



Healthscape

University of the Philippines Manila Monthly Newsletter

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DOH, UP Manila jointly address gaps in HRH training for growing PH population

The Department of Health and UP Manila officials jointly reviewed current strategies and mapped stronger ones on human resource for health (HRH) education and training during the 2nd Curriculum Mapping of Public Health Competencies in the Health Sciences workshop on Nov. 11 and 12 at the Novotel Hotel, Quezon City.

During the discussions, **DOH OIC Ma. Rosario Vergeire** reiterated that a needs assessment or national inventory is important to guide academic institutions in aligning their training programs. She stated that the DOH will commission an inventory of existing workforce and facilities to be fast tracked by universities that will be invited to the study.

"To successfully address our health system's gaps and ensure adequate HRH providing necessary healthcare services to the country's growing population, we must harness the expertise of higher education institutions and collaborate to develop strategies and policies that are needs-based and public health-focused," Vergeire pointed out.

In presenting the DOH HRH Masterplan for 2020-2040, **DOH Health Promotion Bureau Director Beverly Ho** explained that more than shortening the students'

training, the orientation of the medical students (that is now heavy on specialization) is more important. *"There is a need to revisit programs to equally produce specialists and primary care physicians,"* she said.

Current innovations being utilized in UP Manila programs discussed during the forum were InterProfessional Education which is more practiced in the community setting and the ladderized curricula but which takes long, according to Vergeire; hence, she proposed short courses as stop gap measures.

The issues of Advanced Practice Nursing in diagnosis/treatment with the Commission on Higher Education now developing guidelines for Advanced Nursing Education and the use of team teaching were also raised.

To address the theoretical nature of most UP Manila curricular programs, which is a feedback from an earlier survey, **UP Manila Chancellor Carmencita Padilla** recommended to strengthen the integration of the public health competencies into the university's existing programs, adding that *"this has a big place in the College of Arts and Sciences courses."*

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UP Manila-SHS Leyte midwife licensure exam topnotcher commits to serving unserved and underserved areas



Five graduates from the University of the Philippines Manila School of Health Sciences (UPM-SHS) dominated the Top 10 of the November 2022 Midwife Licensure Examination (MLE).

Snagging the top spot was **Jonathan Calunsag Gatela, Jr.** with an average rating of **90.10** percent.

Admitting that the MLE brought a lot of anxiety to him, the 22-year-old topnotcher said that he did not expect to be among the top passers. *"It seemed that all my preparations were not enough. But one thing I realized in this exam is, no one can ever say that they are 100% prepared for the boards,"* Gatela said.

Passing the MLE with flying colors was a combination of hard work and strong faith in God. *"I said, 'Lord, I've done my part, Your will be done'. The results of the exam proved that God will never fail you. Ask, do your part, have faith in Him and He will give you more than you expect."*

He also credits this achievement to his family, UPM-SHS, his friends, the review center, and his endorsing community.

Climbing the ladder

Born in Tacloban City, Gatela answered the call of his endorsing community to take on the UPM-SHS Step-ladder Curriculum, a first-of-its-kind curriculum in Asia where those admitted undergo midwifery, nursing, and medicine. After passing the Midwife Licensure Exams, students go on to

study Bachelor of Science in Nursing (BSN), followed by the Doctor of Medicine (MD) program after completing the prescribed period of study and passing the examinations.

Gatela was valedictorian and graduated with honors and received various awards during his primary and secondary education, respectively. Ever since he was young, becoming a doctor has been his dream.

Gatela is taking a step closer to this dream as he climbs the ladder to take the pre-qualifying exam for nursing.

Among Gatela's study strategies is determining the best time he can easily digest the concepts. When feeling unmotivated, empty, and down, he recommends reminding oneself of why one started the journey. This helped him gain focus and establish the momentum to start studying or reviewing again.

His advice to would-be MLE takers is to start scanning Pillitteri and Kozier. *"Many concepts in those books are 'high-yield' for MLE."* Gatela also urged searching for a review center that offers a program suitable to their needs and would help them master high-yield topics in MLE.

"Most importantly, have a firm trust and faith in yourself and in God. Believe in yourself and condition your whole self that you can get that license."

