

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



BLAST

Beacon of Love in Action for Service Together



We
REMEMBER ★

We
CELEBRATE ★

We give
THANKS



EDITOR'S NOTE

It gives me great pleasure to welcome you to the first edition of the BLAST for which I have acted as Editor.

Firstly thanks are due to our Consultant and Moderators for the unwavering support and for having faith in our abilities to make this first issue a reality.

The Year 2019 marks another milestone achievement for St. Paul Hospital of Tuguegarao, Inc. worth celebrating. This year is upon us and with it comes the promise of great growth and change. As part of our growth and expansion, we're extremely excited to launch our official publication which is specifically designed to both inform and inspire.

As a newly created publication, the Beacon of Love and Service Together (BLAST) will serve as a platform for discussion to educate the readers and initiate the campaign to address the issues pressing the 21st century healthcare. Hence, the BLAST shall exist as the flame which shall turn apathy and insensitivity to wariness and participation. We intend to make it a regular publication and to use it to keep in touch with news and developments which relate to the SPHTI community and the country at large.

The challenges in front of us will be more complex that will demand not only our commitment to a higher level of quality and excellence but also the will to move forward. I believe that the possibilities for SPHTI are endless when we harness the power of networks and integrate Pauline Spirituality in the core of our spirit.

We hope you enjoy reading this issue. We certainly enjoyed producing it.

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The Cover

We have touched, cared, and healed thousands of lives...

We have raised the quality of health care services and medical practice...

*We have holistically formed and trained our stakeholders to deepen spirituality
and to be professionally adept; in gratitude and thanksgiving, we celebrate!*

Caritas Christi Urget Nos!



The **BLAST** is the official publication of St. Paul Hospital of Tuguegarao, Inc. Opinions presented herein are those of the individual authors and do not necessarily reflect ideas of the editors and of the institution.

Administrator's Desk

CONGRATULATIONS ST. PAUL HOSPITAL OF TUGUEGARAO ON ITS 25 YEARS OF FOUNDING ANNIVERSARY!



ST. PAUL HOSPITAL OF TUGUEGARAO, INC. is a catholic, private, Level 2, non-stock, non-profit corporation, training and education facility, committed to the truest expression of catholic values and Pauline spirituality for its tradition of medical innovation and leadership in various specialties. The institution has prided itself that beyond transformative and technological advancements, it always bears the burning passion to care with Christ as Center of all.

And, as we celebrate a momentous event, St. Paul Hospital of Tuguegarao Inc. has again committed itself to assert its identity as an avenue of compassionate care; thereby with its 25 years of existence it has promoted everything that is true, good, and beautiful.

Remembering the brief history of SPHTI, it is best to highlight the challenges, we, stakeholders are facing today. Definitely, we are now living in a golden era of "Technology Breakthroughs" and the pace of change in healthcare is certainly on high speed that we need to enormously sustain which demands a grueling task for every one of us in the organization – from the top management down to the rank and file.

This 25-year launching celebration will not only bring us to the painful experiences and difficulties of SPHTI's birthing and growing processes but will also pave our perspective to the innovating yet growing direction of the hospital rather than just waiting until prospects become dim and no longer feasible and relevant. The whole year of walking through our memory lane – we remember that we went through in preserving the glories of the past as well as how we have surpassed the hard times and still survive.

This year's anniversary theme reflects the institution's faith and confidence to live to its mission to serve mankind with nourished fervor for service.

SHINING Christ's Presence (Compassion and Integrity)- The foundation of this ministry does not only value seeing Christ in the care for the sick but also encompasses everyone and paved the way into making us more adept with the meaning of compassionate caring. That in spite and despite the health care turnout here and abroad, it always brings us to where it began- the integrity to the institution's vision and mission.

SHIMMERING (Love and Faith)- Just like the love of the shepherd to his sheep and the nourishment that the vine provides for the branches, St. Paul Hospital of Tuguegarao, Inc. has been reflecting the love of Christ to humanity as it provides quality care to everyone regardless of color, ethnicity, and social status. The institution brings Christ to the people allowing them to love Him as a necessity for knowing him and believing that "we love because He first loved us." Imbibing the values of our Patron St. Paul, the institution's goal to spread Faith and Love, does not only limit itself to our patients but also to all members of the health care community. Healing with faith comes with a deep relationship of God's love and high-touch against high-tech care services.

SOARING High for Excellence (Excellence in Service and Education)- The imminent change continues, our population will continue to get older, thus, more skilled and dedicated health care will be needed to meet the public health needs. St. Paul Hospital of Tuguegarao, Inc. exists to provide quality healthcare services that are at par with global standards and the changing demands of modern advancement; care that is relevant, rigorous and remarkable.

SPLENDID heart in thankfulness (Care and Service)- As we work towards the reality of forging unity amidst diversity in health care, God has made this day for all of us to realize that innovative and transformative care will make everyone in the health care service be a living witness of wisdom, grace and God's love.

“Shining Christ’s Presence, Shimmering and Soaring for Excellence and Splendid Heart in Thankfulness” are the very words we want to convey to every stake holder, benefactor, friend and health care partner. You are a great part of this significant journey of SPHTI. And as I look back through “pictures, documents, story-telling and sharing” that happened through the years, I take pride to proclaim to all of you – that St. Paul Hospital of Tuguegarao, in its simple beginnings and meager ways, has animated and spearheaded health care programs, activities and innovations in Cagayan Valley and nearby provinces to be able to deliver safe and quality patient care to develop continuously health care professionals and lay partners yet remaining viable and sustainable in its resources with integrity and accountability.

