

MESSAGE FROM THE *Chancellor*

We are nearing the end of this calendar year but our community is still at full steam ahead in achieving milestones!

Child abuse became an even bigger problem during this pandemic. To remedy this, our very own PGH Child Protection Unit Head Dr. Bernadette Madrid who is also executive director of Child protection Network Foundation, partnered with UNICEF and set up the TeleCPUs in the Barangay project. PGH child protection services are now made available in 39 satellite barangays in Metro Manila and the province of Cavite. This remarkable feat is programmed to expand across the nation.

Last October 29, we commemorated our 39th year of being renamed UP Manila and 42nd anniversary as an autonomous Health Sciences Center with a moving virtual celebration. Dr. Cornelio Banaag, a nationally renowned psychiatrist, was the inspirational guest speaker and he tackled the mental health impact of the pandemic. This was followed by the ceremony honoring the ten Gawad Chancellor awardees. It was indeed a heartwarming occasion.

The University of the Philippines continue to soar high in the Times Higher Education World University Rankings for the 2021 edition, landing at the 401 to 500 bracket. In the clinical, pre-clinical, and health rankings, UP's citation scores were very high such that we were in the 121-150 bracket for this subject! Much of this high citation rating is attributed to the high research productivity and integrity of UP Manila researchers in the clinical, pre-clinical, and health areas.

Lastly, in this issue of Healthscape, the College of Nursing's Honor Society is featured being chartered as the Alpha Alpha Phi chapter of the world society Sigma Organization. Sigma is a prestigious society and membership here will benefit our nursing trainees and graduates tremendously.

We do not know when this pandemic will end, but let us approach the future with hope and fortitude. Our community has withstood the onslaught of coronavirus; and with God's grace, we have been strengthened to face whatever challenges there are tomorrow!



The inauguration of the TeleCPUs in the Barangay held at the PGH-CPU patient service area.

Ending child abuse through barangay TeleCPU

Abused children being trapped inside their homes are among the most tragic impacts of the pandemic. Apart from the abuse, children also experience the physical and psychosocial effects of the lockdowns.

“For the first time in the past 24 years, we had so many patients who were suicidal and needed intensive psychotherapy and medication,” PGH Child Protection Unit (CPU) Head **Dr. Bernadette Madrid** said.

The Child Protection Network (CPN) Foundation and UNICEF swiftly responded by developing a new system to ensure that child protection services are continued despite the restrictions of the pandemic—the TeleCPUs in the Barangay. Through telemedicine and 39 barangay-based teleCPU satellites, abused children can go to the nearest barangay and have access to teleconsultation and specialty services available only in tertiary care centers.

A computer set, webcam, headphones, and internet connection were provided to the partner barangays by the UNICEF. Barangay personnel were

also oriented in telemedicine and underwent training in child protection with help from partner agencies including World Health Organization, United Nations Population Fund, Dept. of Social Welfare and Development, Philippine National Police, and Women and Child Protection Units.

“We are very lucky that all of these barangays welcomed this project and wanted to participate. They saw the value of bringing the services of PGH to the locality through an innovative manner such that without being physically present in PGH, the services can be delivered,” said Dr. Madrid, also the CPN Executive Director and the woman behind the TeleCPU Center sa Barangay project.

In time with the World Day for Prevention of Child Abuse observed every November 19th, the 39 barangays in Cavite and NCR participated in the event through Zoom and joined the simultaneous ribbon-cutting that marked the opening of the teleCPUs.

There are teleCPU centers in Bacoor, Imus, General Trias,
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The 2021 Gawad Chancellor Awardees honored during the foundation celebration



The Gawad Chancellor Award recognizes the exemplary accomplishments and contributions of the members of the UP Manila community to the University and the country in their respective fields.

The 10 awardees were conferred this recognition on Oct. 29 as part of the celebration of the 42nd anniversary of the Health Sciences Center (HSC) and 39th year of the renaming of the HSC into UP Manila.

Outstanding Teacher
Dr. Maria Julieta Corazon M. Victoriano-Germar, FPOGS, FSGOP
College of Medicine

Dr. Victoriano-Germar developed innovations in clinical teaching and student evaluation. She designed Simulation-Based Education modules using high fidelity simulators and created low-cost alternatives to commercially available task trainers.

