

BROADCAST

OFFICIAL NEWSLETTER OF THE PHILIPPINE SOCIETY OF NEPHROLOGY

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PSN's Golden Jubilee Preparations in Full Swing

CARMELO A. ALFILER, MD

Past President, PSN

Co-Honorary Chair, PSN's 50th Year Anniversary Committee

Founded sometime in April 1971 by way of the first organizational meeting at Capitol Medical Center, and registered with the Securities and Exchange Commission on May 22, 1972, PSN will be celebrating its 50th year of existence from April 2020 to April 2021. In preparation for this momentous occasion, the PSN National Board of Trustees (NBOT) headed by Dr. Helen T. Ocdol approved the creation of a 50th Year Anniversary Committee on August 28, 2018 to plan commemorative activities in the run-up to and during the yearlong celebrations. Appointed to the executive committee are Dr. Carmelo A. Alfiler and the incumbent PSN president as co-honorary chairs, Dr. Maria Gina C. Nazareth as overall chair, Dr. Roberto O. Tanchanco as secretary, Dr. Susan A. de la Rama as treasurer, the incumbent PSN chapter representative and PNSP presidents as members, and past presidents as members of the Advisory Council. Subsequently, working committees were organized and an operational budget was allocated.

Objectives

The 50th Year Celebrations are meant to observe by way of relevant activities the founding and flourishing of PSN by giving due recognition to its founders, leaders and members who have contributed and who continue to further the successful pursuit of its vision and, as well, to inspire the leadership and membership to map out the future of the organization and maintain its relevance as a profes-

sional society of nephrologists in contributing to the health and quality of life of the Filipino people.

Initial Activities

The first project was a theme and logo contest, carried out between October and November 2018, with Dr. Sonny Antonio's entry declared as winner. After the NBOT formalized the win, a launching ceremony was held in February 2019. As mandated, all activities of the PSN would thenceforth carry the official 50th Year theme and logo, and the phrase "In commemoration of PSN's 50th Year" prominently written in yearlong programs.

In March 2019, a joint World Kidney Day (spearheaded by St. Luke's Medical Center) and 50th Anniversary Fun Run was held at the Fort Bonifacio (Army) Grounds; this generated an attendance of 365 PSN members and enthusiasts.



In April 2019, the NBOT approved the Committee's proposal to sell specially-designed commemorative watches at a reasonable price. Initial reservations were secured during the annual convention and continue to this day.



To celebrate its own 25th SEC registration year in May 2019, PNSP held a course on Fluids and Electrolytes, part of the proceeds of which was contributed to the Anniversary Fund.



Future Projects

On July 4-5, 2019, the first of a possible trilogy of Renal Nutrition courses was successfully held at Novotel Hotel in Araneta, Cubao, Quezon City, participated in by 181 attendees from all over the country.

In January 2020, there will be a golf tournament to be held at Tagaytay Midlands. Another joint World Kidney Day/50th Anniversary Fun Run is slated in March 2020, again at the Fort Bonifacio Grounds.

The yearlong events for the 50th year will be launched on April 15-18, 2020 and end with a full week of celebratory activities in April 2021. After the launch, the Committee lined up several movie premieres, the second Renal Nutrition course in July 2020, a benefit show in November 2020, an event marking the 50K for 50KT Public Health Project, the 3rd joint World Kidney Day/50th year Fun Run

continuation on page 5.

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- ▶ and more!

Expert Champions
for Kidney Health



HIGHLIGHTS OF THE MEETING WITH PHILIPPINE SOCIETY OF NEPHROLOGY, INC.

Venue: Room 1005, Citystate Center Bldg., 709 Shaw Boulevard, Pasig City
Date: May 7, 2019 (10am-12 noon)
Attendees: Philhealth Personnel, Representatives from the Philippine Society of Nephrology

The Standards and Monitoring Department set a meeting with the Philippine Society of Nephrology to discuss issues and concerns raised by the attendees from PSN. In summary, these are the issues and concerns with the agreements and recommendations as well:

PSN requests for exemption in the use of the Claim Form 4 as the accomplishment of CF 4 is tedious considering the number of sessions and CF 4 content will be the same for each session and will not determine the quality of care in dialysis particularly HD.

PHIC responded that they may need to seek approval of the management on the exemption as the office from where the Policy emanated may only recommend
 The CF 4 is a tool for PhilHealth to evaluate quality care.

PSN shared that as per regional instruction, there should be one CF 4 for one hemodialysis session.

PHIC clarified that multiple sessions can be filed in one (1) CF4 only. The dates of filing should be after consistent with the dates in CF2.

In filing of claims for HD, file within the month. Do not overlap months. Philhealth will issue an advisory to clarify the CF4 policy to include sample filled out CF4.

There is no need for exemption considering multiple sessions can be filed with one claim for 4 (CF4).

PSN shared that explanation from the Central Office differs from what was explained by the PROs during their cascade of information (different interpretation of the guidelines).

According to PSN, LHIO in PRO V did

not know how to fill out CF4.

PHIC will clarify issues with PROs and emphasize what is in the circular for uniformity of explanation.

PSN asked if there is a need for a hard copy of the CF 4?

As per PHIC advisory No. 2019-008, HCIs need not submit/retain/store in hand a copy or printed version of the CF4. Philhealth may request a copy of the complete clinical chart to review during audit.

PSN clarified what should be written as admission date?

As per guidelines, the first day of treatment shall be the date of admission (Item no. 7).

PSN verified, should lab results be mandatory as attachment?

Lab results are not mandatory, however, pertinent labs and/or imaging results to support management during episode of care shall be attached as appropriate.

PSN mentioned that PRO personnel during Philhealth forums / orientations threatened providers that they will be monitored because of the use of non-PNF drugs.

PHIC to address internal issues with Regional counterparts.

