

BROADCAST

OFFICIAL NEWSLETTER OF THE PHILIPPINE SOCIETY OF NEPHROLOGY

VOLUME 15 ISSUE 1

APRIL 2019



KIDNEY HEALTH FOR EVERYONE EVERYWHERE



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AILEEN BUELVA-MARTIN, MD, FPCP, FPSN

World Kidney Day (WKD) is a one-day global event aiming to raise awareness of the importance of our kidneys to our overall health and to reduce the rising number of kidney disease and its associated health problems worldwide.

In the Philippines, World Kidney Day was celebrated by the Philippine Society of Nephrology and its component chapters. This year's host was St. Luke's Medical Center, Quezon City which officially opened the celebration with an Art Exhibit followed by a Lay Forum and simultaneous lectures with free urinalysis done at two schools. It was attended by the President of the Philippine Society of Nephrology, Dr. Helen T. Ocdol. A Kidney Run was also organized as part of the WKD celebration together with the PSN@50 Organizing Committee, Dr. Dingdong Biruar, Dr. Agnes Cruz and Dr. Jeanne Bayaca, as a kick off activity in preparation for the PSN 50th anniversary in 2021.



Opening of the Art Exhibit at St. Luke's Medical Center-Quezon City with PSN President Dr. Helen T. Ocdol



The Kidney Tree-a stainless steel sculpture by Filipino sculptor Mr. Rey Paz Contreras



The Organizing Committee of the Kidney Run 2019



Kidney Health for Everyone, Everywhere! Kidney Health for the whole Family!



Nephrology Fellows in training crossing the finish line



Lay forum with free urinalysis at Quirino High School

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Expert Champions for Kidney Health

KidneyRun 2019

AGNES TORRIJOS-CRUZ, MD, FPCP, FPSN



The PSN recently conducted a FUN RUN last March 17, 2019 at the Phil Army Grandstand to celebrate World Kidney Day and as the kick off activity for the preparation for PSN@50 in 2021. The theme for this year's WKD was "KIDNEY HEALTH FOR EVERYONE, EVERYWHERE" and what a way to celebrate the event but with a fun run promoting exercise as a way to prevent kidney disease.

This year, the WKD celebration was spearheaded by the St Luke's Medical Center Section of Nephrology headed by its Section Head, Dr. Vonn Velasco and to the Head of its External Affairs Dr. Ailene Buelva-Martin. They helped organize this FunRun with the PSN@50 Organizing Committee members Dr. Dingdong Biruar, Dr. Agnes Cruz and Dr. Jeanne Bayaca at the helm. The PSN President Dr. Helen Ocdol opened the

program and together with the overall Chair of the Organizing Committee for PSN @50 Dr. Carmelo Alfiler, they gave the Gunstart for the 10, 5 and 3 K runners.

The run was participated by runners from the various training Institutions, allied healthcare partners, patients, friends from the pharmaceutical industry, PSN members and their families, and various run advocates from all over the Metro. The One Task B NCR AFRES Com sent 80 runners under the leadership of General Rolly Abad (the better half of our very own Dr. Lorna Abad).

FitFil celebrity coaches Jim and Toni Saret started the event with their warm up exercise routine which really energized the runners and fired them to the Big gunstart. The mascot of Sanofi

Commander Kidney graced the occasion and did his routine exercises too, much to the crowd's delight.

A total of 141 runners participated in the 3 K run, 160 in the 5 K run and 66 in the 10 K run. All the 1st 100 5 K and 10 K finishers received a medal and a finisher's shirt. The 3 K runners also got their finisher's shirt.

Our pharmaceutical friends supported this event and it would be worth mentioning them here: Unilab, GoodFellow, Scriptmed, EG Healthcare, Corbridge, AZ Med, MacroPharma, Sanofi, Dega and our friends from Gatorade. A sincere thank you is also extended to all our technical staff and support group and our PSN officers, members, our PSN Secretariat and staff.

It was a successful and fun event and the participants and the organizers are eagerly waiting for the next PSN FUN RUN. Until our next run. Keep fit and healthy Philippines.

World Kidney Day, from p1.

The Philippine Society of Nephrology and Its Component Chapters Celebrating World Kidney Day in their respective areas:

PSN Western Visayas (Panay)

Simultaneous events for WKD 2019 included lectures held across the different hemodialysis centers and out patient departments in Iloilo City and the whole of Panay. There were centers that offered free laboratory screenings, dietary counselling and consultations. The Pediatric Nephrology Society of the Philippines of Western Visayas (Panay) made it a week-long celebration which started on Monday and continued until the end of the week.



The World Kidney Day Celebration on 14 March 2019 was a single day of varied activities. In order to do much in so little a time, it was decided that simultaneous events be done. However, to kick start the day of activities, a video contest among third year medical students of West Visayas State University College of Medicine was held. The contest aims to determine the cognizance level of medical students regarding kidney disease and by preparing for the activity, raises their level of awareness.

PSN Mindanao Chapter

A joint celebration of World Kidney Day at Dipolog to Dapitan to Dakak!

Together, let's continue our advocacy on kidney health for everyone, everywhere.



Message

FROM THE PRESIDENT

HELEN T. OCDOL, MD, MMH^{oa}, FPCP, FPSN



Taking off from being “the Expert Champions in Kidney Health”, we have for the 39th Annual Convention's theme: “Expertise in Nephrology from Physiology to Clinical Practice”. Dr. Elizabeth Angelica Roasa, Vice-President is the over-all Chair of the convention with Dr. Vimar Luz as the chair of the scientific committee. The topics from the pre-convention down to the third day are interesting and the speakers are world-class and experts in their own fields. Prof. Philip Li, the APSN President, is the keynote Speaker. I take this opportunity to congratulate and thank each and everyone for their hard work and sharing their precious time for the success of our convention. I also thank our partners, the International Society of Nephrology, the Asia-Pacific Society of Nephrology and the pharmaceutical companies for their support.

The Board of Trustees heading the different clusters have tried to accomplish what we have set out to do at the start of the fiscal year after the strategic planning. The thrust of the society remains the same: to curb kidney disease. The World Kidney Day's theme “Kidney Health for Everyone, Everywhere” truly reflected the worldwide concern for the increasing incidence of kidney disease. The committee on Public Health with the St. Luke's Medical Center, QC, spearheaded this celebration with lay fora for elementary and high school students and teachers, screening for students and teachers of St. Joseph College, QC and Quirino High School, art exhibit and painting coaching and the fun run. The latter was done at Fort Bonifacio, Taguig on March 17, 2019 not only as an activity for the World Kidney Day but as a kick off for the 50th Anniversary of PSN on 2021.