She conceptualized the Lingkod OBAS program that provided training modules on basic clinical skills to student volunteers from UP Manila. To facilitate a learner-centered clinical rotation of students in Obstetrics and Gynecology, she introduced Individualized Learning Plans to facilitate a learner-centered clinical rotation of students in Obstetrics and Gynecology.

During the pandemic, she designed the UPCM OB Gyn Virtual Learning Simulation kits that included simulation materials for pap smear, pelvic exam, and episiorrhaphy; performance checklists; and online

workshops on virtual skills acquisition.

Outstanding Researcher
Dr. Emmanuel P. Estrella
National Institutes of Health

Dr. Estrella is a practicing clinician in reconstructive microsurgery and a prolific researcher. From 2016-2020, he has published seven scientific articles in reputable journals, 6 of which as main author; and these articles have received 54 citations so far. He contributed to maintaining the quality of published articles by being part of the editorial board of several journals. He is UP Scientist I (2015-2017), Promising Star Awardee in 2016 from Thomson Reuters – Intellectual Property & Science and CHED, and one of the Asian Scientist 100 (Singapore) and Asia's Top 100 scientists.

Outstanding Faculty for Extension Service
Dr. Diana Tamondong-Lachica
College of Medicine

Dr. Lachica's passion for patient safety and quality of care led to her involvement in formulating evidence-based standards of care and policies for hospitals. Her projects include Clinical Practice Guidelines on lifestyle interventions, Covid-19 living treatment, and adult sepsis. She is a member of the DOH Technical Working Group on the National Patient Safety Program.

She served in the Philippine Society of General Internal Medicine for years to ensure the integration of primary care in the Internal Medicine residency. Her active involvement and contributions in the DOH Drug

Price Advisory Council on government policies and interventions on essential price reductions led to the signing of Executive Order 104 on the maximum Drug Retail Price.

Outstanding Research, Extension, and Professional Staff (REPS)
Ms. Marybel P. Caasi
College of Nursing

Maribel Caasi has demonstrated excellent professional growth as the College Librarian by being a consistently sought-after resource person on how to redesign library spaces and discover/ implement library innovations.

As a mentor of the International Network of Emerging Library Innovators, she presented collaborative projects and participated actively in the INELI-ASEAN conferences in Singapore and Vietnam. She was also part of the Network of Emerging Filipino Library Innovators (NEFLI) Cohort 1 in Thailand.

Outstanding Administrative Employee (Level 1)
Ms. Anna Liza M. Salazar
College of Public Health

Ms. Salazar, an Administrative Assistant at the College of Public Health Department of Epidemiology and Biostatistics, consistently obtained an Outstanding performance rating for the past 8 years; garnering her the CPH Best Administrative Staff Award in 2017. She was nominated in the Southeast Asia Ministers of Education Organization Service Award, which recognizes employees under the

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AWARDEES FROM PAGE 2...

SEAMEO Network based in Bangkok, Thailand. She demonstrates high quality standards in all her outputs, working effectively and efficiently with minimum supervision, such as in managing accomplishment reports and handling records and documents.

Outstanding Administrative Employee (Level 2)
Ms. Celia Mendoza
National Institutes of Health

An Administrative Officer V at the National Institutes of Health's Philippine Eye Research Institute (PERI), Ms. Mendoza's work and contributions in the law creating the National Vision Screening Program included overseeing the process in the drafting of the law, participating and lobbying in Congressional public hearings, and closely coordinating with the House of Representatives and Senate.

She has been leading the efforts to assist the PERI Director in creating a technical working group, facilitating health professionals' consultation meetings and public forum for the drafting of the program's Implementing Rules and Regulations, and securing funds for the NVSP budget for 2021, on top of the yearly P10 million appropriations.

Outstanding Student
Mr. Leandro F. Salazar
College of Medicine

Leandro has been instrumental in organizing various activities such as 7th Philippine Conference on Community Health, 'Sabayang Patak Kontra Polio' vaccination campaign, and the National Health Human Resource Master Plan. Through the State Medical Schools Alliance organization, Leandro also served as a medical student representative in the consultations for the RA 11509 or the 'Doktor Para sa Bayan Act'. He is a College Scholar and also an achiever in the arts as a member of the UP Manila Classical Ensemble. He participated in several exhibitions with his clay sculptures.

During the pandemic, Leandro served as a volunteer in the PH COVID-19 HCH Group, was an active

member of Scientists Unite Against COVID-19, and helped in creating videos used by the Department of Health in information campaigns against COVID-19.