Serving the unserved and underserved
Working in a predominantly female

profession, Gatela revealed that he did not encounter any gender barrier or discrimination in the hospital, lying-in clinics, or RHUs where he spent his clinical practicum as male midwife. He only encountered awkward moments when the patient was a close friend, acquaintance, or a classmate whom he would be performing an invasive procedure on, such as internal examination or handling deliveries.

His unyielding commitment is *"to serve my endorsing community and those areas which are unserved and underserved by delivering quality and accessible healthcare to them,"* he averred.

"We may be the answer to the brain drain of human health resources in our country," he added.

Lastly, pray. According to Gatela, do not ever forget to pray and ask for God's guidance and blessing.

"Spare time to talk to Him, lift up your burdens to Him; your prayers will never fail you," he said. *"After all, your breakdowns and sacrifices will surely bear the best fruit!"*

UP Manila SHS came second among the top-performing schools in the country with a 97.06% passing rate. Other top-notchers on the list are **April Toledo Tabios** in third, **Rhealyn Cabanlit Fedelino** and **Cristal Cuenco Gayo** in fifth, and **Maryl Criztel Marantan Catenza** in seventh. | **Anne Marie Alto**



Preventing and reducing motorcycle accidents in PH

Tackling the health and road safety of motorcyclists, TV UP aired another episode of the *Stop C.O.V.I.D. Deaths Webinar Series* entitled “Nagmomotor, Ligtas Ka Ba?” on October 21.

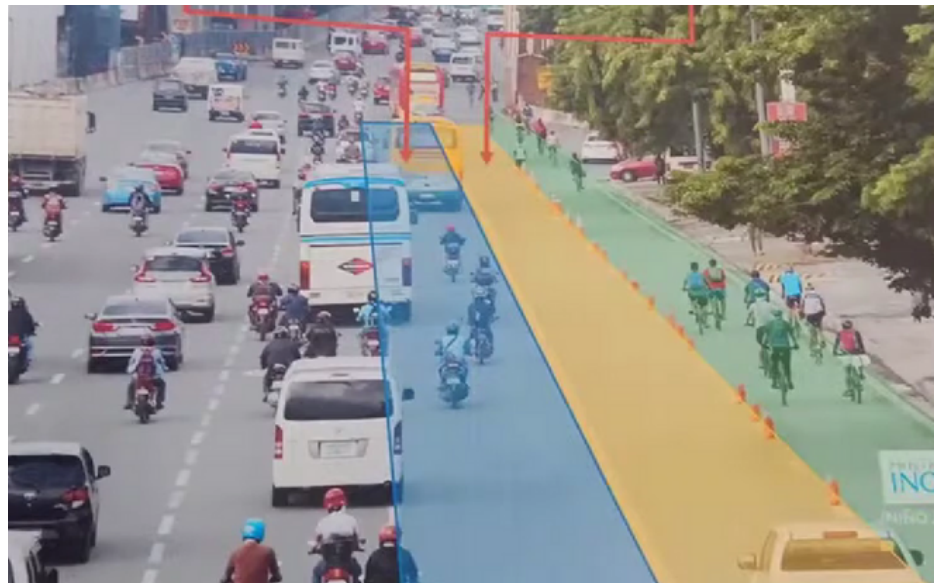
Dr. Teodoro Herbosa, chairperson of PGH Department of Emergency Medicine called for continuous improvements in road design and vehicles, enhancement of laws and law enforcement, and provision of timely life-saving emergency care for the injured as he reiterated this growing public health issue in the country. According to statistics, low and middle income countries are the most vulnerable to road injury and the Philippines was listed to have more cases in the Asia Pacific.

Herbosa also detailed the findings of his study on the health burden of road crash injuries in the Philippines when his team developed a road safety index and a new Philippine trauma scoring system after analyzing several untapped road data.

Road data came from the Integrated Surgical Information System (ISIS) database of the Philippine General Hospital and Online Electronic Injury Surveillance System (ONEISS) database from the Department of Health that identify where road injuries come from in the Philippines; Advancing Health Through Evidence-Assisted Decision (AHEAD) database funded by the study; and Metro Manila Accident Reporting and Analysis System (MMARAS) database from the Metropolitan Manila Development Authority.

Findings from these datasets revealed that children aged 5 to 7 years old and young adults aged 20 to 24 were the most vulnerable to road injuries or crashes. The motorcycle, the powered two-wheel (PTW) type, came out as the most common vehicle involved in road accidents. With the majority of cases happening in Quezon City in Metro Manila and Davao City in Mindanao, Herbosa impelled urban cities' governance to level up their road engineering for preventive and not reactionary response to this health issue.