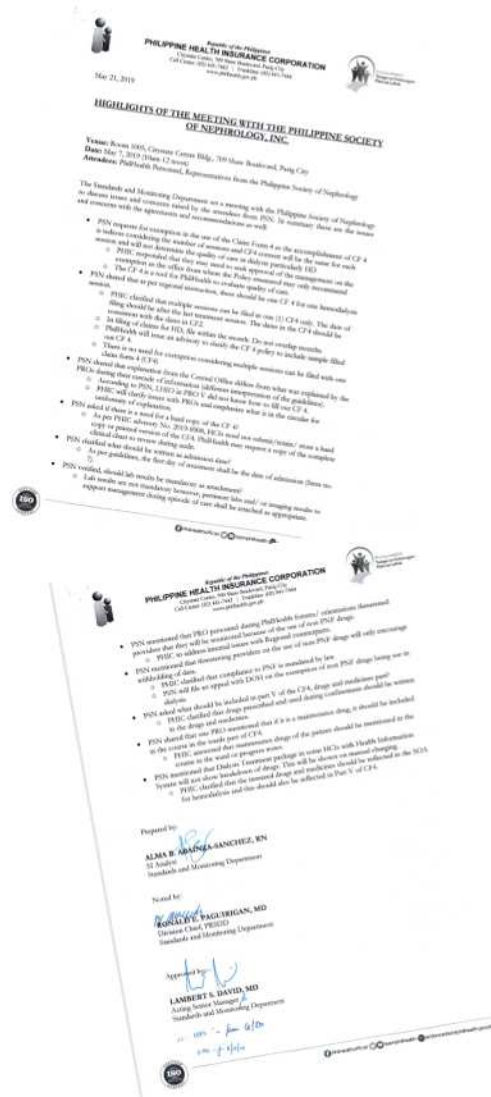
PSN mentioned that threatening providers on the use of non-PNF drugs will only encourage withholding of data.

PHIC clarified that compliance to PNF is mandated by law.

PSN will file an appeal with DOH on the exemption of non-PNF drugs being use in dialysis.

PSN asked what should be included in part V of the CF4, drugs and medicine part?

PHIC clarified that drugs prescribed and used during confinement should be written in the drugs and medicines.



PSN shared that one PRO mentioned that if it is a maintenance drug, it should be included in the course in the wards part of CF4.

PHIC answered that maintenance drugs of the patient should be mentioned in the course in the ward or progress notes.

PSN mentioned that Dialysis Treatment package in some HCIs with Health Information System will not show breakdown of drugs. This will be shown on manual charging.

PHIC clarified that the itemized drugs and medicines should be reflected in the SOA for hemodialysis and this should also be reflected in Part V of CF4.

Message

FROM THE PRESIDENT

ELIZABETH ANGELICA LAPID-ROASA, MD



Welcome to the 2019 Midyear Convention of the Philippine Society of Nephrology! This meeting of our society is always a biennial breath of fresh air as we come together in a more informal and congenial setting. Congratulations to the Central and Eastern Visayas Chapter for conceptualizing and organizing this year's scientific and recreational program for the education and enjoyment of everyone.

The theme **STATE OF THE ART: Nephrology Updates** promises the delivery of new and valuable information from esteemed experts that will definitely enrich our knowledge and clinical practice.

Six months have passed since our last annual convention and the current board is pleased to share with you some of the various endeavors undertaken thus far.

During the strategic planning held in May, the Board, Chapter Presidents and Committee heads ensured accomplishment of the priority tasks and responsibilities required to continue the mission and vision we all uphold. Actions for our year's thrusts – a streamlined response to disasters, the Green Nephrology advocacy, the "Nephrology for All" initiative, and a strengthened research and renal disease data collection – were formulated.

Kidney Month kicked off last June with the theme "Sa Malusog na Bato, Ang Bukas ay Sigurado". NCR and all the Chapters executed splendid jobs with their successful campaigns, lay-fora and health service provisions. "SYNERGY", the first postgraduate course on renal nutrition held last July, was a blockbuster and ended

with a clamor for more! The Committee on Public Health and Preventive Nephrology has promised to organize another course next year.

The task of encouraging more hospitals and institutions to train nephrologists has gained momentum. With the growing number of mentors and teachers throughout the country, we can now expect additional graduates not just from the 14 (10 adult and 4 pediatric) pioneer training programs but also from new ones in the NCR, Pampanga, Bicol, Cebu and Davao. With the efforts of the TPAB, we look forward to providing solutions to the need and demand for specialists in the underserved areas of the country, coincident with the clamor coming from the DOH for such.

The "Inclusivity Project" was launched last fiscal year and the Committee on Medical Education has now laid out concrete plans to help all our members to become full pledged diplomates of the society.

The Disaster Committee hit the ground running with the onslaught of Typhoon Ineng in early August, the continuing monsoon rains in the North and South and the subsequent flooding. Prevention of leptospirosis outbreaks in the areas was a major concern. Kudos to the leaders and our colleagues in the chapters who acted promptly in disseminating information and distributing prophylaxis.

The HD Committee has, like clockwork, churned out postgraduate courses for the PODs, hemodialysis heads, medical directors, trainees, nurses and technicians. The second PD Primer was successfully con-

ducted last August by the PD Committee and an advanced course in in the works. Not to be outdone, the KT Committee held a forum last June and continues to be active in campaigning for its cause.

The Green Nephrology advocacy was initiated last year and the MOA with Health Care Without Harm has been finalized. Results of the pilot program with two dialysis centers will hopefully provide a model strategy for other dialysis units to follow.

The Research Board has made initiatives with the different training programs for improving the quality of research output and data collection for specific renal conditions documented by the fellows-in-training. This venture will add to the data pool on Philippine renal health and disease needed to improve clinical practice, guideline development and policy-making.

We look forward to be utilizing a revamped Website soon, as well as having a responsible and wider social media presence through the hard work and brainstorming of the Cluster on Publications.

