



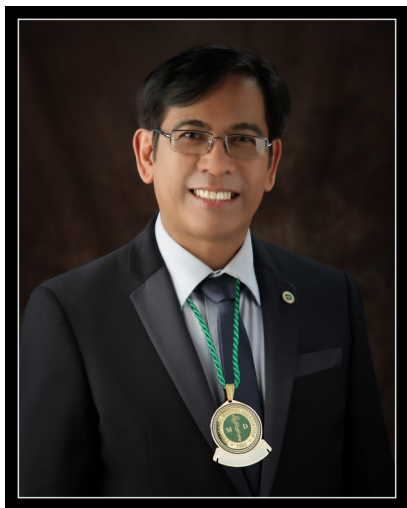
THE PHYSICIAN

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PMA: Working Together As One

Benito P. Atienza, MD

PMA President 2020-2022



Patients in hospitals surrounded by machines, beeping alarms, and medical personnel covered by personal protective equipment, with no family members or other loved ones in sight.

Doctors stand in for family as the only ones present during the patient's bout with COVID-19. Hospitals strained to capacity are asking for help in areas outside of their specialization.

That familiar hospital scene could be the defining image of 2020. It was indeed a year like no other and a time that almost brought the system to the brink of collapse. Through it all however, we focused our efforts in strengthening the Philippine Medical Association within an increasingly difficult environment, touted by many as the new normal.

2020 was an extraordinary year for the Philippine Medical Association. My administration's tagline is "PMA: Working Together as One", and it is at the core of everything we do for our greatest asset-the membership.

The PMA addresses the well-being of its members through member-oriented projects. Through various partnerships, continuing professional development programs have been provided to equip members the necessary skills, knowledge and attitudes to render quality medical care.

One of the ways we can be a champion for our members is to be good stewards of their membership dues. That means being financially responsible with their money both in the amount we spend and in what we spend it on.

Through engagement and dialogue, we continue to prioritize issues that matter most to our members. We have been optimizing our efforts in support of new priorities while also sustaining momentum on enduring issues. In 2020 and into 2021, our focus has been on our Ten Point Agenda:

- Re-engineering or redesigning the PMA as an organization to make it more responsive to the changing needs of the members by decentralizing or devolving some of its powers to the local component societies
- Amending the by-laws to make it responsive to present and future situations
- Enhancing collaborative efforts with the government in the pursuit of national health objectives
- Assuring the general membership that we will be cautious in the management of its funds by applying the principles of transparency and accountability

- Continuing Professional Development for members that is parallel or aligned to global integration
- Enhancing participation in environmental and climate change advocacies.
- Strengthening the non-discriminatory principle that every physician regardless of his interest and specialization has his or her place in the practice of medicine
- Commitment to constant dialogue with allied health professionals and allied health providers
- Increasing its strength in constructive but cautious engagement with the regulatory bodies of government
- Raising public awareness on the role of physicians as leaders and vanguards of people's health and wellbeing

PHILIPPINE MEDICAL ASSOCIATION: WORKING TOGETHER AS ONE

Engagement and advocacies were some of the common themes that stood out in 2020. At the Board's level, PMA embarked on a 10-point agenda aimed at ensuring that its structural processes and the manner by which it conducts its core business remains relevant to its membership.

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from page 1*

'CHANGING OF THE GUARD'

The pandemic has also created an unprecedented situation for the conduct of PMA elections. The Comelec had to utilize the hybrid type- online voting and the traditional paper-based ballot in places with internet connectivity problem.

Then came the smooth transition from one administration to the next. It was a seamless transfer of duties as outgoing and incoming presidents had good working relationship in the past.

Immediately after my inauguration as PMA President, We reviewed the work of the various committees and see where specific priorities in the 10-point agenda fit.

We knew too well that the COVID-19 pandemic has not only transformed medical practice, it has also knocked patients' off their curves--afraid that they will not be able to get back to where they were before. But we believe that the collective nature of the experience could change how members of the medical community relate to each other.

The PMA officers and members have been and are still going through it together. And as vaccines bring the pandemic under control, there's enough reason to be optimistic that they will be able to keep the steady sail of PMA.

ON THE FOREFRONT OF THE PANDEMIC

Earlier in the year or just weeks into the pandemic, the PMA received reports that some of its members had become victims of reprisals for denouncing undignified working conditions and criticizing the government's pandemic response. The good news is that the media and citizens recognize the professional dedication of doctors working tirelessly in the context of this unprecedented health outbreak. Just like most professionals, PMA members felt the crushing effects of COVID-19.

The main concern of the PMA leadership then was the safety of everyone especially its seasoned members.

With every reported recovery from COVID-19, the PMA felt part of the jubilation, not as a voice of the profession but as a proud group of Filipino doctors, many of whom are in the frontlines.

Elsewhere around the country, physicians in small private practices have experienced steep declines in revenues. Some even had to shut down their practice for fear of not being able to raise money to pay their overhead. For those who held on to their practice, they had no other option but to turn to telehealth. Thus, the tremendous rise in the use of telemedicine.

MEETINGS AND OTHER ACTIVITIES GOING ONLINE

Board meetings have gone virtual since the beginning of the COVID-19 pandemic. Meeting online has given PMA a break from the financial and time burden of an in-person meeting. Cluster orientation meetings, leadership conferences, regional assemblies and component society inductions are also taking place virtually.

The widespread adoption of virtual component society inductions somehow also provided interaction between national and local officers.

With the pandemic taking firm hold of domestic travel, leadership conferences for four major regions were held virtually. Attendance was two or three times as many as at previous years' in-person conferences.

Members with other responsibilities, scheduling conflicts or limited funds were able to attend the two-day regional assemblies.

PMA is also set to hold its referendum by hybrid platform (Online, SMS and Manual). This significant exercise seeks to amend important provisions in the By-laws. Past experience highlighted the need to consider such amendment in light of changing realities.

PURSUING COLLABORATIONS

The COVID-19 pandemic was initially thought to have cast a long shadow on cooperative and collaborative efforts. But PMA had somehow managed to stay out of the shadows and pursue cooperative activities with the Professional Regulations Commission (PRC) particularly in the provision of continuing professional education of medical professionals. The PMA President was appointed first member of the PRC CPD Council for Medicine.

In February 2021, PMA strongly supported the Department of Health (DOH) Chikiting Ligtas campaign which reminded parents to avail of well-child checks and added immunization against rubella, polio and measles during the pandemic. Compared with the same time period in recent years, vaccination coverage declined leaving young children and communities vulnerable to vaccine preventable diseases.

On a regular basis, PMA participates in DOH-organized or DOH partner-sponsored webinar/trainings so it can be authoritative agents of accurate information on both COVID and non-COVID health-related issues.

PMA has also committed to support the DOH Programs anchored on Seven priority areas: Diet & Exercise, Environmental Health, Vaccine & Immunization, Substance Use, Mental Health, Sexual & Reproductive Health and Safety & Inclusivity.

PROVIDING THE LATEST NEWS AND SCIENTIFIC INFORMATION

PMA has been dedicated to communicating scientific information and providing the latest news. Both the official medical journal and newsletter enable them to do this.

The JPMA is the official journal and has served as a medical forum for over - years. It contains original articles and reviews covering clinical and basic research with the ultimate goal of advancing medical research and improving patient care.

***PMA: Working together as One,
from page 2***

Its different specialty divisions came up with their respective guidelines on how to adjust their practices with the threat of COVID-19 looming over their heads. Some of these guidelines were made available in various formats.

The Board also saw the need to move a notch higher in providing the latest information.

PMA has to provide added value by offering more than what members or even the public can already access on their own. Plans are afoot to make the crucial leap to the digital platform.

**THE LEADING VOICE OF THE MEDICAL
COMMUNITY**

PMA leaders and their assigned representatives have maintained a consistent presence in both houses of Congress - working with lawmakers and regulators to promote and preserve the interest of medical professionals.

Definitely the largest organization of medical professionals in the country, PMA serves its members so that they can better serve their patients.

