QUEZON CITY PUBLIC LIBRARY
MAIN OFFICE

DIVISION OF NURSING SERVICES
QUEZON CITY HEALTH DEPARTMENT
SEPTEMBER 21, 1971
QUEZON CITY, METRO MANILA

"AIDS: A Growing Concern Of Community Health Nurses"

22nd ANNIVERSARY CELEBRATION

September 21, 1993
Quezon City, Sports Club
QCHD Division of Nursing Services

THE FLORENCE NIGHTINGALE PLEDGE

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession, faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to work closely with the physician in his work, and devote myself to the welfare of those committed to my care.

Quezon City Library,

PROPERTY OF
QUEZON CITY PUBLIC LIBRARY
MAIN OFFICE

Q.C. PUBLIC LIBRARY
LOCAL HISTORY

"We the Filipino Nurses _
Conscious of our responsibility;
For the promotion and protection of the people's health
for National Development;
And for our desire to give full scope
to our professional Growth and Development
And having organized ourselves
into a unified Association
Commited to the ideals of service to the people,
equality, justice and social progress....."

Adopted from the
Philippine Nurses Association

Miss Blarguita Barrio & Staff:

Thank you so much for your unending concern and support for the QC Health Dept. Nurses.

Very sincerely,
Ms. Clarita Brejia - Chief Nurse
Cora B. Manlangit - Asst. Chief Nurse

93-129-1



Republic of the Philippines
Department of Health
OFFICE OF THE SECRETARY

MESSAGE

I am pleased to extend my personal greetings and congratulations to the dedicated health professionals of the Division of Nursing Services of the Quezon City Health Department on the celebration of its 22nd Foundation Anniversary.

As the most populous urban center in the entire Philippines, Quezon City reels under its unique forms of health problems. In the face of this, the Quezon City Health Department has ably responded to various disease outbreaks, and prevented the occurrence of many more. Healthcare professionals, however, are engaged in an unforgiving field that requires them to constantly immerse themselves in the task of increasing their knowledge and skills. It is incumbent on us to keep abreast with the latest developments in the various medical sciences lest our ignorance compromises the life of another human being.

In this connection, your convention theme, "AIDS: A GROWING CONCERN OF COMMUNITY HEALTH NURSES" describes a pressing issue among the health professions which deserves our attention due to the fact that we do not know enough about this disease. We do not know how to cure it, how to prevent it immunologically, nor do we know exactly how extensive the infection has become in the Philippines. What we do know, however, should be disseminated and practiced by all health workers who are in a position to prevent this worldwide pandemic from affecting our country.

I trust the dedicated nurses of the Quezon City Health Department shall continue to play a major role in the task of preventing diseases in our city and in other parts of the country in the days to come.

JUAN M. FLAVIER M.D., M.P.H.
Secretary of Health

Republika ng Pilipinas
Lungsod Quezon

Tanggapan ng Punong Lungsod
(OFFICE OF THE CITY MAYOR)



MESSAGE

It is with great honor and pleasure that I congratulate the NURSING SERVICES DIVISION OF THE QUEZON CITY HEALTH DEPARTMENT on the occasion of your 22nd Foundation Anniversary Celebration.

Health for all has remained the universal objective of all countries.

The theme of your conference: "AIDS: A Growing Concern of Community Health Nurses", is in line with the city government's efforts to stir public consciousness in the promotion of a clean and healthy living.

We need to reach out to more people to inform them about the ravages of AIDS and preventive measure against the disease.

I am optimistic that with the countless men and women who have unselfishly dedicated their time and efforts in the promotion of good health in the city, our constituents can look forward to the speedy delivery of health services.

Congratulations and God bless you all!

ISMAEL A. MATHAY, JR.
Quezon City Mayor

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Republika ng Pilipinas
Lungsod Quezon

Tanggapan ng Pangalawang Punong Lungsod
(OFFICE OF THE VICE MAYOR)

MESSAGE

My warmest greetings to the Division of Nursing Services of the Quezon Health Department on its 22nd Foundation Anniversary.

It is significant to note that in this event of your anniversary you adopted the theme: "AIDS: A Growing Concern of Community Health Nurses.". Given the growing menace of this dreadful malady that even affluent nations are now amassing knowledge and vast resources to contain its spread, it is a credit to your foresight and health-consciousness to direct your concern to help within the level of your capability in this campaign. The need to be preventive-wise as members of the medical community cannot be overemphasized for the health of the people as a paramount need is equated to the progress of a country. That you have taken upon this vital effort speaks well of your commendable vision necessary for all those in the service of the government.

Again, my cordial felicitations on your Anniversary.

CHARITO L. PLANAS
Vice Mayor



HON. ALFREDO A. FRANCISCO
(Fred Montilla)
City Councilor, 4th District

CHAIRMAN:
Committee on Health & Social Services

Republika ng Pilipinas
Lungsod Quezon
SANGGUNIANG PANLUNGSOD
(City Council)

MESSAGE

As you mark another fruitful year of dedicated service to the people of Quezon City, I would like to send you my warmest greetings and best wishes on your 22nd Foundation Anniversary.

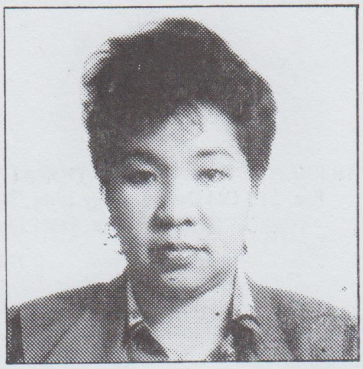
The theme for this year "AIDS — A GROWING CONCERN OF COMMUNITY NURSES" is very timely and significant as most of us are facing the uncertainty of dreaded disease called AIDS. The community nurses are now challenged to efface that uncertainty in everyone's mind thru disseminating of information, lecturing, outreaching, etc. The informations you impart to the people will lead to learning, and learning will lead to change in attitude. It is only with true understanding of AIDS that we can confront it and emerge victorious in the end.

Again, my congratulations and deep appreciation to the services you extend not only to the people of Quezon City but also to the nation.

Alfredo A. Francisco
Fred Montilla

ALFREDO A. FRANCISCO
(Fred Montilla)

Republika ng Pilipinas
Lungsod Quezon
SANGGUNIANG PANLUNGSOD
(City Council)



Hon. Ma. Fresca M. Biglang-awa
Councilor, 2nd District

Chairperson:
Committee on Cooperatives

MESSAGE

My warmest felicitations to the DIVISION OF NURSING SERVICES' QUEZON CITY HEALTH DEPARTMENT on its 22nd Anniversary on September 21, 1993.

The community health nurses have played a vital role in the promotion of our health. Through them, the basic medical services are effectively delivered to our people. Today, community health nurses are faced with a new challenge: To combat the epidemic of aids, now in its second decade.

As estimated by the World Health Organization, by the year 2000, as many as 40 million may have become infected worldwide with HIV, the virus that causes Aids. With this alarming report, Aids has become a growing concern among community health nurses. There is no cure to Aids. No vaccine to prevent it nor antiviral drug which can rid the body permanently of Aids. Hence, the only available method is information campaign promoting changes on behavior.

To stop the spread of HIV, the Philippine government, through the community health nurses and other health personnel embarked on the information, education, and prevention activities to promote the changes on behavior, particularly sexual behavior, since HIV is a sexually-transmitted disease.

On this significant moment of your institution, I am most pleased to commend all of you for the continued support you have been giving to us, Filipinos. May your institution succeed in all its noble undertakings.

Congratulations.

MA. FRESCA M. BIGLANG-AWA

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DEPARTMENT OF HEALTH NATIONAL LEAGUE OF NURSES, INC.
Rm. 210 Old Dermatology Bldg., San Lazaro Compound
Rizal Avenue, Sta. Cruz, Manila



GREETINGS

To you all, my colleagues in the Division of Nursing Services, Quezon City Health Department, with whom I have spent thirty eight (38) years of my most fruitful life, working with, and fighting for, the proper placement of the Nursing profession in the hierarchy of the Quezon City Health Department, its recognition, stabilization and permanence, notwithstanding concerted efforts of others (not Nurses) to reduce our Division to Section and even to erase it, from our organizational chart, may I request you all to please be-ever-vigilant in the maintenance and protection, not only when it is convenient, but even more so, when there is need for sacrifice patience and perseverance, least those that we have gained may be lost to the importunings of those who are still in the Health Department who have not stopped their persistent efforts against our Division.

As incumbent President of the Department of National League of Nurses, let me pledge to you my continued and unending thoughts, interests and concerns, of and for, the Division of Nursing Services and of Community Health, which includes our theme on this 22nd Anniversary Celebration: AIDS: "A GROWING CONCERN OF COMMUNITY HEALTH NURSES".

Let us dedicate ourselves, personally and professionally, to prevent and control, minimize, if not entirely eradicate, the growing menace that is AIDS.

With our dedication, we look up to God for His guidance and help that we may be able to accomplish the purpose we have set ourselves to attain.

Happy 22nd Anniversary!!!

Florida R. Martinez

FLORIDA R. MARTINEZ, RN, BSN, CPH, MA
President

PAMBANSANG SAMAHAN NG MGA NARSES NG PILIPINAS, INC.
(PHILIPPINE NURSES ASSOCIATION, INC.)
MEMBER OF THE INTERNATIONAL COUNCIL OF NURSES
Headquarters: 1663 F. T. Benitez St.
Malate. Manila 1004
Cable Address: "PHILNURSES"
Tels.: 58-30-92 - PLDT
50-15-45



MESSAGE

It is a great pleasure and privilege for us to greet our nurses in Quezon City a very happy and productive Anniversary Celebration. We have heard about your committed contribution towards the health and development of the Quezon City families and communities and in the programs and projects of the Department of Health for the benefit of all Filipinos. Our commendations and heartfelt appreciation.

