transporting severely injured customers, severe medical situations, high angle carriers/technical rope rescues assisted by EMS Officers and among others that tested the capabilities of the participants.

The drill ended up with the evaluation of the BFP and OCD Officers, wherein they highlighted the importance of acting together, participating actively to drills, as well as continuously developing resilient staffs. With the continuous support of the Regional and Local Officers from Tuguegarao City Fire Station, Bureau of Fire and Protection-EMS Division and Office of Civil Defense, the drill was successfully conducted.

With this success, rest assured that St. Paul Hospital of Tuguegarao, Inc. will continue to increase the level of awareness, preparedness, and responsiveness to disasters and to step up scenarios each year to achieve the highest level of disaster preparedness and risk reduction awareness.

Thank you and congratulations to all those participated for a job well done.





Nightingales

By: Alfred Nikolai Andres, RN

St. Paul Hospital of Tuguegarao, Inc. celebrated its 5th Nightingales' Kairos with the theme: "Affirming Belovedness, Celebrating Giftedness, and Living out Empoweredness" last November 30, 2019. Since 2015, Nursing Service Department under the leadership of SR. Rowena Rodil, SPC launched this extraordinary event of commemorating the indispensable role, commitment, and compassion of nurses to God's Healing Ministry.

This year's Nightingales' Kairos was inspired by the Catholic Bishops' Conference of the Philippines (CBCP) declaring year 2019 as the Year of the Filipino Youth in Mission: Beloved, Gifted, Empowered. SPHTI with its young, dynamic, and enthusiastic nursing workforce continually championed the hearts of customers and patients through holistic caring. This culture of care transformed as a distinct trait and developed to a brand of Paulinian Nursing Care.

Three resource speakers were invited to convey inspirational speeches to the guests and to the Nursing Service department. Speakers were Mrs. Marie Cuarteros-Castillo (Nursing Supervisor), Mrs. Trifina Lugo-Aglaua (Nursing Supervisor), and Mr. Joany Salayo (ICU Head Nurse).

Florence Nightingale in her younger years devoted herself in philanthropy aiding the suppressed, ill, and poor villages of her community. She eventually determined that Nursing was her calling, a vocation that she believed God's Divine Fiat to serve others. Mrs. Trifina Lugo-Aglaua emphasized that Nurses of today are called to imitate the ways and unwavering passion of Florence Nightingale in the service of humankind. In this way, Nurses are Affirming Belovedness as God invites Nurses to reciprocate the love and to remain in the discipleship of Christ's healing works through caring.

Mr. Joany Salayo communicated about Celebrating Giftedness as he stressed that the best Gift is "LIFE" the life that God gave to humans. He pointed out that "We were created differently in a way that we should see one another equally. The gift that should not be compared nor envied rather, the gift that should be celebrated together". Nurses serve as instruments creating a helping community for the sick but also to other Nurses in realizing their potential and dreams. Moreover, the gift of the Holy Spirit fuels Paulinian Nurses to take the courage and faith in upholding human life and dignity.

The Nursing occupation today faces challenges particularly on the oppression and exploitation of Nurses, this primarily affects the personal lives and morale of nursing professionals. In these difficulties, Nurses persistently thrive to overcome and stand together to preserve the integrity of their profession. These are the salient points presented by Mrs. Marie Cuarteros-Castillo talking about Living Out Empoweredness. She also pointed out that Nurses must be the catalyst of change, a progressive force that can positively impact and underwrite the status of nurses.



Kairos



They are empowered with God as nurses aim for a renewed society that nurtures the strengths and abilities of each and every one.

After the inspirational talk of the speakers, guests, doctors, and nursing staff enjoyed the sumptuous meal. Party games, trivia questions, and 80s Retro dance contest presented by nursing units also commenced with the lively and loud crowd. Each of the nursing unit grouped into three energetically dedicated their time and effort amidst their working load schedule.

Nightingales' Kairos also recognized exemplary nursing staff for their contribution and dedication to the enrichment of SPHTI SPC Healthcare Ministry (see List of Awardees). Musicians and artists of the Nursing Service department led by Mr. Louie Kem Babaran, Mr. Joany Salayo, Mr. Vanceasar Austriaco, and Ms. Princess Felix launched the "Laban Lang" music video participated by all nurses in the hospital. This is a tribute to all the sacrifices and hard work of SPHTI nurses confronting the challenges of nursing profession. The momentous event ended with the lighting of Nurses Lamp and reciting the Nurses Oath. An oath embedded in the hearts and works of every nurse.