Our hearts are teeming with gratitude and jubilation for ALL the many people who have made SPHTI what it is now. My deepest gratitude to the members of the Board of Trustees chaired by our Provincial Superior, Sr. Lilia Therese Tolentino, SPC, for their trust and unwavering support, to the members of our EXECOM and Medical Staff Organization headed by Dr. Rolando Mesde, our Medical Director and Dr. Ma. Raul Combate, our Chief of Clinics, for their commitment and generosity in sharing not only their superior expertise but also for their time and resources in the actualization

of our vision-mission and strategic thrusts, and to my SPC Community thank you for your support, presence, words of encouragement and friendship. To our dear hospital middle managers, staff, personnel – truly, my heart is full of joy for your loyalty and dedicated services, staunch, steadfast, committed in making SPHTI an institution of trust and haven for compassionate healing for our patients. To our competent and faithful legal consultant, our partners in the industry- healthcare, corporate and business world, banks, companies, engineers, and their labor force- thank you for your generous support in our programs and projects, and for our benefactors and friends- for your trust, loyalty, and generous contributions especially for the care of our poor patients and clientele.

May we make this Silver Jubilee Year of SPHTI- an important and memorable year to remember, a milestone of SPHTI’s history to relish, an honor to our beginnings to build a legacy, and a significant event to take pride of the progress we have made ,and be thrilled to see what the future holds for this healthcare mission.

Our ever compassionate and loving Lord be with us, Our Lady of Chartres and Lady of Piat, our dear Protector and Guide, St. Paul, our patron, pray for us, Fr. Louis Chauvet and the first four Sisters, intercede for us! Truly may the Love of CHRIST impel us now and forever.

Congratulations! May GOD BLESS us all!



SISTER ADELINA JAVELLANA, SPC
Hospital Administrator

Shining Christ's Presence ...
Shimmering and Soaring for Excellence...
Splendid Hearts of Thankfulness...



SPHTI

Silver Jubilee Launching Celebration

By: Roland Kharl A. Castanos, Rph

Earlier this year on the 25th of January 2019, St. Paul Hospital of Tuguegarao, Inc. launched the beginning of its Silver Jubilee - a whole year celebration on the faithfulness and goodness of the Lord in fulfilling its mission and vision.

It was launched through a motorcade along the city roads with a flamboyant float showcasing the 25th Anniversary theme ***"Shinning Christ Presence, Shimmering and Soaring for Excellence, and Splendid Hearts in Thankfulness"***. Indeed, SPHTI unceasingly progressing, soaring for a state-of-the art medical services and building a culture of Pauline Spirituality to serve the Cagayano people and nearby provinces holistically.

The Gallery Walk was also launched during the opening celebration to witness how SPHTI transformed tremendously seeing through the pictures, documents, story-telling and shared experiences with courage and pride. SPHTI have courageously animated and spearheaded various healthcare programs, socio-civic activities, and innovations in the healthcare industry to be able to deliver safe and quality patient care with compassion.



Twenty-five years a Jubilee to celebrate! One of the main highlights of this celebration was the SPHTI unveiling of its 3-Dimensional Silver Jubilee Light Display with the engraved words "25 years of Loving Service and Commitment". The unveiling commemorates its humble beginnings, lived experiences and mission.

The Time Capsule ceremony exemplifies hope and expectation for another 25 years of existence towards its golden jubilee with new generation of healthcare providers. The celebration was participated by the SPC sisters, medical staff, and hospital personnel. Symbolic items such as medical reference book, stethoscope, Nurses' Notes, mortar and pestle, newspaper, and written well wishes etc. were contained in the capsule. The capsule will be opened on SPHTI Golden Jubilee in the year 2044. The ceremony ended with fireworks display to symbolize SPHTI's joy and life giving.

The Hospital Administrator, Sr. Adelina B. Javellana, SPC graced the occasion and with an inspiring message that emphasized our commitment to the truest expression of catholic values and Pauline Spirituality for its traditions of medical innovation and transformative leadership in various specialties.

With this new milestone, truly, we can exclaim with humility and gratitude of where we are now and what the future has in store for us. More activities await all of us in celebration of this memorable Silver Jubilee. Caritas Christi Urget nos!



Ribbon Cutting for Gallery Walk

With warm and gentle smile, Sr. Adelina Javellana, SPC cradles an Aeta child during the Alay Ko sa Birthday Ko Program at Peñablanca, Cagayan.

Alay ko sa **BIRTHDAY** *ko Program*

By: Janifer B. Dayag

The best feeling in this world is being able to share what we have to those who are in need and express our care of patience and friendship worth more than anything money can buy. If we receive the treasures of spiritual wisdom and love from Jesus Christ, our hearts will have so much to share with everyone.

St. Paul Hospital of Tuguegarao, Inc. is deeply committed to improving the health and well-being of the communities where we live and work. The institution's long-term success is linked directly to its ability to make a huge impact on the lives of many people and to provide a positive experience to all its internal and external customers and we do so in many ways, including community enrichment activities such as community outreach programs to the underprivileged and marginalized sectors of the community, volunteering in medical-surgical-dental missions in nearby regions in collaboration with some SPC administered and managed hospitals, visiting and praying over patients in government hospitals in the city during the celebration of the World Day of the Sick, evangelizing the prisoners, feeding the hungry and homeless children and informal dwellers in the streets and a lot more.

One of the most noteworthy manifestations of the institution's commitment to corporate social responsibility is the "Alay Ko Sa Birthday Ko Program" that started as a monthly community outreach program hosted by birthday celebrants spearheaded by the Clinical Nursing Service in 2016. The program aims to reach out to the new areopaghi of our society and to further involve nurses and other healthcare providers of the institution to community service as part of their Christian values formation.



This noble endeavor to bring our healthcare professionals to the disadvantaged and marginalized sector of the society was also in response to the call of Pope Francis that we should go out to every man and woman to bring the goodness and tenderness of God in the Year of Mercy. Furthermore, Pope Francis tells us to give our hearts to the wretched, to those in need and to those who are suffering. That is what Jesus did when he opened his heart to the wretchedness of man. The idea implies that we do not think ourselves superior to those we serve but rather we recognize that we are one of the poor, and being in some way in the same condition.