In its early years, PMA was an association dedicated primarily to medical practitioners. Today, it is known as a diverse group that encompasses the complete spectrum of the medical community. From medical students to academicians, from residents to practitioners, from clinicians to subspecialists, the PMA is committed to serving the entire medical care team.

To be successful in this effort, PMA has been working hard to strengthen the scientific response. In the background, PMA has been

- Recognition of exceptional medical students with exemplary performance in academics, leadership, and social responsibility thru the “Mga Natatanging Mag-aaral ng Medisina ng Pilipinas” program.
- Condemning all malicious comments against doctors posted online. PMA has filed formal complaints against individuals involved in this kind of cyber libel, cyber bullying and usurpation of authorities.
- Continuously providing peer support for physician colleagues as they navigate the COVID-19 epidemic.
- Ensuring that physicians and their fellow frontliners get support for burnout, career fatigue or mental health reasons.

National and component society leaders also gathered in groups to discuss plans and strategies for the next few years, and what they can do to keep improving services to PMA members. It has indeed been a period of great change and many firsts. The unprecedented circumstances, nonetheless, indicate a path forward, and a lesson on the value of interconnectedness.

**MAKING A DIFFERENCE IN A YEAR LIKE
NO OTHER**

Doctors in the frontlines are in power mode, just trying to save as many people as they can. That is where the real challenges come in - the loss of lives is so great that they just don't have time to grieve.

COVID-19 has fundamentally disrupted the world turning it upside down as early as March 2020.

In the Philippines alone, COVID-19 death toll stands at more than 13,000. Among the lives lost were doctors (PMA members) who provided treatment for a disease they hardly understood. Mutual aid was provided by PMA to the bereaved kin of the fallen heroes of the pandemic. PMA also disbursed Php6.14M for disability benefit claims, mostly COVID-related.

Indeed, among the heroes who have emerged from the crisis are PMA members who have risked their own health to serve their patients.

Moving forward, PMA leaders know that as the pandemic continues to evolve, they must make sure that their members are making significant progress in their understanding of the disease and in their ability to combat it.

Working with various partners and donors, PMA has rolled out efficient mechanisms for the distribution of personal protective equipments to its component societies. Since the WHO declaration of the pandemic, PMA has linked arms with different government agencies, private companies and non-government associations for a more coordinated COVID response.

The Inter Agency Task Force (IATF) has consulted the PMA on many unprecedented circumstances, laid bare by the COVID-19 pandemic. There were concerns on breakdowns in medical manpower supply and lately, on vaccines.

At the start of our term in August 15, 2020, PMA came up with the 10-point agenda to frame decision making and actions, while helping ease the impact of COVID-19 to the medical profession and the medical frontliners.

Through engagement and dialogue, PMA prioritized issues that matter most to its members. The PMA engaged in strategic discussions to articulate and strengthen the non-discriminatory principle that every physician regardless of his field of interest and specialization has his place on the practice of medicine. PMA through its Committee on Professional Specialization met with the different specialty divisions and affiliate societies to drive an impactful position on the issue.

PMA asserted its position on the Substitute Bill-Physician's Act, upon which the future work of its medical professionals will be built.

- Supporting measures pushing for the establishment of a medical reserve corps. PMA leaders believe that they can be used in telemedicine as medical frontliners already feel the strain of attending to COVID-19 patients.

***PMA: Working together as One,
from page 3***

The first-ever virtual PMA Annual Convention attracted over 11,500 participants composed mostly of medical doctors and students. This 4-day convention was offered for free.

Two other significant events were held in September 2020. The 117th PMA Foundation and the 63rd National Medicine Week were both held virtually. But both celebrations were well-attended.

PMA also undertook a review of existing MOAs with private companies and non-government organizations like the Takeda Science Foundation, The Great Light Foundation, Integrated Bar of the Philippines, Project Teenspired and United Laboratories.

All these agreements supported collaborations which aligned member engagement activities and joint initiatives that advanced shared priorities.

Another important occasion was the convening of the signatories to the Consensus Framework for Ethical Collaboration to draft the Philippine Consensus Framework. As umbrella organization of medical professionals, PMA likewise believe that there is no better time than today to do it as the health care sector is placed at the center of national and global attention due to this COVID-19 pandemic.

PMA also attended the virtual consultation meeting on Universal Health Care (UHC) and the Role of PhilHealth. Such meeting gave PMA a clearer picture of the impact of COVID-19 pandemic on the roll-out of UHC implementation.

Or as one PMA specialty society president wrote in his column - "the resilient spirit of the Filipino will help us move forward with hope, positivity and assurance of a better working environment and a better life for all." (JAM Salud, 2020)

During this time of the pandemic, all the leaders of the organizations representing PMA's eight (8) specialty

divisions recognized lots of gaps and needs that must be addressed before they could proceed with their respective plans made during the start of their administrations.

True to their commitment in ensuring continuing medical education for all their members, all the PMA-recognized specialty organizations conducted their CPD activities online using the various platforms available. They also conducted online conventions, business meetings, elections, wet-clinics, teaching workshops, diplomate and in-service examinations. Some of them even had virtual exhibit halls for corporate partners. In varying phases, these specialty organizations and all other groups under them, have undergone digital transformation.

PMA, along with these specialty divisions has given voice to medical educators and practitioners in the following fora/discussions:

- Issues related to DOH circulars on residency training and accreditation, posting of professional fees in clinics and manpower data.
- Physicians' Act, Bills 1103 & 1443, particularly on the creation of a Post-graduate Medical Education Council.
- Creation of simplified pathways and algorithms for the management of patients in the time of COVID. The guidelines were compiled and shared with all the doctors in the land.
- Revision of the PhilHealth policy on the grounds for denial of accreditation.
- Congressional and Senate hearings on Telehealth Policy, Anti-Red Tape Authority (ARTA), Call for Time Out, Creation of Center for Disease Control (CDC) and Vaccine Rollout.

PMA and the specialty divisions have been consulted by the Inter-Agency Task Force on Emerging Infectious Diseases (IATF) on the Reduction of Physical Distancing in Public Conveynances.

PMA-led coalition strongly opposed the legalization of medical cannabis (Draft updated December 15, 2020)

CONTINUING PROFESSIONAL EDUCATION

Steps are being taken to support physicians' efforts to meet regulatory requirements for relicensure.

Aside from their own credit scheme, PMA's eight specialty societies also obtain corresponding PRC-CPD units for the attendees/participants.

PMA's specialty societies have appointed their respective committees and technical working groups to develop standards and clinical practice guidelines. They came up with COVID-19 guidelines and advisories that helped minimize foot traffic, allow community quarantine, conserve essential medical supplies, and minimize risk to patients and healthcare frontliners from possible exposure to COVID-19.

Aside from the regular CPD offerings in its recent Annual Convention, PMA also held sessions of note: Short Course Series on Introductory Medical Writing.

Another crucial learning from COVID-19 is the importance of providing medical practitioners of different backgrounds with more CME in the psychological realm. PMA leaders are cognizant of the psychological burden the pandemic has placed on medical professionals. Ultimately the best help comes from peers who can truly understand and relate to the emotional anguish the medical frontliners are going through. It has worked closely with its various specialty and affiliate societies in the provision of webinars and online lectures on mental health, and with private companies for its health and fitness programs.

THE PMA AWARDS

PMA also gave recognition to its outstanding members, specialty and component societies. Feted in a virtual awards ceremony, these honorees were cited for their various contributions to medicine and the medical community.

*PMA: Working together as One,
from page 4*

THE DR. JOSE RIZAL MEMORIAL AWARDS

are given to outstanding Filipino physicians whose lives and works reflect the ideals of Rizal in their profession and practice, in their love for fellowmen, the country and God.

Initiated by the Southern Tagalog Association of Medical Practitioners (STAMP), the award hopes to inspire physicians and non-physicians to perpetuate the memory and legacy of Rizal. A toast to men and women whose selfless service that goes beyond the call of duty is a way of life: for the love of human life.