CUSTOMER'S CHOICE AWARDEES

1. Louie Kem Babaran
2. Jerome Vergara
3. Ma. Gloria Bariuan
4. Dave Ancheta

SPECIAL AWARDEES

1. Louie Kem Babaran
2. Vancesar Austriaco
3. Princess Felix
4. Joany Salayo
5. Cassandra Tugade
6. Rocky Lugo (Nurses Day 2019 Over-all Chairman)
7. Jalvin Maramag (4th Nightingales' Kairos Over-all Chairman)

Exemplary Clinical Nurse Supervisor-Leonora Marie Castillo

Paulinian Nightingale Award- Leonora Marie Castillo

Exemplary Head Nurse- Ma. Gloria Bariuan

Exemplary Staff Nurse-Princess Jhacille Maddatu

Exemplary Nursing Assistant-Micah Aquino

Exemplary Nursing Auxiliary-Divine Aliman

Florence Nightingale Award- Sr. Rowena Rodil,

SPC Best Nursing Unit- Surgical Intensive Care Unit

With Certificate of Recognition- Hemodialysis Center (Top 2)

OR Complex (Top 3)

PERFECT ATTENDANCE AWARDEES

1. Ronald Torrado
2. Margelyn Dayrit
3. Rochelle Ugale
4. Wanna Jane Valmadrid
5. Gretchen Cabusuan
6. Ronel Usita (5 consecutive years)
7. Rolan Pattung
8. Roel Tabao

EARLY BIRD AWARDEES

1. Joana Bianca Lacambra
2. Lorraine Malayao
3. Micah Aquino
4. Vineth Balubal
5. Myra Lappay
6. Nova Mae Biccay
7. Agnes Bitalo
8. Winicca Diza
9. Rojeane Rosqueta
10. Mark Anthony Calizo
11. Claire Vallejo
12. Rowell Delos Santos
13. Jane Francelle Maddatu
14. Romel Usita



**1st
Runner Up**

100 - Seconds Infection Prevention & Control Jingle

By: Brigette Tobias, RN

St. Paul Hospital Tuguegarao, Inc. was recognized and had been awarded as First Runner Up for the 100-Seconds Infection Prevention and Control Jingle by the Philippine Hospital Association (PHA) last November 21, 2019 conducted at Manila Hotel during its 70th Annual Convention.

The Hospital Best Practices in Infection Prevention and Control (HBPIPC) Awards was organized and conducted annually which was already on its 5TH Year having in its theme "Infection Prevention and Control: Our Commitment, Your Well-being." As part of enhancing the infection prevention and control program of the institution as well as pursuing the advocacy on infection control practices, it continuously participated to such endeavor.

The main theme of the Jingle Writing Contest mainly focused on "Universal Healthcare" and we would like to recognize the efforts of the following staff who have showcased their talent in the creation of this valuable project in coordination with Infection Prevention and Control Committee: **Mr. Louie Kem Babaran** (Composer and Lyricist), **Mr. Vancesar Austriaco** (Vocalist), **Ms. Cassandra Tugade** (Vocalist), **Mr. Nikolai Mallabonga** for his creative ideas, **Ms. Marvee Musni** and **Ms. Nova Mae Biccay** for their amazing artistic skills. Without their tedious effort and God's grace, the award would not have been possible.

Truly, collaboration and support were the key to attain success in every simple entity that you execute.

"Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved." **Mattie J.T. Stepanek**



Honoring the Past

A Glimpse of Great Memories

It was in the year 1992 where a seed of thought started it all. The thought of having a base hospital for nurses and other allied medical academic programs was in the mind of Sr. Mary Angela Barrios, SPC the University President of St. Paul University Philippines (SPUP).

An opportunity presented itself when an offer of the Development Bank of the Philippines (DBP) suggested a land and building which SPUP may buy. The building was the old Cagayan Valley Medical Center which also became the office of the Bureau of Lands. The building was assessed and plans were drawn.

On that same blessed year, the purchase of the property was approved by the Provincial Council of the Sisters of St. Paul of Chartres (SPC). From a simple clinical laboratory, the idea for a hospital was pushed forth in two years' time the once abandoned building stood as St. Paul Hospital of Tuguegarao, Inc. (SPHTI). It was blessed by his excellency Archbishop Diosdado Talamayan on February 24, 1994. Six months and two days after, that was August 26, 1994 the hospital opened its door to serve the people of Cagayan Valley and its neighbouring provinces.

Just like any seed growing into plant, the growth of SPHT was slow but sure. At first, patients came in trickles since the hospital was not yet known to most people of Tuguegarao and neighbouring towns. As time passed by the hospital gained the confidence of its clientele and the demand for more rooms came.

Now we could see how a small seed could grow into something enormous. Like a tree, St. Paul Hospital of Tuguegarao Inc. has weathered many storms and stood strongly the test of time. The gradual process of growth experienced in 25 years has deeply grounded the roots of this institutions through the hard work and dedication of many people under the leadership of the Sisters of St. Paul of Chartres and its Board of Trustees. From a 24-bed primary hospital. SPHT is now a secondary level private catholic institution with a 250-bed capacity. It was hailed as a Center of Excellence by PhilHealth in 2010. The fast hospital which was given that status in Region 02 seasoned by the years. SPHT pledged to provide quality service through its competent work force and excellent facilities. With utmost care accompanied by fervent prayers we look forward to another 25 years and more.