Understanding the above situations, birthday celebrants go outside the four corners of the hospital to provide outreach care. It was on the 27th of January 2019 when SPHTI conducted its very first institutionalized Alay Ko Sa Birthday Ko Program at Agugaddan, Peñablanca, Cagayan in partnership with their Parish Priest, Father Hugo Aggabao.

Their promotive and preventive health service includes conducting health education, promoting healthy lifestyle which is not only about personal care but also environmental care.

The birthday celebrants choose their beneficiaries every quarter. The recipients of the outreach program were and not limited to Aetas in a far-flung community in Peñablanca, Cagayan, street sweepers, abandoned children in an orphanage named Balai ti Kapia in Aparri, Cagayan, and a small community of informal dwellers in Linao, Tuguegarao City, Cagayan.

Teaching children personal hygiene and proper grooming, hand washing, and feeding were part of the outreach activities. In addition, the birthday celebrants with the Clinical Pastoral Care Volunteers conduct Catechism to children to teach them biblical truths and give them tools to defend their faith and answer their difficult questions as God makes himself real in their lives. The time spent with them and the companionship we had shared will forever be a blessing.

"Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."

-Dorothy Height

The "Alay Ko Sa Birthday Ko Program" was SPHTI's official entry to the 2019 International Hospital Federations (IHF) Awards. IHF Awards recognizes and honors Hospitals and Healthcare organizations for innovation, excellence, outstanding achievements, and best practices in areas that are worthy of international recognition.





St. Paul Hospital of Tuguegarao, Inc. joined the country in the celebration of the Heart Month last February 17, 2019 at Robinsons Mall, Tuguegarao City as part of its continuing effort to increase public awareness on the prevention and control of lifestyle-related diseases.

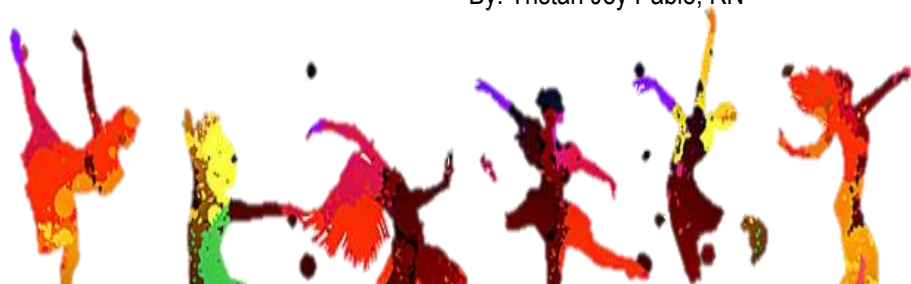
With relevance to the theme “Hataw Para sa Puso”, the organizing team held the Zumba Dance Competition during the 2019 Heart Month Celebration participated by the SPHTI workforce namely: Shining Group, Shimmering Group, and Soaring High Group. Each group joyfully executed their aerobic workout exercises to get their heart rates up and boost cardio endurance.

Among the strategy considered to respond to the challenge in gaining support among individuals from various sectors, government, and non-government organizations was the invitation to Dr. Valeriano, Combate, Officer of the Philippine Heart Association Cagayan Chapter to deliver a lecture on Basic Life Support.



SPHTI GOES TO ROBINSON to Celebrate Heart Month

By: Tristan Joy Pablo, RN



In addition, the Diabetes Philippines, Cagayan Chapter led by its President, Dr. Ma. Raul Combate also joined the celebration that rendered free Blood Pressure taking, Random Blood Sugar Monitoring, and Health Counselling to mall goers.



World Day of the Sick

By: Jose Tamayao

The World Day of the Sick was calendared by the Roman Catholic Church through the late Pope John Paul II on May 13, 1992. From then on, it was celebrated on the feast of our Lady of Lourdes and believers were encouraged to observe this day in prayer for all our sick brothers and sisters in the world.

St. Paul Hospital of Tuguegarao, Inc. celebrated the World Day of the Sick with nine-day novena to our Lady of Lourdes concluded by a healing mass with Fr. Carlos Evangelista as presider. Patients who were unable to attend the healing mass were visited and anointed. Pastoral Caregiver Volunteers participated in the patient visitation in three hospitals namely: SPHTI, Cagayan Valley Medical Center, and Peoples General Hospital.

The message of Pope Francis reminded the volunteers to see in their sick brothers and sisters the face of Christ and to practice solidarity with the suffering. Pope Francis added, "that generous gestures like that of the Good Samaritan are the most credible means of evangelization. Caring for the sick requires professionalism, tenderness, straightforward and simple gestures freely given, like a caress that makes others feel loved." May we shimmer Christ's presence and resonate Mother Teresa's selfless love for every human being without distinction of language, culture, ethnicity, and religion.



128 CT Scanner:

An Image of Advanced Medical Imaging

By: Rina Joy Cabalbag, RN

SPHTI is proud to invest in the latest imaging technology to better serve patients. Our medical team is dedicated to providing high-quality healthcare. As part of our commitment to putting the needs of our patients first, SPHTI has upgraded its CT Scanner in the Imaging Department. With the advanced 128 CT Scanner, patients can receive high-quality exams without having to travel too far from home. A CT (computed tomography) scanner combines special X-ray technology with sophisticated computers to produce highly-detailed images of organs, bones, soft tissues and blood vessels. CT exams are regularly used by physicians to diagnose conditions such as trauma, cancer and cardiovascular disease.

During scanning, the system provides diagnostic information that enables doctors to differentiate, characterize, isolate and distinguish the tissue, making it easier to determine the disease. The technology adapts to each patient's clinical needs and covers the exact range the patient requires. The images can show blood flow over time of whole organs. In the case of stroke patients, physicians can use whole-organ imaging to show circulation of blood not only within a small part of the brain, like most CT scanners, but for the entire brain.

Early diagnosis is the key! Generally, it increases the chances for successful treatment, improves patient outcomes by providing care at the earliest possible stage, and an important public strategy in all settings.



Dr. Debourrah Levi Hernando reviews an image produced by the SPHTI's new 128-slice CT scanner.