The North Luzon, Southern Tagalog and Mindanao chapters conducted their annual postgraduate courses last June, July and September. The Southern Tagalog Chapter had a grand event last July for their 10th year anniversary.

The PSN 40th Annual Convention is slated for April 15-18, 2020. Planning by the Organizing Committee is underway with the theme "Nephrology in the Changing Times: A 20/20 Perspective". Likewise, with our 50th year as a society just around the corner, preparation for the big celebration is in full swing. We congratulate our pediatric colleagues as the PNSP observes a milestone 25th year this November during their Annual Convention.

We have been busy working with

continuation on page 4.

President's Message from p3.

various government agencies. We had meetings with PhilHealth to clarify issues regarding the CF4 form completion and the PD First policy. We attended Senate and Congress hearings on Universal Health Care, the Sin Tax on Alcohol, and the Renal Replacement Therapy Bill. The Committee on Public Health sat with the DOH for the project on Rare Diseases, with the hope of future government reimbursement for the treatment and work-up for these conditions. We joined meetings organized by the PMA and PCP tackling the latest controversies on specialty and subspecialty training and board certification. We also consulted the FDA to expedite the provision of PD supplies since availability had become a problem.

Lastly, our presence in the international front has not been neglected. The PSN maintains its active membership in the ISPD, ISN OSEA (where we continue to have seats in the regional board), and the APSN. We participated in the Asian Colloquium in Nephrology last July. It is hoped that with the cooperation of the membership, our ISN membership as a collective society with its benefits will be maintained through the years.

Work never ends and much is still to be done, but with the dynamic workers in the different chapters, clusters and committees, and with the help of the entire membership, no task is impossible and I am confident that more accomplishments are in store. Let us continue to be guided by our oath to carry on our mission to be champions of kidney health and conscientiously perform our roles responsibly and ethically, notwithstanding the challenges that come our way.

Mabuhay!

Of Standards and Covenant from p5.

not default on our standards.

We all strive to maintain our allegiance to our oath thereby preserving the finest traditions of our calling. Let us always be reminded of this covenant.



MENTORING the NEW GENERATION of TRAINEES

LYNETTE FILLONE-ALCALA, MD

As we are ushered into the 21st Century, a new set of competencies are being drafted for our Nephrology trainees. With the implementation of outcome based education and enhanced workplace based assessment as a tool to evaluate these trainees, how can we make training relevant in these modern times? How capable are our trainees in dealing with actual tasks at the bedside? How can we produce graduates that can collaborate with other multispecialties to maximize the promotion of renal health in the hospital setting as well as our involvement in the different health communities, in the creation of laws and lobbying in the government for a holistic care for our renal patients.

We as trainers are overwhelmed with the idea that aside from basic clinical skills, proper bedside decorum, the ability to engage in research and comply with inter professionalism among the different health care personnel we feel inadequate to embody the kind of role models our trainees will look up to and emulate.

Mentoring has been there since time in memorial. We have been mentored by the Pillars of Nephrology practice in the country. We may have become modern versions of our mentors or younger versions of whom we aim that we will continue the legacy they started. But how effective are those mentoring skills and how relevant are the things taught to us to adopt and apply in our daily practice?

Mentoring according to Fornari is typically described as a relationship between two individuals where the mentor guides the mentee is a reciprocal relationship through listening and reflection often to promote career development, professional growth and satisfaction. With the Southeast Asean Integration and as we open our doors to training among our South East Asean neighbors we have to adopt an Asean Framework where ethics and professionalism is emphasized, quality assurance is the new competency aside from having the adequate knowledge and skills to diagnose disease and promote preventive medicine. To achieve competitiveness, it does not only require basic skills in diagnosis and management but the ability to be lifelong learners, promote engagement in research, ethics and professionalism as well as adhere to interprofessional conduct among the different healthcare personnel the different stakeholders and the recipients of care. Have we defined our outcomes in terms of the nephrologist that we wanted them to become? Are the activities we do in training like bedside teaching, mortality morbidity conference, journal clubs, Renal hour enough to hone their knowledge and skills to embody the 21st century nephrologist? Are these activities fit for the kind of learners their generation are? Currently we are dealing with the generation born between 1981 -1999 aptly labeled as the Millennials, the Net Generation or Gen Y. These group of individuals are so labelled because these individuals reached adulthood at the turn of the 21st century.

Millennials grew up in an electronic filled and increasingly online and socially-networked world where their mantra is "follow your dreams" and being told they are special that their confidence tend to overflow into the realms of entitlement and narcissism. While majority of Mentors belong to Generation X and a few Baby Boomers a lot of adjustments has to be made to make mentoring workable for these group of mentees. Since these adult learners are capable of defining what

continuation on page5.

PSN's Golden Jubilee from p1.

in March 2021, among others --- these on top of PSN's existing and new flagship projects being implemented without let-up.

A most meaningful and memorable 50th anniversary week in April 2021 will feature a special "legacy" annual convention scientific theme/course and programs that will honor PSN's founders, leaders, outstanding members and co-advocates. Furthermore, it will provide a throwback of the Society's glorious and historic half-century both in print and in digital forms. A gala event will be organized to cap the celebrations.



PSN IS
50
IN 2021

The logo features the text "PSN IS 50 IN 2021" in a stylized font. The number "50" is the largest and most prominent, with "PSN IS" above it and "IN 2021" below it. A circular emblem with a caduceus and the text "PHILIPPINE SOCIETY OF MEDICAL SPECIALISTS" and "1971" is integrated into the design.