Yes, we are preparing for our 50th year anniversary. The Task Force is headed by Dr. Gina Nazareth and Dr. Carmelo Alfiler. The team continues to plan for the celebration, including the fund-raising

activities. The winner for the logo contest was Dr. Sonny Antonio. Seiko watches showcasing the logo will soon be available to the membership.

Dr. Elizabeth Montemayor, our Secretary who heads the cluster on membership, has kept herself busy with members requesting change in their status and is in the midst of trying to professionalize the administration staff.

Dr. Noel Castillo, our Treasurer, has made sure of the financial stability of our Society.

For the TPAB, there was a change of leadership from Dr. Nenita Collantes to Dr. Ricardo Francisco. I thank Dr. Collantes for shaping the curriculum and the direction of nephrology training program in the country. She continues to commit to finish the outcome-based curriculum to be adapted by all training institutes.

The adult fellowship programs of Chinese General Hospital, Makati Medical Center, National Kidney and Transplant Institute, St. Luke's Medical Center, The Medical City, and UP-PGH were granted three-year accreditation, so were the pediatric fellowship programs of Philippine Children's Medical Center, NKTl and UP-PGH.

With the need to increase our membership and to provide quality care to the 105 million Filipinos, we have encouraged hospitals to offer nephrology training. PSN is proud to announce that Cebu Doctors' University Hospital and Bicol Regional Training and Teaching Hospital applied and were granted accreditation for adult fellowship training while Southern Philippines Medical Center was granted accreditation for pediatric fellowship training.

There are also 4 hospitals who gave the intention to offer adult nephrology training: East Avenue Medical Center, Fatima University Medical Center, Jose Reyes Memorial Medical Center and St.

Luke's Medical Center - Global

100% was the passing rate of the examination given by the Pediatric Specialty Board headed by Dr. Ma. Norma Zamora with members, Drs. Dolores Bonzon, Ma. Rosario Cabansag, Ma. Angeles Marbella and Agnes Alba.

On August 5 and 12, 2018, the Adult Specialty Board under Dr. Vonn Velasco with members: Drs. Martina Alcantara, Mayleen Laico and Porshia Comes-Natividad passed 36 out of 48 examinees.

The PSN thanks both Boards for their invaluable service.

The new Specialty Board headed by Dr. Martina Alcantara has committed to collaborate with the CME Committee headed by Dr. Marissa Lim to prepare our board eligible members practicing earlier than ten years ago for a future modular board examination. This is part of the inclusivity program for our members to become board certified and ultimately become diplomates.

The CME committee organized seven CME fora for our fellows-in-training. They also conducted the in-service examination on Feb. 10, 2019 at NKTl for the NCR fellows and at Chong Hua Hospital in Cebu.

We continue to be a collective member of the ISN.

The Research Board headed by Dr. Maaliddin Biruar with the subcommittee head, Dr. Reina Lynn Antonio, and their members held four research fora on “Unleashing Your Inner Researcher”, on Protocol (Research Question and Literature Search), Statistics (Study Design, Sampling & Sample Size, Statistical Analysis) and Protocol Presentation. The Research Board also granted seven requests for travel to be able to present their research work in international conferences.

The Council of Past Presidents headed by Dr. Roberto Tanchanco have been very responsive to PSN needs. They have revised the Code of Ethics. With other troubling issues coming up, Dr. Irmingarda Gueco with her team has decided to tackle ethical issues related to dialysis to resolve

President's Message cont.

questions and guide our members in our daily practice as medical directors, as attending nephrologists, in our relationships with colleagues, business partners and pharmaceutical companies. Dr. Delia Bayog as head of Committee on Patient Protection with Drs. Florencio Pine and Gueco tackled PNF concerns.

The Cluster for Patient Care headed by Dr. Gingerlita Samonte with her members on Public health and Preventive Nephrology organized the celebration of the Kidney Month with the Family Day held on June 10, 2018. The theme, "Kalusugan ng Bato'y Makamtan sa Pag-aalaga sa Kalikasan" gave PSN an opportunity to showcase our advocacy for Green Nephrology.

Also, during the kidney month, the cluster with the CME Committee launched the CKD Nutrition Manual at The Medical City on June 27, 2018. This manual had been the brainchild of Dr. Obet Tanchanco.

The Hemodialysis Clinical Practice Guidelines for the Philippines was finally launched during the first ever NCR general meeting held on October 14, 2018. With the many unanswered questions recognized and identified during the development of this guideline, the Research Board plans to collaborate with the Philippine Renal Disease Registry in the collection of data.

PSN was hit with the Usman disaster that brought flooding in Mindoro, Bicol and Samar and the Leptospirosis that usually follows. Dr. Abigail Abonal first sounded the alarm. Task Force Usman headed by Dr. Ric Francisco and Committee on Disaster Head Dr. Donnah de Leon with our office staff and PCP did an admirable job of handling this problem. This may be a template for response with some refinement for future disasters. Another problem was the water shortage that closed and affected the operation of several dialysis units. This has made our advocacy on CKD prevention and Green Nephrology imperative. We will need more resources to address these global issues. We are collaborating with ISN on Green Nephrology. Please be involved.

Dr. Ric Francisco who heads the cluster on Quality Assurance and the committee on

hemodialysis have been very busy handling Hemodialysis, Peritoneal Dialysis and Kidney Transplant. There have been 11 post-graduate courses for HD, three PD Summits and three KT fora. Strategic planning for both PD and KT were realized.

Two ad Hoc committees have come into being: Glomerulonephritis, headed by Dr. Russell Villanueva and Interventional Nephrology, headed by Dr. Frederick Ogbac.

I am proud to announce that Dr. Techie Bad-ang of Southern Philippines Medical Center with Ateneo de Davao University and University of Santo Tomas have been given EU educational grants for deceased organ donation. Philippines with Malaysia, Myanmar and Thailand were recipients of these grants by the Organ Donation Initiative Strategy for Southeast Asia as part of the consortium with Spain, Italy and Croatia. As I have stated in my support during the launching in Davao, my commitment to this advocacy goes beyond the presidency.

Dr. Phel Esmaguél, cluster head for publication, with his team has published the first-ever on-line Philippine Journal of Nephrology in November, 2018 and our Newsletter.

PSN has been a part of Senate and Congressional hearings for deceased organ donation and Universal Health Care. We should continue to be vigilant for our interest and for the interest of our patients.

I echo every president's observation that for such a limited time to serve, we do our best to accomplish as much as we can. This period has made me realize how proud I am to be part of PSN and ever so thankful for the support of the members as they work in their respective committees. Visiting the chapters has opened our eyes to the uniqueness of their practice. It is always a pleasure to spend time with our members and I am thanking you all for a memorable stint. PSN should continue to collaborate with DOH, PhilHealth and other agencies that will be vital to our advocacies and future projects.