You have selected to focus on AIDS as an area of concern and we are grateful for this. Much needed to be done in this growing health menace in the areas of information dissemination, public awareness and consciousness, health education, prevention, guidance and counselling, advocacy, and, of course, providing assistance and supportive care to individuals and families. Nurses can make meaningful contributions in many of these areas. Let us use our resources to the utmost that we may prevent and minimize the negative impacts of AIDS and thereby make our society a healthier place to live.

Happy Foundation Day again!

Sincerely,

DR. LEDA LAYO-DANAO
President

PHILIPPINE NURSES ASSOCIATION

Zone-3 (Quezon City - Marikina) Chapter

PNA ZONE-3 OFFICERS
1991-1992

1992 OFFICERS

TOMAS C. ECLIPSE (SLMC)
President

HERMINIO S. SANTOS (PHC)
Vice President
Program & Development

LUZ O. MAGSADIA (VMMC)
Vice President
Finance & Admin.

MA. ASUNCION M. GONZAGA (UE)
Secretary

ROSIE S. DE LEON (UE)
Asst. Secretary

MARILYN V. BUHAT (SLMC)
Treasurer

LORNA M. DEL ROSARIO (PCMC)
Asst. Treasurer

FLORDELIZ R. CUADRA (VMMC)
Auditor

VICTORIA A. MACEDA (NKI)
PRO

CARMELITA C. DIVINAGRACIA (UE)
Ex-Officio

LEDA LAYO-DANAO (UPCN)
Governor

PNA ZONE-3
BOARD OF DIRECTORS

1992-1994

MANOLITA ABAD (LCP)
LORNA M. DEL ROSARIO (PCMC)
ANGEL RODRIGO (PHC)
ROSIE S. DE LEON (UE)

1990-1992

TOMAS C. ECLIPSE (SLMC)
VICTORIA A. MACEDA (NKI)

1991-1993

MARILYN V. BUHAT (SLMC)
HERMINIO S. SANTOS (PHC)
AMEURFINA G. SANTOS
(MT. BANAUE GEN. HOSP.)
LUZ O. MAGSADIA (VMMC)
MA. ASUNCION M. GONZAGA (UE)

COMELEC

1991-1993

LORNA ANGELES (PCMC)

1992-1994

CONCORDIA JOSE (LCP)
LILY HALILI (PCMC)



MESSAGE

The theme, "AIDS: A GROWING CONCERN OF COMMUNITY HEALTH NURSES", is a very interesting, timely and relevant for your 22ND ANNIVERSARY CELEBRATION OF THE DIVISION OF NURSING SERVICE even as it provoke the readers to ask what are the strategies & mechanisms to combat, prevent and minimize the spread of this dreadful disease with particular concern not only for the community health nurses but for every member of the community and the society at large.

As new drugs, methods and diagnosis and treatment and other devices are developed and researched on, the health professionals specifically the NURSES should take the lead role, initiate if possible, and actively participate in all programs and projects conducted by both the GO's and the NGO's the world-over particularly in the aspect of prevention and health education.

On behalf of the Philippine Nurses Association, Zone–3, (Quezon City – Marikina Chapter), I would like to congratulate the Diwision of Nursing Service of the Quezon City Health Department and I wish you more power and continued success.

TOMAS C. ECLIPSE, R.M.T., R.N., M.B.A., Ph.D. (Student)
President
Philippine Nurses Association
Zone-3 (Q. C. – Marikina Chapter)
National Capital Region
1991–1993



Republika ng Pilipinas
TANGGAPAN NG PUNONG PANGLUNGSOD SA KALUSUGAN
OFFICE OF THE CITY HEALTH OFFICER
Bahay Pamahalaan Lungsod Quezon

MESSAGE

It is with great pleasure that I extend my warmest greetings to The Division of Nursing Services on the occasion of its 22nd Foundation Anniversary Celebration. As an ally in providing public health service to the residents of Quezon City, you play a major role in the realization of the Goals of our very own Quezon City Health Department.

I commend the founders of the organization whose main concern is to have a cohesive nursing personnel with one vision and one purpose, that is, to improve the quality of life of every Quezon City residents.

Congratulations and more power.

MAGDALENA M. YBANEZ, MD, CPH
City Health Officer III

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Republika ng Pilipinas
TANGGAPAN NG PUNONG PANGLUNGSOD SA KALUSUGAN
OFFICE OF THE CITY HEALTH OFFICER
Bahay Pamahalaan Lungsod Quezon

MESSAGE

It gives me a great pleasure to greet my fellow nurses on this special occasion, the 22nd FOUNDATION ANNIVERSARY OF THE DIVISION OF NURSING SERVICES of the Quezon City Health Department.

I remember the events and the busy, difficult years we had spent to uplift the image of Nursing in this Department.

Our twenty-two years of existence as a Division is marked with great strides, but it is gratifying to note that the bond of solidarity that holds us together all these years has remained firm and militant.

The celebration's theme: "AIDS – A GROWING CONCERN OF COMMUNITY HEALTH NURSES" is a challenge to the nurses.

With wisdom gained thru experience and enthusiasm and vitality of the young, together, we can face today's and tomorrows trials or obstacles.

As the Division of Nursing Services celebrates its twenty-two years existence, may it continue to be a positive influence not only on the lives of its members, but, also on the Nursing Profession as it moves forward in the years ahead.

May God shower His abundant blessings and guidance on us, as we take up to heed the call for collective efforts.

My warmest congratulations to all of you! ! !

Clarita S. Mejia
MRS. CLARITA S. MEJIA
Chief Nurse

pD

Republika ng Pilipinas
TANGGAPAN NG PUNONG PANGLUNGSOD SA KALUSUGAN
OFFICE OF THE CITY HEALTH OFFICER
Bahay Pamahalaan Lungsod Quezon



MESSAGE

It is with great pride that I extend my warmest felicitations to the officers and members on the occasion of the 22nd Anniversary celebration of the Q.C.H.D. Nurses Association on September 21, 1993.

The theme "AIDS – A GROWING CONCERN OF COMMUNITY HEALTH NURSES" is timely and appropriate. The global concern for the curtailment if not total eradication of the deadly health menace has prompted leading medical practitioners to embark not only in finding the proper medical antidote but likewise to engage in an intensified informational campaigns on the matter.

This affair is an opportunity for us community health nurses to take an inward look and make a deep and searching self-examination of our roles in the community. Have we contributed in the effort of the government to improve the health of the citizens? I call on all of you to utilize our potentials and endeavors to dissiminate informations on the dangers posed by the dreaded disease – AIDS.

I wish you success as we continue to carry out our noble undertakings.

Ma. Grace B. Martinez

MA. GRACE B. MARTINEZ
President, QCHD Nurses' Asso.
Over-all Chairman, Anniversary Celebration

Officers of QCHD Nurses' Association 1993



GRACE B. MARTINEZ
President



LAYNI DAMASCO
Vice President



FELISA TANG
Secretary



PASTORA CASTELLAN
Treasurer



FLOCERFIDA PAR
Auditor



MARISSA VERGARA
Muse



NETCHEL BACERO
P R O

Advisers



CLARITA MEJIA
Chief Nurse



DRA. MAGDALENA YBANEZ
City Health Officer



CRESENCIA MANLANGIT
Asst. Chief Nurse

Anniversary Celebration Organizing and Standing Committee Chairperson
September 21, 1993



GRACE B. MARTINEZ
Over-all Convention Chairman



THERESITA CALDINO
Over-all Co-Chairman



NETCHEL BACERO
Chairman

Program and Invitation



MARISSA VERGARA
Co-Chairman



THERESITA CALDINO
Chairman

Registration and Reception



ELLEN MAY YBANEZ
Co-Chairman



LINA IMBAO
Chairman

Ways and Means



ESTER BANDAYREL
Co-Chairman

Souvenir Program



CRESENCIA B. MANLANGIT
Chairman



DELIA ARIAS
Co-Chairman

Photography



RESTITUTA RODRIGUEZ
Chairman



ROSARIO CASUAT
Co-Chairman

Physical Arrangements



LAVINIA CASTILLO
Chairman



NIDA DELA CRUZ
Co-Chairman

Awards



CORA ANGELES
Chairman

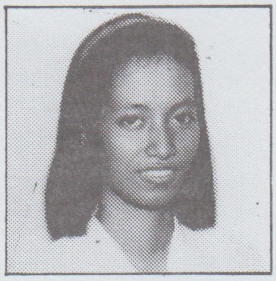


CELIA DANCEL
Co-Chairman

Raffle



DELIA ARIAS
Chairman



MILAGROS AQUINO
Co-Chairman

Secretariat



FELISA TANG
Chairman



MARVITA BAUI
Co-Chairman

Food



JOSEFINA PAR
Chairman



PASTORA CASTELLON
Co - Chairman

Parlor Games and Gifts



MILAGROS PANGAN
Chairman



CONCEPCION DELA CRUZ
Co - Chairman

Profile
Nursing Administrators
and
Nurse Supervisors

CLARITA SAMSON MEJIA
NURSE VII (CHIEF NURSE)



SPOUSE: MR. MANUEL P. MEJIA
Ex-Councilor, Municipality of Marikina
1964–1967; 1967-1972 (2 terms)
Technical Consultant to MMC Vice Governor
Ismael A. Mathay, Jr. 1982–'86