Outstanding Student Organization
Mu Sigma Phi Sorority

The Sorority has been engaged in projects that benefited communities in and out of UP Manila. These include the Health Education and Literacy Campaign that empowers healthcare professionals and patients, Children-focused Health Initiative for Literacy and Development (CHILD) Caravan, and annual vaccine drive ImMUunity. The sorority also instituted the Sine GaMUtan - a series of animated lectures, webinars on Ageing and Longevity, and on pediatric topics.

Outstanding Artist
Mr. Yosef Eduardo IV Escoto
College of Allied Medical Professions

Mr. Escoto's artistry in music provides a much-needed breath of fresh air for a lot of people. He has demonstrated exceptional talent as part of the UP Manila Chorale. With his rich voice as head of the tenor section of the UP Manila Chorale, the group was able to attain a sound that makes the UP Manila community proud. He has also performed in UP Manila events, helping provide these events with a sound that gladdens the soul.

Outstanding Athlete 2021
Mr. William Lara
College of Medicine

Mr. Lara is a life-long swimmer who has garnered awards from local, national, and international competitions.

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Released 27 November 2021 (1PM)

HICU RECOMMENDATIONS FOR END OF YEAR EVENTS

in light of the COVID-19 pandemic



CHRISTMAS PROGRAMS & PARTIES

HICU recommends the following to serve as guide in planning our Christmas activities:

1. **Virtual programs** are preferred.
2. **Face-to-face programs** will be allowed if these are held in rooms where the doors & windows can be opened to **maintain good air circulation and simulate the air exchange of an open-air setup**.
3. Face-to-face games, singing and other similar activities will be allowed but the participants will remain **masked during entire event**.
4. Christmas caroling inside offices will be allowed only if all the performers will remain **masked during entire performance**.
5. If the indoor set-up is preferred, the exact number of individuals who will be allowed in these activities will be dictated by the **duration of activities, the use of air purifiers and High Efficiency Particulate Air (HEPA) filters**.
6. A **Carbon Dioxide (CO2) monitor** should be used to show that good air quality is maintained at a level of **less than 800 ppm**. CO2 monitors are available at the HICU and Occupational Safety Committee.

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HICU RECOMMENDATIONS FOR END OF YEAR EVENTS

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PHOTOSHOOTS & OTHER SIMILAR ACTIVITIES

1. **Group photos without mask ARE ALLOWED ONLY in open-air set-ups** such as near the UP Oblation or any place outside enclosed spaces.
2. The time period allowed where the participants are in **close formation** (next to each other less than one meter apart) combined with the removal of the mask should **NOT EXCEED 10 minutes**.
3. It is recommended that a **designated lead person** oversees the photo session, that all participants have received **at least two doses of COVID-19 vaccines**, and **all feel well** during the period of the photo shoot.

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EXAMINATIONS & ACCREDITATIONS

Outside usual recurring PGH Academic Activities

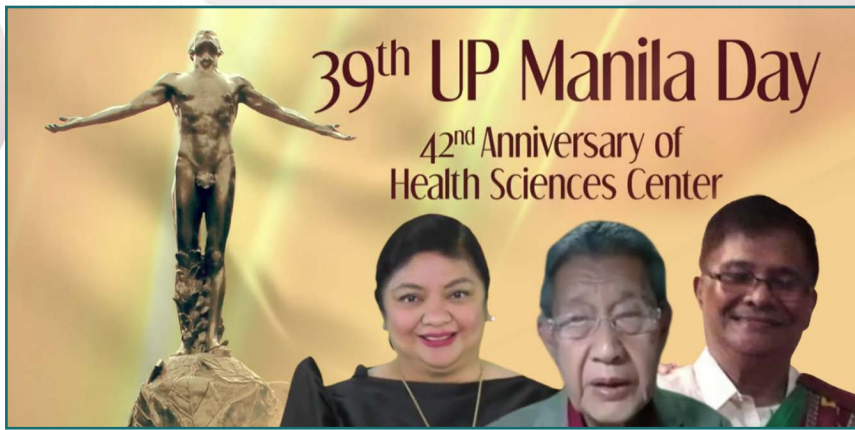
The PGH is a common venue or host for multi-hospital examinations, program accreditation and conferences. As of December 2021, only two venues are allowed for these purposes, and these are:

1. Open air setup such as the **PGH Atrium**.
2. **Dietary Hall** at the second floor where **windows will be kept open** during the events.