THE Brainy BUNCH

PSN CONTINUING MEDICAL
EDUCATION COMMITTEE

Here's the story of a lovely lady, who has been in the committee since 2012. Mar has led our bunch for 3 years now. But more than a brainy bunch, we have quickly become a family. And as Mar has previously put it, we have become a growing family of nerds. Sadly, just like in fairy tales, Mar will be having her happily ever after in the committee. Now, this becomes the story of Meinard and the rest of the brainy bunch.

Although there will be a change in leadership, one thing will not change: Growth. A little bit cliché but nevertheless holds true, our growth doesn't end with our fellowship training. But it doesn't really sink in until after you're on your own. And being part of the CME committee has helped us grow. It helped us feel to be a part of something other our own practice. While it is true that preparing the in-service exam and facilitating nephron forum has forced us to learn and relearn Brenner, it is the interaction with our colleagues that we find it refreshing. It is this meeting of minds molded by different styles and institutions we find invigorating.

We thank, Mar for her patience, patience and patience. Under Mar we realize: We are nerds! We love it! And you'll love it, too! Come join our growing bunch!



ReTraining “Seasoned” Lecturers in Teaching New Generation Learners

RICARDO A. FRANCISCO, JR, MD, FPCP, FPSN
CHAIR, COMMITTEE ON HEMODIALYSIS

The PSN Committee on Hemodialysis has been conducting for the last 5 years postgraduate courses for members of the hemodialysis team. Realizing that most of the participants in these courses are new generation learners, the millennials and the Gen Z, the committee decided to look into the learning styles of these generations. The millennials (born 1981-1996) prefers board spectrum learning strategies of teaching that cater to their visual, auditory and kinesthetic needs. They are experts on “googling” and are known to have a short attention span for which they prefer group based and collaborative activities rather than the straight forward long lectures the generation X (born 1965-1980) and baby boomers (born 1946-1964) are used to. To be more effective in engaging these new generation of learners, the objectives, content and methods of teaching used for the post-graduate courses need to be evaluated and

revised for the lecturers to deliver effectively the knowledge and skill they want to impart to the participants.

To address the gaps in the teaching-learning activities offered during the postgraduate courses vis-a-vis the learning styles of the new generation learners, the PSN Committee on Hemodialysis conducted a one day workshop entitled: Re-Training “Seasoned” Lecturers for the New Generation Learners” last January 16, 2019 at Discovery Suites Hotel Ortigas, Pasig City.

The workshop's participants include the members of the committee and board of trustees, Metro Manila HD postgrad courses lecturers of Dialysis Unit Heads/ Medical Director, Fellows-in-Training, Non-Nephrologist Physicians on Duty, Renal Nurses and Renal Technicians lecturers. Representatives from Central



Luzon, Central and Eastern Visayas and Mindanao were also present. Facilitators were Dr. J Meinard Nepomuceno, Dr. Czarina Kay Beltran, Dr. Nina Marnie Beltran, and Dr. Minette Rosario.

The participants were able to re-learn on how to formulate objectives for each lecture based on higher order learning and/or thinking skills; creating powerpoint presentations and delivering them effectively to the new learners. Several teaching-learning activities were also discussed like small group discussions, flipped classroom and case studies which are the preferred methods of teaching by the millennials and generation Z learners.

PREVENTIVE NEPHROLOGY & THE PSN: Vanguards for the Battle Against Kidney Diseases

GINGERLITA A. SAMONTE, MD, FPCP, FPSN

Over the recent years, the number of patients with Chronic Kidney Disease has slowly risen to epidemic proportions. CKD has now become a major health concern, afflicting millions of individuals and draining families and economies globally. In the Philippines, latest data from the National Kidney Foundation has stated that the number of Filipinos with kidney diseases has increased from 10,000 patients in 2013 to 14,000 in 2016 and it is expected to rise exponentially by 10-15% every year. The number of Filipinos undergoing hemodialysis has also soared, with the latest data from Philippine Renal Disease Registry revealing an almost 40% increase of new hemodialysis patients from 18,603 patients in January 2015 to 32,077 new hemodialysis patients by the end of the same year. In response to this alarming problem, the Philippine Society of Nephrology reinforced its role as expert champions for the Filipino kidney health through various programs of the Committee on Public Health.



The Committee is tasked to sustain, improve and create projects that are geared towards promoting Preventive Nephrology through health education and early detection of Kidney diseases. As part of its efforts, the committee on public health continued its 16th Family Day Celebration last June 10, 2018 with the theme “Kalusugan ng bato’y makakamtan sa pag-aalaga ng Kalikasan” held at San Andres Sports Complex in Manila. This annual gathering, attended by hundreds of kidney disease patients, family members and health care professionals, was made more exciting by the highlight of the Family day – a patient-initiated cooking show and competition featuring a nutritious and inexpensive recipe suitable for a dialysis patient.

Aside from this, the committee, recognizing



the major role of nutrition in disease prevention and progression, is spearheading the revision and publication of The CKD Nutrition Manual. Furthermore, it will also be organizing the first ever Nutrition summit, a 2 day post-graduate course for doctors and allied healthcare professionals which will be focusing on the nuances of nutrition management among patients with non-dialytic and dialytic kidney diseases. Lastly, the public health committee is finalizing its lay-person instruction manual prepared to be used by barangay health care workers in their important task of spreading awareness about kidney diseases in the grassroots level.

With these important health-promoting activities underway, there is truly hope for the Filipinos to win the battle against kidney diseases.



EDITORIAL **Resilience**

AGNES ALARILLA-ALBA, MD, FPPS, FPSN, FPNSP

In this day and age, the landscape of medical education and medical practice has transformed....

When education has been transformed from competency-based to outcome-based.

When the mindset about health is not in the treatment of an illness but its prevention.

When we think of health optimization than of survivorship from a disease.

When individuality of medical practice is now a team approach

These changes raise anxiety in each and everyone of us, whether we can cope up with these changes and put into context our mind game of reframing anxiety to strengthen resilience.

Anxiety is necessary to develop strength. Changes causes anxiety. We are not in our usual comfort zones. Just like we want to develop physical strength we have to slowly push our levels of physical endurance. It is building up strength thru resistance training. Sometimes anxiety and stress reach levels that inhibits us to navigate life effectively. It is our primal desire to alleviate the pain either we solve the problem or remove the stressor. Avoidance feeds anxiety- we have to face today's challenges with confidence. As most of the programs of PSN was and is up to this time, we create change, adapt to these changes and let it stir in us a little uproar so as to meet greater challenges next time. We often feel stressed because we overestimate

the difficulty of the situation and under estimate our ability to deal with it. We do not avoid the situation because we do not want to miss the opportunity to learn and correct our challenges. What are the key words to be successful in all these anxieties- it is to perceive and recognize one's strength and limitations- acceptance of the reality and the humility to handle these challenges with grace.