EST. 1994-2020



The Perspective

By: Kristine Jov Balmatero

Excerpt from: Customer Satisfaction Survey Form

"To the administration of St. Paul Hospital: Let it be known that I personally witnessed how the ICU nurses and aides performed their duties in a very compassionate and with a Tender-Loving-Care to my husband, who had stayed at the ICU for almost a month now. The following are highly commendable for being dedicated and putting passion to their job to wit: Rommel Usita, Joyce Fama, Patrick Pinson, Ramona Mahborang, Juana, Swinny Turingan, Jane Maddatu, Giovanni, Rojean and Aira. Kudos to all of you and may your tribe increase."
-Pt. Ugaddan, E.

"Very good Nurses and Doctors, 100% the services are guaranteed, you will be happy. For the very comfortable and hospitability to their patients. 100% well recommended." - Pt. Panganiban, M.

"May this institution continue the intentional service for the people. All the staff and doctors and Nursing staff they provided all what is due to patient like us." -Pt. Aguirre, C.

"Thank you so much for accommodating us and saving my brother's life. My family is very grateful and thankful for your love, care and safeties you had rendered to us. We are expressing our sincere gratitude to your best doctors, very caring nurses, all your responsible staffs, very helpful and approachable billing staff, and other personnel's. We believe that SPHT would not continue to grow with its 25 years of existence without your service, dedication and integrity. We hope that your mission will be done with God's will. You are one of the best hospitals we had known. May you continue to serve and save life of the people in the community. Yes, it's too expensive but money can be earned and life comes only once. We appreciate the way you cared, accommodated and saved us. May God bless you more."
-Pt. Cabulisan, M.

"EMPLOYEES AND SERVICES WERE DELIVERED AS WHAT I EXPECTED FROM SPHT. I'M SATISFIED WITH THE SERVICES OF ALL THE STAFF. I APPRECIATED THEIR DEDICATION TO HELP THE PATIENTS."

-PT. BAGUIWAN, H.

*"Excellent Service! **SPHT** has been our medical service provider for a long time and it has been continuing to enhance and provide quality care. They are all accommodating and all deserve to be commended and appreciated."*
Pt. Lanajan X.

"It was satisfactory service they provide to the patient. They are able to provide the needs of the patient as much as possible."

-Pt. Umayum,

"They are caring to all patient and they have passionate care. Higher quality of health care."
-Pt. Lopez, E.

"I just want to say thank you for making my treatment bearable, I was extremely lucky to have such caring, nurses' staff standing by me when I was ill, Thank you for your excellent care, thank you so much for paying such close attention to my health. Above all, thank you for everything."

-Pt. Sarmiento, M.

"The service is very good that's why I always make sure for medical concerns I will bring my family here.

I always keep my faith to St. Paul Hospital thanks for the warmth and best accommodation."

-Pt. Asuncion, J.

"It is clean and safe for the patient. The staff are in quality of service and with tender loving care with the patient."

-Pt. Tabbay, J.

"St. Paul Hospital is always our first choice of health care provider because of its efficient and friendly staff and environment."

-Pt. Esquivel, R.

"The staff, the facilities and the food are superb. Keep up the good work. Godbless!"

-Pt. Narag, D.

"Please continue serving people who are in most need and more support and understand to those who have very poor status of living like us. More power and God Bless Thank you very much. Please continue serving people who are in need. Thank you"



ST. PAUL HOSPITAL OF TUGUEGARAO, INC.

Luna Extension, Ugac Norte, Tuguegarao City, Cagayan, 3500

Tel. Nos.: (078) 844—2578; 5478; 2520; Fax No. : (078) 844—3083; Cellphone #: 0917-106-3014

E—mail Address: sph_tuguegarao@yahoo.com.ph; Website: www.sphstuguegarao.com

Dito alaga ka maging sino ka man, yan ang alagang Paulinian!

Christocentric

Faithfully proclaiming God's Love in our Mission of Healing.

Quality Healthcare

We bring you the best healthcare needs possible.

Compassionate Care

Experience our Paulinian difference, beyond Satisfaction.

Socially Responsible

Committed in caring the needy and our environment.

Complete Facility

One-stop Hospital that offers you multiple healthcare needs.

Comfort and Security

We welcome you with an ambiance just like home.

Holistic Development

Develop holistically with us, and be the best of what you can be.

Absolute Patient Care

Your recovery is what we always look forward to.

Paulinian Values

Live in the image of Christ, and be great children of God.

Competence and Efficiency

Staffed with competent and skilled leading Medical Practitioners .

Life -Saving

When it comes to your health, you can count on us.