CHILDREN:

MELVIN S. MEJIA
BSBIO, Ateneo de Manila University, 1985–1990
Junior Intern, UERMM, Class '94

DEGREE: GRADUATE NURSE – ONPH, Bacolod City, 1958
BACHELOR OF SCIENCE IN NURSING – FEU, Manila, 1964
CERTIFICATE IN PUBLIC HEALTH – UP, Institute of Public Health, 1969
MASTERS IN NURSING – UP, College of Nursing – 1975–1977

PAST POSITIONS:

Private Nurse – St. Lukes Hospital & School of Nursing – 1958
Staff Nurse – St. Annes Maternity Hospital/School of Midwifery – 1959
Health Center Nurse – Quezon City Health Department – 1959–1970
Nurse Instructor – Quezon City Health Department – 1970–1971
Nurse Supervisor – (Chief of Section, QC Health Department – 1971–1978
Nursing Program Supervisor III (Asst. Chief Nurse, Asst. Chief of Division) - 1978–'90
Nurse VI – (Asst. Chief Nurse, Asst. Chief of Division) – 1990–1992
Nurse VII – (Chief Nurse) – QC Health Department – 1992 to present

PROFESSIONAL AND SOCIO-CIVIC INVOLVEMENT:

President – QCHDNA – 1964–1965
Official Representative, PNA, to ICN- Conference, WHO, Manila – 1985
Chairman – PHC Committee, PNA – 1986–1987
Auditor SPEED Club – 1986–1992
Nurse Representative to QC Consultative Council, 1986–1992
House of Delegate, 1982, 1983, 1984, 1987
Chairman, Membership, Zone-3, PNA – 1982–1983
Board of Director, QCHDEA – 1992–1993
Board of Director, DHNLN – 1992–1993

AWARDS RECEIVED:

Outstanding Performance – Nurse Supervisor – 1971–1972
Gold Anahaw Award, Girl Scouts – 1979
Special Award – Meritorious Work in field of Nursing, Corazon Locsin Montilibano Memorial Hospital – 1983
Certificate of Merit , PNA, 1983
Service Award, PNA Zone 3, 1983
Certificate of Appreciation – member Secretariat, PNA– 1983
Special Award PNA National – 1986



CRESENCIA BIRALDE MANLANGIT
NURSE VI (ASSISTANT CHIEF NURSE)

SPOUSE: ENGINEER ANTONIO R. MANLANGIT
Shipyard Manager, BASECO
Retired Naval Officer, AFP with rank of Captain

CHILDREN:

GRACE – Doctor of Medicine – 26 years old
ANTONIO, JR. – Doctor of Dental Medicine – 25 years old
CHRISTOPHER – Grade IV – 9 years old

DEGREE: BACHELOR OF SCIENCE IN NURSING – 1965
UP COLLEGE OF NURSING
MASTER IN PUBLIC HEALTH – 1972 – UP COLLEGE OF PUBLIC HEALTH

ADDRESS: 20 Don Gregorio St., Don Antonio Heights-2, Commonwealth Ave., Q.C.

PAST POSITIONS:

Staff Nurse – 1966 – 1968	– National Orthopedic Hospital
Staff Nurse – 1968–1972	– Quezon City Health Department
Nurse Supervisor – 1972–1993	– Quezon City Health Department
Asst. Chief Nurse – January 1993-present	– Quezon City Health Department

PROFESSIONAL AND SOCIO-CIVIC INVOLVEMENT:

President – 1975–1978	– QCHD Nurses' Association
NOMELEC – 1980	– PNA, Zone 3
Board of Director – 1986–1990	– PNA, Zone 3
House of Delegate – 1989	– PNA, Zone 3
President – 1988–1989	– PTA, Puno Christian School
Vice President – 1989	– PNA, Zone 3
Secretary – 1991	– VOW
Secretary – 1993	– QCHD Employees' Association

AWARDS RECEIVED:

Gold Anahaw Award – by the Girl Scouts of the Philippines – 1979
Certificate of Recognition – DHNLN, Inc. – 1978
Citation – by Q.C. Mayor Brigido Simon, Jr. – 1991
Most Outstanding Alumna in Community Health Nursing – UP College of Nursing Alumni Association, 1991



O. TERESITA U. BAYAN
NURSE IV (NURSE SUPERVISOR, DISTRICT I)

SPOUSE: ORLANDO BAYAN
Retired

CHILDREN:

CLARISSA
DIVINA
LOURDES
VIRGILIO
VICTOR
ELVIRA

DEGREE: GRADUATE NURSE
BACHELOR OF SCIENCE IN NURSING
MASTER IN PUBLIC HEALTH

ADDRESS: 11 Santan, Malabon, Metro Manila

PROFESSIONAL AND SOCIO–CIVIC INVOLVEMENT:

SLAA	– Member (life)
PNA	– Member (life)
DHNLN	– Member (life)



NORMA C. FIGUEROA
NURSE IV (NURSE SUPERVISOR, DISTRICT II-A)

SPOUSE: BIENVENIDO FIGUEROA

CHILDREN:

MINA – 36 years old
RENE – 34 years old
NORA – 33 years old
ALEX – 31 years old
FRED – 30 years old
SUSAN – 29 years old

DEGREE: GRADUATE NURSE – ST. LUKE'S SCHOOL OF NURSING
B.S. NURSING – FEU–MCU
MASTER IN PUBLIC HEALTH – UP COLLEGE OF PUBLIC HEALTH

ADDRESS: 54 Scout Limbaga, Diliman, Quezon City

PAST POSITIONS:

Staff Nurse – 1952–1953	– Hosp. Espana de Santiago
Staff Nurse – 1953–1968	– Quezon Institute
Public Health Nurse – 1968–1971	– RHO No. IV
Public Health Nurse – 1971	– Quezon City Health Department
Nurse IV – present	– Quezon City Health Department

PROFESSIONAL AND SOCIO-CIVIC INVOLVEMENT:

QCHD Nurses' Association	– Member
DOH National League of Nurses, Inc.	– Member
PNA	– Member



DELIA ARIAS
NURSE IV (NURSE SUPERVISOR, DISTRICT III)

SPOUSE: RODOLAO L. ARIAS
B.S. CIVIL ENG'G.
U.P. CLASS '75

CHILDREN:

RAPHAEL DON – Grade I – Saint Anthony Learning Center – 7 years old
MARIA KRISTINA ISABELLE – Kinder – 5 years old

DEGREE: BSN – MANILA CENTRAL UNIVERSITY – 1975

ADDRESS: B12 L 24 St. Jude corner Collosians St., Sacred Heart Village, Nova. Q. C.

PAST POSTIONS:

Staff Nurse – Martinez Memorial Hospital
Staff Nurse – Trinity General Hospital
Clinical Instructor – Our Lady of Fatima School of Nursing
O. R. Nurse – Manila Central University Hospital
Senior Staff Nurse – Ministry of Defense & Aviation Riyadh Armed Forces Hospital Riyadh, KSA
Nurse IV – Q.C.H.D.

PROFESSIONAL AND SOCIO–CIVIC INVOLVEMENT:

QCHD Nurses' Association	– Member
DOH National League of Nurses	– Member
PNA	– Member



ERLINDA M. ARCELLANA
NURSE IV (NURSE SUPERVISOR DISTRICT IV)

SPOUSE: DR. PROTACIO A. ARCELLANA

CHILDREN:

1. JOSE JOSE – 27 years old
2. LAMBERT – 26 years old
3. MA. LOURDES – 23 years old

DEGREE: GRADUATE NURSE – NORTH GENERAL SCHOOL OF NURSING
B S NURSING – FEU COLLEGE OF NURSING
POST GRADUATE – MARGARET HAGUE MATERNITY HOSPITAL
M. A. (53 Units) – PWU COLLEGE OF NURSING

ADDRESS: 3 Don Jose St., Don Antonio Heights-2, Commonwealth Ave., Quezon City

PAST POSITIONS:

Sr. O.R. Nurse – 1963–1970	– Dr. Jose Reyes Memorial Med. Center
O.R. Supervisor – 1970–1972	– Tondo General Hospital
Staff Nurse – 1972–1979	– QCHD
Nurse IV – 1979 – present	– QCHD

PROFESSIONAL AND SOCIO-CIVIC INVOLVEMENT:

PNA	– Member
DOH National League of Nurses, Inc.	– Member
Quezon City Health Dept. Nurses' Asso.	– Member

1986 – Most Outstanding Supervisor, Q.C. H.D.

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RESTITUTA DUMLAO-RODRIGUEZ
NURSE IV (NURSE PROGRAM SUPERVISOR)

SPOUSE: PETER L. RODRIGUEZ

CHILDREN:

1. JOHN – 3rd year Mechanical Engineering – 19 yrs. old
2. RACHEL – 1st year Industrial Mgt. – 17 yrs. old
3. GIRARD – Grade VI – 11 yrs. old
4. AGNES – Grade IV – 9 yrs. old

DEGREE: BACHELOR OF SCIENCE IN NURSING – MCU
MASTER OF PUBLIC HEALTH – UP COLLEGE OF PUBLIC HEALTH

ADDRESS: 139 Road 3, Project 6, Quezon City

PAST POSITIONS:

Staff Nurse – 1971–1978 – Quezon City Health Department
Staff Nurse – 1978–1979 – Georgia Baptist Med. Center
Sr. Training Nurse – 1984-1993 – Quezon City Health Department
Nurse Program Supervisor – June 1993 – present

PROFESSIONAL & SOCIO-CIVIC INVOLVEMENT:

Nurse Adviser – QCHD C. I. Organization
Vice President – PTA, St. Mary's College
Secretary – VOW

Featuring the Nursing Personalities



Dra. Magdalena Ybanez (City Health Officer) seated with: left to right: Norma Figueroa, Cresencia B. Manlangit, Erlinda Arcellana, Clarita Mejia and Teresita Bayan. With a very supportive City Health Officer and seasoned, committed and understanding Nursing leaders, can the nurses ask for more?