Five outstanding physicians joined the roster of honorees during the 29th DR. JOSE P. RIZAL MEMORIAL AWARDS in ceremonies held virtually on September 9, 2020.

ADVOCACIES

PMA strongly advocates for medical practitioners promoting the importance of patient safety and quality care. Its specialty divisions work for better recognition and reward for their members. Some of the specialty organizations have invested into primary healthcare infrastructure in line with the full implementation of Universal Health Care.

Recognizing climate change as a key public health issue, PMA advocates for policies to protect human health from risks of climate change.

In 2020 alone, the country experienced heavy rainfall, flooding and storm surges. While there is really "calm after the storm," PMA sees it differently, as many victims suffer from distress and acute and chronic anxiety disorders. PMA undertook and supported education for members about climate change and how it impacts on individual and population health.

PMA has worked with other professionals to strengthen individual and community actions. Utilizing the

members' expertise and professional position as trusted community leaders, PMA is able to advocate on behalf of patients for effective climate change policy and action.

While the impact of its action appears small, PMA remains committed to mitigate and adapt strategies as an organization. PMA also continues to promote green clinic and eco-hospital including proper waste management and sanitation. Its individual members help promote water and energy-efficient clinics and consultation rooms.

SOCIAL RESPONSIBILITY

PMA's social agenda has significantly broadened as it worked with government agencies and NGOs to help communities ravaged by a series of typhoons and volcanic eruptions. Of course there is that regular dimension in PMA's social involvement: Medical Missions, which are conducted after natural disasters when families in the affected communities are under stress.

For 2020 alone, PMA made relief operations and gift giving in Catanduanes, Marikina, Camarines Sur, Albay, Cagayan, Polilio Islands in Quezon, Bulacan, Montalban in Rizal, Taal and Lipa City both in Batangas.

PMA has also reactivated its 'Doctors on Boats' program to be able to penetrate remote and deeply flooded barangays to deliver crucial medical services as well as relief goods. Psychiatrists and spiritual leaders also joined these doctors on boats to provide mind and spiritual support to the flood victims.

The PMA continues its affiliation with several international medical associations and in representing Filipino physicians internationally. The PMA remains an active member of the World Medical Association (WMA), the Medical Association of Southeast Asian Nations (MASEAN) and the Confederation of Medical Associations in Asia and Oceania (CMAAO).

In closing, allow me to extend my sincerest gratitude to the Officers and Board of Governors for their wise counsel. I wish to thank the entire PMA staff for the good job inspite of the 'work from home' arrangements.

Most importantly, I want to thank the members of our Association for their commitment to patient care and for their support of the work of the Philippine Medical Association.

**A TRUE
LEADER
HAS THE
CONFIDENCE
TO STAND ALONE,
THE COURAGE
TO MAKE
TOUGH DECISIONS,
AND THE
COMPASSION
TO LISTEN
TO THE NEEDS
OF OTHERS.
- DOUGLAS MCARTHUR**



EDITORIAL

MARIA CHRISTINA H. VENTURA, MD, FPPS

The country has started to move forward. Most everyone is at ease already with the alert levels that have been raised. It seems that we are looking to a more enjoyable Christmas season as the numbers go down. Meanwhile, the changes that have been made in everyone's lives has caught on. The risk for infection is still around but hopefully this goes down even further. Despite all of these, we still brave the daily messages of hope for the season. We pray that we can keep our families safe. Yet, our service to our patients and to our community remain.

The Philippine Medical Association has been working closely with the government yet again for the National Immunization Program campaign. In an effort to increase the immunization rate, all sectors worked together to reach this goal. The efforts of all our members improved the outcome and primary immunization rate for

COVID 19 in the country. But this is far from over. The rollout of boosters, including the immunization of our 12- 17 years old is being planned. And hopefully by next year, we will be able to vaccinate also the below 12 population. The threat also of a new variant coming to our shores is also being looked at. We hope to keep our country safe. This will be a collected effort not only by us, doctors, but by the general population. Let us contribute in our own ways in our different communities. Keep vigilant. Continue with the APAT DAPAT. The DOH Resbakuna viber community is a great resource. Keep informed. Keep in touch with you medical school classmates who are in different parts of the world. Let us learn from each other as we go through another year of the pandemic. Protect yourself and your loved ones. And above all, be kind to others.

DATE TO REMEMBER

**JANUARY 31, 2022
(Monday)**

**Deadline of Submission for
Nominations for the 31st Dr.
Jose P. Rizal Memorial Awards**

**FEBRUARY 11, 2022,
(FRIDAY, until 5:00 PM)**

**Deadline of Submission of
Entries for the 28th Annual
Residents' Research
Competition**

**MARCH 13, 2022
(SUNDAY)**

**PMA National and Local
Elections for
Fiscal Year 2022-2023
(Manual and Online Voting)**

**MAY 19-22, 2022
(Thursday - Sunday)**

**PMA 115th Annual Convention
and Scientific Meetings
"PMA: Nagkakaisa Sa
Pagbangon"**

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The Physician

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PMA 118th Foundation Day

David O. Calapatia, MD
Overall Chair, PMA 118th Foundation Day Celebration
Governor, Central Luzon Region
Teresita N. Agda, MD
Co-Chair, PMA 118th Foundation Day Celebrations
President, Quezon City Medical Society



The PMA celebrated its **118th Foundation Day** on September 15, 2021 with the theme: *Sama-sama at Nagkakaisa laban sa Pandemya*. The preparation and brainstorming for this very special occasion started as early as July. Dr. David Calapatia, PMA Governor for Central Luzon, being the chair of the 118th PMA Foundation Day, immediately convened a meeting to resolve the question on how to celebrate it in the midst of a pandemic. With the cases of Covid-19 on the rise, a decision was made by the Execom that it is going to be Virtual and most parts of the program, if not all, will be pre-recorded.

The event started with a mass which was coordinated by the President of the QCMS and co-chair of the Foundation Day Dr. Teresita Agda. The momentous event was held at the PMA Auditorium and officiated by Fr. Geowen Porcincula, CM of St Vincent Parish and Shrine of the Poor was attended by the PMA National officers, some BOG, presidents of the different component and specialty medical societies in a hybrid platform. This was followed by the unveiling and blessing of the PMA Memorial marker for covid-19 heroes with a very fitting inscriptions: *Bayaning Manggagamot sa Panahon ng Pandemya*. The marker made of granite was carved by local artists of Angono, Rizal though the help of Gov Mylene Basco-Tiamson. A marker will be later made when its final location is decided with the inscription "In commemoration of the heroism of our fallen colleagues who selflessly dedicated their lives for our countrymen during the COVID-19 pandemic. Gone but will always be remembered dearly."

PHILIPPINE MEDICAL ASSOCIATION



118th PMA
FOUNDATION DAY
Anniversary Celebration
SEPTEMBER 15, 2021

**"Sama-Sama at Nagkakaisa
Laban sa Pandemya"**



118th PMA Foundation Day, from page 7

The first part of the program was highlighted by a heartwarming message from our PMA President Dr. Benito P. Atienza. The following past PMA presidents gave us their wonderful messages: Dr. Nena Eng Tan. Dr. Santiago Del Rosario, Dr. Nenita C. Lee-Tan, Dr. Jose T. Sanchez, Dr. Bu C. Castro, Dr. Jose Asa Sabili, Dr. Rey Melchor F. Santos, Dr. Oscar D. Tinio, Dr. Leo O. Olarte, Dr. Maria Minerva P. Calimag, Dr. Irineo C. Bernardo III and Dr. Jose P. Santiago Jr. Also special messages from Dr. David O. Barbe, MHA, President of World Medical Association (WMA), Dr. Tai-Yuan Chiu, President of Confederation of Medical Associations in Asia and Oceania (CMAAO) and Atty. Charlie Ho, President of Philippine Federation of Professional Association (PFPA).

The second part is the foundation day ceremonies. Manila Gov Dr. Alejandro Tan headed the Cake Ceremony. The Manila Medical Society President Dr. Benigno Ong took care of the Wine Ceremony. QCMS President Dr. Teresita N. Agda, read the significance of the candle ceremony. Dr. Irineo Bernardo responded on behalf of the other PMA past presidents.