The **organizers of the examinations or accreditation processes will be in charge of securing approval** to use the above venues.

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UPM honors awardees and retirees, highlights pandemic mental health

The virtual celebration of [UP Manila's 42nd year as Health Sciences Center and 39th year as the present-day UP Manila](#) showcased its role and contributions to health through the achievements of its 10 Gawad Chancellor awardees, 240 service awardees, and 32 retirees, who were conferred their honors on Oct. 29.

In her message, UP Manila Chancellor Carmencita Padilla reflected briefly on the history of the university and how it had responded to previous crises.

“Sa larangan ng kalusugan, katatagan, at pagbangon ng bayan sa pamamagitan ng pinaka-una, malikhain, at makabuluhang programa at serbisyo; tayo ay lutang hindi lamang sa bansa kundi sa iba’t-iba pang malayong lugar. Sa patuloy na malawak at malaking pagsagot sa pandemya, kakaiba ang ambag ng UP Manila,” she stated.

Family and faith

Speaking on the mental health impact of the pandemic on the Filipinos, UP College of Medicine retired professor and mental and child health advocate [Dr. Cornelio G. Banaag, Jr.](#), explained the unhappiness and elevated mental health problems that are brought by uncertainty and isolation.

The Philippine Mental Health Association President cited how home learning hinders the developmental needs and milestones of grade-schoolers and young adults who should be increasing their independence, exploring their identity, and going

out with peers at this time.

Dr. Banaag is convinced that family and faith help us overcome adversities during disasters and pandemics. “Faithfulness and hopefulness will keep us kind, positive, peaceful, and determined to achieve our dreams,” he said.

Among the creative and resourceful ways to survive and thrive during the pandemic are creating healthier habits, being more aware of the importance of caring for one’s body, finding a new way to bond with family, acquiring practical money-saving skills, and finding new avenues in encountering God.

He ended with the image of *kintsugi*, a traditional Japanese art where broken pottery is mended into a stronger piece using silver and gold. “If we allow ourselves to follow the principle of *kintsugi*, to recover and survive the trauma, and develop post-traumatic growth, we will be more beautiful and stronger when we mend the fragments or the pieces that break in our lives. We mend these with a lot of kindness and self-compassion that we give ourselves and share with others.”

Awarding ceremonies

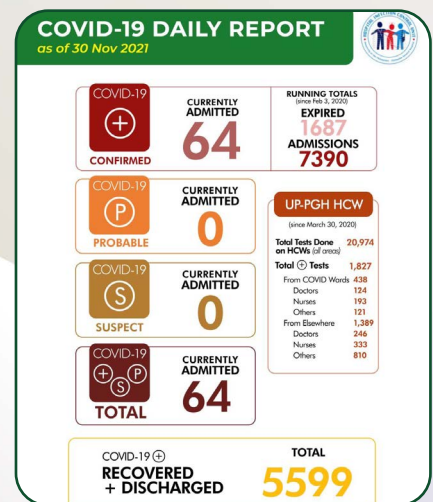
Responding on behalf of the retirees and service awardees, retiree [Dr. Reynaldo H. Imperial](#) stated that we must never forget to do acts of service that will make some dents in the present conditions. *“Ang totoong gawain ng pagpapabuti sa sarili at pagtulong sa kapwa ay walang retirement date. Ito po ang ating*

magiging tugon sa hamon ng panahon.”

[Dr. Maria Julieta V. Germar](#), who spoke on behalf of the Gawad Chancellor Awardees recalled an inspiring message from her mentor: *“Kung sa tinagal-tagal ng iyong pagdadalubhasa ay natutunan mong tumangis sa kahirapan at kalungkutan ng iyong mga kababayan, kung natagpuan mo sa iyong puso na maglingkod sa kanila ng walang iniisip na katumbas na kabayaran; ikaw na marahil ang isa sa mga maitatanghal na tunay na bayani ng ating pangkasalukuyang lipunan.”*

During the program, Gawad Chancellor for Outstanding Artist, Yosef Eduardo L. Escoto IV sang an original composition entitled *“Rainy Days”* while the UP Manila Chorale led the doxology, singing of the national anthem, and an uplifting cover of *“Go the Distance”*.