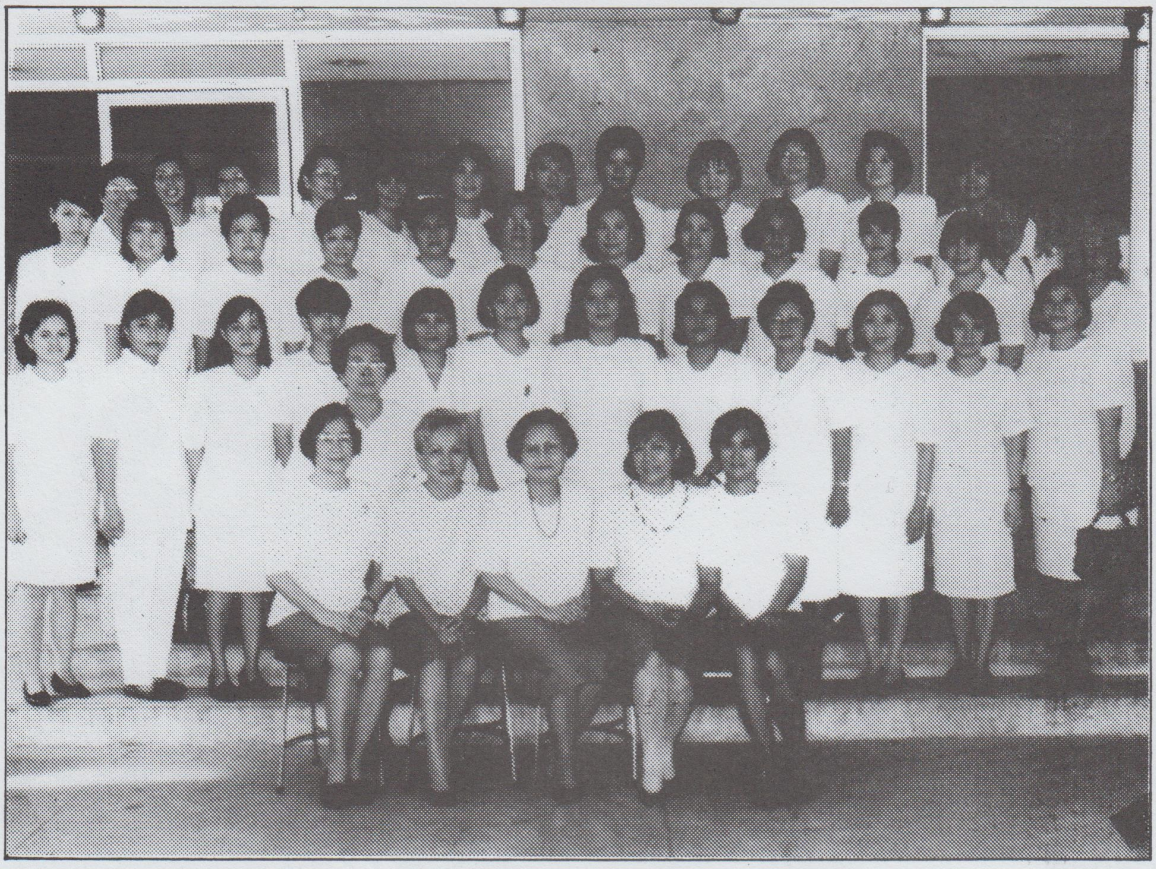




The Nurses now, in casual attire during the Field Health Service Information System (FHSIS) Seminar at Bernardo Training Center with one of the trainors, Dra. Antonietta Inumerable.

Such is the face of the nurse who is ever ready to serve the community, with all the trials, hazards and heartaches. Such is the commitment of the nurse to her fellow men and to God!

Keep on smiling and continue the good work colleagues!



The Nurses of Quezon City Health Department

Front row: (left to right) — Erlinda Arcellana (Nurse Supervisor, Dist. IV), Norma Figueroa (Nurse Supervisor, Dist. II-A), Clarita S. Mejia (Chief Nurse), Cresencia B. Manlangit (Asst. Chief Nurse) and Restituta Rodriguez (Chief Training Nurse).

Second row: (left to right) — Lucena Serrano, Concepcion Mende, Isabelita Aquino, Teresita Bayan (Nurse Supervisor, Dist. I), Concepcion dela Cruz, Marvita Bauˈi, Grace Martinez (President, Nurses' Asso.) , Lorna Molina, Erlinda Manangan, Flocerfida Par, Nida dela Cruz, Netchel Bacero.

Third row: (left to right) — Theresita Caldino, Corazon Angeles, Milagros Pangan, Celia Dancel, Josefina Par, Pastora Castellon, Lavinia Castillo, Liliosa Balahadia, Arsenia Magnayon, Daisy Ocampo (Nursing Aide), Margie Pajimola, Noemi Nustro, Esther Bandayrel.

Fourth row: (left to right) — Lina Imbao, Rosario Casuat, Zayda Sayson, Ligaya Lichauco, Felisa Tang, Lucena Oliveros, Perpetua Pagaspas, Milagros Trajano (Nursing Aide), Marissa Vergara, Jubeth Agdeppa, Honorata Madrid.



EVELYN BRINGAS CAMARA
Senior Public Health Nurse
Bago Bantay Health Cener
From 1974 to Present

LITTLE STORY

This story is about four people named EveryBody, SomeBody, AnyBody and NoBody. There was an important job to be done and EveryBody was sure that SomeBody would do it. But NoBody did it. SomeBody got angry about because it was EveryBody's job. EveryBody thought AnyBody could have done .

*Lets do our job willingly, correctly and timely. Let us not rely on EveryBody, SomeBody, AnyBody and NoBody but ourselves_*

THE DEVELOPMENT OF THE NURSING SERVICES IN THE QUEZON CITY HEALTH DEPARTMENT 1939 – 1993

Mrs. Clarita Samson – Mejia
Nurse VII (Chief Nurse)

The HEALTH SERVICES in Quezon City was first organized under the Bureau of Health on October 12, 1939 with Dr. Eusebio Aguilar, then Director of Health, as the first acting City Health Officer. Towards the end of 1939, Dr. Mariano Icasiano was appointed the City Health Officer who was replaced by Dr. Florencio G. Cruz later. At that time there were four Puericulture Centers supported by the women's club. These were manned by 4 Doctors, 2 Dentists, 5 Nurses and 6 Sanitary Inspectors.

The NURSING SERVICES was concerned about the care of mothers and children, with emphasis on the follow-up of sick children in their homes. Home deliveries were also attended by the nurses. They were strict about the bag technique in performing nursing procedures. They maintained good public relations with the other members of the health team.

THE NURSING SERVICES DURING THE JAPANESE OCCUPATION:

In 1940, while the Quezon City Health Department was on the stage of organization and the expansion of health programs was at its beginning, World War II broke out. Health activities were much disturbed due to the destruction brought about by the war. Quezon City became a part of Manila and formed what was called the Greater Manila.

There were five Puericulture Centers operating during the World War II and five Public Health Nurses rendering Health care. The services rendered by the Public Health Nurse thru the Puericulture Centers were: Medical care, Maternal and Child Health in limited scale; Immunization in the clinic and in homes; Follow-up of Communicable Diseases; Social Services and care of the prisoners of war.

The Nurses played a very outstanding role in the Domicillary services and in Social Welfare Amelioration programs. They acted as Organizers, Social Workers, Guidance Counselors, Health Educators, Nutritionists and Coordinators for health care.

NURSING SERVICES DURING THE LIBERATION

In 1945, when the War broke out the HEALTH SERVICES were handled by the Philippines Civil Affairs Unit (PCAU), an American agency. The Nurses' activities were Health Education, Food and Relief Goods distribution, First Aid Treatment and Medical Care to casualties. The nurses worked in the Philippines Civil Affairs Unit (PCAU) clinic in Malacanang in the morning and in the Puericulture Centers in the afternoon.

In 1946, the Philippines Civil Affairs Unit was dissolved. The City Health Officer of Manila took over again. The Ladies Association was organized and they took charge in the maintenance of the Health Centers.

In 1947, the rehabilitation of the whole Quezon City started. Quezon City became an independent chartered city. The City Health Department was created with Dr. Petronio G. Monsod as the first City Health Officer, as was provided for, in the City Charter.

The first Health Department Office was housed in Kamuning Market. This was transferred to the Old City Hall (where the Ramon Magsaysay High School now stands). The six Health Centers (Frisco, La Loma, Kamuning, Galas, San Jose, Sta. Mesa Heights) which were operating during the Japanese Occupation, were again organized to function. There were 6 Doctors, 6 Nurses and 4 Midwives. Each was assigned to a health center. All were directly under the command of the City Health Officer. There was no section nor division. It was only after the war that Midwives were employed. They worked under the supervision of the Nurse.

In 1947, the SOCIAL HYGIENE CLINIC was opened and was housed in the Old City Hall. There was also a nurse assigned.

In 1948, Five new nurses were added.

In 1949, three more nurses joined.