He also warned the audience to note the risk factors for road crashes that include alcohol and drug intake, fatigue,



non-use of seatbelt or helmet, sleepiness, use of mobile phones, speeding, inattentiveness, bad overtaking or turning, and other human errors; and to stay vigilant while on the road.

Herbosa pleaded for public and private entities to build more trauma centers for post-crash care that are highly integrated with ambulance services and telehealth. According to him, emergency care systems that are aligned with the World Health Organization's (WHO) framework are likely to decrease the death rate from road crash incidents by 50%.

Dr. John Juliard Go, from the WHO Philippines, shared the sentiments of Dr. Herbosa as he explained the risks of using powered two-wheeler vehicles and why despite these, they continue to populate the Philippine roads these days.

Dr. Go attributed the country's high injury and fatality rate from road crashes to several environmental factors such as lack of inclusive planning, mixed traffic, design of road infrastructure, road surface conditions, roadside hazards, limited public transport infrastructure; vehicle risks such as lack of crash protection, braking errors, and motor stability especially in wet and rough road surfaces; road user risks like non-use of helmets, speeding, alcohol impairment, rider's age and level of experience; and insufficient appropriate post-crash response from rescue facilities.

Citing a recent WHO publication on road safety, Dr. Go emphasized that the creation of more exclusive motorcycle lanes is seen as one of the most effective ways to lessen road collisions involving PTWs. He also hoped that the government would strengthen the implementation of road laws, such as speeding limits and helmet use.

Mr. Antonio Pagulayan, officer-in-charge of MMDA Traffic Education Division presented the plans of the government to address the safety of motorcyclists one of which is to revive motorcycle lanes along main roads in Metro Manila such as EDSA and Commonwealth Road in Quezon City.

At the open forum, Herbosa emphasized the need for the government to revisit current road engineering systems since these are patterned from foreign models and designed for four-wheeled vehicles rather than two-wheeled ones that are most rampant in our country. | **Francis Nicole G. Maga**

Editorial Box



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Fatty Liver not a cause of COVID-19 deaths but prevalent among Filipinos

"While Nonalcoholic Fatty Liver Disease (NAFLD) was associated with increased COVID-19 severity and ICU admission rates, it did not increase mortality in COVID-19 patients after adjustment of other confounding factors. However, it is alarming that at least 1 out of 3 can have Fatty Liver disease in the general population in the Philippines at 38% prevalence rate versus 25% worldwide prevalence."

This is according to Dr. Janus Ong, associate professor, PGH Department of Medicine Division of Gastroenterology, at the *Stop C.O.V.I.D. Deaths Webinar Series* Special Edition.

NAFLD has two types – simple fatty liver and Nonalcoholic Steatohepatitis (NASH). A NAFLD diagnosis is known either by ultrasound or biopsy. Patients should not have significant alcohol use, no secondary causes of fatty liver like medications, and have no other causes of other liver diseases. Often, patients have associated metabolic conditions like diabetes.

NAFLD is quite common among diabetics

at 57% prevalence rate. Left unchecked, NAFLD, now considered a multi-system disease, will eventually become Nonalcoholic steatohepatitis (NASH). While screening at the general population is not recommended at this time, patients at high risk for fatty liver and its complications like Type 2 diabetes and those with persistently elevated liver enzymes in blood tests are advised to go through testing.

The current available treatments include four approaches: first, controlling overweight and obesity through diet and physical activity by agents that promote weight loss, or by surgery; second, aggressively treating the metabolic conditions to reduce cardiovascular disease risk; third, potentially reducing end-stage complications with other approaches; and fourth, targeting NASH with liver-directed treatment.

SPECIAL EDITION WEBINAR

STOP C.O.V.I.D. DEATHS

(Current COVID-19 problems; Other outbreaks; Viruses; Infections; Disasters)



Webinar #120

FATTY LIVER: Why Should I Care?