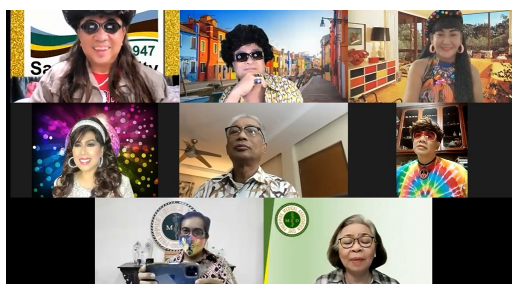
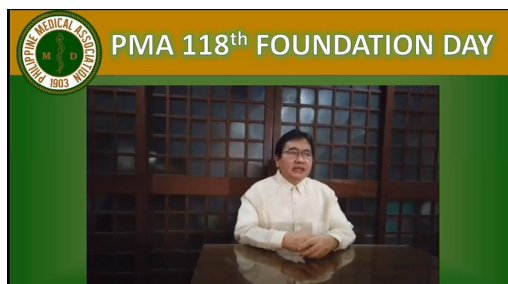
All past presidents received a wooden clock with their name. Their year of service as PMA president and an engraved PMA logo.

There were 4 regions who participated in the fellowship, namely Southwestern Mindanao, Central Tagalog, QCMS and Central Luzon. QCMS members and officers presented a beautiful dance number. Dr. Maria Ronella Francisco-Mallari, president of Makati Medical Society mesmerized our fellow doctors with her "Mama Mia" Medley. Dr. Jun Arnao of Davao Oriental Med. Society wowed his colleagues with his piano talent and Central Luzon component society rendered us a retro dance video to the tune of Sampaguita's "Panahon na... magsamasama labanan na ang pademya!" The lyrics as rearranged by TCMS member Dr. Dominic Santos.

The best part of the fellowship with the theme Retro '70s was best in costume contest with 2 females and 2 males doctors as winner. The Central Luzon component medical societies headed by Dr Ronaldo M. Toledo judged the Retro 70's best in costume contest. Gov Luz P. Acosta-Barrientos and Gov Angelito C. Belen of southern Tagalog won the best in Retro 70's costume hands down.

Truly the success of the Foundation Day was through the common effort of the PMA team "Sama-sama at Nagkakaisa!"

Marami pong Salamat!



Panahon na... Magsama-sama Labanan na ang Pandemya By Dr. Dominic Santos. TMS

Panahon nang magsama sama
Labanan na ang pandemya

Pa wash wash para healthy ka

Dapat din ay may distansya

Para di tayo mag cry cry
Dapat laging todo bigay

Kaya join lahat tayo
Let's have a healthy good time.

Refrain:

Di enough na mag mask ka

Ang dapat din ay
May bakuna ka

Stop na natin ang pandemya

Kontrahin ang problema

Exercise, iwas mahulog

Kumpleto dapat ang tulog

Healthy living ang eksena
Dito ay panalo tayo!

Wag kang sobrang kampante
Bakuna ay wow,

Pero wash at mask din
Para tayo ay sumaya

Repeat Refrain

Kaya join lahat tayo
Lets have a healthy good time
Kaya join lahat tayo
Lets have a healthy good time!



The 64th PMA National Medicine Week Celebration

MARIA ELENA Z. BASCO-TIAMSON, MD
Overall Chair, 64th National Medicine Week Celebrations
Governor, Rizal Region

On August 30, 1957, via Proclamation Number 439, s.1957, President Carlos P. Garcia declared the fourth week of September of every year as Medicine Week and authorized the Philippine Medical Association to take charge of the observance thereof. Since then, the PMA has faithfully responded to this mandate as it spearheaded the annual week-long celebration dedicated to the Philippine medical community. PMA Rizal Region Governor Dr. Maria Elena Z. Basco-Tiamson was tasked to chair celebration of the 64th National Medicine Week with PMA Quezon City Region Governor Dr. Michael Angelo G. Marasigan as co-chair. This year's National Medicine Week theme is "PMA Moving Forward as One". All the activities planned for this week-long event were streamed online via zoom.

As a prelude to the main event, several activities were prepared for a **Pre-Medicine Week** salvo. These events are as follows:

September 13, 2021 - The 18th Singing Physicians Contest co-presented by the Pasay Paranaque Medical Society had its soft launch via the opening of the online voting via Facebook for the Group Singing Category wherein 16 renditions of the song PMA One and Proud were submitted by the different PMA Component Societies. This song was composed by Mr. Melvin De Guzman and the lyrics aptly written by Dr. Maria Regina Theresa Blando of the Batangas Medical Society.

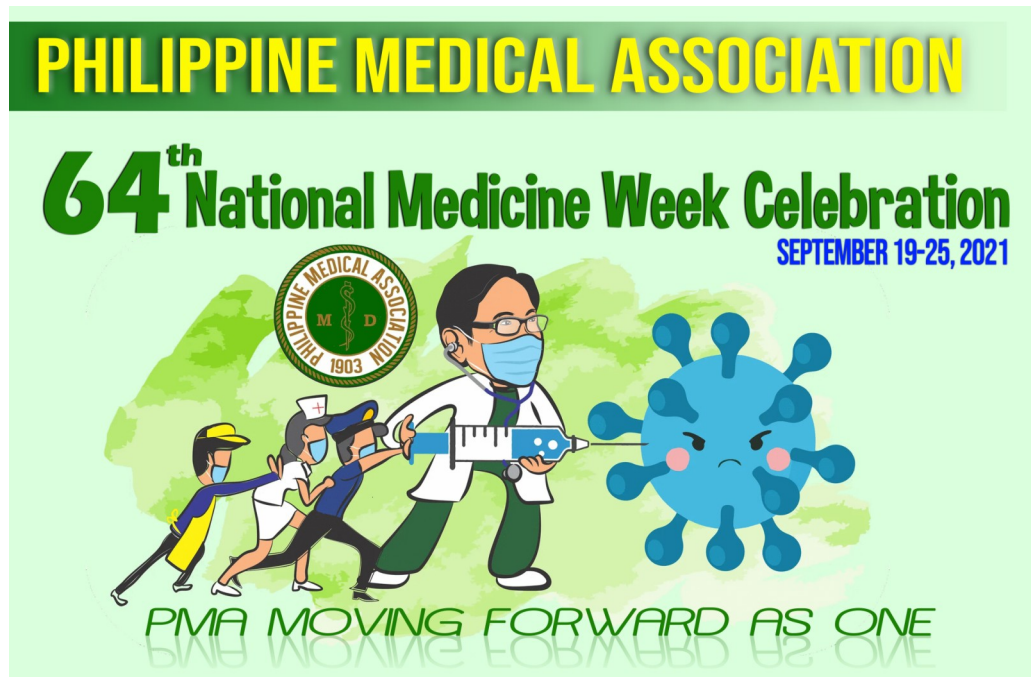
September 15, 2021 - The PMA celebrated its 118th Foundation Day Anniversary with the theme: "Sama-Sama at Nagkakaisa laban sa Pandemya". The bas-relief sculpture made by Angono, Rizal artist, Mr. Emerson Salmorin, entitled

"Bayaning Manggagamot sa Panahon ng Pandemya" was also unveiled that day to give honor to the heroism of our fallen medical frontliners who succumbed to COVID-19. The formal celebrations began with a Holy Mass then followed by the observance of the official foundation day rites. On this day also, the PMA released a Solidarity Statement to reiterate its support for its members facing the pandemic, as well as to solidify its support for the efforts of government as our entire nation battles against this global pandemic. The Foundation Day was capped by a retro-themed fellowship night that showcased talented members clad in their 70's inspired costumes. The PMA Foundation Day Anniversary celebration was chaired by PMA Central Luzon Governor Dr. David O. Calapatia.