In 1950, there was created the RURAL HEALTH DEMONSTRATION and TRAINING CENTER – a WHO-UNICEF assisted project through the Institute of Hygiene, University of the Philippines. Its main objective was: – to serve as a field laboratory and a demonstration area where Nursing Student Affiliates and others can utilize the existing community resources in implementing the various programs and activities of the Local Health Department.

In 1950, Five RURAL HEALTH UNIT NURSES were assigned to take charge of the Training of Student Nurses affiliates. Due to the energetic and dynamic leadership of the City Health Officer, the late Dr. Petronio G. Monsod, the health services were extended to the remotest parts of Quezon City resulting to the creation of more Nurses' positions and other professionals. In the later part of 1950, the Health Department expanded to a greater magnitude. It created three main divisions with a corresponding Division Chief. There were the: 1. Administrative with Dr. Nemesio Yabut; 2. Maternal and Child Health Division with Dr. Consuelo Villarosa. One of the sections under this, was the NURSING SERVICES which was headed by Mrs. Pilar Santiago as the first Nurse Supervisor and the 3. The SANITATION DIVISION had Dr. Homero Argelo as the Division Chief.

In 1954, there were eleven Health Centers constructed through the support of the Philippine Charity Sweepstakes Office – a Pork Barrel Fund from Congressmen, Senators, City Administrators and from the Ladies Association – Eleven nurses were simultaneously appointed. In the same year on March 1954, there transferred to the Quezon City Health Department, a Rural Health Unit Nurse from Ilocos Norte. The 26th nurse in the Health Department. This is Mrs. Florida R. Martinez. In the same year, through the joint efforts of the QCHD and the RHU Demonstration and Training Center – the Domicillary Obstetrical Service (DOS) was organized and inaugurated in Sept. 1954; with the objective of reducing hilot deliveries and infant mortality rates. This started to operate with a nurse-in-charge and Midwives assigned. The Nurse and the Midwives in the DOS worked at day time and some nurses and midwives in the health centers went alternately on duty at the DOS at night time. Mrs. Pilar Santiago was also their Nurse Supervisor.

In 1957, the Premature Infant Home Care Service Section was organized with a doctor and a nurse, Mrs. Madria. The City's population was fast growing, the health needs were increasing, thus, the Health Departments programs were also fast expanding.

In 1959, there were two nurses added to the Nursing Services, Mrs. Perla Lim who retired as a Nurse Instructor and Miss Clarita Samson (Mrs. Clarita S. Mejia).

In 1960 two more nurses joined the Health Department. Mrs. Myrna Ambas and Mrs. Teresita Bayan – And in 1961 two more nurses also got in.

1961, Marked the year of Decentralization of Health Services. Quezon City was organized into Three Health Districts – the North; the South and the Central Health Districts. To its offices were assigned three physicians with Post graduate in Public Health as Acting District Health Officers. Three Public Health Nurses were designated Nurse Supervisors, these were Mrs. Victoria Perez in the Central District; Mrs. Rosario Yanes in the North District and Mrs. Florida Martinez in the South District. In the later part of that year their supervisory positions became permanent. The overall Nurse Supervisor, Mrs. Pilar Santiago became the Chief Supervising Nurse. At the early 60's the functions and responsibilities of the nurses multiplied to some degree. Recruitment was not strict on the Educational Qualification. Registered, graduate nurses were admitted. There were six RHU nurses detailed to Quezon City because of the need for the expanded Health Care delivery. The entrance salary of a new nurse was only P170. The nurse supervisors had no travelling allowances. There was a time when the staff nurses and the supervisors had the same salary ranges. But, with the support and recommendation of the City Health Officer to the City Council, the Nurse Supervisors' salaries were raised to, P350/month, while all the staff nurses were equally raised to P270/month. It was at this period that the nurse supervisors went on night classes (after office hours) to qualify themselves for a Bachelors in Nursing degree. The author having felt the need to upgrade herself, also enrolled for a Bachelors in Nursing at the FEU, Manila. In an after office hours classes and graduated in 1964. She was assigned then at the Premature Infant Home Care Services, housed at Cubao Health Center. The Nurses at that time participated actively in giving lectures on the Care of Premature Infants In Their Homes to participants in Seminars by the Department of Health and to some foreign observers on the PIHCS of the department.

It was in the 60's when the Mental Hygiene Clinic was opened. There was assigned, a nurse, the first to be assigned was Mrs. Myrna Ambas.

The Domicillary Obstetrical Service, started in Frisco Health Center with a Nurse-in-Charge. She was responsible for its management and the midwives in the DOS were under her supervision. These nurses were Mrs. Lucy Viri, Mrs. Teodora Domingo and Ms. Rosita Marinas; each one was assigned after the other. In the early 70's these nurses left for the United States for a "greener pasteur". After them there was no more nurse assigned in the DOS, instead all were midwives.

It was in the late 60's and in the middle of the 70's when there was brain drain and there was fast turnover of nurses in the department. To mention some, these were Misses Evelyn Mayor, Thelma Adao, Flor Valencia. It was these years that the Health Department had always been visited by foreigners. It served as a show window on health to foreigners. The City Health Officer then was the late Dr. Petronio G. Monsod. The nurses participated in the orientation of these foreigners. (PIHCS-DOS).

In 1964 Study Grants for Certificates in Public Health, a one Year Post graduate course was still offered by the Department of Health to the few who were qualified to go for a Year Schooling at the UP, Institute of Public Health in Manila. Mrs. Florida R. Martinez was the first nurse to go and had obtained from the City Council a full benefit on paid tuition fees, study allowance and books. The late Mrs. Elsie Dizon followed.

Nurses' criteria for promotion to a Supervising Position must be with a Certificate in Public Health or that with a management qualifications.

In 1968-1969, Mrs. Clarita S. Mejia took her turn. But there arose a problems when the three candidates were already enrolled in the Institute. We had no official authority from the City Council for study grant. The council was about to send us back. But with the intervention of the Ex-Councilor from Marikina (he being a member of the Councils' League) approached the councilors on this regards and to mention in particular, was Coun. Mison Bernalez, Paculdo and Gonzales. We were made to appear in the council. Ms. C. Mejia personally appeared and fortunately the council appropriate a budget for our tuition fees and travelling allowances.

After this year, it was difficult to send nurses for schooling, many were on their productive years of bearing children, so those who were on their ranks or turns to go, did not. It was challenging.

Those who were left behind, worked in strides to uplift the image of the Nursing Services, to have that quality of care to recipients which the department can be proud of, and can stand in equal grounds with the other Health agencies' Nursing Services.

In 1968, Mrs. Cresencia Manlangit, a nurse from the National Orthopedics Hospital transferred to the Department of Health. In the 70's she was also assigned in the Premature Infant Home Care Service.

In 1970, the Chief Supervising Nurse, the late Mrs. Pilar Santiago retired. Mrs. Florida Martinez, the most qualified among the Nurse Supervisors took the vacated position, Mrs. Clarita Mejia, a Nurse Instructor at that time, was promoted to the position vacated by Mrs. Florida R. Martinez.

Through the years the nurses' functions were clearly defined and properly documented for each nurse to know, very well her responsibilities. The criteria for accepting new nurses was raised to the Bachelor of Science in Nursing with the vision that better services can be provided by the more prepared and qualified ones. There were rigid orientation of new nurses on their functions and of the Health Department policies.

In 1971, none of the nurses on the ranks can go for schooling, for most were in their productive age of bearing children. The most available and qualified then was Mrs. Cresencia Manlangit, so the Chief Supervising Nurse recommended her for schooling for CPH. She went but she had only the authority for Official Business. She graduated with Masters in Public Health instead of the Certificate in Public Health.

1971 CREATION OF THE DIVISION OF NURSING SERVICES –

The Nursing Services, a section under the Maternal and Child Health Division was fast growing. With the energetic leadership of the new Supervising Chief Nurse, Mrs. Florida Martinez, with the help of a Politician from Marikina, with the cooperation of the Nurse Supervisors and Staff and with the full support of the City Health Officer, the late Petronio G. Monsod, the plan to uplift the Nursing Services into a Division materialized.

In September 21, 1971, the Division of Nursing Services was approved by the City Council in an ordinance with the corresponding increase in salaries of positions created.

The following positions/sections created were:

1. Positions/Staff:

- Chief Nurse (Chief of Division) – Mrs. Florida R. Martinez
- Assistant Chief Nurse (Asst. Chief of Division) – Ms. Victoria Perez
- Nurse Supervisors (Chiefs of Sections) – Each one assigned in a Health District
  1) Mrs. Rosario Yanes – North District
  2) Mrs. Clarita S. Mejia – South District
  3) Mrs. Teodora Domingo – Central District/DOS

2. Sections:

- Generalized Community Health Nursing
- Domicillary Obstetrical Services
- Research and Training and Development

- The Domicillary Obstetrical Service then, was also a section in the Division of Nursing Services as approved by the City Council, for the supervision in the DOS, then was a nurse. It was in the later years that the midwives wanted to have their own supervision, so - it went on that way. There was no more nurse assigned in the DOS.

On March 1972, the newly elected Quezon City Council repealed all ordinances that was providing for the promotion, salary adjustment and salary standardization – covering the period from July 1 to December 31, 1971, for the reason that the City Government was financially bankrupt. The Division of Nursing Services was one of those that was covered by that repeal act. The Chief Nurse, Mrs. Florida Martinez, lead the Nurse Supervisors for Administrative remedies but failed.