Dr. Tammy Dela Rosa, chair of the 2021 Committee on the UP Manila Foundation Celebration closed the event and thanked co-chair **Dr. Melfred Hernandez** and the committee members who organized the activities that marked the twin occasions. **ANNE MARIE D. ALTO**



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UP lands at THE World Univ Rankings top 500 due to high citations in clinical, pre-clinical, and health

The University of the Philippines landed at the 401 to 500 bracket of the Times Higher Education (THE) World University Rankings 2021 edition. Aside from the overall rankings, THE also provides rankings by subject.

In the *clinical, pre-clinical, and health* rankings for 2020, UP surprisingly outranked Ivy League school **Harvard University** as well as prestigious institutions like **University of Oxford**, **Stanford University**, and **University of Cambridge** when it comes to the Citations weightings.

Under this benchmark, UP earned a score of 91.9, a huge gap from Oxford's 74.0, Stanford's 73.3, Cambridge's 68.8, and Harvard's 66.7. According to THE, the score for Citations make up 35 percent of the overall rankings (overall, UP is at the 121-150 bracket for this subject).

The Citations or research influence,



according to THE's explanation, is measured based on the "university's role in spreading new knowledge and ideas."

This looks at the number of times a published work from a certain university has been cited by other bodies of research across the globe. Being cited means that

the research in this particular subject (in this case, *clinical, pre-clinical, and health*) was significant enough to catch the attention of other scholars and contribute to the collective knowledge in that field.

As the health science campus of the UP System, much of this high citation rating is attributed to the high research productivity and integrity of UP Manila researchers in the clinical, health, and pre-clinical areas.

UP duplicated this feat in 2019 with a score of 98.8 and in 2020 with a score of 91.9 where it was ranked 7th and 8th, respectively. Those years, UP outranked prestigious universities, such as Harvard University, University of Oxford, and Stanford University. In addition, UP ranked 95th in the Asia University Rankings for 2019, 501 to 600th for the World University Rankings, and 126-150th for the subject of clinical and pre-clinical health. *With reports from the UP System Website*

TELECPU FROM PAGE 1...

Dasmariñas, and General Mariano Alvarez in Cavite; and in Parañaque, Las Piñas, Pasay, Taguig, Malabon, Navotas, Caloocan, and Valenzuela in Metro Manila.

Transforming Child Protection

According to UNICEF Representative **Mr. Behzad Noubari**, the project has captured the interest of the global community because of how it transforms the way that child and gender-sensitive models are delivered even to isolated and far-flung areas in the country. "The teleCPU model that you have developed was shared with international partners and was showcased as a best practice in the adaptation of child protection services in the context of COVID-19."

"We hope that more local government units will be inspired by your experience and will commit

to setting up their own Women and Child Protection Units and teleCPUs. We hope that the DOH will take this forward and support the scale-up of this adaptation to all regions," he said.

Dr. Marianne Joy Maritana, the TeleCPU Center Project Officer, reported that since April 2021, 34 patients have been served through 60 successful teleconsultations. She emphasized that empowering the community to be part of child protection would help end child abuse in that area.

PGH Director Dr. Gerardo Legaspi commended the CPU for standing firm and resolute for the rights of children who need help. "Ang ating CPU ay humahanap ng paraan sa gitna ng limitasyon ng face-to-face na pagkokonsulta. Ang programang ito ay nagpapatunay na sa krisis na ito ay natuto tayo kung paano palawigin ang serbisyo."

UP Manila Chancellor Carmencita Padilla acknowledged Dr. Madrid's passionate and tireless work for not only establishing the Child Protection Units in the country but for creating ways to reach the children and their families during these times.

"Without a leader who will connect the rest of the network, we will not succeed. *Ang mga barangay na kung hindi kasama ay walang magagawa ang telehealth sa PGH. Para maging matagumpay ito, dapat sama-sama tayo. Kung kayo ay may nakikita pang paraan upang mapaganda pa ang ating programa, ipaalam niyo agad sa PGH-CPU."*

The teleCPU program will be expanded in the Cordillera Administrative Region, Regions 7 and 11 with the DOH regional hospitals and WCPUs as hubs. Another 17 satellite areas are in the process of becoming fully operational in the NCR. **ANNE MARIE ALTO**

TELL US WHAT YOU THINK ABOUT THIS ISSUE

UP Honor Society of Nursing chartered into the Sigma Alpha Alpha Phi Chapter

The UP College of Nursing (UPCN) held the chartering ceremony and induction of new members of the UP Honor Society for Nursing into the Sigma organization as its 595th chapter on 16 October. The UPCN Sigma Chapter will be called the Alpha Alpha Phi, the 2nd chapter in the Philippines after the Psi Beta Chapter based in Silliman University.