Mentoring from p4.

they really want to learn, how to go about with their learning can we make training individualized or specialized? Will a contract of training work where trainees learn at their own pace, and achieve their learning outcomes at their own initiative with the mentors providing then proper environment to achieve the desired outcomes they have agreed on in the first place? Mentoring has taken a new league for our mentees, honing their skills with the guidance of their mentors in a friendly environment where a reciprocal relationship has to be established between the mentor and mentee based on mutual respect and honest reflection. May we take this challenge to make training relevant and make the 21st century mentees the kind of nephrologist we wanted them to be.



OF STANDARDS AND COVENANTS

MARIA GINA C. NAZARETH, MD, FPCP, FPSN, FACP, FRCPE
Current President of the Philippine College of Physicians
A Past President of the Philippine Society of Nephrology

Several weeks ago, the specialty divisions of the Philippine Medical Association (PMA), including the Philippine College of Physicians (PCP), got encumbered in a dispute with the Philippine Society of Medical Specialists, Inc. (PSMSI) when the latter declared that it would conduct a specialty certifying and recertifying examination for its members.

The announcement immediately raised several issues, first and foremost is the PSMSI's purported authority to administer such an examination. Their action was widely viewed to undermine the certifying examinations that the eight specialty divisions were already mandated to administer. Issues on the standards of training and the qualifications of the examinees were also put into question.

PSMSI, for its part, emphasized that the goal of the examination is to help the government address the shortage of specialists in underserved areas, and thereby fundamentally contribute to the proper implementation of the Universal Healthcare Law.

The PCP, along with the rest of the specialty divisions, recognizes the widening gap of specialists in underserved regions and the need to properly distribute them in the country. DOH Sec. Francisco T. Duque III, in a meeting with the specialty divisions, posed a challenge to find ways to increase the number of certified specialists and provide strategies on how to certify graduates of the training programs and eventually address the maldistribution of specialists in the country.

During the Congress hearing with the Professional Regulation Commission (PRC) and PSMSI last August 29, 2019, Cong. Angelina Tan of the

House Committee on Health tasked the eight specialty divisions to contribute in drafting the Physician's Act and strengthen the physicians' participation in the government.

While the exam of PSMSI did not push through as scheduled, the matter was a definite eye-opener to the specialty divisions to come up with strategies to help members who are unable to pass the specialty board exams. There is a need to be proactive in assisting the non-passers and not be complacent with the increasingly high percentage of passers. We cannot just let the non-passers seek certification elsewhere. Simultaneously, we cannot tolerate another society to tamper with the standards that we had tediously labored to uphold through the years.

This experience was significant and awe-inspiring as it was able to unite the specialty and subspecialty societies to move as one and stand as one. There may still be a long battle ahead but it is heartening to know that there is a majority amongst us who still believe in our commitment to excellence in healthcare.

While we basked in this temporary victory, let us take a closer look at our individual practices. Internal medicine as a specialty is as vital as the other specialties. There are some of us who do not have this additional laurel on their sleeves but it does not make us any superior to them, albeit, it comes with greater responsibility.

The country is in dire need of medical specialists at a time when diseases are more complicated and cure is difficult if not elusive. It is but imperative for us to think of a way to ease this burden and provide the necessary health care to whoever needs it and wherever it is needed. But let us

continuation on page4.



EDITORIAL

Learning Transfer

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

In this day and age, acquiring knowledge seems to be at our finger tips but REAL learning is somewhat distant. We often acquire knowledge thru our training programs to create a doctor who is clinically excellent. But that is not the end of it. We invest time and money and effort to train these doctors so they do not just recite theories, quote statistics but to know the patient and what is wrong with them and treat it accordingly. We should not end with the sick but we should involve ourselves from the protection and prevention of illnesses.

We as mentors and trainers feels at times that we are not effective in putting across the milleneals the work ethics we have imbibed and the persistence to strive for excellence in our training. Are we putting our expectations too high or is it us who are not effective teachers?

The following are the characteristics of an effective learner:

1. The learner should have **READINESS** which means the learner is **EAGER** to learn. There is a strong sense of motivation, has own learner goals and is self efficient.
2. The learner should engage in activities embedded in our instructional design that enhances role modelling, goal setting.
3. Organizational Alignment is necessary which is enhanced by programs of leadership, mentorship, coaching and peer support.

It is a give and take process. True learning is when they are able to face the realities of life with full confidence. We are truly effective when we can simply entrust our loved one's to their care.



PANGHIMAGAS

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

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

PAASA HUGOT SERIES

*Huwag tawaging paasa ang isang tao
Dahil assumera ang peg mo.*

*Alam kong laging may pag-asa
Pero sadyang mas madami ang paasa*

*Walang taong paasa
Kung di ka umaasa*

*Hindi lahat ng patama. Tumgkol sayo
Sadyang tinamaan ka lang kasi feeling mo....*

*Pag si crush ang katabi, gutumin ka man,
Hindi ka aalis ng upuan*

*Masisi mo ba ang pagselos ko?
Kung sya ang first love mo?*

*Hindi naman talaga sya laging paasa,
Minsan asa ka lang talaga ng asa*

*Wag mo akong ikukumpara sa EX mo sa iba.
Dahil kung mas ok sya edi sana kayo pa*

*Matuto kang sumuko kapag nasasaktan ka na
Minsan kasi niloloko ka na, kinikilig ka pa*

*Ang daling matulog,
Ang hirap bumangon.
Ang daling mahulog,
Ang hirap mag move on.*

more on page 7.



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of Nephrology**

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Habang tayo may kayo. Sakit ah! Tagos.

Relationship status: M.U. (Mag-isang umibig)

Tinalikuran ka niya kasi wala na daw siyang hinaharap sa'yo!

Mahalin mo naman ako kahit joke lang. Ako na ang bahalang sumiryo.

X'. Minsan letra. Madalas mahal mo pa.

Sinanay mo pa 'kong nandyan ka. Aalis ka din naman pala.

Para lang akong charger sa buhay mo. Hinahanap mo lang pag kailangan mo.

Nagdala ako ng maraming ilaw. Pero nagkalabuan pa rin tayo.