Let us develop innovative wellbeing initiatives. The trainees love social media – let us use it as an accessible form of help and a basis for a more supportive and sustainable community. Let us use this to the max to share our experiences thru downloadable podcasts, fostering better communications channels that promote transparency between the trainee and the trainors. To be updated whether we are in the national capital region or in other areas of the Philippines. We can provide a non judgmental environment and provide safe spaces for critical reflection and discussion of challenges. We can act as mentors to our trainees. Let us develop within the necessity of sharing the best practices and wellbeing initiatives transcending unhealthy competition. This will bridge the gap of knowledge and practice of nephrology in our country. Together let us be vigilant in creating a healthy learning environment to be able to provide excellent renal health to our patients and the Filipinos as well.



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of Nephrology**

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BROADCAST**
OFFICIAL NEWSLETTER OF THE PHILIPPINE SOCIETY OF NEPHROLOGY
VOLUME 13 ISSUE 2 OCTOBER 2017

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As we face the challenges of the 21st century, we cannot help but upgrade training and medical education to suit the changing times. We are also faced with a much different breed of learners and trainees who are adept with technology that knowledge is just at their fingertips but are ill equipped with the proper attitude and decorum in dealing with patients and their families, their issues and their concerns. When the Technical Committee for medical education called for a gathering of experts from the different medical schools in the country to review previous guidelines and align competencies in the teaching of undergraduate medical education, little did we know that a similar call was also sounded among our South East ASEAN medical educators with the collaboration with the ASEAN University Network to harmonize outcomes to make medical education relevant all throughout the region.

Because we believe that there can be unity in diversity, the different representatives from the nine universities in South East Asia namely -University of Medicine & Pharmacy at Ho Chi Min City, Vietnam, University of Medicine Mandalay, Myanmar, The West Visayas State University and The Ateneo de Manila University with a representative from the University of San Agustin, Philippines, University of Malaya and Universiti Sains Malaysia from Malaysia, Universitas Padjadjaran, Indonesia, inspired by the local guidelines from our respective universities and as mandated by each country's Center for Higher Education, the group had agreed to come up with a medical framework which will be adapted as a reference point in the teaching of medical education in the region. Guided by the Tuning Methodology wherein we were asked to define the competencies needed by our graduates in our respective universities and higher education centers as well as the need of our individual patients in the respective communities where we serve, we presented the defined competencies in a forum. After a thorough discussion among individual subject area group representatives followed by individual

ALIGNING Nephrology TRAINING WITH THE ASEAN FRAMEWORK FOR MEDICAL EDUCATION

LYNETTE FILLONE- ALCALA, MD, MSED, FPPS, FPSN, FPNP

THE SOUTH EAST ASEAN FRAMEWORK FOR MEDICAL EDUCATION



consultation from experts from our respective universities, we bring forth to the table our respective clinical frameworks to be merged into the South East ASEAN Framework. The group came up with specific competencies that respected each unique cultural characteristics which at the same time was deemed relevant and necessary for the practice of medicine in the region. These specific competencies will not only be applicable to the teaching of medical education in the undergraduate curriculum but will also hope to be adaptable to the different fields of further training such as clinical specialties, research and development. The Tuning Asia South East Medical Framework (TASE-Med) believe that the patient is still the center of medical care. Hand in hand in managing our individual patients is the need to include care of their families and their respective communities. Surrounding this care are four (4) equally important frameworks we need to align what we teach and how we train.

Anchored on Knowledge and skills like basic competencies in performing

history taking and physical education as well as utilizing appropriate diagnostic tools and integrating clinical findings with relevant laboratory work-ups to come up with a diagnosis, the group appreciate the need to level up these competencies with very good communication skills and observing professionalism and ethical practices. An emerging need is the inclusion of Quality Assurance in the medical education framework. Harmonizing learning among South East ASEAN nations will not only hope to provide an equal platform among the different universities in SEA but will likewise offer an equal opportunity for our students in the region to have equal access to knowledge and training. As we move forward to open our door to our ASEAN neighbors, we hope to offer the appropriate knowledge, skills and attitude in a competitive framework in terms of the teaching and training of the medical curriculum as well as adapting this framework as the backbone in crafting Nephrology training in the country.

THE PEDIATRIC NEPHROLOGY
SOCIETY OF THE PHILIPPINES
REFLECTIONS
RELEVANCE
ASPIRATIONS
25 YEARS OF EXCELLENCE IN PEDIATRIC RENAL CARE
1994 - 2019



25th Year Anniversary of PNSP: REFLECTIONS, RELEVANCE AND ASPIRATIONS

AGNES ALARILLA-ALBA, MD, FPPS, FPSN, FPNP

The Pediatric Nephrology of the Philippines is celebrating its 25th year this 2019 with the theme Reflections, Relevance and Aspirations. The grand launch of our celebration was last November 2018 as we celebrate our 23rd annual convention at Novotel Hotel. We had the reinforcement of the G10 with the following subspecialties joining us: Adolescent Medicine, Urology, Pathology, Radiology, Oncology, Hematology, Rheumatology, Pediatric Nephrology, Pediatric Surgery and Transplant Surgery. The book on UTI was formally launched and several upcoming publications are expected to come out during our celebratory year such as the UPEC Manual, the Therapeutics Manual II and the Coffee table book. We are going to do 2 teaching courses this year. One will be in May 26, 2019 with the topic on Fluid and Electrolytes in Special Circumstances spearheaded by Dr. PJ Galutira and this November 17 is the teaching course in Pediatric Hypertension. The 24th annual convention is aptly entitled Pediatric Nephrology: Global Insights: Philippine Perspectives because we will be presenting the tandem views of the International and local prospects on the management of our patients. Our highly esteemed speakers are: Prof Hui Kim Yap of Singapore, Prof Emma Francesco of Italy, Prof Arvind Bagga of India, Prof Pedro Jose of USA and Dr. Hong Ng of Singapore. Other activities during this celebratory year is the PNSP Quiz Show and the creation of the Mural on our General Assembly this April. We are also targeting 25 schools for our Friendly Kidney School Advocacy. Research presentation and Case Report contest shall be conducted this year and as well as the BOOK of Abstracts shall be launched this year. We are truly grateful to our founding president – Dr Carmelo Alfiler and all the incorporators for creating a Society that aims to provide a healthy Kidney for all Filipino children.