September 18, 2021 - In the afternoon, the PMA together with the Community

Pediatrics Society of the Philippines celebrated the 25th Anniversary of the Dr. Fe Del Mundo Child (Bulilit) Health Workers Foundation, Inc. with the theme: "Bulilit Health Workers Noon, Ngayon at Bukas, Nagkakaisa at Nagsasama-sama Para sa Kalusugan ng Bayan". Former Department of Health Secretary Dr. Paulyn Jean B. Rosell-Ubial graced the occasion as the guest of honor and speaker.

Later that day, the PMA also celebrated World Ethics Day with an Ethics Forum entitled "Medical Behaviors During the Pandemic. Dr. Maria Rhodora D. Valenzona served as presenter, and Dr. Angeles Tan Alora and Atty. Bu C. Castro, MD served as reactors during the discussion.



64th PMA Medicine Week, from page 9

64th Medicine Week Celebrations

September 19, 2021 - Wreath-laying Ceremonies - Led by PMA National President Dr. Benito P. Atienza, 64th National Medicine Week Celebrations Chair and PMA Rizal Region Governor Dr. Maria Elena Z. Basco-Tiamson, PMA Central Tagalog Region Governor Dr. Nympha San Pascual-Mundin, Pasay-Paranaque Medical Society President Dr. Prudencio Z. Sta. Lucia Jr., and representatives from the Philippine Navy, the processional march and wreath-laying ceremonies held at the Jose Rizal Monument officially signaled the start of the 64th Medicine Week Celebrations. The light rains did not dampen the spirits of the PMA National and Component Society Officers present as they jubilantly came together to show their support for the event.



Opening Ceremonies - The celebration of the Holy Mass officiated by Fr. Robert Reyes was facilitated by the Quezon City Medical Society led by their President, Dr. Teresita N. Agda. This served as a blessing prior to the opening ceremonies for the 64th Medicine Week.



After the opening writes and welcome remarks from the overall chair Dr. Basco-Tiamson, PMA National President Dr. Benito P. Atienza also gave us words of wisdom and encouragement to uplift the spirits of the PMA Membership. National Task Force Against Covid-19 Deputy Chief Implementer Sec. Vivencio B. Dizon was invited as the guest of honor and speaker. In his speech, Sec. Dizon showed the facilities put up by government to be able to respond to the needs of both patients and frontliners during this pandemic. He also emphasized the value of the contribution of the medical community in the country's battle against the pandemic, and in behalf of the government leadership, he articulated his utmost gratitude to the PMA and its members. Department of Health Secretary Dr. Francisco T. Duque III also gave a short speech of appreciation for the PMA for its invaluable role in addressing this global medical crisis. This was followed by an industry-featured lecture on antimicrobial use presented by UNILAB. The opening ceremonies was capped by a montage of videos which featured the wreathlaying ceremonies of the different PMA Local Component Societies across the Philippines.

September 20-24, 2021 - To show the PMA's commitment to fully protect all Filipinos not only from COVID-19 but from all vaccine-preventable infectious diseases as well, the organizing committee for the 64th Medicine Week celebrations decided to hold a 5-day long vaccination drive at the PMA Auditorium in Quezon City. The vaccination rollout was made possible through the coordination of the Quezon City Medical Society with the Quezon City Health Office. A series of lectures for the lay audience were also prepared to fit the medical theme for each day. These lectures and activities were cascaded and emulated by PMA Local Component Societies nationwide.

September 20, 2021 "Epekto ng Pagbabago ng Panahon sa kalusugan at sa Mangagawang Pilipino (Climate Change/Occupational Health) - A lecture on the **Treatment and Prevention of Skin Conditions Related to PPE Use** from the Philippine Dermatological

Society was given by Dr. Ma. Angela T. Cumagun, while Dr. Gerard Danielle K. Sio gave a talk on **The Bane of Working from Home** in behalf of the Philippine College of Occupational Medicine Inc. 183 people received flu vaccinations with the assistance of the Quezon City Medical Society, Laguna Medical Society, Caloocan City Medical Society, Philippine Academy of Cutaneous Surgery, and the Philippine Association of Primary Skin Health Physicians, Inc.

September 21, 2022 "Kalusugang Pangkaisipan at Pagkahumaling sa Bawal na Gamot" (Mental Health and Drug Addiction) - Dr. Robert D. Buenaventura of the Philippine Psychiatric Association, Inc. delivered a lecture on **Coping with Loneliness during the Pandemic**, and Dr. Natasha Ann R. Esteban-Ipac of the Philippine Society of Adolescent Medicine Specialist gave a talk on **Promoting Mental Wellness for Adolescents During the Pandemic**.

221 people had their flu vaccinations with the help of the Quezon City Medical Society, Pasig City Medical Society, Manila Medical Society, Cavite Medical Society, and the Philippine Academy of Family Physicians represented by the Family Medicine Residents from the Veterans Memorial Medical Center.



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The PMA in cooperation with the Pasay-Paranaque Medical Society presented the **18th Singing Physicians Contest** on the evening of September 21, 2021. The Individual Category showcased song entries with “Hope” as a reverberating theme, and the Group Category featured different renditions of the same original song entitled “PMA One and Proud”. Serving as Judges for the Singing Physicians Contest were the following: Mr. Rommel Gojo, Mr. Ramon Lijuaco Jr., and Ms. Judith Ann Santos. The judges faced the challenge of choosing from 32 entries from the different PMA Local Component Societies for the Individual Category and 16 entries for the Group Category. The Top 10 Singers for the Individual Category and the 16 entries in the Group Category were featured during the program. The announcement of winners would be done during the Closing Ceremonies.



September 22, 2021 “Kaalaman Tungkol Sa HIV, TB, BAKUNA at NUTRISYON” (HIV, Tuberculosis, Immunizations, Nutrition) - Dr. Anelyn L. Reyes gave a lecture on **Vaccine Myths: Fact or Fiction** in behalf of the Philippine Foundation for Vaccination. A talk about **Viruses Still on the Loose: Measles and Varicella** from Pediatric Infectious Disease Society of the Philippines, Inc. was delivered by Dr. Sally Jane G. Velasco-Aro. Videos regarding Tuberculosis and its monitoring and reporting via the TB App pma was also cascaded.

265 vaccinees received their Flu shots through the assistance of the Quezon City Medical Society, Antipolo City Medical Society, Eastern Rizal Medical Society, Marikina Valley Medical Society, San Juan Medical Society, and the Philippine Obstetric and Gynecological Society represented by the OB-Gyne Residents of the AFP Medical Center.

On the evening of September 22nd, the PMA in cooperation with the Junior Chamber International (JCI) Philippines presented The Outstanding Filipino Physicians Award Posthumous Category.

The awardees were selected by the PMA Committee on Awards led by its Chair, Dr. Elmer Santos. This recognition was given to 20 fallen heroes in the medical field who, due to their dedication to their profession amid this pandemic, sacrificed their lives and succumbed to the COVID19 disease. The awardees are as follows:

1. **Dr. Adriano dela Paz**
Marikina Valley Medical Society
2. **Dr. Aurito Ampong**
Zamboanga del Sur Medical Society
3. **Dr. Cirilo Galindez**
Nueva Viscaya Medical Society
4. **Dr. June Camitan**
Quezon Medical Society
5. **Dr. Joseph Aniciete**
Caloocan City Medical Society
6. **Cong. Resurreccion Acop**
Antipolo City Medical Society
7. **Dr. Robert Seares**
Abra Medical Society
8. **Dr. Marcelino Caleon**
Santiago City Medical Society
9. **Dr. Reynaldo Yang**
Nueva Ecija Medical Society
10. **Dr. Hadji Amilbahar Matingka**
Sulu Medical Society
11. **Dr. Eugenio Puzon III**
Quezon City Medical Society
12. **Dr. Joselito Teodoro**
Laguna Medical Society
13. **Dr. Rumar Andanar**
Surigao del Norte Medical Society
14. **Dr. Maria Regina Uy-Alegado**
Cavite Medical Society
15. **Dr. Ronaldo Mateo**
Cavite Medical Society
16. **Dr. Aretas Singsong-Alday**
Las Pinas Medical Society

17. **Dr. Katherine Anne Mimay-Magkasi**
Bulacan Medical Society

18. **Dr. Jaime Capco**
Marikina Valley Medical Society

19. **Dr. David Ben Gurion**
Pangasinan Medical Society

20. **Dr. Edgardo Uycoque**
Tanauan Medical Society

September 23, 2021 “Pangangalaga sa Kalusugan ng Matatanda at Kaalaman sa Kapansanan” (Disability and Health-care of Elderly) - A lecture on **Elderly Health Care Management During COVID-19** from the Philippine College of Geriatric Medicine was given by Dr. Francis Gregory Samonte, and Dr. Ryan B. Apuada of the Philippine Academy of Rehabilitation Medicine gave a talk on **Preventing Pains Due to Immobility and Inactivity**.