September 21, 1972 was declared by His Excellency President Ferdinand E. Marcos a Martial Law. Knowing that employees permanently employed and appointed by the Civil Service have Security of Tenure that no one shall be demoted without cause and due process of law, Mrs. Florida R. Martinez led the vigilant Nurse Supervisors (Ms. Peres, Ms. Yanes, Ms. Mejia, Ms. Dizon, Ms. Domingo, Miss Flor Valencia) to file a Civil Case in court with Attorney Pedrito Martinez, her husband as the Legal Council for the nurses. The case filed by Mrs. Martinez et al in court was the lucky case No. 17771 versus the City Mayor, 16 Councilors, City Auditor, City Treasurer and the City Health Officer. After four (4) 1975 years of torture, strides and waiting, the nurses won the case in court. The Decision: "Respondents are hereby ordered to immediately restore the Division of Nursing Services in the Health Department, re instate the petitioners in their respective positions and pay the salary differentials without delay."

About this specific issue, the Division of Nursing Services was very fortunate for it had supporters: – On legal matters, Attorney Pedro Martinez the husband of Mrs. Florida R. Martinez, the former Chief Nurse, and about the Political aspects, the Ex-Councilor of Marikina, Mr. Manuel P. Mejia, the husband of Mrs. Clarita S. Mejia. Both were of great help to the Division of Nursing Services.

When the court decision was released and funds was needed, Mr. Mejia being close to the Hon. Mayor Norberto Amoranto and to the Hon. Councilors (He is member of Councilors'

League that time) took the privilege to approach the Hon. Mayor Amoranto, about the funds involved in the decision of the court for the Civil Case No. 17771 Martinez et al. The Hon. Mayor then advised Treasurer Calleja to look for funds to pay the nurses' salary differentials, to cover the period covered as legally stated. On the other hand, the Hon. Councilors Mario Montenegro, Perlas, Gonzales and Cruz, etc. wanted to protest the decision to the court of Appeals. Aware of the plans of these councilors, Mr. Manuel Mejia approached Congressman Frisco San Juan (Q.C., being a part of the 2nd district of Rizal) a Congressman from the 2nd district of Rizal; showed him decision of the court for the case. He then advised through a letter, the councilors, to appropriate the amount due for the respondents instead, and let the decision of the court be it. With the Congressman's intervention, the councilors alloted in an ordinance the amount to pay the salary differentials of the complainants on that appeal ordinance. All about legal matters, the nurses' legal council Atty. Pedro Martinez handled the case with his excellent abilities.

The Chief Nurse, Mrs. Florida Martinez, saw to it that the Vision of the Division of Nursing Services for quality service be maintained. She selected qualified people to man the Nursing Services. 1971–1972 – Mrs. Clarita S. Mejia obtained an Outstanding Performance Ratings as Nurse Supervisor, District III with Dr. Lourdes Agbulos as the District Health Officer. It was also in the early 70's that the Nursing Affiliation was turned over to the Quezon City Health Department by the Rural Health Unit and Demonstration Center under the late Training Officer Dr. Duque. The Division of Nursing Services was tasked by the City Health Officer, the late Dr. Petronio Monsod to take over the Training and Orientation of the affiliates (Nurses and Midwives) affiliated to the Health Department. Because of this need, the Chief Nurse assigned the Nurse Supervisors to take the responsibility of the training and orientation of these students, in addition to their usual functions. (Mrs. Mejia, Ms. Dizon, Ms. Yanes). The Staff Nurses were the role models in the Health Centers. 1973 Miss Flor Valencia, the only Nurse Instructor, left for States. Mrs. Cresencia Manlangit was promoted to the vacated position.

In the 70's though the Nursing Services had its case in court was rapidly expanding. Quezon City created its Four Health Districts: – the First, Second, Third and the Fourth District. Mrs. Cresencia Manlangit was promoted as Nurse Supervisor. Mrs. Elisa Dizon, a Nurse Supervisor was assigned in the Training Section (newly organized section of the Department). Because of the need to qualify for masters in Public Health, Mrs. Belen Marasigan, a Nurse Supervisor was the first nurse to avail the MPH program (CPH previously).

In 1973, Mrs. Erlinda Arcellana was appointed as a Public Health Nurse and was assigned in the City Employees' Clinic. It was at this time that the City Employees' Clinic was well organized because of adequate facilities provided by the City Government. It was the show window of the Health Department.

In the middle of the 70's the Assistant Chief Nurse Mrs. Victoria Perez, was due to retire, but because of the need for her services, she was extended for three more years.

Study grants in UP was still opened. 1975 Mrs. Mejia, aware of the need for a Masters Degree in Nursing and having been moved by the motivation provided by the administration, had her documents evaluated by the University of the Philippines, College of Nursing, Diliman, Q.C. Fortunately she qualified, she was admitted and because there was the authority of the Department of Health for Study Grants, Mrs. Mejia worked it up with the City Council for free tuition fees and travelling allowance for two years, where she has to serve Quezon City for two years, too.

1977, the Assistant Chief Nurse, Mrs. Victoria Perez, has to retire. The Chief Nurse was busy then with the Restructured Health Care Delivery System as was implemented by the MMC. She being at the ADHOC Committee, designated the oldest Nurse Supervisor, Mrs. Rosario Yanes, in her capacity, to manage the Nursing Services. Moved by her vision to maintain the high standard of the Division of Nursing Services. The Chief Nurse recommended Mrs. Clarita S. Mejia instead for the Assistant Chief Nurses position, though she was in school. Mrs. Yanes, protested the recommendation in the Mayor's Office, but the evaluation result was in favor of the other because of her varied assignments, high performance and educational attainment. Authority to fill up vacant positions by the MMC was necessary for one to be promoted at that time. The MMC claimed that QC will be reorganize so they had the request for authority to fill up the Assistant Chief Nurse position, held in abeyance. Mr. Eduardo Soliman, the Vice Governor of MMC at that time was approached. Political efforts was done and the Vice Governor ordered the Committee on Health, Dr. Carreon to facilitate the request. Authority to fill up the position was forwarded to the Mayor's Office (Mayor Adelina Rodriguez) and an appointment in favor of Mrs. Mejia for the Assistant Chief Nurse position was approved in 1978. This was how the Nursing Services grew. With struggles, courage, conflicts, intrigues and many more. But we were vigilant. We pushed through thorny paths. Political influence played its major role. Without it the Assistant Chief Nurse position was erased in the 70's yet.

Although the Chief Nurse envisioned for unity among all nurses, there were others who showed discontentment and did not cooperate, that should had gone into charging them administratively in court.

In the 80's the City populace was fast growing and more health programs are implemented. More nurses were needed. Some detailed Rural Health Unit Nurses were absorbed by the City Government, one of them was Mrs. Norma Figueroa. She had long been detailed in Health Department. She went on schooling for her Bachelor of Science in Nursing. Because of the need for Supervisory position she was recommended and appointed to the position of a Nurse Supervisor. To upgrade herself for Masters in Public Health, she was also sent on Study Grant and successfully obtained her Masters in Public Health which made her more prepared for her position.

The Chief Nurse and Supervisors aware of the potentials of Mrs. Erlinda Arcellana, who was in the City Clinic, assigned her in the Health Center. For her to know actually the Center management and program implementation. Years later, she was also promoted to a supervisory position after a series of qualifiying test for promotion. At this period the Nursing personnel reached to fifty in number, assigned differently in the health centers and other special services section.

1981 was another crucial period for the nurses. There was a move by the Metro Manila Commission for Position Classification and Standardization of Salaries. There was no reorganization. The late Dr. Consuelo Villarosa was the Officer-in-Charge (OIC) of the Health Department. The planners of this, wanted the Division of Nursing Services abolished and place somewhere in the organization. Atty. Martinez being the husband of the Chief Nurse and the council for the nurses appeared during the dialogie conducted in Q. C. by the MMC staff and the QC Health Department doctors. He cleared it out that the Nursing Division was created through the court decision, that they cannot just put it to where they wished. There was no reorganization, but the MMC, changed our positions. The Chief Nurse to the Chief Supervising Nurse, the Assistant Chief Nurse to Senior Public Health Nurse, the Supervisors as Health Center Nurses. At this time 1982, Dr. de Castro of a lateral entry was appointed City Health Officer. At this time Mrs. Florida Martinez, the Chief Nurse was granted by the

City Government to attend a conference abroad. We, the supervisors were left behind with big problems in our hands. We approached some nursing leaders whom we thought could guide us; and to mention there were Dean Sotejo and Doctor Yapchingco of the UP College of Nursing.

The Nurse Supervisors with the Assistant Chief Nurse got vigilant actions and with the support of the Personnel Officer and a politician, the MMC put back our titles. There was still chaos. There was no reorganization, but the office wanted us to believe that there was. The Assistant Chief Nurse being the OIC in the absence of the Chief Nurse sought the help of her husband, Ex-Councilor Manuel Mejia being in the office of the MMC at that time, to put the Division of Nursing Services in its proper place. Prepared all the documents and presented it to the Vice Governor, Hon. Ismael A. Mathay, Jr. Fortunately, in the presence of the Dental Chief, Dr. Zenaida Rivera, in the early morning of September 17, 1983, he obtained a hand written order of then Metro Manila Commission Vice Governor, Ismael Mathay, Jr. to the Joint Commission. It stated "RESTORE THE NURSING SERVICES DIVISION to its former status immediately? This was submitted immediately to the Joint Commission and to the Personnel Department of the City for record purposes. We felt happier than ever for we know for sure there was a knew order and reaffirmation of our status as a Division. When the Chief Nurse arrived from abroad we were happy to let her know that we had done our part.

1982 – 1985 – The Chief Nurse, Mrs. Florida Martinez. After she came from abroad took her Masters in Nursing at the Philippine Women's University. She was on Study Grant by the City Government with full tuition fees, travelling allowance and books. While she was in school we kept in touch with her regularly, too, feedback and for her to decide on delicate matters about the Nursing Services.