PANGHImagas

MARVIN C. CALLANTA, MD, FPPS, FPSN, FPNP

Panghi: *masangang na amoy ng ihi*
Panghimagas: *pamutat o panghuling pagkain*
upang matanggal ang suya

Man1: Away kami ni misis, nag-Historical siya

Man2: Pare baka ang ibig mo sabihin ay nag-Hysterical

Man1: Hinde, historical kasi inungkat lahat ng kasalanan ko!"

Hugots are modern "salawikain"

–Sa LOVE, walang bingi; walang bulag; walang pipi...pero TANGA marami.

2–Kapag sinabihan ka nang: "Ang ganda mo!", mag-thank you ka na lang.

Minsan ka na nga lang sabihan, mag-iinarte ka pa.

3–Aanhin mo ang palasyo kung walang internet connection dito. Mabuti pang mag-stay sa bahay kubo, sa Wi-Fi zone nakapuwesto.

4–Aanhin mo ang pera't mansiyon, kung nagmumura ang iyong bilbil at puso.

5–Labs, para kang damit na suot ko ngayon. Simple lang pero bagay sa akin.

6–Kapag mahal mo, ipaglaban mo. Pero kung pinagmumukha ka nang tanga, iwan mo na.

7–Mamatay-matay ka sa selos, hindi naman pala kayo. Ano ba 'yun !

8–Lagi na lang ninyong sinisisi ang mga taong "paasa". Hindi kaya, kasalanan mo dahil "assuming" ka lang?

9–Kapag sumama ka sa matatalino, tatalino ka rin. Kapag sumama ka sa adik, magiging adik ka rin. Try mong sumama sa akin, baka sakaling maging akin ka rin.

10–Ang mabuting lalaki, "stick to one", hindi 3 in 1.

11–Kaysa mabuwisit, love your "haters". Sila ang ebidensiya na hindi ka pa nga artista, may mga fans ka na.

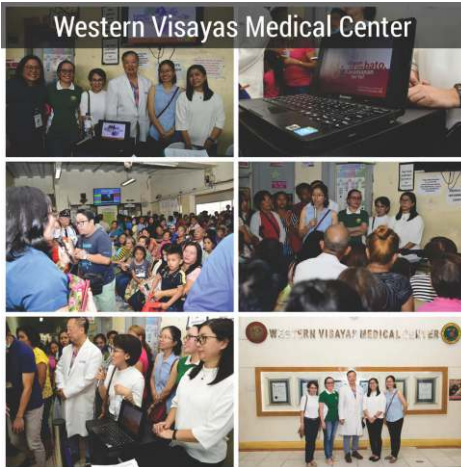
12–Aanhin pa ang tiwala, kung ang hinala ay laging tumatama?

Read more at <https://www.philstar.com/pang-masa/punto-mo/2016/02/01/1548824/mga-hugot-lines-na-funny-true#5PPZ0w52XEqM5jtE.99>

PSN in Action



WVSU Medical Center



Western Visayas Medical Center



Iloilo Mission Hospital



Iloilo Doctors Hospital



St Paul's Hospital

KIDNEY HEALTH
FOR EVERYONE
EVERYWHERE



Iloilo Mission Hospital



Unleashing YOUR INNER Researcher

ACTIVITIES OF THE RESEARCH SUBCOMMITTEE OF THE PSN RESEARCH BOARD IN THE FISCAL YEAR 2018-2019

REINA LYN ANTONIO, MD, FPCP, FPSN

'Unleashing Your Inner Researcher' was the theme of the Research Fora conducted by the Research Subcommittee of the Philippine Society of Nephrology (PSN) Research Board every one Saturday of the four consecutive months, from June-September, in 201 at the Unilab Bayanihan Center.

Now on its second year, the series of Research workshops were part of the PSN Research Board's thrust of improving the current state of research in the field of Nephrology in our country. It is participated by first year fellows-in-training among different PSN accredited Training institutions. Correct mindset and guidance early on will hopefully produce more relevant and quality papers in the future.

Fellows-in-training were guided on how to read and critically appraise articles on

Therapeutics and Diagnostics. Proper writing of Research Proposal was also conducted, with each fellow-in-training given an opportunity to present their proposed topics on Research for constructive criticism by invited Nephrologists and Clinical Epidemiologists. This was done with the objective of producing well written research papers, not only as a requirement for their graduation, but to equip them as they write papers once they are consultants..

For the PSN members, the Research Board also organized a free Good Clinical Practice Training last October 6, 2019, which was also held at the Unilab Bayanihan Center. The Board plans to conduct this training regularly for our members to be updated and help them continuously be involved in Research.

Another strategy to improve the state of

research in our country was to open the Research Competition to all members of PSN. Everyone, from fellows-in-training to board eligible members, Diplomates and Fellows, were encouraged to submit they completed research papers to the PSN Research Board. Three cash prizes, P25,000, P15,000 and P10,000, plus trophies and certificates would be granted. The winners would be announced right after the oral presentation on April 26, 2019 during the 40th annual PSN convention in EDSA Shangri-La Hotel.

The PSN Research Board aims through these activities that all members would be encouraged to write Research papers that are worthy of not only being published in scientific journals or are award-winning locally and internationally but also be developed, disseminated and utilized by the PSN Research Board for national and international health policies creation and implementation.

Reaccredited *and* Newly Accredited Training Programs of PSN for 2019

ADULT NEPHROLOGY TRAINING PROGRAM

The following Adult training programs were given 3-year re-accreditation of their training programs:

- National Kidney Transplant Institute
- University of Sto. Tomas Hospital
- UP-Philippine General Hospital
- St. Luke's Medical Center - QC
- Chinese General Hospital
- Makati Medical Center

The PSN (TPAB) Training Program Accreditation Board has also given a 1-year provisional accreditation to the following new training programs:

- Cebu Doctor's University Hospital
- Bicol Regional Training and Teaching Hospital

PEDIATRIC NEPHROLOGY TRAINING PROGRAM

The following Pediatric Nephrology

training programs were given 3-year re-accreditation:

- National Kidney and Transplant Institute
- Philippine Children's Medical Center
- Philippine General Hospital

The PNSP (TBAP) Training Program Accreditation Board has also given a 1-year provisional accreditation to:

- Southern Philippines Medical Center



**39th ANNUAL
CONVENTION**

EXPERTISE IN NEPHROLOGY

FROM PHYSIOLOGY TO CLINICAL PRACTICE

APRIL 24-27, 2019
EDSA Shangri-La Hotel
MANDALUYONG CITY, PHILIPPINES

The PSN 39th Annual Convention

VIMAR A. LUZ, MD, FPCP, FPSN
CHAIR, SCIENTIFIC COMMITTEE

For our pre-convention this year the PSN proudly invites international experts from Asia and Europe in Sorbent Therapy or Hemoperfusion and Peritoneal Dialysis. Our very own **Dr. Romina Danguilan, Dr. Eric Chua and Dr. Donna Franceska de Leon** join this impressive panel of speakers. Be sure to take advantage of the chance to listen to experts as they talk about the applicability of Hemoperfusion to improving outcomes in patients with ESRD on chronic hemodialysis, acute liver failure and sepsis as well as management of complicated cases of patients on Peritoneal Dialysis.