Paano ko masasabing I love you kung may sinabihan ka na ng I love you too? Kaya itatago ko na lang 'to para di na ko masaktan ng todo.

Ayaw ko na masaktan. Takot na ako magmahal pa. Pero sa tuwing naisip kita, sabi ko na lang sa sarili ko, 'sana hindi kita iniwan'.

Huwag mo akong pangakuan. Basta maghihintay ako sayo. At kung di na ka babalik dahil di na siya aalis, lagi mo tandaan na mahal na mahal kita. Mahal na mahal.

Pumayag akong mawala ka dahil dun ka masaya. Pumayag ako masaktan dahil dun ka masaya. Pumayag ako umiyak dahil dun ka masaya. Napilitan lang ako pumayag dahil alam ko dun ka sasaya.

25th Anniversary of PNSP: REFLECTIONS, RELEVANCE, ASPIRATIONS

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

The Philippine Nephrology Society of the Philippines is celebrating its 25th year this 2019 with the theme: "Reflections, Relevance and Aspirations". We shall be guided by these three "statements" in all our events and hospitality. We conducted two Fluid and Electrolytes Teaching courses outside of NCR this year. One was held last January to our doctor friends in the Southern Tagalog region and the second teaching course on Fluid and Electrolytes was dedicated not only to PNSP's 25th anniversary celebration but to the PSN's 50th anniversary celebration. We had two G10 Interdisciplinary Conferences which were spearheaded by Philippine Children's Medical Center and Southern Philippines Medical Center. We had more than 25 schools who participated in our Kidney Friendly School Advocacy and we had joint celebrations with PSN during the Kidney month. We had representations in local issues and we will launch two publications this year which are the Books of Abstracts and the Therapeutics Manual 2.

The highlight of our celebration will be the 3 day event which will be this November 17, 18 and 19.

November 17 will be our first teaching course in HYPERTENSION. This teaching course is supported by the International Pediatric Nephrology Association. We will be having 4 foreign speakers in this teaching course who are no other than the President of the International Pediatric Nephrology Association - Prof Hui Kim Yap, our Asean Pediatric Nephrology President - Dr. Arvind Bagga and the two other speakers are Professor Pedro Jose from George Washington University who is well known for his researches in hypertension and from Italy - Dr. Emma Francesco who is the former IPNA Teaching Course Director. In the afternoon, will be having Case Based Workshops in hypertension which will cover the evalua-

tions, diagnostics, ambulatory BP interpretation, treatment and nutritional interventions.

November 18 and 19 is the convention proper which is entitled GLOBAL INSIGHT, PHILIPPINE PERSPECTIVES. There will be state of the art lectures and tandem discussion among GLOBAL Insights on the management of renal diseases to be presented by our foreign guests and the LOCAL realities to be presented by our prestigious local speakers which will make fusion of knowledge on the ideal and the reality in the Philippine Settings..

We will be having our Anniversary GALA night on the 19th which will be a showcase of PNSP's REFLECTIONS on what we have done in the past, a reality check on the impact of the PNSP's RELEVANCE to the Filipino Renal Health care and the ASPIRATIONS - which will feature the things we hope to be in the future.

Mabuhay PNSP and we vow to become significant to the lives of the children who will be the future of the Filipino people.

ANNOUNCEMENT

THE 1st PNSP-IPNA TEACHING COURSE ON HYPERTENSION IN CHILDREN

17 NOVEMBER 2019
 KENNEDY SCHOOL OF MEDICINE & PUBLIC HEALTH
 UNIVERSITY OF THE PHILIPPINES - DILIG

17:00-18:00
 Registration and Welcome

18:00-18:30
 Opening Remarks

18:30-19:00
 Lecture: Hypertension in Children

19:00-19:30
 Case Based Workshop

19:30-20:00
 Dinner

20:00-20:30
 Lecture: Hypertension in Children

20:30-21:00
 Case Based Workshop

21:00-21:30
 Dinner

21:30-22:00
 Lecture: Hypertension in Children

22:00-22:30
 Case Based Workshop

22:30-23:00
 Dinner

23:00-23:30
 Lecture: Hypertension in Children

23:30-24:00
 Case Based Workshop

24:00-24:30
 Dinner

24:30-25:00
 Lecture: Hypertension in Children

25:00-25:30
 Case Based Workshop

25:30-26:00
 Dinner

26:00-26:30
 Lecture: Hypertension in Children

26:30-27:00
 Case Based Workshop

27:00-27:30
 Dinner

27:30-28:00
 Lecture: Hypertension in Children

28:00-28:30
 Case Based Workshop

28:30-29:00
 Dinner

29:00-29:30
 Lecture: Hypertension in Children

29:30-30:00
 Case Based Workshop

30:00-30:30
 Dinner

30:30-31:00
 Lecture: Hypertension in Children

31:00-31:30
 Case Based Workshop

31:30-32:00
 Dinner

32:00-32:30
 Lecture: Hypertension in Children

32:30-33:00
 Case Based Workshop

33:00-33:30
 Dinner

33:30-34:00
 Lecture: Hypertension in Children

34:00-34:30
 Case Based Workshop

34:30-35:00
 Dinner

35:00-35:30
 Lecture: Hypertension in Children

35:30-36:00
 Case Based Workshop

36:00-36:30
 Dinner

36:30-37:00
 Lecture: Hypertension in Children

37:00-37:30
 Case Based Workshop

37:30-38:00
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38:00-38:30
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2019 PSN MID YEAR CONVENTION

STATE OF THE ART:

Nephrology Updates

DANNY Y. YU, MD, FPCP, FPSN
 Vice-President, 2019-2020
 Central and Eastern Visayas Chapter,

For the longest time, Cebu City has been called the southern capital of the Philippines as a bustling metropolis rich in culture and tradition and yet teeming with white sandy beaches and vibrant night life. Once again, this coming October 4 to 6, 2019, the PSN-CEV Chapter is given the chance to showcase the wonders of Cebu and its neighbouring provinces. Marco Polo Cebu Plaza Hotel is the venue for the latest iteration of the PSN Midyear Convention, nestled on lovely Busay Hills at the heartland of Metro Cebu. This will give delegates ample chance to experience the sights and sounds of the city and "paint the town red" during their spare times.