Presenter



DR. JANUS P. ONG
Head of Liver Research Program, NIH
Hepatologist-Gastroenterologist, PGH

Reactor



DR. ELIZABETH PAZ-PACHECO
Consultant, PGH Division of Endocrinology,
Diabetes, and Metabolism

Dr. Ong, a gastroenterologist and hepatologist, and Dr. Elizabeth Paz-Pacheco, PGH Division of Endocrinology, Diabetes, and Metabolism consultant, recommended the Mediterranean diet (nuts, seeds, legumes, whole wheat grain, fish, walnuts, fruits and vegetables and olive oil), active lifestyle that reduces sedentary behavior, and mental-being management. | **Haziel May C. Natorilla**

UP Manila celebrates twin milestones; honors outstanding achievers and loyal employees

At the commemoration of its twin milestones: the 40th UP Manila Day and 43rd year of its autonomy as the Health Sciences Center, UP Manila honored its nine Gawad Chancellor (GC) awardees, 92 service awardees, and 24 retirees, for their contributions and service to the university and country.

The GC awardees were composed of 8 individuals representing different sectors and one student organization who were given a cash gift and plaque of appreciation (Please see separate article on p. 8).

In her message to the awardees, **UP Manila Chancellor Carmencita Padilla** emphasized to the younger members of our community to cherish the colorful history of UP Manila, the Health Sciences Center, and continue its rich legacy.

Human rights champion **Atty. Jose Manuel "Chel" Diokno**, in his keynote speech, urged his listeners to fight



disinformation by calling out government officials who condone, spread, and encourage it. Being the biggest source of divisiveness linked to corruption in the Philippines, he asked the audience to work with students, student organizations, teachers and school administrators to push back against disinformation and partner with fact checkers to come up with innovative ways to combat the issue. He also suggested creating our own Code of Practice on Disinformation with the help of the academe, civil society, online platforms and leading tech companies

and players in the advertising industry - developing our own unifying narrative based on our language and our history that honors life, dignity, and love of country. He also persuaded the audience to help in educating others spot disinformation through fact-checking before sharing online. *"If truth, as my father once said, is the power of the powerless, disinformation is the power of the powerful. Given the proliferation of disinformation, we need to push back, and we need to do it now,"* Atty. Diokno asserted.

In her response on behalf of the awardees, **Dr. Marissa N. Valbuena**, UP College of Medicine professor, stated that UP Manila granted her professional and personal fulfillment, monetary rewards, health care, her children's education, and the satisfaction of teaching and training future doctors and ophthalmologists which one will seldom see in private practice. | **January R. Kanindot**



UPM grad students' researches on various health themes presented at the 5th GSC



A total of 47 researches that tackled varied health topics and issues were presented at the 5th and first hybrid Graduate Students' Colloquium conducted by the UP Manila National Graduate Office for the Health Sciences (NGOHS) with the Graduate Management Team (GMT) on Oct. 26-27. A panel of experts guided the student presenters in honing their presentation skills while the students interacted with faculty and fellow students about their findings, experimental design, and conclusions.

The studies presented delved on the following themes: rehabilitation sciences, health professions education, nursing, pharmaceutical sciences, public health, molecular biology, health policy, and microbiology and pharmaceutical sciences.

During the first day, **NGOHS Director Dr. Leslie Michelle M. Dalmacio** welcomed the participants. In a pre-

recorded message, **Chancellor Carmencita D. Padilla** said that the conference interactions are productive ways to process and finetune ideas and reach higher levels of clarity. *"We have proven in the past four editions how stimulating and fruitful the discussions can be and how collaborations within and across disciplines can shape up. In such a setting, out-of-the box ideas are hatched and from the exchanges and interactions, who knows what novel projects will be conceived as creative insights come into play,"* she noted.

In a plenary talk entitled "Journey to a PhD: Quo Vadis," **UP College of Medicine Dean Charlotte M. Chiong** quoted Walter Elliot—"Perseverance is not a long race; it is many short races one after the other," as she described her journey to earning her Doctor of Philosophy. She narrated that she was interested in research in the United States but decided not to pursue it

because she had to prioritize her medical studies. This allowed her to gain more knowledge and began her research on postnatal maturation of human spinal ganglion cells debunking the theory that when a child is born, they already have the adult complement of all the different hair cells and nerves. Her talk concluded with a video of children who had cochlear implants being interviewed about their experiences, beginning with the first sound they heard and the continuing impact of hearing on them. She concluded by stating her mantra, *"no one gets left behind."* | **Erlyn May Pareja**



UP Manila joins the 4th Quarter National Simultaneous Earthquake Drill

The University of the Philippines Manila, which includes the Philippine General Hospital and its distant units School of Health Sciences (SHS) in Baler and Tarlac, participated in the 4th Quarter National Simultaneous Earthquake Drill (NSED) on Nov. 10. In SHS Tarlac, the Provincial Disaster Risk Reduction and Management Office also conducted a brief orientation of the drill.