In keeping with the theme of this year: "Expertise in Nephrology: From Physiology to Clinics," we have assembled a faculty who will talk about their vast experience on their expertise, which includes no less than the President of Asian Pacific Society of Nephrology, **Dr. Philip Li**. Dr. Li will grace the opening ceremony as our keynote speaker and is our first Convention speaker as he talks about "Achieving a Successful PD First Program." Other foreign speakers will include Lupus Nephritis and Kidney Transplant expert **Dr. TM Chan, Dr. Talat Alp Ikizler** who will bring his research output on timing of renal replacement therapy in critically-ill AKI requiring

dialysis and our go-to-guy **Dr. Adrian Lew** who comes back this time to talk about new concept on potassium homeostasis and therapy as well as Onco-Nephrology. We have also invited our colleagues from other profession, including Cardiologist **Dr. Jorge Sison**, the Chief of UP Medical Informatics Unit **Dr. Iris Thiele Tan**, the Program manager of Philippine Organ Donation and Transplantation **Dr. Francis Sarmiento III**, and **Atty. Ivy Patdu** who will talk about application of the Data Privacy act to the practice of Nephrology. We have also included our very own Nephrologists in this year's roster of experts. **Dr. Oscar Naidas** will update us on the role of Nephrologist in the new Heart Failure Classification. **Dr. Benjamin Balmores** and **Dr. Brian Michael Cabral** will bring in their enormous clinical experience as they take on very interesting and focused topics in kidney transplantation. **Dr. Romina Danguilan** and **Dr. Eric Chua** will deliver the local and evidence-based guideline in the use of Hemoperfusion among critically-ill patients. Pediatric Nephrologist **Dr. Francisco Anacleto** will dissect the recently published consensus and guidance from KDIGO on Gitelman's Syndrome while **Dr. Marissa Elizabeth Lim**, who recently released for

PSN our very own Nutrition Manual is delivering a lecture on tailoring diet to specific renal patients. **Dr. Luis Limchiu** and **Dr. Coralie Dimacali**, two of our highly regarded mentors from very prominent training institutions, start the day with our Physiology to Clinics lecture series on April 26 and 27, 2019 respectively. Be sure to encourage your consultants, Nephrology fellows and medical residents to attend these morning sessions as these promise not only to deliver a thorough review on Renal Physiology but also exciting prizes with the board member-approved raffle to encourage early attendance for these sessions.

Our live sessions which include the Research Presentations and Quiz Show are poised to deliver the excitement. We bring back the research paper presentation of our Nephrology fellows-in-training and consultants as part of the convention proper. For this year, the Quiz Show is expected to be livelier as we have included a consultant coming from the member of the Training Committee of the competing training constitution as part of the team of competitors. It would be exciting to watch who among our training institutions will shine brightest.



PSN BICOL: Moving Forward to Being a Strong Chapter

RIZALINA ROSALES-RAMOS, MD, FPCP, FPSN

PSN Bicol is a young chapter whose 16 members are spread across the 6 provinces of the region. It is only on its third year of active participation in all PSN activities and advocacies. The chapter is still a work in progress. Foremost task is to continuously work to reach out to all its members, encouraging them to be collaborators in the fulfillment of its vision and mission.

We joined all other chapters in celebrating activities during the 2018 kidney month. We had Funwalk and Zumba held in partnership with all HDUs in CamSur. We had series of lectures and lay fora in Cam Note, Albay and Sorsogon. Tree planting in cooperation with the LGU and Local DENR in the Rinconada area was done.

As the year ends, Typhoon Usman brought massive flooding and landslides in Albay and Cam Sur. PCP-PSN Task

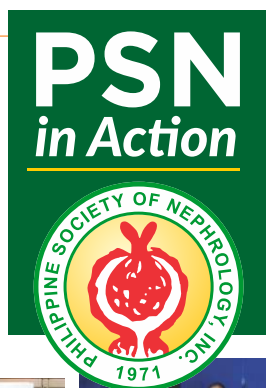
Force (TF) Usman was created after an appeal from our VP Dr. Abigail Abonal, who feared a rise on Leptospirosis. She became the commander point person for the TF. We are forever grateful to the support we received from all other chapters who donated Doxycycline and cash for our Leptospirosis prophylaxis program. The drive mitigated the occurrence of the disease in the flooded areas.

Highlight of all our activities for the year was the recently concluded PSN Bicol Chapter initiated Postgraduate Course in cooperation with PCP Bicol Chapter. It was entitled "Protecting the Kidneys in Risky States". Following the thrust of the PSN National on Preventive Nephrology, lectures were all focused on prevention of kidney failure. It was a well-attended one-day activity held at Hotel Ellis, Legaspi City last Feb 15,



2019. Feedback from the 75 MDs and 46 nurses were all positive. Our friends from the pharma industry were also happy for their exposure. It became an opportunity for Bicolano nephrologists to be educators and to hone their communication skills - this being our first postgrad course as a chapter.

We look forward to other activities like the forthcoming WKD on March 14, 2019. This will again foster camaraderie among its members aside from its primary goal of promoting kidney health for everyone. As they say, it is not the size but the strength that matters. We aim to become a strong chapter of the PSN whose ethical members are committed to deliver the highest standards of renal care in the region and the nation.



REVISION OF THE PSN CODE *of* ETHICS

PREPARED BY THE COUNCIL OF PAST PRESIDENTS • JANUARY 31, 2019

I. PSN CODE OF ETHICS

The Code of Ethics of the Philippine Society of Nephrology, Inc. was first drafted in 2004, and last revised in 2016, with the provision that it may be amended anytime by the National Board of Trustees of the Philippine Society of Nephrology, upon the recommendation of the Council of Past Presidents. Given the rapid pace of change in the landscape of our society today (political, economic, technological, and sociocultural), and the many challenges that nephrologists face in the various roles that they fill (not just as clinicians, but also as medical directors of dialysis units, owners of dialysis facilities, advisors and consultants for the pharmaceutical industry, academicians, administrators, etc.), the Council of Past Presidents considered it timely to review our Code of Ethics to see if any updates might help to better guide all of us in facing all these challenges and still be able to stay true to our calling, always keeping the interests of our patients and the health and well being of the general public in mind as the highest good, and staying true to our promise and commitment to be in service of this noble end.