In the later part of 1982, while the Chief Nurse was in school there were another batch of new nurses appointed as Public Health Nurses. Mrs. Rosario Meneses was one of those. At that time there was still a fast turn over of nurses. The one assigned in the Family Planning Clinic left for abroad. Mrs. Meneses then took over her place. She was so cooperative with her supervisors, diligent, committed in her work and frequently visited the nursing office for guidance. She became President of the Q. C. Health Department Nurses' Association with high performance. In 1984, the UP College of Nursing turned over to the Department of Health the organized Primary Health Care project they had in Bo. Silangan, where they handled for 5 years. Before it was endorsed to the Department, they offered PHC Training to Core Group of Nurses and Midwives for 1 month. This was the academe that started PHC in Q. C. During this training Mrs. Meneses showed an excellent performance where she was awarded a Plaque of Recognition by the UP College of Nursing.

The Nurse Supervisors during this year were Mrs. Manlangit, Mrs. Figueroa, Mrs. Arcellana and Mrs. Francisco.

It was at this time too, that Toro Hills needed Health Services. Knowing the need, the Assistant Chief Nurse recommended her to the City Health Officer to provide Nursing Services to this area. Her knowledge about Primary Health Care helped her organized the Community with excellent performance. To attest, she had invited her supervisors to attend her organized Community Health Volunteers Meeting and Community Assemblies even during Saturdays and Sundays. In this same year the Quezon City Government sought for the Outstanding Q. C. Employee. With all the best performance she had demonstrated, and support from the Toro Hills Barangay Captain, the Assistant Chief Nurse recommended her to the City Health Officer. As candidate for the search of the Outstanding Q. C. Employees. Luckily she was selected and was publicly honored as the Outstanding Employee of Quezon City, 1984.

Mrs. Teresita U. Bayan was our Nurse Instructor then. She had also availed a Study Grant for her BSN in the Philippine Women's University. Because of the need for a Supervising position she was promoted as Nurse Supervisor I. She was to have her Masters in Public Health earlier, but the retired City Health Officer, Dr. Esperanza de Castro recommended Mrs. Meneses ahead of her for the reason that she is the Outstanding Q. C. Employee.

It was in this year that District II was divided into two Districts – District II and District II-A – Mrs. Bayan was promoted as Nurse Supervisor II and Mrs. Meneses as Nurse Supervisor I

We need a Nurse in Training to take over Mrs. Bayan. Evaluation was conducted to the ranking nurses. (Mrs. Gladys Martinez, Mrs. Restituta Rodriguez, Mrs. Linda Puga) Mrs. Restituta Rodriguez was selected and she was assigned in the Training Section for OGT and served Training until this time.

In 1985 through the strong recommendation to the DOH by the Chief Nurse, Mrs. Florida Martinez (from her Masters in Nursing) Mrs. Teresita U. Bayan availed of the Masters in Public Health Study Grant at the Institute of Public Health, UP.

Another event that the Nursing administrators experienced was when the Nurse Supervisors (Chief of Section) titles were changed by the joint Commission into Nursing Program Supervisors II, 1984. We worked hard to retain our status as a Division by retaining our titles as from Chief Nurse (Chief of Division) to Nursing Program Supervisor IV (Chief Nurse, Chief of Division) and Assistant Chief Nurse (Asst. Chief of Division) to Nursing Program Supervisor III (Asst. Chief Nurse, Assistant Chief of Division) through our efforts with the joint commission and the Quezon City Personnel Officer that we had these titles in 1986. The Chief Nurse and the Assistant Chief Nurse went to the exert of not accepting the 10% of salary increase until we had worked it up to retain our titles with identity as in a Division.

It was only in the time of Dr. Esperanza de Castro, as CHO, that the long time Administrative Case filed to a Nurse by the Chief Nurse, Mrs. Martinez, was dismissed.

The Chief Nurse was an active personality. She joined in almost all Nursing organizations, private and government. She was the first President for PNA Zone III and also became President of the Philippine Nurses Association, National, in 1986.

The author was with her when she had that guidelines for 25% increase for Para Medicals approved by the Hon. Governor of Metro Manila, Imelda Marcos, in a Presidential Rally in front of the Q. C. circle in 1986.

Another crucial event was when the Chief Nurse and President of the Philippine Nurses' Association in 1986, that when she reported to office from the PNA, National Convention, with President Corazon Aquino as the Keynote Speaker, received a letter from the Office of the Mayor, stating that, she was dismissed for reasons not cleared to us. Dr. Reynaldo Lupisan was the Officer-in-Charge then, for our City Health Officer, Dr. Magdalena Ybanez was out of the country. Through the efforts and know how of her husband, Atty. Pedro Martinez, she was reinstated after several months of being out. She counter charged the Mayor for illegal acts and moral damages. She was paid back for the months that she was out of the office.

It seemed that the intrigue became personal. The rest of the Nurses worked well with the members of the Health Team. They maintained their good public relations.

In 1988, the Assistant Chief Nurse, left for abroad for personal reason. In 1989 Mrs. Rosario Meneses, a Nurse Supervisor, and the rest of the staff nurses availed that early retire-

ment offered by the government. There were much intrigues. We really grew in intrigues, this we believe is normal in an organization where people have different perspectives in life. The Nurse Supervisor position left by Mrs. Meneses was not filled up for reason that there was no authority to fill up the vacant positions.

The years are so fast, the Chief Nurse was to retire in February 1992. She had many visions, but did not materialize, because of the demands of the time. We have a Nurse Instructor in the Training Section, and a nurse in the Health Center with Masters in Public Health. We had also a nurse Masters in Public Health, but left for abroad for greener pasteurs. After this people, there were other Nurses we sent for Masters in Public Health in UP, but because time changes they were not able to obtain the degree the Nursing Services aimed for them.

The Chief Nurse retired in 1992 February 13. We celebrated her birthday, honored her to the best we can. (Everyone felt her absence, but we know she is just around). We, Mrs. Mejia, Mrs. Manlangit, Mrs. Figueroa, Mrs. Arcellana, and Mrs. Bayan were left behind, and will continue to manage the Division of Nursing Services as was envisioned by its founders.

February 13, 1992, marked the Chief Nurse, Florida Martinez, retirement. There were changes. This was the last year for Mayor Simon's Administration. People were busy for the election.

Aware of the fact, that the author was the most qualified for the vacated position, approached the City Health Officer for support. Luckily without any other applicants from within and from the outside she was appointed Chief Nurse by Honorable Mayor Simon.

There are trials on the way. But Nursing Division has to go on. With the help of the Supervisors, we strongly revived the Quezon City Health Department Nurses Association. We closely worked with the nurses.

July 1992, the Honorable Ismael A. Mathay, Jr. became the Mayor of Quezon City and Hon. Charito L. Planas as Vice Mayor. There were big changes on their administration, we watched out for what they expect from us, the employees.

The Quezon City Health Department Employees Association was organized and the Supervisors, Chief Nurse were members and luckily the Secretary is a Nurse, in the person of Mrs. Manlangit (interim officers). We had revived attending meetings of Nursing Organizations, to keep ourselves abreast of new trends and issues.

Because of the need to improve our Nursing Administration, we worked up for a more fruitful meetings. We set Resource Development Scientific Sessions with topics based on Nurses's needs. Invited speakers dates before the scheduled months. We provided certificates for this, so the nurses benefit from the updates and obtain CEU Units for them to use for their license renewal.

September 21, is fast approaching. This is the Foundation Anniversary of the DNS (Division of Nursing Services). We planned out with the Supervisors and Nurses for its celebration. Luckily, we had supporters for this occasion. The Staff Nurses had their full cooperation and support that on Sept. 22, 1992, marked the 21st Foundation Anniversary Celebration. It was successful occasion. There were still obstacles on the way, that even to celebrate our Christmas Day, we encountered problems, but we had patched these all.

1993, marked the year for more changes. The Assistant Chief Nurse position has to be filled up. There was evaluation of the four Nurse Supervisors IV, to choose one for Asst.

Chief Nurse the position. January 10, 1993, Mrs. Cresencia B. Manlangit was appointed the Assistant Chief Nurse. Her previous position was applied for by, Mrs. Restituta Rodriguez.

We see to it, that our involvement in program implementation will be okey,. Our participation is with full commitment regardless of sect, creed or religion.

We worked closely with the Hon. Councilor Fresca Biglang-awa, most especially in terms of financial support for new programs. With this, the council had allocated Budget to make programs of activities implementation successful.

During the April and May NID, the Division of Nursing Services shared a full support for the program. The Supervisors and staff actively performed their duties to the fullest.