Experience Advanced Diagnosis

- ✓ **High Resolution**
- ✓ **Lower radiation Dose**
- ✓ **Most accurate Images**
- ✓ **Fast and Safe**



JOURNEY TO ISO 9001:2015

By: Kevin Christopher Cayetano, RN



Excellence is every institution's dream. Policies and procedures exist, managers lead, and employees work; everyone does what has to be done for one main reason, to serve.

St. Paul Hospital of Tuguegarao, Inc. (SPHTI) is a quality-driven organization. We always look for ways to improve our system and processes to pursue higher standards of care and to ultimately provide better patient outcome. Along with this goal in mind and the current issues experienced by the hospital such as undocumented policies and procedures, uncoordinated processes, lack of monitoring system, etc., SPHTI through the leadership of Sr. Adelina B. Javellana, SPC decided to acquire a standard to address the present needs of the organization which is the International Organization for Standardization (ISO), Quality Management System Standard.



The SPHTI Quality Review Team during the ISO 2nd stage Audit.

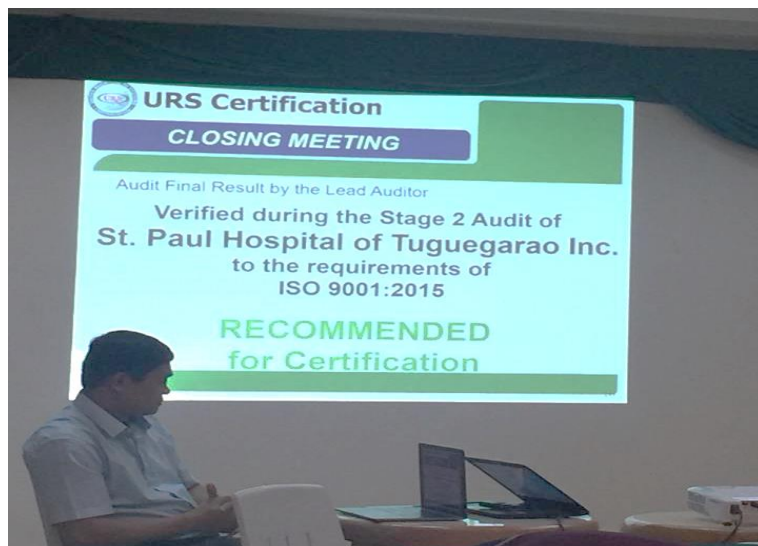
Guided by an external consultant, we went through the process of becoming ISO 9001:2015 certified. There were many ups and downs along the road of accreditation from fixing holes and picking up pieces to aligning our existing processes and procedures in conformity with the ISO Quality Management System Standard.

We started our ISO journey last October 2018 with the hope of holding the plaque of success with series of trainings and seminars on ISO Awareness, Risk Management, Documentation, Objective Planning, Root Cause Analysis, Five S, Internal Auditing, and Management Review. The intensive trainings were the most tedious part of the preparation which includes review, revision and creation of hospital policies and procedures.



During the first stage audit, all were on their toes praying that they could provide answers to the auditor's queries and provide documented evidences that these policies were really practiced. However, the feeling of uncertainty predominated. What a relief when the auditors confirmed that we were moving to the second stage audit.

The next stage audit would determine whether the institution be certified as ISO 9001:2015. It was indeed a momentous event for we were able to pass the second stage audit beyond expectation of the certifying body. The United Registrar of System Philippines (URSP) unanimously decided that SPHTI be given the temporary certification after the presentation of results that SPHTI: QMS needs just little improvement in the process. To God we give the glory for blessing our efforts in attaining the quality management standards making SPHTI the first private hospital ISO 9001:2015 Certified in Tuguegarao City, Cagayan.



The journey towards ISO accreditation had been difficult but very fulfilling. Everyone was involved in the process making the success of the accreditation a shared experience. At the end of the day, it was not all about fame but excellence to provide better healthcare services for our customers thus allowing them to experience quality and compassionate Paulinian care.

Truly, behind the physical attributes of the hospital, is an inspiring story of how leadership and commitment to excellence enabled SPHTI to overcome hardships and to break boundaries to deliver care beyond the ordinary. St. Paul Hospital of Tuguegarao, Inc. will continue to soar high with passion for quality service in meeting the healthcare needs of the community in the next 25 years and beyond "Dahil dito alaga ka, maging sino ka man, yan ang Alagang Paulinian".



MODERN STA. CRUZAN

Marian Devotion

By: Rona Anne Maddara, RN

Santacruzán is a religious event to honor the Virgin Mary as a tribute to the mother of Christ. Throughout the entire month of May, daily rosaries, prayers, processions and floral offerings were observed in the different departments of St. Paul Hospital of Tuguegarao, Inc.

Flores de Mayo originated in the mid-1800s when the Vatican proclaimed doctrine about the Immaculate Conception. The festivity is sometimes called Flores de Maria which means "Flowers of Mary", whereas Flores de Mayo means Flowers of May. This celebration may have been extracted from the publication circa 1867 of Mariano Sevilla's translation of the devotional Flores de Maria where flowers were offered to the Blessed Virgin. This tradition is said to have been introduced by the Spaniards to the Philippines.

To highlight the celebration of Flores de Mayo, a religious festivity called the **Santa Cruzan** is celebrated in honor of St. Helena, the mother of Constantine the Great – the first Christian emperor, who found the relics of the True Cross or Holy Cross. The story goes to say that around 300 years after the death of Jesus Christ, Queen Helena was in search of the True Cross of Jesus.



The Glamorous Queens represented by the Medical Team together with the Hospital Administrator, Sr. Adelina Javellana, SPC and the 25th Anniversary Chairman, Dr. Ma. Raul Combate.

At Mt. Calvary, she found 3 crosses, when she was 75 years old. She asked her sick servants to touch each cross and one of the three crosses she found, had caused the miraculous healing of the sick servants. That cross was believed to be the same cross where Jesus Christ died.