689 people were vaccinated with their 1st dose of Sinovac (COVID-19 Vaccine) through the efforts of the Quezon City Health Office, Quezon City Medical Society, Malabon-Navotas Medical Society, Philippine Academy of Ophthalmology, Philippine Academy of Rehabilitation Medicine, and the Philippine Orthopaedic Association whose members served screeners, vaccinators, and monitors. The tireless members of the PMA Secretariat served as encoders during this vaccination drive.

Senior Physicians’ Night was also celebrated nationwide by the different component societies to give honor to the elder members of the society who continue to inspire and guide the younger generation of physicians.

September 24, 2021 “Teknolohiya bilang pagkukunan ng karunungan Pangkalusugan” (Technology as a Healthcare Resource) - Due to the advancement in digital technology and communications and its growing use in the field of healthcare especially during the pandemic, the lectures cascaded gave focus on telehealth and the responsible use of social media. A lecture on **How to Seek Consult Using a Teleplatform** was ably delivered by Dr. Lena P. Catindoy. A talk on the **Dos and Don’ts of Social Media Use in Medicine for Patients** was delivered by Dr. Ma. Ursula C. Ulanday,

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and the **Dos and Don'ts for Social Media Use in Medicine for Healthcare Workers** was given by Atty. Ivy D. Patdu, MD. Simultaneous teleconsults were also performed nationwide by the PMA local component societies.

197 vaccinees received their flu jabs with the help of the Quezon City Medical Society, Muntinlupa City Medical Society, Makati Medical Society, Taguig City Medical Society, and the Pain Society of the Philippines.

The PMA spearheaded a contest entitled Patok-Tusok-Tiktok that aimed to promote vaccine confidence among the youth. The presentation of the entries and announcement of winners was held in the evening of September 24, 2021. The Top 10 finalists from the 62 entries were chosen by Youtuber and social media influencer Mr. Albert "Asian Cutie" Nicolas. The winners were then chosen via online voting on Facebook. The finalists and winners are as follows:

NON-TIKTOK CATEGORY:

- 1st Place: Batangas Medical Society
- 2nd Place: Laguna Medical Society
- 3rd Place: Pangasinan Medical Society

Finalists: Nueva Ecija Medical Society
Ilocos Sur Medical Society

TIKTOK CATEGORY:

- 1st Place: Tarlac Medical Society
- 2nd Place: Bauan Medical Society
- 3rd Place: Bulacan Medical Society

Finalists: Philippine College of Radiology
- NKTl
Camarines Sur Medical Society

September 25, 2021 - Galaw-Galaw Pilipinas Laban sa COVID-19 - As a testament to the commitment of the PMA to the promotion and maintenance of a healthy lifestyle amid the pandemic, a Zumba event was held at the PMA Compound Parking Grounds at 7 AM of September 25, 2021. This activity was presented by the PMA Rizal Region and was sponsored by POCARI Sweat. Participants from the PMA NCR Regions (Rizal, Quezon City, Central Tagalog) were all energized by the moves led by

Zin Lani Laxa. This event was even made more meaningful with the participation of PNP Chief PGen Guillermo Lorenzo T. Eleazar and Fit Fil Coaches Jim and Toni Saret, who all danced with the PMA members led by President Dr. Benito P. Atienza.

Closing Ceremonies - The PMA Central Tagalog Region led by its Governor, Dr. Nympha San Pascual-Mundin, and the Marikina Valley Medical Society led by its President, Dr. Nino P. Isabedra, were in charge of the Closing Ceremonies of the 64th PMA National Medicine Week Celebrations. The Closing Ceremonies was ushered in by the observance of the Holy Eucharist. After the summary of the week-long activities was presented by Medicine Week Chair, Dr. Maria Elena Basco-Tiamson, PMA President Dr. Benito P. Atienza gave his inspirational speech, followed by the short but meaningful message from the guest of honor, Department of Health Undersecretary and National Task Force Against COVID-19 Treatment Czar, Dr. Leopoldo J. Vega.

The results of the Eco-Friendly Clinic Contest which was launched in August 13, 2021 was also announced during the closing ceremonies. The following are the winners:

1. **Clinic Tenorio**
Basil Eric J. Tenorio, MD
Taal-Lemery Medical Society
2. **Dequiña Clinic**
Em Dequiña-Nacilla, MD
Cotabato City Medical Society
3. **Lily of the Valley Polyclinic**
Josephine Lopez-Agcaoli, MD
Santiago City Medical Society
4. **Caringal Medical Clinic**
Diosdado Emmanuel S. Caringal, MD & Eden C. Caringal, MD
Batangas Medical Society
5. **Bagtilay Diabetes Clinic**
Pio D. Bagtilay Jr., MD
Santiago City Medical Society
6. **Alagang Reina Clinic**
Maria Reina D. Abu, MD
Bauan Medical Society
7. **Isabela Dermcentre**
Remedios M. Manuel
Santiago City Medical Society

8. Simon Medical Clinic

Jonathan H. Simon, MD &
Catherine R. Simon, MD
Laguna Medical Society

9. Nueva Vida Clinic

Renato Jose C. Villanueva, MD
Agusan del Norte Medical Society

10. Sebastian Medical & Surgical Clinic

Arthur C. Sebastian, MD &
Roselyn H. Sebastian, MD
Oriental Mindoro Medical Society

The winners for the 18th Singing Physicians Contest were also revealed during the event. The winners are as follows:

INDIVIDUAL CATEGORY

1st Place: DR. Erwin R. Talento
FROM ILOILO MEDICAL SOCIETY
title Song ("Ikaw")

2nd Place: Dr. Christian C. Masaga
From ORIENTAL MINDORO MEDICAL SOCIETY
Title Song : Huwag ka nang Umiyak"

3rd Place: Dr. Mark I. Reyes
from BAUN MEDICAL SOCIETY
Title Song : "The Warrior is a Child"

4th Place: Dr. Jennifer R. Tabangcura
from LA UNION MEDICAL SOCIETY
Title Song: "Only Hope"

GROUP CATEGORY

Best Rendition - Iloilo Medical Society

Best Video- Dipolog City Medical Society

Most Popular Award
(Top 3 Most Likes in FB)

- Iloilo Medical Society
- Dipolog City Medical Society
- Oriental Mindoro Medical Society

With the conclusion of the 64th PMA National Medicine Week Celebrations, the Philippine Medical Association has invigorated its call for all its member to Work Together as One as our nation continues to defeat this global pandemic. And as the PMA membership heeds this calls, with confidence, the PMA can truly Move Forward as One! ***



Tackling Ethical Dilemmas On Our Own

Guia C. Tan, MD, MS¹

I've been sitting in Ethics Committees since 2004. I finally decided to take up a Masters Degree in Bioethics to better equip myself for tackling the fascinating array of cases that would be presented to the committee. Over the years, I've made some observations about the cases for which my opinion was sought. These observations are what I would like to share with you today.