The Council of Past Presidents (COPP) undertook a review of our Code of Ethics, ensuring its alignment with the World Medical Assembly International Code of Medical Ethics (WMA Code of Ethics), a document that is particularly significant because of the following considerations:

- (1) The Philippines, through the Philippine Medical Association, is a signatory of this globally endorsed document.
- (2) The WMA is “*the only international organization that seeks to represent all physicians, regardless of nationality or specialty.*” (Williams, 2015)

- (3) The WMA has “*undertaken the role of establishing general standards in medical ethics that are applicable worldwide*”, and was the same organization that produced the Declaration of Geneva, which is an update of the Hippocratic Oath, in 1948, and the Declaration of Helsinki in 1964.
- (4) The WMA developed the International Code of Medical Ethics in 1949, and has revised it three times since then, in 1968, 1983 and 2006.

This update of the PSN Code of Ethics is the product of a review by the Council of Past Presidents, completed on January 31, 2019, and underwent further revision by the National Board of Trustees on February 26, 2019. This document is the final version of the PSN Code of Ethics as approved by the National Board of Trustees on February 26, 2019. This Code of Ethics will serve as a guideline for the way nephrologists think, speak and act while serving patients, as well as in their relationship with colleagues, allied professionals and the community. In this document, the term “Nephrologist” pertains to all the various categories of membership in the Philippine Society of Nephrology, Inc., as defined in its constitution and by-laws.

GENERAL PRINCIPLES

2. The nephrologist should always endeavour to be guided by ethical principles in their decision making - respectful of human rights, mindful of the benefits as well as the risks and burdens entailed by certain courses of action, and always seeking the highest good of the patient by any decision and course of action taken.
3. Service to humanity is the primary objective of the practice of nephrology, made available to all patients regardless of age, disease or disability, creed, ethnic origin, gender, nationality, political affiliation, race, sexual orientation, social standing or any other factor.
4. The nephrologist has the duty to constantly update their scientific knowledge in the field of nephrology and share it with colleagues, students, allied professionals and the community.
5. The nephrologist's professional conduct in private and public should always be in keeping with the honourable traditions of the medical profession as embodied in the Declaration of Geneva (which is an updated version of the Hippocratic Oath; see end of this document), the World Medical Association International Code of Ethics, the Codes of Ethics of the Philippine Medical Association, the Philippine College of Physicians, the Philippine Pediatric Society and the Professional Regulation Commission.
6. The nephrologist should seek appropriate care and attention if he/she suffers from mental or physical illness.

DUTIES TO PATIENTS

1. The nephrologist should always exercise independent professional judgment and maintain the highest standards of professional conduct.
2. The nephrologist should be dedicated to providing competent medical service with compassion and respect for human dignity, always having the best interests of the patient as his/her goal, and always proceeding with the assumption that their relationship is an implied contract of trust and confidence.
3. The nephrologist should respect the patient's right to confidentiality. The rules of privileged communication should not be violated except when required by law or when there is a real and imminent threat of harm to the patient or to others and this threat can be only removed by a breach of confidentiality. It is ethical to disclose confidential information when the patient consents to it.
4. The nephrologist is under no obligation to accept a patient, especially if the case is not within the scope of his/her expertise, except in emergency situations when there is no one else who is willing and able to give such care.
5. The nephrologist must always respect the patient's right to choose his/her nephrologist.
6. The nephrologist should inform the patient of the nature of his/her illness and the prognosis thereof if possible.
7. The nephrologist should respect a competent patient's right to accept or refuse treatment. The nephrologist should secure the patient's voluntary and informed consent for the proposed management agreed upon, after having explained the risks and benefits, possible consequences of refusal by the patient, any available alternatives to the proposed course of action, as well as the immediate and long-term financial costs if possible.
8. The nephrologist should refer to,

and consult with other specialists as needed, with the consent of the patient, for the purpose of giving the best service. In case of multiple physicians, the attending physician should act as the "captain of the ship".

9. The nephrologist should not prescribe, dispense, manufacture or provide remedies which have not been approved by the Philippine Food and Drug Administration and/or boast of radical cure or exhibit testimonial successes for their use, without good scientific basis.
10. The nephrologist should ensure that professional fees or honoraria should be commensurate with the services rendered as well as the ability of the patient to pay, with due consideration to the difficulty/seriousness of the case, one's experience and expertise, and the prevailing fees in the community/hospital.
11. The nephrologist should always declare any relevant conflicts of interest to patients – e.g. ownership of dialysis units, referrals to entities in which the Nephrologist has a financial interest, et al – and should not allow his/her judgment to be influenced by personal profit or unfair discrimination.
12. The nephrologist should not enter into a sexual relationship with his/her current patient or into any other abusive or exploitative relationship.
13. In compliance with the Declaration of Istanbul of 2008, the Nephrologist should not engage in nor encourage the selling and purchase of human organs for transplant purposes. Organs from living donors should be secured only with voluntary and informed consent.
14. The nephrologist engaged in research involving human subjects should always adhere to the Codes of Ethics of the Philippine College of Physicians, the Philippine Pediatric Society, the Nuremberg Code, the Declaration of Helsinki, and Good Clinical Practice guidelines.

DUTIES TO COLLEAGUES

1. The nephrologist should respect the rights and preferences of colleagues and other health professionals. The Golden Rule – that the nephrologist should behave towards colleagues as he/she would have them behave towards him/her – should always be the guiding principle and should be upheld at all times. Relationships among colleagues should always be one of mutual respect and cooperation with the patient's welfare as the end goal.
2. The nephrologist should not undermine the physician-patient relationship of colleagues in order to attract patients.
3. The nephrologist should assist a colleague in the management of patients referred for opinion, co-management or for transfer of service.
4. The nephrologist should willingly give free medical service to colleagues as well as their immediate dependents.
5. The nephrologist should *NOT* receive any financial benefits or other incentives solely for referring patients and prescribing specific products. He/she should not indulge in fee splitting, receive commissions, referral fees and rebates nor solicit patients and professional services given by diagnostic clinics and dialysis centers.
6. The nephrologist should deal honestly with colleagues; and should report to the Ethics Committee of PSN those nephrologists who practice unethically or incompetently or who engage in fraud or deception.

DUTIES TO THE COMMUNITY

1. The nephrologist should strive to use health care resources in the best way to benefit patients and their community.
2. The nephrologist should not

advertise nor employ propaganda schemes with the purpose of enticing patients.