This year, the first ever Santa Cruzan of Saint Paul Hospital of Tuguegarao, Inc. was held last May 31, 2019 as part of its grand anniversary activities. The program started with a mass at the SPHT Chapel followed by a procession within Tuguegarao City. It was a mesmerizing night for everyone as all the queens were in their magnificent dress. Traditionally, queens walked during the procession, but this time the queens were in their mobile colorful floats waving hello to the people. It was surprising because thirteen doctors from SPHTI came out of their daily routine portraying as queens.



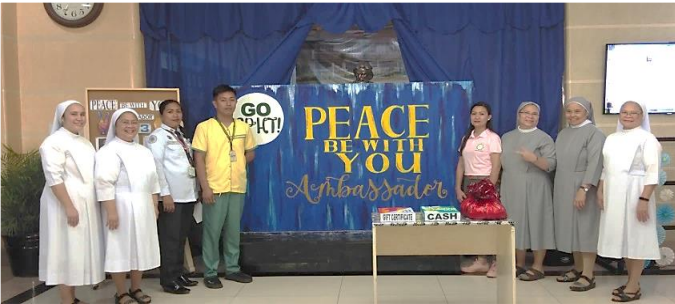
The Queens were Dr. Manette Ezpinoza (Reyna Elena), Dr. Magdalena Velarde (Reyna Emperatriz), Dr. Edilyn Quilang (Queen of Justice), Dr. Maritoni Manaligod (Queen of the Most Holy Rosary), Dr. Jane Paggaddu (Reyna Banderadas), Dr. Michelle Jacinto (Queen of Faith), Dr. Giselle Pattaguan (Queen of Hope), Dr. Cherry Rose Bañez (Queen of Heaven), Dr. Clyvelle Landa Jamorabon (Reyna Delos Angeles), Dr. Gretchen Soriano (Reyna Delos Flores), Dr. Pinky Dirain-Beran (Reyna Rosa Mystica), Dr. Marivic Florendo (Reyna Candelaria), and Dr. Marcelina Ringor (Queen of Heaven). The last float carried the Blessed Virgin Mary as the hymns of praise and rosary were being prayed.

PEACE BE WITH YOU! *A New Norm*

By: Kristine Langcay, RPh

St. Paul Hospital of Tuguegarao, Inc. through the Customer Care and Marketing Department launched the GO SPHT program last year with the mission of providing a positive and heartening hospital experience to all its customers.

The program aims to invigorate the culture and spirit of Paulinian health caregiver of doing the extra mile to serve. This encompasses the care of the total aspect of a person, better health outcomes, and customer satisfaction.



SPHTI with the enthusiasm and desire to excel in providing the best hospital experience, initiated series of trainings and seminars on customer care facilitated by consultants, Mr. Randy and Dr. Evelyn Lupango who shared their expertise in improving hospital experience.

This raised the awareness and enhanced the productivity in terms of good customer interaction and relationship. Eventually, SPHTI formulated the "Peace be with you" greeting that embodies the Paulinian brand of Healthcare service.

Everyone in the hospital now wears a smile and greets with "*Peace be with you*". The greeting radiates the welcoming and optimistic outlook of the hospital personnel to patients and visitors once they set foot inside the hospital. They recognized and expressed that they are genuinely welcomed.

The greeting evolved into a norm that the management initiated the search for the Peace be with you Ambassador to encourage staff to always convey the greeting. Awardees were Mr. Pedro Ranjo of the Housekeeping department and Ms. May Jane Fernandez of Admitting and Information Department in recognition of their efforts in consistently carrying the brand.



RITE to MANHOOD

OPERATION TULI 2019

By: Geeno Contillo, RN

Another batch of 350 young boys ages 9-12 years old were given free circumcision during the "Operation Tuli" conducted at St. Paul Hospital of Tuguegarao, Inc. Out-Patient Department last April 9, 2019.

Aside from being a cultural ritual it also posed a sanitary and hygienic importance such as decreasing the risk of urinary tract infections. Tuli or circumcision is commonly done during summer months where young boys do not have classes allowing unhampered time for them to recuperate and the circumcised organ to heal. This is a time when it is not uncommon to see boys wearing oversized shirts or shorts and walking bowlegged.



Each child also brought home post-procedure pain relievers and antibiotics. The circumcisions were performed by volunteer-doctors, nursing staff of SPHTI and medical students of St. Paul University Philippines (SPUP).



The Operation Tuli is conducted every summer as part of the institution's corporate social responsibility program through the Compassionate Care for the Marginalized Group. This year's Operation Tuli is more remarkable as we respond to the call of the church to take care of the youth.



"He who plants a tree, plants hope." – Lucy Larcom.

By: Diosellie Mae S. Templa, Rph

In today's fast-paced society we often forget to pause and recognize the importance of the environment. The luscious green trees God has given us are symbols of life, hope, fortitude, shelter and growth. A tree exhales oxygen that we inhale to stay alive. Trees also maintain equilibrium in the ecology. The greener the environment the healthier we can be and so let us start planting little seeds that grow to mighty trees.

Recognizing the beauty and importance of taking care of Mother Earth was part of the 25th Year Anniversary celebration of St. Paul Hospital of Tuguegarao Inc.

The institution conducted a Tree Planting Activity in partnership with the Department of Environment and Natural Resources (DENR), Provincial Environment and Natural Resources Office (PENRO) last June 22, 2019 at Maguirig, Solana, Cagayan.



The Tree Planting Activity was an initiative that raised the awareness on the importance of planting trees to save the environment and to lessen the unfavorable effects of climate change. It built a good rapport among the employees by carrying the old Filipino culture of "Bayanihan" and at the same time helping hand in hand to heal and save our ailing environment.

The activity became more meaningful as the 69 volunteers prayed the Earth Day Liturgy before planting the seedlings with the hope that these seedlings become trees that will sustain life.