First, many cases are really not ethical dilemmas. Often, when you do ethical deliberation, I have noticed that many dilemmas are actually a result of poor communication and a lack of verification of facts. There is a strong inclination to make assumptions. People often project onto others what *they* personally think of a situation. The most common example of this are dilemmas involving breaking the bad news to terminally ill people. Often it is assumed (usually by the relatives) that the patients do not want to hear the bad prognosis. The attending physician is then caught in the middle of having to decide whether he should follow the relatives who seek to hide the truth or to go ahead and disclose the news to the patient. Such dilemmas are easily resolved when an inquiry is made as to what the patient desires. More often than not, terminally ill people usually have an inkling that something is wrong and are as restless as the people tiptoeing around them who are trying very hard to keep the news from them. Terminally ill patients want to know! When finally told the truth, there is relief rather than the anticipated despair that the relatives have projected onto the patient. They can now prepare

themselves and make decisions; they are given again some measure of control. With that miscommunication cleared up, the ethical dilemma evaporates.

Secondly, many dilemmas arise from a lack of courage to do the right thing rather than because of a clash of principles or values. True ethical dilemmas are choices between the better of two good things or the lesser of two evils. For example, do we legalize marijuana because of its alleged benefits for patients with intractable pain? On one hand you have the value of Beneficence for suffering patients. On the other, you have the avoidance of the potential harm (Non-maleficence) of an addictive substance that if legalized, may be abused and cause permanent brain damage. When presented for deliberation, it excites honest debate, egged on by the noble goal of making a decision that is beneficial to all stakeholders.

If the dilemma, however, is between good and evil, it is difficult to legitimately label this as an "ethical" dilemma. Evil is evil and cannot be condoned. The person who has his/her morals intact knows what choice needs to be made. What is lacking is plain and simple courage to do the right thing. The real dilemma in this case is not an ethical one but how to address a character flaw.

Third, there is actually a step by step process to think through a dilemma. The "process" comes by many titles, usually named after the institutions or individuals that propagate their use. This process has been employed in many dilemmas of the past century so that they are now resolved and replaced by rulings that help promote ethical behaviour. These include the dilemmas of

Slavery
Apartheid
Discrimination of Women
Racial bigotry
Treatment of refugees
Medical Paternalism
Balancing Research with Patients Rights
Equality of votes
and a host of others

The results of the ethical deliberations on these issues are now enshrined in international laws, national constitutions, guidelines (such as the GCP-ICH guidelines and the World Medical Association Declaration of Patients Rights), codes of ethics, government policies, administrative orders, and the like. They help to ensure people practice "right" actions. They contribute greatly to the preservation of Social Order since these are almost universally accepted and practiced.

Ethical deliberation is probably the route for other ethical issues that are currently being debated:

embryonal stem cell research
euthanasia
physician-assisted suicide
payment for organ donation
designer babies
discontinuation of health insurance coverage beyond the natural lifespan
and others.

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¹ Dr. Guia Tan is an associate professor at the Ateneo School of Medicine and Public Health., where she is the Subject Expert for Ethics. She has been a member of the following Ethics committees at various points in the last 17 years: The UP-PGH Bioethics Committee, The Medical City Institutional Review Board, The ASMPH Research Ethics Committee, ST. Luke's Medical Center Stem Cell Ethics Committee, Pharmaceutical and Healthcare Association of the Philippines Ethics Committee and is the current Chairperson of the National Transplant Ethics Committee.

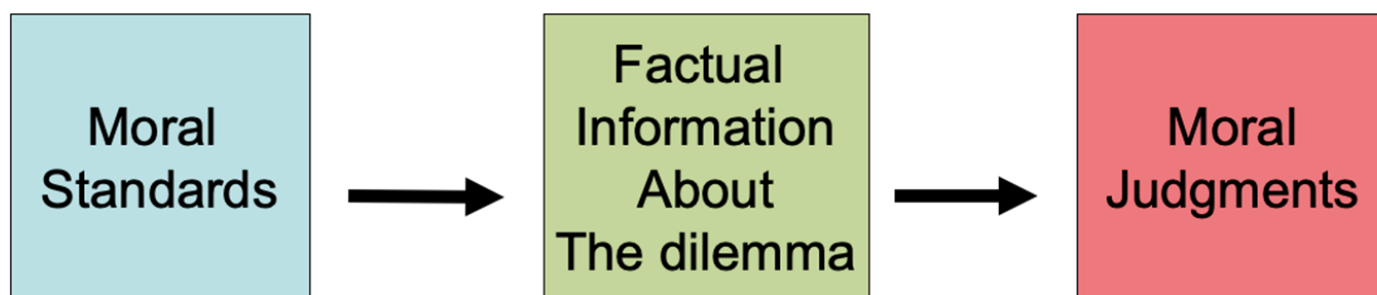
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While it is good to convene committees who are “experts” on ethical deliberation, this practice of referring to such committees has unfortunately caused many health practitioners to feel inadequate to engage in ethical decision-making themselves. In recent times, I have seen that the default behaviour has been to look at guidelines, rule books,

codes and the like or to refer to ethics committees for them to be able to say with certainty that an action is (or is not) the correct thing to do. But what if the jury is not yet out on certain issues? Or if guidelines have been made but one personally disagrees with them? For example, what does one do when the hospital one is a part of engages in *in vitro* fertilization or supports abortion? Does one turn a blind eye when a colleague arranges for a paid organ donor for an ailing cousin afflicted

with End Stage Renal Disease? What stand does one take in discussions involving marijuana legalization?

The truth is, anyone can weigh in on an ethical dilemma and come up with a respectable and solid ethical decision. The requirements are simple. This diagram, borrowed from Manuel Velasquez², a professor of Business Ethics, gives us an overview.



Moral standards refer to those standards of right and wrong that have been formed in all of us. The starting requirement for good moral judgments to happen are for decision-makers to have **good** moral standards. While upbringing, family, culture, religion, peers, education play a large part in the shaping of moral standards, we would like to assume that for doctors, it is the medical education that has had the greatest impact in producing standards that are impeccable, principle-based and grounded on the noble values associated with being a doctor. If this is not the case, the nobility of our profession would be in peril. In the same way good moral standards produce good moral judgments, “bad” or deficient moral standards will lead to “bad” or deficient moral judgments.

After good moral standards, the second requirement is factual information about a dilemma. This seems simple enough. But experience has proven otherwise. Doctors, as one Ethics professor says, have a tendency to focus mainly on clinical facts because of our medical training. We also have a strong

training. We also have a strong tendency to look to laws and guidelines in much the same way we look to CPGs for guidance on how to make clinical decisions. While these are important sources of facts, clinical or scientific evidences cannot and should not be the main driver for vetting ethical dilemmas. One very important source of information that should go into ethical deliberation is stakeholder analysis.

Stakeholder analysis happens by imagining oneself in the middle of the dilemma (rather than as an onlooker) and seeing all who may be affected directly by it, both in the short term AND the long term. The greater one’s sense of social responsibility, the wider the scope of the analysis. Stakeholder analysis is an act of respect and humility. It implies a willingness to see the viewpoints of others and admit to the possibility that one’s own views are not the most important. You know when it is done well when one has run through the four levels of why’s that get to the heart of another person’s position. Stakeholder analysis requires patience and sincerity;

can never be haphazardly done. A poor stakeholder analysis will result in a good deal of presumption and unverified facts. Unverified facts lead to shaky decisions.

As facts and stakeholder analysis clarify the dilemma, it is also necessary to name the values that are at loggerheads. Giving names to the values allow you handles to “manage” the dilemma. As they say: “You name it, you control it.” When the values are not clearly named, discussions remain superficial and debates are fruitless. Admittedly, it is not easy to name values because of our limited vocabulary and practice in this area. You can start out by using the 4 principles popularized by Beauchamp and Childress³- Beneficence, Nonmaleficence, Autonomy, Justice (Distributive). But include other values that may ring closer to the issue - Integrity, Self-care, Loyalty to the Institution, Respect for the Medical Hierarchy, etc. Learn too to call a spade, a spade, even if it is painful to do so.

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² Prof. Manuel G. Velasquez is a Professor of Ethics in Santa Clara University and is the author of *Business Ethics: Cases and Concepts* now in its 7th edition, which is one of the most widely used business ethics textbook in the world.