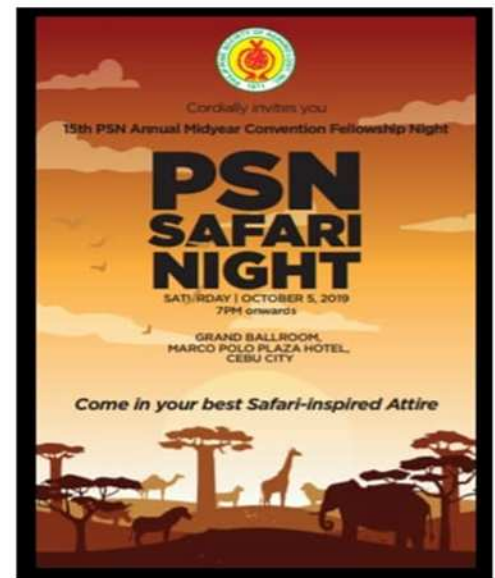
The scientific program theme is "Nephrology Updates: State of the Art" which should cover important disciplines and concepts under nephrology which are constantly evolving for which clinicians and

health care providers must keep abreast to remain competent and relevant in practice. A couple of non-nephrologic topics are thrown in to tackle life hacks such as financial leadership and the real-life issue that is physician burnout. Hotel reservations at the convention venue and exhibit booth spaces are already filled to the brim which augers well for convention attendance and pharmaceutical participation. Delegates are encouraged to pass by every exhibit booth and hospitality suite to fill up passport raffle forms for chances at winning luxury items and electronic gadgets.

The Cebu Safari and Adventure Park is the province's latest addition to its long list of attractions and becomes a destination for PSN members to unwind and bond as a group. Often compared to Singapore's safari and patterned after the San Diego Zoo, the safari park promises tons of enjoyment and things to do for delegates.

In conjunction, the fellowship night shall be dubbed "PSN Safari Night" to be held on open space at the Grand Balcony of the convention venue so as to provide the jungle ambiance with surprises to boot. Not to mention sampling the local famous cuisine and lechon de Cebu. Come one come all to the Queen City of the South and give new meaning to fun learning.

Ari na mo bai!



PSN-CEV Chapter Midyear Organizing Committee meeting at Café Marco of the Marco Polo Cebu Plaza Hotel



KIDNEY RUN 2019

in celebration of World Kidney Day and PSN's 50th Anniversary



March 17, 2019
 Philippine Army HQ Grandstand
 Fort Bonifacio Taguig





CELEBRATED BY THE
KIDNEY MONTHS
Philippine Society of Nephrology, Inc.
Department of Health

KIDNEY MONTH 2019

17th FAMILY DAY CELEBRATION

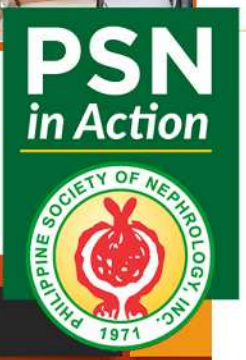
Sa Malusog na Bato, Kinabukasan ay Sigurado

Kidney Idol PHILIPPINES

Expert Champions for Kidney Health



FAMILY DAY CELEBRATION
JUNE 6, 20109
San Andres Sports Complex



LAOAG - ILOCOS GROUP

URINE DIPSTICK SCREENING

BLOOD LETTING

LA UNION GROUP

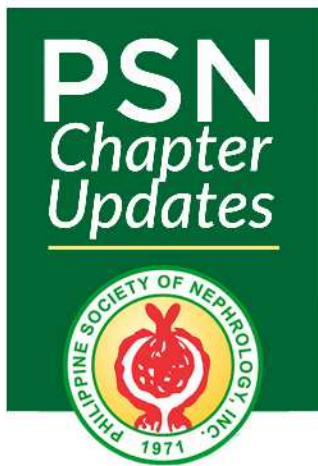
BP determination, urine dipstick, FBS screening

Lay Fora

LECTURE FOR TEACHERS
June 26, 2019
Pura Kalaw Elementary School
Quezon City

ZUMBA





STAYING STRONG AT 10 The PSN STC's Bahay ng Bato



Through the changing times, the foundations of centuries old stone houses have stood from their humble beginnings to the landmarks that they are today in the region's cabeceras and poblaciones. Likewise, the PSN STC starting from a handful of nephrologists 10 years ago set out to build one of the strongest professional houses, with each year adding in new members to further strengthen itself; one building block at a time. This is the context with which the PSN STC conducted its 9th Hemodialysis Course with the theme: The House of Us: Foundations of Good Dialysis Practices #BahayngBato #PanoBato? held last July 28 at the Taal Vista Hotel.

As was customary it started the night prior, where the PSN members attended the annual fellowship night. In the Great Gatsby inspired gala dinner, the doctors shunned their usual professional robes and shifted to gowns, gloves, tuxedos and ties to celebrate and toast to the glamorous 10 years of the society. The chapter also awarded its first Gawad para sa Natatanging Nephro to Dr. Gina Nazareth as the chapter's founding president in recognition of her invaluable contributions to the society.