Humanitarian Mission

By: Brigette Tobias, RN



"Do medical missionary work, consequently you will contribute to better health of mind, body and spirit to promote brotherhood of men and Fatherhood of God." – Ellen G. White

A total of two hundred twenty-eight beneficiaries coming from six different barangays of the Municipality of Peñablanca were the recipients of the Medical and Surgical Mission sponsored by St. Paul Hospital of Tuguegarao, Inc. in line with its Jubilee Celebration.



The Medical and Surgical Mission held at Nannarian Elementary School, Peñablanca, Cagayan last June 30, 2019 provided free medical and surgical services to the selected communities including consultation and medicines

Fr. Hugo Aggabao, the Parish Priest of Mother Perpetual Help Parish showed his gratitude to the medical volunteers for their valuable services to his parishioners especially to the people of the six barangays namely: Nannarian, Aggugaddan, San Roque, Callao Proper, Bugatay, and Sisim.



The Volunteer Doctors who gave medical consultation and surgical services were Dr. Estelita Michelle Jacinto, Dr. Manette Espinoza, Dr. Ann Nuelli Pauig, Dr. Jhorell Cadang, Dr. Kris Zanna Arao, Dr. Williane Gutierrez, Dr. Kim Patrick Marallag, and Dr. Edward Archieval Antonio. They were assisted by fifty-seven SPHTI staff volunteers and seven SPHTI Sisters.

The recipients of this Medical-Surgical Mission reached 228 patients. Persons with Disability were also given mobility assistive devices.



Other services rendered included health education and minor surgery like circumcision. Other special services were Optical and EENT examinations. Diagnostic procedures rendered included Electrocardiogram, Urinalysis, Fecalalysis, Random Blood Sugar, and Complete Blood Count.

This activity would not be a success without the contribution of our generous benefactors, doctors, and friends from Pharmaceutical and Medical Supply Companies.



With the institution thrust to proclaim God's love through compassionate care, St. Paul Hospital of Tuguegarao, Inc., will unceasingly pursue charitable works for the underprivileged groups needing medical care assistance especially to the far-flung areas where health services are not always available. We hope and pray that others will be inspired and motivated to continue these good works for our fellowmen and to God's glory.



Over 250 beneficiaries benefited from the Medical Mission organized by SPHTI together with Fr. Hugo Aggabao, Parish Priest of Mother of Perpetual Help in Peñaablanca, Cagayan last June 30.

SPHTI ATTENDS 29th SPC HEALTH CARE MINISTRY ASSEMBLY 1ST ASIA-PACIFIC ASSEMBLY

Theme: The Challenges of Health Care in Asia... A Rapidly Changing Industry"

By: Joany Salayo, RN



Sisters of Saint Paul of Chartres Health Care Ministry conducted its Annual Assembly with the theme, *"The Challenges of Healthcare in Asia: A Rapid Changing Industry"* last June 6-8, 2019 at Our Mother of Perpetual Succour Hospital Event and Conference Center.

St. Paul Hospital of Tuguegarao Inc., sent twenty delegates to attend the said gathering with other twelve SPC- owned and administered hospitals in the country. Delegates from Australia, East Timor, Hongkong, Seoul-Korea, Taiwan, and Vietnam: Danang and Hanoi joined the said assembly.

The assembly aims to interiorize the Pauline Spirituality as the core-spirit of the health care ministry, to design Innovative Leadership approaches that will foster deeper regional cooperation across Hospitals in the Asia Pacific, to respond proactively as Stewards in health care amidst the daunting challenges affecting health care leaders and practitioners, and to address the effects of disruptive technology in the delivery of health care.

High-caliber speakers were invited to share their expertise to make the assembly more engaging and informative. They were Fathers Ramon Maria Luza Bautista and Jose Ramon Villarin of Society of Jesus, Dr. Federico Macaranas, and Ms. Joyce Alumno who gave us not only knowledge but also understanding of what are the challenges pressing the healthcare delivery system today and how we could cope with this rapidly changing industry.





In a nutshell, Fr. Ramon Maria Luza conveyed that technological advancements provide aid to healthcare professionals in giving care and treatment but the challenge imposed on them is to truly care with compassion and place Pauline spirituality as the core of SPC health care ministry.

Dr. Macaranas stressed that the healthcare industry should always be innovative to deliver relevant services. It is necessary for healthcare professionals to continuously learn new things to meet the demands and challenges of the 21st century healthcare.



Fr. Jose Ramon Villarin, SJ talked about being responsible stewards of both these advancements in technology and the people we serve. Here are the 10 Simple Steps that we can practice to actualize stewardship.

1. Say grace before and after meal
2. Climb a mountain and dive the sea
3. Unplug and savor the silence
4. Repair something broken
5. Get to know a poor person
6. Try fasting
7. Go read a book to children
8. Care for some space that belongs to everyone
9. If you're Catholic, receive communion
10. Make a box of your valuables



SPHTI Leading REGION II in Healthcare!

By: Visie B. Gabriel

Advancements in medical technology have allowed physicians to better diagnose and treat their patients since the beginning of the professional practice of medicine. Thanks to the continuous development of technology in the medical field, countless lives have been saved and the overall quality of life continues to improve over time.

St. Paul Hospital of Tuguegarao, Inc. embraces this fast-changing era of Technology, as it highlights its healing mission and embarks on the welfare of its patients.

In realizing these efforts, SPHTI have acquired state-of-the-art machines and equipment for the benefit of the community.

- New 2D Echo Machine;
- Bone Densitometry Machine;
- Navigator Pro for Hearing Test;
- Most Advance 3D Mammography Machine;
- 128-Slice CT Scan;
- Resight 500 Eye Machine Equipment;
- Bronchoscopy Machine;
- Winback Tecar Therapy Machine; and
- Streamline Compounding Aseptic Containment Isolator.

With these high-end Machines and Equipment SPHTI is not far from becoming a premier hospital providing a one stop healthcare facility to the people of Region II.

