

Pagtatapos / Balik-Aral

BASURA: Kalusugan ng Antipolo, Saan ang Panama?

January 30, 2009

Ephpheta Multipurpose Center, Antipolo City

January 2009 Junior Interns

Victor K. Oyek, M.D.

Programme

- | | | |
|-------|--|---|
| I. | Opening Prayer | Ryan Manaloto |
| II. | Opening Remarks | Jennifer Nalles, M.D. |
| III. | Interpretative Dance | January 2009 Junior Interns |
| IV. | Primer Game: "Waste Busters" | UERM Barangay Health Workers |
| V. | Leveling of Knowledge | Annelyn Fatima |
| VI. | Introduction of Guest Speaker | Nikki Lucas |
| VII. | The Green Building on a Green Environment | Victorio K. Oyek, M.D.
UERM Medicine Class '71 |
| VIII. | Presentation of Certificate of Recognition | |
| IX. | Video Presentation | January 2009 Junior Interns |
| X. | Closing Remarks | Edith M. Regalado, M.D. |

Masters of Ceremony
Cristina Lorenzo
Raphael Madarcos

UERMMMMC ALUMNI FOUNDATION USA, INC.
COMMUNITY SERVICE COMMITTEE

REPORT ON THE COMMITTEE CHAIRMAN'S VISIT TO UERMMMMC :

1. January 30, 2009 Friday

Attended the Culminating Activity of the January 2009 Junior Interns' month long rotation in Preventive & Community Medicine in Antipolo under the tutelage of Dr. Edith Regalado and the UERM Faculty. The program was prepared and presented by our students with the theme of promoting health through conservation and environmental sustainability ---

“BASURA: Kalusugan Ng Antipolo, Saan Ang Panama?”

In attendance were Dr. Jennifer Nailes, Chairwoman of the Department, community leaders, Barangay Health Workers, our nursing students, Mrs. Elvira Lim, RN, coordinator of the Community Nursing Program and six visiting student nurses from the University of Saskatchewan in Saskatoon, Canada.

The interns presented an interpretive dance of waste management and its relation to health, the BHWs participated in a game “Waste Busters” and remarks were given by Drs. Nailes, Regalado and O’Yek. Awards and gifts were given to the BHWs and the interns gave a summation of their experience in Primary Health Care at Antipolo. Lunch followed, prepared by the interns.

Back at UERM, I visited the Department where a workshop on Research attended by the UERM Faculty was ongoing, conducted by Drs. Georgina Paredes and Fernando Sanchez. I met briefly with Dr. Sanchez and had a short discussion on Ecology and Health. I gave him copies of the medical journal ECOHEALTH and brochures on past conferences pertaining to ecology and health.

2. January 31, 2009 Saturday

Attended the CME: “Understanding the Elderly” at the College Auditorium, presented by the UERMMMMC College of Medicine Alumni Association and the Jubilarian Class of 84. Posters and brochures on the Green Building (the UERM Community Medicine Learning Center) were prominently displayed by the Registration Desk.

3. February 2, 2009 Monday

Attended the Convocation Ceremonies honoring the Jubilarians Class 84. Posters and brochures on the Green Building displayed by the Registration Desk.

4. February 5, 2009 Thursday

Attended the meeting with Mr. Wilson Young, Vice Chairman of UERMMMMCI, and the alumni. Mr. Young presented a future direction of the Medical Center and 23 infrastructure projects in the next 3 to 5 years. Included in the renovation are the medical library, gymnasium, student lounge, Outpatient Department (waiting

area, lounge and entrance), College of Physical Therapy Skills Laboratory, restrooms, amphitheater and the bridgeway. The architectural firm presented their designs. In the Q&A period, a question was asked about "green" features of the projects. The firm's response mentioned waterless toilet but apparently not much of energy saving innovations. They promised to delve into it. Judging from their answers and my later talking to them, they are very much aware of the Green Building concept and practice. This is in its infancy in the Philippines.

Met with Dr. Paredes and discussed the Multidisciplinary Urban Community Health Services Extension Program. This is a joint effort by the local government unit (the barangay) and the UERMMMCM Dept. Of Prev & ComMed to provide relevant health services to the depressed urban poor community of Barangay Imelda, just north of Kapiligan Street at the back of UERM campus. Our Committee's involvement will be limited to the health care financing scheme, i.e. subsidizing insurance premium with PhilHealth, about \$15.00 per family per year. This is a version of Community Based Health Insurance which has a long history in the poor communities of Africa and India. We are in the early, exploratory phase of this project.

5. February 6, 2009 Friday

Attended the Culminating Activity of the College of Nursing at the St. Michael's Retreat House in Antipolo. This is the end of rotation of our student nurses in their community nursing experience in Antipolo. The program was prepared and presented by the nursing students. All three colleges were represented, including Dean Carmelita Divinagracia, Dr. Edith Regalado, Dean Arnel Malaya of the College of Physical Therapy and students (nursing, PT and the February 2009 batch of Junior Interns). It is a collaboration of the three Colleges in community service.

Visited the UERM property where the Green Building will someday arise. It is beside the creek and somewhat sloping down, which explains the design of the building - a narrower first floor and much wider second floor.