3. The nephrologist should recognize his/her important role in educating the public but should use due caution in divulging discoveries or new techniques or treatment through non-professional channels; and should warn the public of false pretensions and fraudulent practices that may cause injury or death to patients. Likewise, the nephrologist should only certify that which he/she has personally verified.
4. The nephrologist should participate in civic actions or mercy missions anytime the need arises.

RELATIONSHIP WITH PARAMEDICAL, PHARMACEUTICAL AND TECHNICAL INDUSTRY

1. The nephrologist should cooperate with and safeguard the interests, reputation and dignity of individuals in the paramedical fields as long as they do not violate their respective ethics.
2. The nephrologist should not allow technical and pharmaceutical industries to use his/her name in the promotion of equipment, drugs and other medical products for commercial purposes except in scientific meetings, journals, and research.
3. The nephrologist should not solicit monetary/financial support or any personal services for self-serving ends.
4. The nephrologist's practice pattern should not be influenced by his/her relationship with the pharmaceutical industry.
5. The Nephrologist should adhere to the PCP Guidelines for Educational Symposia, the PCP Conduct of Sponsorship by Pharmaceutical Companies during PCP conventions and the Department of Health-Administrative Order 2015-0053 on "Implementing Guidelines on the Promotion and Marketing of Prescription Pharmaceutical

Products and Medical Devices."

SOCIAL MEDIA ETHICS

1. The nephrologist should prioritize the promotion and advancement of health when posting in social media.
2. The nephrologist should ensure that all information posted, liked or shared on social media are accurate and should benefit the Filipino community.
3. Patients' confidentiality and privacy should be maintained at all times. The Nephrologist should value patients' dignity and privacy by not taking selfies, groupies or videos during patient encounters. These include patients' body parts, surgical specimens or pictures that show patients in the background without their consent.
4. The Nephrologist should not use online platforms to rant or bash patients and other health professionals.

GROUP PRACTICE

1. The nephrologist may join a group practice with other medical specialists provided the professional ethics of each subspecialty is observed at all times.
2. Professional fees may be collected as a group or individually, depending upon the agreement of both parties and patients.
3. Patients should be fully informed about the capabilities and expertise of the members of the group, the clinics or the dialysis centers.
4. The nephrologist should, in situations when he/she is acting for a third party, ensure that the patient has full knowledge of that situation.

IMPLEMENTING PROVISIONS AND SANCTIONS

1. This Code of Ethics will be posted in the PSN website and will be distributed to all members of the Philippine Society of Nephrology

upon approval by the PSN National Board of Trustees.

2. Ethical practices should be observed in all PSN activities including training programs, continuing medical education activities, research and community service.
3. Violation of any provisions of the code will constitute unethical practice and will be held as ground for sanctions from the PSN. Sanctions may be classified as: (1) reprimand, (2) suspension, or (3) expulsion from PSN, based on guidelines set by the Ethics Committee. All violations should be reported to the Ethics Committee, who will have the authority to review the cases and make appropriate recommendations to the PSN National Board of Trustees.
4. The Code of Medical Ethics of the Philippine Medical Association, Philippine College of Physicians and the Philippine Pediatric Society will cover events or provisions not included in this Code.
5. This Code of Medical Ethics can be amended anytime by the National Board of Trustees of the Philippine Society of Nephrology upon the recommendation of the Council of Past Presidents.

THE WORLD MEDICAL ASSOCIATION DECLARATION OF GENEVA

[an updated version of the Hippocratic Oath]

Adopted by the 2nd General Assembly of the World Medical Association, Geneva, Switzerland, September 1948 and amended by the 22nd World Medical Assembly, Sydney, Australia, August 1968 and the 35th World Medical Assembly, Venice, Italy, October 1983 and the 46th WMA General Assembly, Stockholm, Sweden, September 1994 and editorially revised by the 170th WMA Council Session, Divonne-les-Bains, France, May 2005 and the 173rd WMA Council Session, Divonne-les-Bains, France, May 2006 and amended by the 68th WMA General Assembly, Chicago, United States, October 2017.

The PHYSICIAN'S *Pledge*

AS A MEMBER OF THE MEDICAL PROFESSION:

I SOLEMNLY PLEDGE to dedicate my life to the service of humanity;

THE HEALTH AND WELL-BEING OF MY PATIENT will be my first consideration;

I WILL RESPECT the autonomy and dignity of my patient;

I WILL MAINTAIN the utmost respect for human life;

I WILL NOT PERMIT considerations of age, disease or disability, creed, ethnic origin, gender, nationality, political affiliation, race, sexual orientation, social standing or any other factor to intervene between my duty and my patient;

I WILL RESPECT the secrets that are confided in me, even after the patient has died;

I WILL PRACTISE my profession with conscience and dignity and in accordance with good medical practice;

I WILL FOSTER the honour and noble traditions of the medical profession;

I WILL GIVE to my teachers, colleagues, and students the respect and gratitude that is their due;

I WILL SHARE my medical knowledge for the benefit of the patient and the advancement of healthcare;

I WILL ATTEND TO my own health, well-being, and abilities in order to provide care of the highest standard;

I WILL NOT USE my medical knowledge to violate human rights and civil liberties, even under threat;

I MAKE THESE PROMISES solemnly, freely, and upon my honour.

PSN IS
50
IN 2021



The Philippine Society of Nephrology is going 50 years this 2021 and preparations are on its way to make this year meaningful, fun and memorable to the members and to the nation as well.

To celebrate this momentous year, the PSN 50th Organizing Committee spearheaded by Dr. Carmelo A. Alfiler and Dr. Maria Gina C. Nazareth has lined up activities for two years. As early as 2018, the society is busy preparing for the big 50. We want to celebrate the foundation and flourishing of the PSN by giving due recognition to its founders, its leaders and all its members who have contributed and continue to further the successful pursuit of its vision and mission. This will be a great chance for us to inspire the leadership and membership to map out the future of the organization and maintain its relevance as a professional society of nephrologists in contributing to health and quality of life of the Filipino people.

A theme and Logo Contest for the 50th Anniversary was held last February 21, 2019. Dr. Sonny Antonio's entry was chosen and this will be used for the activities of PSN starting this year.

The WKD fun run at Fort Bonifacio was the anniversary kick off. More than 350 runners joined the run.

In the next months, expect celebratory events such as projects related to Green Nephrology, Renal Nutrition and Preventive Nephrology.

Several fund raising activities including movie premier, golf tournament, concert, PSN merchandise such as the anniversary watch (limited stocks) are underway. Proceeds will be given to 50 patients to partly help finance their KT. A gala night for all nephrologists will cap the anniversary celebration in 2021.