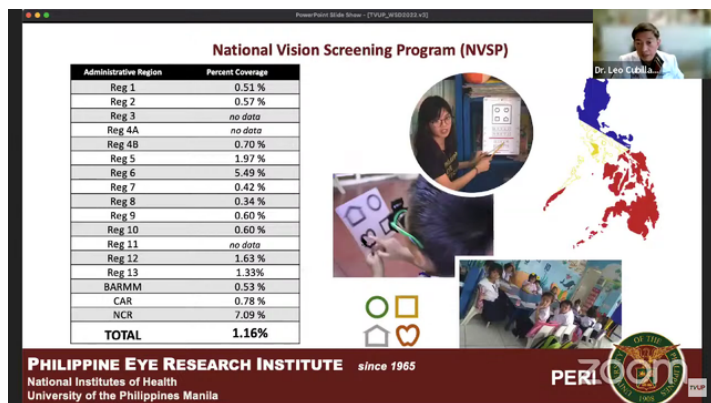


A total of 2,903 faculty members, administrative staff, REPS, medical health workers, security personnel, students, maintenance staff, and guests conducted the "Duck, Cover, and Hold" exercise and were evacuated to their designated evacuation areas.

In the simulation, a total of 322 "casualties" were reported and none were missing. All buildings were checked and cleared by the technical team. The drill was called to start at 9:30 am by the **Incident Commander Vice Chancellor for Academic Affairs Nymia Simbulan**. | **Source and photo credit: UPM-DRRM Subcommittee**



Highlight on visual impairment among Filipino children



If you are having difficulty viewing distant objects such as grocery markers or street signs, and these only become easy to see when you're in close proximity, there is a chance you are myopic.

Commonly known as nearsightedness, myopia is the leading cause of visual impairment in children. Singapore has been labeled "the myopia capital of the world" for having the highest number of reported cases of myopia of around 80% in young adults. With its growing prevalence, it is projected that almost half of the world's population will have myopia by 2050.

Screening and progression prevention

According to **Dr. Leo Cubillian**, ophthalmologist and director of the UP Manila National Institutes of Health's Philippine Eye Research Institute, around two million Filipinos are visually impaired. The most common cases are cataracts, uncorrected errors of refraction, and problems of vision brought on by diabetes complications. However, with many people left undiagnosed, the actual prevalence could be more.

He presented the results of the 2018 Philippine Eye Disease Study which showed that 9% of kindergarten kids are affected with visual impairments. This doubles when they reach adolescence; as 16% of high school students are found to have a visual impairment and 90% of these cases are myopia.

While genetics is mostly blamed for the staggering rate of myopia, recent studies are pointing to the lack of exposure to natural light as a risk factor. Community lockdowns deprived the eyes of natural light, especially among children who learned from home and stayed in front of computers and other digital devices for long periods, thus contributing to more eye problems.

The Philippines has a **National Vision Screening Program (NVSP)** that was enacted in July 2019. This law mandates the screening of kindergarten pupils to identify eye problems and treat them as early as 3-5 years old. The program was implemented pre-pandemic when school teachers across the country were trained to use the PERI Vision Screening Kit. Ophthalmologists also went around the country to perform vision screening, but had to shift the screening online when the pandemic struck. Kids who were identified to have visual impair-

ment by using the kit are advised to sit at the front row or near the blackboard and are referred to eye care professionals for proper management.

The role of parents and pediatricians

While the NVSP mandates screening of 3-5 years olds, **Dr. Lorna Abad** who was former chair of the UP-PGH Department of Pediatrics said that as early as birth, doctors and parents should be cognizant of a child's potential eye and vision problems.

Hence, parents need to be informed of practical tell-tale signs to look out for which include the child's response to colorful figures, distance to the screen when watching, tilting the head or looking sideways when looking at something, and their performance in school.

For Dr. Abad, pediatricians have a crucial role in lowering the figures of vision or eye problems by checking for abnormalities or infections at specific growth milestones from infancy, childhood, to adolescence.

"Healthy brain function needs healthy eyesight," Dr. Abad explained.