St. Paul Hospital is always true to its goal of giving quality and compassionate services through

advance training of doctors, nurses, and other allied health professionals in their field of specialization.



The only 3D Mammography Machine that can detect Breast Cancer in just 3.7 seconds available in Northern Philippines!



The SPHTI and SPUP Sisters with the Medical Staff and Archbishop Sergio Lasam Utleg, after the blessing of the newly acquired 128 CT Scan Machine.



Bone Mineral Densitometry Machine for Osteoporosis Screening available at St. Paul Hospital of Tuguegarao Inc. Nuclear Medicine Center.



Blessing of the newly acquired 2D Echo Machine graced by Father Tiago O. Silva, CICM joined by Sr. Adelina Javellana, SPC and SPHTI Personnel.

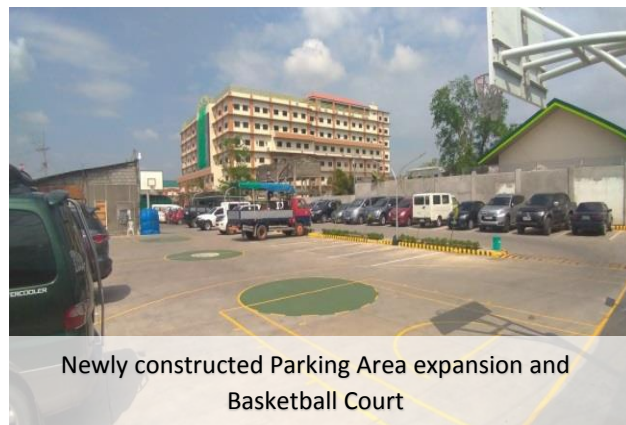
In addition, it also addresses the comfort and convenience of its customers and employees by giving importance to infrastructure and renovations of its facilities such as:

- Newly constructed Parking Lot;
- Redesigning of the Hospital Façade;
- Four Storey Dormitory Building
- Upgrading of Sewage Treatment Plant; and
- Improvements of other minor facilities.

In its mission of providing Holistic quality healthcare services, it is hoped that our clientele will truly experience the difference of St. Paul Hospital of Tuguegarao as we live up to the motto "Caritas Christi Urget No", "The Charity of Christ Impels us."



Groundbreaking of St. Paul Hospital Dormitory Building officiated by Archbishop Sergio Lasam Utleg, D.D. together with Sr. Lilia Therese Tolentino, SPC, Provincial Superior and SPHTI Sisters headed by Sr. Adelina Javellana, SPC.



Newly constructed Parking Area expansion and Basketball Court



Management and Leadership Seminar conducted at St. Paul Hospital of Tuguegarao, Inc.



Regular in-house Customer Care and Teambuilding Seminar and Training.



St. Paul Our Patron, Pray for Us!

Milestone and Achievements

By: Sr. Rowena Rodil, SPC

Jubilee Blast of Thanksgiving

BLAST in the Jubilee Year signifies the remarkable and lasting memories of the journey by the jubilarian. For SPHTI, it is a great time, and exciting experience remembering the past with gratefulness, celebrating and enjoying the glory of the present as we look forward to the challenges of the future.

B for this 25 Years of grace, of faithfulness of Gods 'fervor bestowed on SPHTI healthcare.

L for the Paulinian culture and Pauline Spirituality that will carry on the reason d'etre of its existence.

A to the gift of persons who contributed to what SPHTI is now, how it became and what it will be in the next 25 years.

S to the pains and struggles that strengthen us to persevere with patience.

T to the experiences of weakness that made us vulnerable to seek the help of others.

T to the moments of accepting graciously our failures that challenge us to do better.

Blast SPHTI for we are all

**“Beacons of Love In
Action for Service Together”**

in SPC HEALTHCARE MISSION

making a difference globally in humble service!

YEAR

EVENT

- 1994 The hospital officially opened its doors and services to the people of Cagayan Valley as a 24-bed Primary Hospital.
- 1996 SPHTI was granted a license by DOH to operate as secondary hospital and was also accredited by the Philippine Health Insurance Corporation.
- 1999 The first CT-Scan Machine in Cagayan was purchased.
- 2004 SPHTI was granted a license to operate as a Tertiary Level Hospital.
- 2005 Ground breaking Ceremony of the New St. Paul Hospital of Tuguegarao, Inc. Building officiated by Arch. Diosdado Talamayan, D.D.
- 2009 SPHTI was granted a license to operate as a Tertiary Level Hospital with 120-bed capacity.
- 2010 SPHTI was awarded the status of Center of Excellence by the Philippine Health Insurance Corporation.
- 2011 Blessing and opening of some special nursing units and centers.
- 2013 DOH Central Licensing Office approved SPHTI to operate as a 250- bed capacity Secondary Level Hospital
- 2015 Accredited for Service as Level II-B of the Philippine Obstetrical and Gynecological Society
- 2017 Accredited by Professional Regulation Commission as a CPD Provider Institution.
- 2018 Blessing of the 128 Slice CT Scan -the first and only 128-Slice CT Scan in the region.
Awarded as one of the DOH 30 Star - Awardees in recognition of its efforts in upholding the best practices in the delivery of safe and quality health service towards achieving universal health care.
- 2019 Accredited as an ISO 9001: 2015 for Quality Management System Certified
Acquisition of 3D Mammography Machine under Radiology Department
Groundbreaking of 4 Storey Dormitory exclusively for SPHTI employees



Baguio Escapade

THREE IN ONE CHILL EXPERIENCE

By: Ronaya Rivette Bautista



Our World at SPHT these past months have been overwhelming with seminars, meetings, festivities, demands of work and family vying for our attention that we found ourselves restless and longing for something more.

It was timely then that the SPHT Administration's concern for holistic formation of the personnel offered 3-day outing to Baguio City for a city tour and Lenten Recollection at St. Scholastica's Convent at Camp John Hay.