³ Tom Beauchamp and James Childress are the authors of “*Principles of Biomedical Ethics*” which popularized the 4 principles of Beneficence, Nonmaleficence, Autonomy and Justice. They are both professor emeriti at the Kennedy Institute of Bioethics in Georgetown University, Washington DC

*Tackling Ethical Dilemmas,
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After value deliberation, this is the only time you can take a look at the courses of action that will address the dilemma. Resist the temptation to do this step without first considering the values, the stakeholders and of course, the facts. To immediately look only at courses of action at the outset does not bode well for a good moral judgment.

In one ethical decision-making tool, called the “Angeles Model,” a simple way to proceed in looking at alternatives is to start out by imagining the extreme courses of action at the opposite ends of a spectrum. Identify what values would be upheld or sacrificed with each of these extreme options. Look also at the consequences. Look at both the long term and short term consequences, especially for the stakeholders identified. You can use a chart such as this one below if it will help you visualize.

Courses of Action	Values Upheld	Values Sacrificed	Consequences of the Option
Extreme Option 1			
Extreme Option 2			

Courses of Action	Values Upheld	Values Sacrificed	Consequences of the Option
Extreme Option 1			
Creative Middle Option			
Extreme Option 2			

Courses of Action	Values Upheld	Values Sacrificed	Consequences of the Option
Extreme Option 1: Legalize marijuana	Beneficence for patients with intractable pain	Non-maleficence to potential abusers of marijuana	Relief from pain for pitiful patients; black market for marijuana disappears with regulation; marijuana is made more easily accessible
Creative Middle Option			
Extreme Option 2: Status quo; Do not legalize marijuana	Non-maleficence to potential abusers of marijuana	Beneficence for patients with intractable pain	No relief from pain, black market persists, more difficult to make the drug available and addiction less likely resulting in less incidence of long term brain damage

Here is an example using the issue of legalizing marijuana. (For the sake of illustration, the issue is oversimplified)

A creative third option might be:

Creative Middle Option: Continue compassionate use but make the bureaucratic requirements less difficult to comply with	Beneficence for patients with intractable pain; Non-maleficence to potential abusers of marijuana	Relief from pain for pitiful patients; black market persists, more difficult to make the drug available and addiction less likely resulting in less incidence of long term brain damage
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Once all your options are laid out in this manner, then make a choice.

Finally, it helps to vet your decision by asking three key questions. If you can answer “yes” to all three then you can be confident your decision is an ethical one:

- If your decision were to be made known publicly (e.g. if it was posted on social media), would it be defensible; would you be able to explain it to your spouse and children?
- If this dilemma were to occur to someone you loved, would you still decide in the same way?
- It is not unlikely that some ethical decisions cause some degree of harm; could you live with that harm; could you sleep at night?

Except for the 3 questions, we have just presented the Angeles Tool for Ethical Decision-making, put together from various tools by Dr. Antonette Palma-Angeles⁴. If you are interested, you can listen to her present the tool through this link <https://www.youtube.com/watch?v=tma1GDcefeQ>

As a recap, here are the 7 steps of the Angeles Tool:

1. Gather the facts
2. Identify the stakeholders
3. Articulate the dilemma; what are the competing values or issues in the case?
4. List the alternatives –what are the options?
5. Compare the values behind the options
6. Weigh the consequences behind the options
7. Make a final decision

The tool works for both bioethical dilemmas and personal ethical dilemmas.

With the advent of new technologies and discoveries that upend previously held beliefs of when life begins or ends; in light of the current pandemic that constantly push health workers to wrestle with macro allocation issues; in the dawning of a contentious election season that will end with a change for the better or for the worse, it is hoped this article may have helped its readers be equipped to meet the ethical challenges that lie ahead.



Bulilit and Teen Health Workers Training Program

Elsie Lynn Baronia-Locson, MD, MPH, FPPS

National President

Community Pediatrics Society of the Philippines

As we encounter the pandemic across the globe, this has impacted students with the temporary closure of schools. This resulted to a great challenge for the Bulilit Health program because children have had to adapt to a new type of learning. The Community Pediatrics Society of the Philippines (CPSP) together with the Philippine Medical Association (PMA) faced this challenge by offering the first virtual training during the 25th anniversary of the Dr. Fe del Mundo Bulilit and Teen Health workers training program from August 28 to October 30, 2021. Participants included Grades 7-9 students for the Teen health workers and Grades 4-5 students for the bulilit health workers. The bulilit health workers program was a legacy of the mother of Philippine Pediatrics, Dr. Fe del Mundo and one of the leading advocacy programs of the Community Pediatrics Society of the Philippines and the Philippine Medical Association.

Although a possible poor outcome was expected from this sudden and unplanned move to online learning, the massive and unexpected attendance of bulilit health workers representing the different chapters of PMA and CPSP proved it wrong. This is evidence to prove that online learning/virtual training can be an effective medium of education. The organizers from PMA headed by its President, Dr. Benny Atienza and CPSP headed by its President, Dr. Elsie Lynn Baronia-Locson together with the invited lecturers from the different societies were able to increase motivation of the students by using different tools and methods of teaching that made the participants highly motivated and engaged all throughout the training period. The organizers were also able to engage the participants in more fun when

the training ended with a virtual Christmas party. The pandemic did not dampen the Christmas spirit and the participants were able to exhibit different talents and camaraderie among the different chapters. It sure was an event to remember!

We hope that with this "new normal", we need not worry that despite

the hasty transition of this type of learning, we will continue to provide our bulilit health workers a chance to gain different perspectives and knowledge that will help them develop skills and create their own learning environment.

We would like to acknowledge all the invited lecturers:

Topic	Lecturer
Anthropometric Basics	Marthony P. Basco, MD
Back to Basic: BAKUNA	Ruth Faye S. Romero-Sengson, MD
Road Safety for Kids	Kenneth G. Chio, MD
Accidents and Injuries in School Splinting and Sling Procedures	Arnaldo S. Favila Jr., MD
Bounce Back: Strengthening Once Mental Health During Pandemic	Mary Daryl Joyce Lindo-Calleja, MD
Myths, Fallacies, Do's and Don'ts in Epilepsy	Jean Marie B. Ahorro, MD
Anatomy of the Skin, Skin Diseases and Skin Care	From Philippine Dermatological Society
Baradong Ilong, Smell Disorder, Tonsillitis and Pamamaos	from Philippine Society of Otolaryngology - Head and Neck Surgery
Philippine Society of Pediatric Ophthalmology and Strabismus	
Let's Talk About Our Eyes	Carlos M. Chua, MD
Philippine Dental Association	
Anatomy of the Mouth	Ma. Patria Rita Mejjorada-Sotelo, DMD
Common Dental Concerns	Mia Go, DMD
Preventive Measures	Maria Rea Lane L. Horfilla, DMD
Environmental Conservation, Sanitation and Climate Change	Angelito Benjamin C. Belen, MD
Pangasinan Medical Society	
Tibok ng Puso, Rheumatic fever and Congenital Heart Disease	Rosemarie C. Dizon-Valentin, MD
Philippine Society for Pediatric Gastroenterology	
Anatomy Digestive Diseases	Adrienne Michelle Lu, MD
Common Diseases of the Gastrointestinal Tract	Joy Kimberly N. Militante, MD
Advancing a Healthy Lifestyle for Children	Caroline Anne Castro, MD
Palawan Medical Society	
Waterborne Diseases	Michelle Pacuribot, MD
Wellness Diet Nutrition	Janice Dale Tadeo-Portales, MD
Pediatric Nephrology Society of the Philippines	
Pangasinan Medical Society	
Mga Bahagi ng Daluyan ng Ihi, Sakit sa Bato ng mga Bata, Kidney Diseases, Steps for a Healthy Kidney: Alam Mo Ba'to and Kwentula	Angelico L. Yuson, MD
Palawan Medical Society	
Iron Deficiency	Ermie Ann Badenas-Acharron, MD
PMA Committee on Advocacy	
BeAware: Smoking and Vaping are Dangerous to your Health	Rizalina Raquel H. Gonzales, MD