Sigma is a prestigious society of nursing researchers, leaders, scholars, and educators based in the United States. Founded as Sigma Theta Tau in 1922 by six nursing students at Indiana University, from six founding members, the organization has grown to over 135,000 active members in more than 560 chapters in over 100 countries according to Sigma President Dr. Richard Ricciardi.

Dr. Ricciardi explained that Sigma only extends membership in two categories: students in baccalaureate or graduate level programs who have demonstrated superior academic achievement and academic integrity and nurses who have shown professional leadership and leadership potential. He added that Sigma supports its members through mentoring programs, access to benefits such as nursing continuing professional development courses, journals of nursing, and scholarships. Sigma also collaborates with several global organizations including representation at the United Nations to improve the health of the people all over the world. This offers members the opportunity to extend their reach outside of their local and national community to a global network.

“With its chapters in the US and worldwide, collaborations and networking in education, research, training, and other endeavors will be greatly facilitated. Through our own chapter in UP Manila, we hope to strengthen the mentoring



and honing of future leaders in the nursing profession in the Philippines and beyond,” stated UP Manila Chancellor Carmencita Padilla.

She added that the UP College of Nursing as WHO Collaborating Center for Leadership in Nursing Development and through this new citation is now in a stronger position and has wider influence to lead efforts in charting new directions and challenges to public health nursing especially at this time of crisis.

UPCN Dean Sheila Bonito explained that the Greek letter Alpha is the first in the Greek alphabet and used to refer to first, primary, or principal. In statistics, Alpha is used to denote the significance level or the probability of rejecting the null hypothesis, an important concept in hypothesis testing; while Phi is the Greek letter that represent the golden ratio, a ubiquitous concept that appears in mathematics, architecture, arts, music, and nature.

“As we define beauty in the work of the nursing profession, we value working together in harmony with a clear purpose and with integrity,” she said.

The following have been appointed as the first set of officers of the Alpha Alpha Phi Chapter: Teresita I. Barcelo, president; Erwin William A. Leyva, vice president; Ryan Q. de Torres, secretary; Jo Leah A. Flores, treasurer; and Peter James B. Abad, counselor. Currently, the Alpha Alpha Phi Chapter has 110 members.

“Our chartering at this time of the pandemic should not dampen our interest and

motivation to develop our chapter and provide our members the opportunities to grow both professionally and personally. I look forward to our working together for leadership and scholarship imbued with the values of love, courage, and honor which Sigma is known for,” Barcelo said. **CHARMAINE LINGDAS**

AWARDEES FROM PAGE 3...

From 2016 to 2018, he received multiple gold, silver, and bronze medals from the Speedo G-League and the Philippine Swimming Inc. National Championships. In 2019, he was a participant in the Philippine Open Swimming Championships.

As a former member of the UP Varsity Swimming Team, he has represented the university in several University Athletic Association of the Philippines competitions, winning bronze and silver medals. In UAAP Season 80, he was recognized as the Student Athlete of the Year. **CYNTHIA M. VILLAMOR**

HICU RECOMMENDATIONS FOR END OF YEAR EVENTS

in light of the COVID-19 pandemic

CHRISTMAS PARTIES WITH FOOD

HICU recommends the following to serve as guide in planning our Christmas activities:

1. In general, all forms of Christmas buffets and banquets and other forms of “salu-salu” from common pots or platters are discouraged. **Packed meals** instead of buffet style is preferred, even in **open-air set-up**.
2. **Eating together** (persons eating within same space and at the same time) will **only be allowed in an open-air set-up**. Eating together inside enclosed spaces is discouraged regardless of vaccination status of staff, and can only be done if a **1-meter distance** can be ensured between people using a **staggered schedule**.
3. Long queues to distribute food are also discouraged, so departments with large number of staff should **plan the process of distributing food and other party paraphernalia** in an efficient and organized manner.
4. Blowing candles on a cake is still **not allowed**.
5. **Parties and programs outside PGH will be the responsibility of their respective department chairs and organizers.**
6. Overnight events to celebrate Christmas or other similar occasions (birthday, New Year) are **discouraged** regardless of status of vaccination and type of accommodation (both indoor and outdoor outings).

BAYANIHAN NA!
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