At the course proper, PSN STC President Dr Rhodora Valenzona formally opened the event followed by her own lecture on patient safety for the dialysis patient. The morning session was chaired by Dr Kathleen Joy Flores who facilitated the discus-

sions on topics chosen by the dialysis staff all over the region. The next lecture was conducted by Dr Christine Joy Aguatis herself a pharmacist discussing the peculiarities of prescribing drugs to patients in special situations like dialysis. The participants learned how to adjust the dosing of commonly used drugs, along with picking the best ones to use and to avoid. In the subsequent lecture Dr. Marites Reynera tackled the difficult case of a pregnant patient undergoing hemodialysis. A lively discussion on the management of this very unique scenario then followed to end the morning session.

In the afternoon session, Dr Maria Victoria Catapang-Melo served as chair, starting with a lecture by Dr Anne Margaret Ang on dialysis unit housekeeping and protocols. The participants were reoriented on the pertinent protocols and guidelines in patient care, with particular attention to local regulations by the DOH. Apollo Arquiza a certified water engineer then led a discussion on water system upkeep where dialysis technicians freely exchanged their experiences on how to maintain dialysate water purity and troubleshooting of commonly encountered issues. The last session had Dr. Frederick Ogbac, an interventional nephrologist discuss how nurses can maintain vascular access viability, anchored on meticulous physical examination and assessment to foresee pending problems. The course drew to a close where lucky participants brought home raffle prizes courtesy of the

nephrologists of the chapter.

The PSN's growing family had 767 participants from more than 100 hemodialysis units in the region and counting. As the prevalence of chronic kidney disease continues to rise, capacity building and continuous professional education are crucial in maintaining the standards of care that patients so rightfully deserve. The chapter is grateful to the leadership of its President Dr. Rhodora Valenzona and the post graduate course steering committee members- Drs Gladys Diaz, Faye Lim-Dy, Marites Reynera, Maria Ailsa Escobin and Jose Ty. The committee chairs Drs Jenny Rubio- Bicol, Dan Michael Dones, Ruth Bernardo, Agnes Baston, Sheena Manalili-Diloy, Susan Bello, Michael Roy Roxas were also instrumental in the successful conduct of the course. Lastly, the chapter also acknowledges the contributions of its newer generation nephrologists Drs Nickson Austria, Christine Joy Aguatis, Kathleen Joy Flores, Maria Theresa Santiago and Maria Victoria Catapang-Melo.

The practice of hemodialysis in the country has been rocked by controversies lately, but with integrity and genuine commitment to excellence in healthcare, the society of kidney experts hopes to retain the trust of its patients and the public. Like the Bahay na Bato weathering the storms, the Bahay ng Bato shall also endure and stay strong to provide lifesaving care for its dialysis patients.

PSN Chapter Updates



PSN STC GRAND Fellowship Night

GENERO ANGCAO, MD, FPCP, FPSN

Last July 27, 2019, the Philippine Society of Nephrology - Southern Tagalog Chapter (PSN-STC) held its tenth year anniversary at Taal Vista Hotel, Tagaytay. Dr. Rhodora Valenzona, the chapter president, welcomed the members to The Great Gatsby - themed celebration while Dr. Elizabeth Angeli L. Roasa, PSN President, acclaimed the chapter for its cohe-

rent members and services to the public for the past ten years. All of the nephrologists were enthusiastic and competitive during the games, and they were serenaded by Drs. Dan Dones, Sheena Manalili-Diloy, Isabelle Virata and Den Silva after.

The second part of the program started off with an audio-visual presentation about the chapter through its ten years of existence and followed by one of the highlights of the night, the awarding of the past presidents of the PSN-STC (Drs.Gina Nazareth, Corazon Macaraeg, Edgardo Faustino, Jose Ty, Carlo Punzalan, Joseph Abcede and Maritess Reynera). Dr. Gina Nazareth, the founding president of the chapter, was also awarded with " Natatanging Nephro" for her unwavering contribution to the chapter.

Drs. Joseph Abcede and Jenny Rubio-Bicol were recognized as the stars of the night, while Dr. Genaro Angcao took home the raffle prize. The event may have ended with Dr. Nickson Austria's closing remarks, but the night continued on with catching up, music and laughter.



RUSSELL VILLANUEVA, MD, FPCP, FPSN

Nephrology is a fascinating field where we care for some of the most complex and challenging patients. But with the socio-economic shifts, technological advancements, and the changing environmental landscape, it is imperative that the specialty adapt to these. In many respects, the scope of nephrology practice has transformed significantly over the years.

At the turn of a new decade, further development of our discipline is expected through the contributions of translational and methodological discoveries. These developments will likely curtail the growth of CKD and decrease the burden of ESRD on society. As we continue to aspire for excellence in nephrology in our country through the domains of research, training and clinical care, it is our hope that our patients with kidney disease have reasonable and timely access to care for their illnesses.

The upcoming annual scientific meeting scheduled on April 16-18, 2020 will focus on how the practice of nephrology in our country will adapt to the aforementioned changes. We have invited renal experts from different parts of the globe to be our resource speakers, as well as our local colleagues. Discussions will be distributed on the topics of renal physiology, acute kidney injury, chronic kidney disease, glomerular diseases, renal replacement therapy, etc. Special lectures on renal diseases affected by climate change such as heat-stress nephropathy and disaster nephrology, will also be included.

A pre-convention on April 15 will be conducted with focus on the care and management of Acute Kidney Injury (AKI). This is in concordance with the International Society of Nephrology's Oby25 initiative. The pre-convention aims to provide updates and open discussions on applicable strategies (diagnostic and therapeutic) to eliminate preventable morbidity and mortality from AKI.

PSN Chapter Updates



More and more people in the Philippines have been progressing to end stage organ failure yet organ donation rates remain to be very low over the years. This is a stark reality that needs to be addressed by health care providers, advocacy groups and government agencies alike. SPMC Human Advocate and Retrieval Effort (SHARE), the government organ procurement organization designated to cover the entire Mindanao as its donor service area lives by its mandate to develop strategies to increase deceased organ donation. In line with this, SHARE has been taking the lead in conducting various activities targeted to address the issues that arise from the different facets of organ donation and transplantation.