Respectfully submitted,

Victorio K. O'Yek, MD
March 1, 2009

Remarks given at the Culminating Activity of the January 2009 Junior Interns
UERM Community Based Health Care Program, Antipolo City
Victorio K. O'Yek, MD
January 30, 2009

Green Building in a Green Environment

Good morning to everyone,

Thank you very much for the kind introduction. I'm very pleased to be here with you today to celebrate this important event in the ComMed experience of our students. The topic you have chosen -- "BASURA: Kalusugan Ng Antipolo, Ano Ang Panama?" is a very timely one. With your presentation today, you have clearly made the link between the health of the community and environmental degradation. Let me further add to our discourse today something of utmost importance to the health of the world's community. And that is : The Green Building. As you know, the UERM alumni acquired a property in Antipolo to build the Community Medicine Learning Center; the center for training our students in Primary Health Care, for training our barangay health workers, the place to conduct clinics, research, etc., etc. As we proceed with the planning and design, we thought -- This has to be a Green Building!! Why Green Building? Is it because it will be painted green? Not really. Is it because there will be lots of trees, plants and shrubbery? Could be. It really has something to do with Global Warming and our mission as stewards of the health of our community.

UERM's Green Building ----- and ----- Global Warming? What is the connection? Malayo yata. But there is a connection. There are many dots in between and we have to learn how to connect the dots.

Let me start by paraphrasing VP Al Gore. During his acceptance speech at his Nobel Prize Award ceremony, he said "the Earth has a fever". May lagnat ang mundo. May sakit, kung ganoon. And if this sickness is allowed to progress, catastrophic events will occur, threatening the survival of many species, including our own.

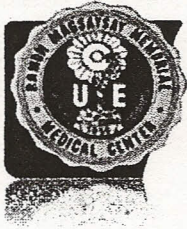
You know, we have incredible scientists. Climate scientists have been able to calculate and track the Earth's temperature for the past millions of years. There were periods of warming and cooling ----- all considered natural variations, until the past several decades when there's an alarming increase in rate and intensity of the rise in the Earth's temperature. Our scientists have pinpointed the cause and it is not natural variation, it is man-made. The culprit is the dramatic increase in the release of greenhouse gases (GHG) such as carbon dioxide, methane, etc. by the burning of fossil fuels (coal, oil, natural gas). Not to disparage fossil fuels. Mankind has benefited from them. Coal launched the Industrial Revolution in the 1800s and oil is the main source of energy that fuels our civilization today. Burning coal to produce electricity, using oil to run our automobiles - we produce greenhouse gases that become trapped in the atmosphere. Heat is reflected and trapped back to Earth and this is essentially the pathophysiology of Global Warming. Coal is the biggest emitter of GHG, the "dirtiest" of them all, oil next and natural gas the "cleaner" of the fossil fuels. But while the use of coal is declining and oil production near its peak, the increase in the world's population, up to about 6 billion now, guarantees increasing GHG production. Guess what is the biggest source of CO₂ production? Buildings!! About 40% of GHG emissions come from buildings. Next are automobiles at about 20%.

Global warming spawns extreme climate changes with devastating consequences to human health. Rising sea levels from melting of Arctic ice, stronger hurricanes and typhoons, flooding and drought, intense heat waves, starvation, clean water scarcity, air pollution, vector borne diseases and resurgence of malaria, Dengue fever, etc. These are

the ill effects of Global Warming that we as health care professionals in Community Medicine will be confronted with. Community Medicine is after all Public Health and this is a most pressing Public Health issue of our time. It is time to switch from fossil fuels to renewable energy.

Construction of a Green Building incorporates design, operations and maintenance that minimizes reliance on fossil fuels and maximizes utilization of renewable sources of energy such as the sun and wind. It may feature a green roof, natural cooling, rainwater collection, use of local and recycled materials, geothermal field, solar panels, waste management, etc. The idea is to decrease our dependence on fossil fuels, thereby reduce our carbon footprint, decrease greenhouse gas emissions and decrease the harmful effects on human health. That is how the dots are connected. Surely the impact of our Green Building on mitigating GHG emission, in the overall scheme of things, will be minuscule, the important thing is to demonstrate that we can be a part of the solution and not part of the problem and that we can join those who are leading the way.

Thank you very much.



UNIVERSITY OF THE EAST
RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER, INC.
64 Barangay Doña Imelda Aurora Boulevard Quezon City 1113
Telephone No. 713-33-09; 715-08-61 local 289

COLLEGE OF NURSING

January 27, 2009

VICTORIO K. O'YEK, M.D.

Dear Dr. O'Yek,

Greetings!

We are pleased to inform you that **UNIVERSITY OF THE EAST RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER** is having its annual culminating activity on February 6, 2009.

The aim of this event is to celebrate our partnership in addressing the health care needs of the people of Antipolo. The Medical Center greatly appreciates your invaluable cooperation in the past year's activities and we are looking forward for the sustenance of our commitment in disease prevention and health promotion of your beloved city.

In this regard, may we cordially invite you to attend the said program, which will be held at St. Michael's Retreat House, St. Benedict's Hall on February 6, 2009 from 9:00 am to 12:00 noon.

Please contact the following people for confirmation of your attendance on the said date:

Ms. Regina Santos – (0915) – 4585582

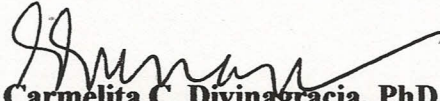
UERM COLLEGE OF NURSING thru Ms. Maria Santa R. Portillo – 713 – 3309

We are looking forward for your utmost presence in this meaningful event.

Respectfully yours,


Jocelyn M. Molo, MPH, RN
Coordinator, Community Nursing

Noted by:


Carmelita C. Divinagracia, PhD
Dean, College of Nursing