"Good vision contributes to improved athletic ability, better driving skills, improved learning and comprehension, and better quality of life."

Path to action

Both doctors emphasized that uncorrected vision problems have a dramatic impact on learning capabilities and social growth. It is imperative in this digital world that children are exposed to outdoor light for at least three hours per day to help prevent vision problems or reduce the progression of myopia.

The Department of Education has expressed its support by mandating the allotment of one-hour outdoor activities daily for kindergarten and primary school students.

Parents must also limit their children's screen time, as prescribed by the World Health Organization, to a maximum of one hour only per day for 2-5 year olds and no screen time for children 0-2 years. In general, a healthy diet, exercise, outdoor activities of at least one hour per day, and avoidance of sweet drinks promote better health for each child. | **Anne Marie D. Alto**

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The UPM chancellor also recommended curricular reviews to align with the primary care providers and address the training needs for sanitation inspectors and health regulators. **Vice Chancellor Nymia Simbulan**, meanwhile, proposed the integration of the social science perspective into the health sciences programs.

Health Usec Mario Villaverde suggested integrating the following

competencies as also required in the Universal Health Care law—Health Systems Thinking, Health Promotion and Advocacy, Epidemiology and Disease Surveillance, Disaster Risk Reduction and Management, and Community Health Competency as well as a course in Supply Chain Management and Health Economics/Health Financing which are *"critical in medical training because physicians will make important decisions."* | **Cynthia M. Villamor**



Dr. Berba is one of the Most Influential Filipina Women in the World

Dr. Regina Pascua Berba, head of the PGH Hospital Infection Control Unit (HICU), is one of the Filipino Women's Network (FWN) Most Influential Filipina Women in the World for 2022 in the Innovators and Thought Leaders Category.

Dr. Berba is an infectious disease specialist, researcher, and professor at the UP College of Medicine. She also chairs the Antimicrobial Stewardship Committee and is the head of the UP-PRIME TB DOTS and the UP Leptospirosis Taskforce. She is known as the "science" behind the PGH Crisis Management Team and has led in transforming UPM-PGH into a COVID referral center.

"We were the go-to-hospital and took care of hundreds of COVID-19 patients; and I was in charge of making sure that our hospital was



safe not only for our patients, but also for the thousands of dedicated frontliners, doctors, nurses, support staff, UP faculty, trainees, and students," recounted Dr. Berba in formulating

the COVID treatment protocols of UPM-PGH.

She asserted that in many ways, the things she and her team at HICU did in PGH defined how the country responded to the pandemic as their developed protocols were cascaded to other hospitals in the country and featured in social media. Dr. Berba spoke in several *Stop C.O.V.I.D. Deaths Webinar* episodes, sharing her knowledge and expertise.

Dr. Berba was awarded the PeopleAsia's "People of the Year 2022" on April 2022 and Distinguished Researcher by the Philippine College of Physicians in 2019 for her researches on HIV and infection control.

Source: FWN Filipina Leadership Global Summit (filipinasummit.org)

UPCD becomes first dental school in PH to use computer-based virtual reality

The University of the Philippines Manila College of Dentistry (UPCD) marked a new era in dental education as it became the first and only school in the country to incorporate computer-based virtual reality (VR) simulation to train future dentists.

Last November 16, 2022, the UPCD opened the Simodont Dental Trainer Simulation Laboratory with three trainer units costing P24 million. These were acquired through a grant from the Commission on Higher Education which was initiated by its former dean, **Danilo L. Magtanong**, together with **UP Manila Vice Chancellor for Planning and Development Michael Tee**.

Aside from replicating the soft and hard tissues of the teeth, these virtual simulators bridge the gap between clinical and pre-clinical training by providing clinical diagnosis and realistic treatment environment that is not present in conventional phantom head simulators.



Dean Michelle Segarra spearheaded the preparation of several teaching modules which will be used for the different courses for the new laboratory. She emphasized how powerful VR simulation-based education is in providing students the psychomotor skills, hand-eye coordination, and manual dexterity.

A team from Nissin Dental Products Inc., Japan conducted a two-day Basic and Advanced System training workshop in managing the Simodont laboratory classes. This was participated in by faculty members from different UPCD departments as well as non-academic support staff.