SHARE has partnered with Ateneo de Davao University (AdDU) and Davao Medical School Foundation (DMSF) College of Medicine and was successfully presented as one of the beneficiaries and participants of the Organ Donation Innovative Strategies for Southeast Asia (Project ODISSEA). This is an Erasmus+ project funded by the European Commission that will design and implement an academic program on organ donation from eight universities from Southeast Asia with leadership from University of Barcelona in Spain, University of Bologna in Italy, and Zagreb Medical University in Croatia. The origin of the project comes from the need for a specialized training to build adequate knowledge, skills and attitudes to efficiently coordinate organ donation activities.

Creating a Culture of Donation, Everybody's Responsibility The Mindanao Initiative

ANGELI JOYCE TALEON-APOSTOL, RN

Further, thru its partnership with Donation and Transplantation Institute - Transplant Procurement Management (DTI-TPM) and with sponsorships from both DOH Central Office and DOH CHD XI, SHARE was able to bring foreign donation experts from Spain to conduct two more batches of the Intermediate Training on Transplant Procurement Management to physicians and nurses assigned in the emergency room, intensive care units, and other prospective areas where deceased donors may be identified. Following these, several mini versions of the TPM training and workshop have been cascaded in several hospitals that has capacitated these hospitals to handle referrals.

Deceased organ donation is unique. Societal and social attitudes are the foundation of the system and high levels of trust and participation from the general public is key. Unlike other medical practices, it does not depend only on the expertise of doctors, nurses and coordinators involved in the process but more so on the altruistic and free donation of members of the society.

After the first TPM training, in SPMC alone, from two to three referrals annually from 2013 to 2016, there has been a notable increase to about twenty identified and referred potential multiple organ donors per month from November 2017. Of these numbers, an average of three per month pass the initial donor screening and is confirmed to have progressed to brain death by clinical criteria. However, it is unfortunate that we are having an extremely difficult time eliciting the consent for donation from the next-of-kin. Among the top reasons for refusal are lack of prior knowledge or adequate understanding about organ donation and personal reasons that they claim as attributable to religious and cultural beliefs.

Unlike in other countries where deceased organ donation is commonplace, Filipinos seem to perceive the idea as taboo or unacceptable especially when they get to hear about it only at the time of their loved one's demise and when they are struggling with their own grief. But SHARE knows that the task of increasing the number of people willing to donate organs by addressing misconceptions

and correcting unverified information is everybody's social responsibility. Thus, it has reached out to several societies and organizations to share its cause and partner with them. We have the Integrated Bar of the Philippines, Philippine National Police, Philippine Red Cross Davao City Chapter and Junior Chamber International to name a few.



continuation on page 13.

Creating a Culture of Donation from p12.

SHARE has also conducted several fora on deceased organ donation such as the Muslim and Catholic conferences and another conference among members of Ethics Committees in Davao City. SHARE has also gone to several government agencies, hospitals, schools and communities to promote its advocacy. SHARE is a firm believer that if we make organ donation mainstream, then it will evolve to be something natural and something that will be of discussion among families when all is well over dinner and not just at the time of a loved one's death. If so, then perhaps we can eventually witness more conversion to actual and utilized deceased donors.

Deceased organ donation is everybody's concern. It is real. It is universal. It is personal. It saves lives but we do not do it enough in the Philippines. We need to make all Filipinos aware that they have an opportunity to leave a legacy through donation and save the lives of the people who are in the transplant waiting list. We need to create a culture of donation in a country that transcends age, gender and religion. The challenge is on and for as long as we have not enough organs to address the needs of our patients, then there is no way but forward.



PSN's GREEN DIALYSIS PROJECT

RICARDO A. FRANCISCO, MD, FPCP, FPSN,
Chair, Committees on Advocacy and Hemodialysis

The Philippine Society of Nephrology through its Committees on Advocacy and Hemodialysis initiated an advocacy campaign dubbed as the "PSN Green Dialysis Project". The end goal of this project is the reduction of waste and carbon footprints in all dialysis centers all over the Philippines through sound, efficient and effective waste management practices.

Dialysis centers are known to produce large amount of wastes from the consumables that are being used in the treatment of patients with chronic kidney diseases, including dialyzers, bloodlines, syringes, used peritoneal dialysis bags and tubings which will eventually end up in our dumpsites.

To be able to do this, the society has partnered with HEALTH CARE WITHOUT HARM (HCWM), an international non-governmental organization that works to transform health care worldwide so that the sector reduces its environmental footprint, becomes a community anchor for sustainability, and a leader in the global movement for environmental health and justice.

To better understand the nature of wastes in dialysis centers, PSN and HCWM will initiate a "Waste Assessment and Characterization Study" in at least two dialysis centers in Metro Manila, one government owned and one free standing dialysis center.

The results of this study will help the PSN "Green Dialysis Project" develop strategies and guidelines in the reduction of waste management of waste reduce waste and carbon footprints through sound, efficient and effective waste management practices that will be implemented in your and other dialysis centers all over the country.



**LAY FORUM
RENAL NUTRITION
PGH OPD
June 21, 2019**





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PREVENTIVE NEPHROLOGY LECTURE



URINE DIPSTICK SCREENING



BMI AND BP SCREENING



ZUMBA



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SCREENING



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CENTRAL AND EASTERN VISAYAS



BICOL



Civil Service Commission

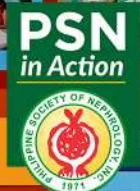
Radio Guesting

Radio interview with hosts, Mercede and Marlene as having, Diana or Joseph at 6:30 PM

ABS-CBN TV Guesting

Guesting with hosts, Mercede and Marlene as having, Diana or Joseph at 6:30 PM

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FBS SCREENING AND URINALYSIS



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Ceremonial Water Drinking