The 386 employees were divided into 4 batches on March 2, 5, 16, and 22. Upon arrival at St. Scholastica's there were jeepneys awaiting us for the city tour. Each jeepney's could accommodate 14 passengers and so each group headed to the designated tourist spots. Each group had a team leader who had to look after their safety as well as to assure their return to the Retreat House on time.

The full day's activities left our tired bodies and contented hearts to profit from a good night's rest. The next day was surely the highlight of our Baguio sojourn for Father Melquides De Belen MMHC led us to a greater appreciation of our faith and motivated us to commit ourselves to do good for ourselves and for others. Our stay in Baguio had to come to an end and as we boarded our respective buses, we were loaded with our pasalubongs.

Invigorated in body mind and spirit our heartfelt thanks for the joys of enriched friendship, laughter's, shared stories, the practical and meaningful reflections of Fr. Melquides, the kindness of the SPC Sisters who accompanied us throughout the 4 days recollection, the generosity of our Sister Adelina Javellana, SPC Hospital Administrator and especially grateful to God for our memorable encounter with Him in our hearts and in the beauty and wonder of Baguio City.

ELECTRONIC TOOL FOR WORKLOAD



DISTRIBUTION AMONG STAFF NURSES BASED ON THE LEVEL OF CARE AND PATIENT CLASSIFICATION

By: Jalvin Maramag, RN

Paulinian Nightingales receive a Certificate of Recognition for presenting a CQI Study during the 2nd Patient Safety Congress held at Philippine International Convention Center.

The Hospital Management is exploring ways to ensure a good balance between patient needs and nursing staff size in order to deliver quality nursing care and excellent service to patients while managing operational excellence.

At the moment, it is challenging to objectively determine whether nursing capacity is optimally matched to patient needs on the hospital wards. We aim for a fair and sensible distribution of nursing staff over the wards, resulting in an equally distributed and manageable workload for all nursing staff. This requires a good fit between patients' needs and nursing staff.

One way to ensure a proper fit is to work with a workload management method for nursing staff. In theory, this should help balance required resources with available resources, which prevents extra costs for overstaffing a nursing unit and on the other hand, prevents a decline in patient experiences or employee engagement by understaffing a ward.

The Clinical Nursing Service presents to you a Continuous Quality Improvement (CQI) study entitled **"ELECTRONIC TOOL FOR WORKLOAD DISTRIBUTION AMONG STAFF NURSES BASED ON THE LEVEL OF CARE AND PATIENT CLASSIFICATION"**. This study was conducted by the Quality Assurance Circle named "Eximus", a latin word which means Excellent.

The study aimed to achieve balanced patient assignments among staff nurses and maximize resources through innovation in order to give solutions to current problems. Hence, the electronic tool was introduced to nursing units that automatically assigns patients to nurses based on patient's level of care and classification.

The study garnered a Gold Award in the 2016 Search for the Most Outstanding Continuous Quality Improvement (CQI) Studies held at Manila Doctors Hospital.

THE PERSPECTIVE

Excerpt from: Customer Satisfaction Survey Form 2019

By: Kristine Joy Balmatero

“Since 1998, St. Paul Hospital is our hospital. Keep it up! Kudos to all the doctors and employees of SPHTI for the job well done.” – **Pt. Macarilay, M.**

“SPHT has been and will always be my family's 2nd home for medical emergency especially on the medical needs of my children.” – **Pt. Lim, R.**

“Very good nurses and doctors. The services are 100% guaranteed. The hospital especially the Emergency Room Staff were commendable.” – **Pt. Panganiban, M.**

“It is an outstanding health care facility. It is truly a one-stop shop for healthcare requirements. Keep up the good work. Thank you for helping me recover.”
– **Pt. Singayan, L.**

“They manifested the characteristics of outstanding employees.” – **Pt. Mellano, G.**

“The overall experience we had at St. Paul Hospital was commendable. All the staff provided us with great care that you would never experience in any hospital within the area.” – **Pt. Caldez, K.**

“I felt so nervous when we arrived here, operation na agad agad. No time for decision making. It was an emergency! But I felt safe when the doctors explained the situation. Their comforting words and friendly approach calmed me down. Thank you, surgeons and staff for saving me and my baby. Services are all satisfactory. May God continue to bless your hearts and hands in giving care to your patients.” – **Pt. Fernandez, P.**

“Nurses and staff of SPHTI are humble, service oriented, committed, and dedicated to their profession to assist patients.” – **Pt. Marallag, C.**

“I am very satisfied with the services- room and accommodation, facilities as well as the performance of duties of the physicians and nurses. They are prompt and attentive to our medical needs.” – **Pt. Bulosan, R.**

“I like the manner they treat their patients. They are concerned with the needs of the patients. They are all very good in all aspects and should be rewarded with an excellence award.” – **Pt. Pattaguan, F.**

“I always keep my faith to St. Paul Hospital. Thanks for the warmth and best accommodation.”
– **Pt. Miguel, C.**

“The service is very good that's why I always make sure that I bring my family here when medical concerns arise. The nurses and staff are very good”. – **Pt. Asuncion, J.**

“Very commendable staff. They extended their service beyond their duties. They always wear smiles in their faces. Good job!”
– **Pt. Cudal, B.**

**At sa lahat ng nagtitiwala sa
St. Paul Hospital of Tuguegarao, Inc.**

Thank You!
Maraming Salamat Po!
Mababalik kami!
Agyaman Kami Unay!



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Services Offered:

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- EARS, NOSE, THROAT
- REHABILITATION CENTER
- CARDIO-VASCULAR UNIT
- CANCER UNIT
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- RESPIRATORY CARE
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- ENDOSCOPY/COLONOSCOPY

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Make your appointment at the
Region's Premier Healthcare provider!

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- ❖ NUTRITION CLINIC
- ❖ CLINICAL PASTORAL SERVICES
- ❖ SOCIAL SERVICES
- ❖ AMBULANCE SERVICES
- ❖ CANTEEN SERVICES

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Quality and Compassionate Care!*