UP Manila Chancellor Carmencita Padilla congratulated the college for pushing dental education in the Philippines to a higher level. *"Now, we can look forward to a new generation of dentists in the country, with hands honed by the latest technology and hearts beating for Filipinos needing dental care!"* | **Anne Marie Alto**



Gawad Chancellor Awardees for 2022



The 2022 Gawad Chancellor awardees with Atty. Jose Manuel "Chel" Diokno and UP Manila Chancellor Carmencita D. Padilla

Eight individual members and a student organization were conferred the UP Manila Gawad Chancellor award on Oct. 28 for outstanding contributions to the university, health community, and country. The conferment was held as part of the celebration of the 40th UP Manila Day and 43rd Health Sciences Center Autonomy.

Dr. Nathaniel W. Yang, College of Medicine - Outstanding Teacher

A UP College of Medicine faculty and attending otolaryngologist at the Philippine General Hospital, Dr. Yang has mentored students and residents in training and developed innovative strategies of teaching. He developed and utilized online teaching and learning strategies such as asynchronous forum discussions and digital interactive learning objects. He directly supervised surgical residents with transfer of techniques in managing surgical disorders in hearing and balance, and disseminated knowledge and skills through consistent publication of interesting cases and/or review of unusual cases in clinical practice.

Dr. Roland Dominic G. Jamora, College of Medicine - Outstanding Researcher

Dr. Jamora conducted studies and published extensively on movement disorders in the Philippines and on general neurology topics: 127 full text articles published in PubMed- and/or Scopus-indexed journals, 7 full text articles in local peer-reviewed journals, 3 book chapters, and 1 book on X-linked Dystonia-Parkinsonism (XDP). He is first author and co-author of at least 38 papers on XDP, a movement disorder found only among Filipinos.

Imelda G. Peña, College of Pharmacy Outstanding Faculty in Extension Service
Prof. Peña's involvement and support of

advocacies such as immunization, medication adherence, and smoking cessation have led to their translation to educational materials, manuals, and lectures that benefit the practicing pharmacists, patients, and society. She contributed to the assessment of investigational drugs for COVID-19, drugs for minor inclusion in the Philippine National Formulary, and left-over drugs from the former Formulary Executive Council that can be recommended to the DOH for procurement and use by the public while ensuring their efficacy, safety, and cost-effectiveness.

Wilfredo II Francis F. Mina, ND, PhD Outstanding Research, Extension and Professional Staff (REPS)

Mr. Mina served as an educator in different sectors and institutions for more than 20 years—being a licensed guidance counselor and psychometrician, a certified security professional, student affairs and services specialist, school health consultant, certified prevention specialist, and safety officer. He served in several committees in the university and was actively involved with the UP Manila REPSA of which he is the acting president.

Maria Bernadette P. Idjao, Philippine General Hospital - Outstanding Administrative Employee (Level I)

Ms. Idjao established and maintained an effective and efficient system of property and supply management for the various hospital units that ensured continued availability and adequacy even during the COVID-19 pandemic.

Kathlin-Kaye T. Hidalgo, Procurement Office - Outstanding Administrative Employee (Level I)

Ms. Hidalgo guided and assisted employees in the implementation and use of the FCMIS, UIS, DATS and other online administrative applications by con-

ducting training sessions for end-users and responding swiftly to requests for assistance. She contributed to the preparation of procurement reports with major implications on the UP Manila procurement compliance performance.

Nicole Rose I. Alberto, College of Medicine - Outstanding Student

Ms. Alberto epitomizes academic excellence as demonstrated by her *cum laude* standing and consistent University/College Scholar ranking. She showed excellence in leadership, having received awards for leadership positions in university organizations including the UP Medicine Student Council, UPCM Class 2023 Class Council, Medicine Student Council, and UP Medical Students for Social Responsibility. She organized and participated in research projects that cater to the health and rights of the underserved and marginalized and health disparities and access to healthcare in the Philippines and Southeast Asia.

Phi Lambda Delta Sorority, College of Medicine - Outstanding Student Organization

The Phi Sorority has been extending services that address important health issues like maternal and child health, cervical cancer, HIV/AIDS, developmental delays in children, mental health, and blood donation.

Jose V. Ogatis I, College of Arts and Sciences - Outstanding Artist

Mr. Ogatis produced 15 poems that were published in refereed books and journals in a span of two years. He served as editor of the department's online refereed journal, *The Reflective Practitioner*, with the first issue under his supervision to be printed by the UP Press. | **Cynthia M. Villamor**