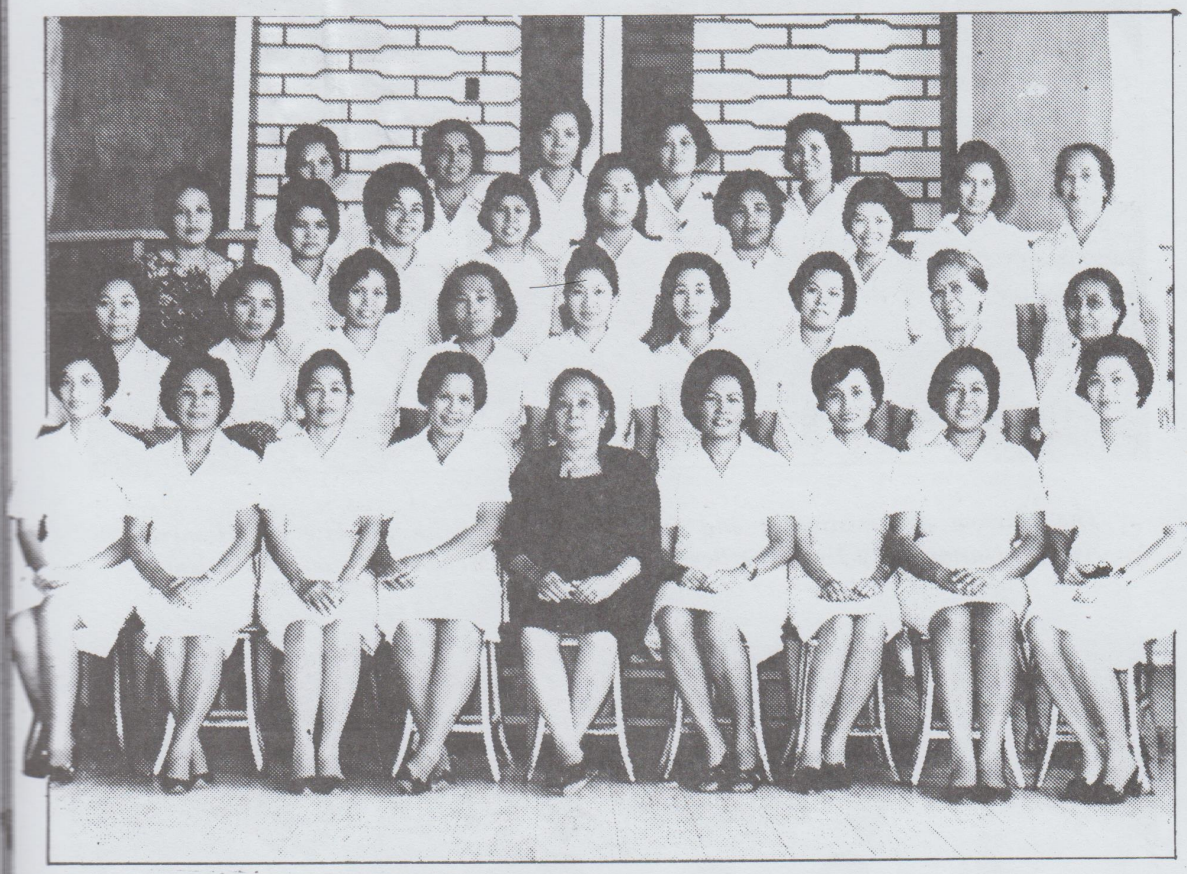
In the middle part of 1993, a general increase in salaries was given by the Hon. Mayor Ismael A. Mathay, Jr. The lower echelon had increase of P1,000 and more, and the higher echelon of P500 and less. The present salary ranges of the Nurses are the following: Nurse II – P6,024, The Training Nurse – P6,275, Nurse Supervisors – P6,777, Assistant Chief Nurse– P8,760 and the Chief Nurse – P10,645. With salary grades of 15, 16, 18, 22 and 24 respectively. Presently the Division has 62 permanent and 17 casual and contractual Nurses. There is the Selection Board and Political support. Other Supportive Staff are the 14 Nursing Attendants.

September 21, 1993 marks the 22nd Foundation Anniversary with the Honorable Secretary of Health, Dr. Juan M. Flavier as the Keynote Speaker.

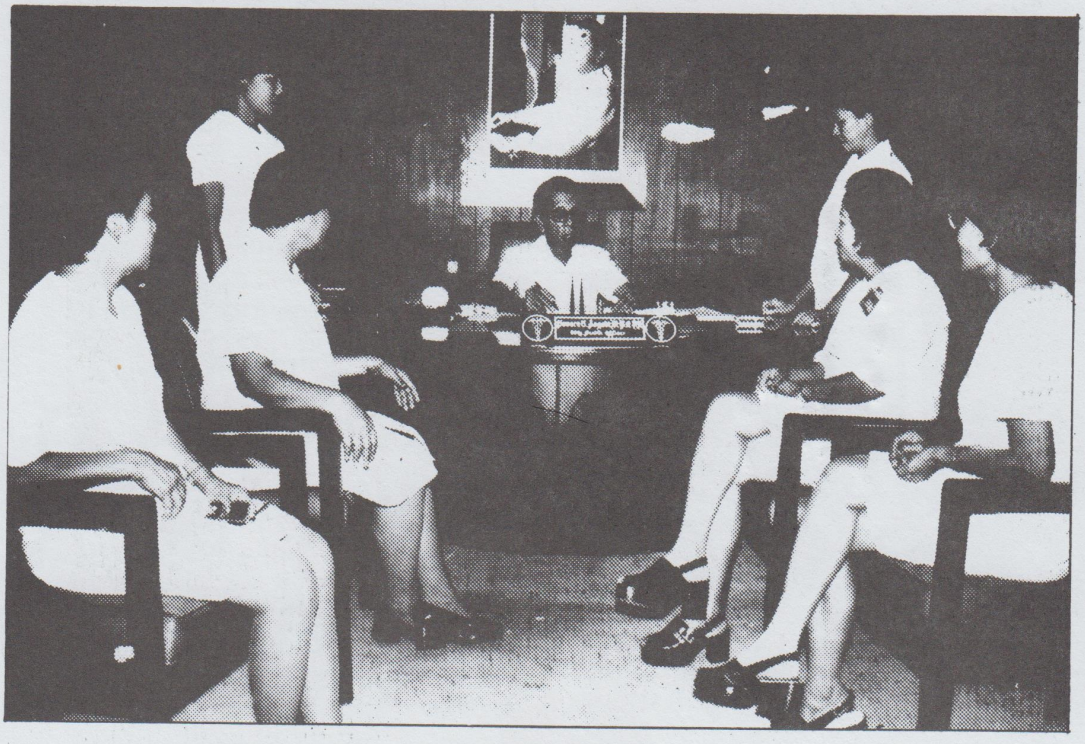
There are of course managerial problems, but these are all challenges. With the support of the Administration, we have to go on for our VISION and MISSION –– an organized Nursing Services with High Quality Service To The Community and Humanity.

The Development of Nursing in the Quezon City Health Department

Mrs. Clarita Mejia



The very first nurses with the late Mrs. Pilar Santiago (First Chief Nurse) at middle, front row. Most of them have gone out of the department. For your eyes only .. . Can you recognize those who are still with us now?



The Nursing Administrators and Supervisors then, with the late Dr. Homero Angelo. (former City Health Officer). Only Clarita Mejia and Cresencia Manlangit are left behind . . . . Nostalgic memories, where are they now?





The Nursing Supervisors under Mrs. Florida Martinez during the first few years of her term as Chief Nurse of QCHD. Left to right: Claire Mejia, Elsie Dizon (deceased), Victoria Perez, Assistant Chief Nurse (retired), Florida Martinez (retired), Teddy Domingo (resigned, abroad), Belen Marasigan, (resigned, abroad) and Rosario Yanes (retired).



Nurses take an active participation in Nursing Convention. The supervisors then, led by Florida Martinez (retired Chief Nurse) posed with the late Mayor Norberto Amoranto. Can you recognize Claire Mejia, the Chief Nurse at present?

COMMUNITY HEALTH NURSING IN QUEZON CITY HEALTH DEPARTMENT

Theresita B. Caldino, BSN., RN.
Nurse II, Ermin Garcia H. C.
Co-Chairperson, 22nd Foundation Anniversary

Community Health Nursing is a population-based service which is concerned of providing health care wherever individuals and families are – the home, clinic, school, place of work or in any place where people convene and meet. It is focused on community health problems and needs that are influenced by its physical and social environment. Health programs should consider the totality of the community it is intended for and benefit the whole populace. The present fragmented structure of health services requires a multi-disciplinary approach to promote a comprehensive and integrated health care.

The Restructured Health Care Delivery System which was implemented in 1975 and which is an offshoot of the National Health Plan, provided an expansion of the roles and functions of the Public Health Nurse as head of the health units in the absence of a physician based on RA. 1891, an amendment of RA. 1082.

President Fidel V. Ramos envisioned a New Philippines by the year 2000, with the very main purpose of developing the economy of the country. This is not a one-man task. This should be the concern of every member of the society and to work hand in hand with the government. To attain this objective, the foremost concern should be "Health Promotion", hence, infrastructure, technology and food production will simultaneously be developed and prosper.

Chairman of the Primary Health Care Board of Trsutees and Secretary of Health Juan M. Flavier connotes that "A Healthy Nation is a Wealthy Nation". He also conceived the Philippines to be a Disease-free Country by the year 2000.

As Community Health Nurses, it is our duty to share our knowledge, skills and services and implement the nursing component of the Basic Health Programs of the Department of Health which comprise the following:

a) Maternal/Child Health Care
b) Family Planning and Responsible Parenthood
c) Nutrition Program
d) Vital Health Statistics
e) Control of Diarrheal Diseases
f) Control of Acute Respiratory Infection
g) Multiple Drug-Therapy – NLCP
h) National Tuberculosis Program
i) Expanded Program on Immunization and under Five clinic
j) Health Education
k) Environmental Sanitation
l) Mental Hygiene
m) Sexually Transmitted Diseases

With this gigantic work load, considering the number of health workers' proportion to the service population, a high degree of perseverance is a necessity to render quality health services to our constituents. Therefore the following qualification are very much required to become a Community Health Nurse:

a) He/she must be a graduate of Bachelor of Science in Nursing and a Registered Nurse.
b) Preferably with one year of work experience.
c) Physically and mentally fit and with good moral character.

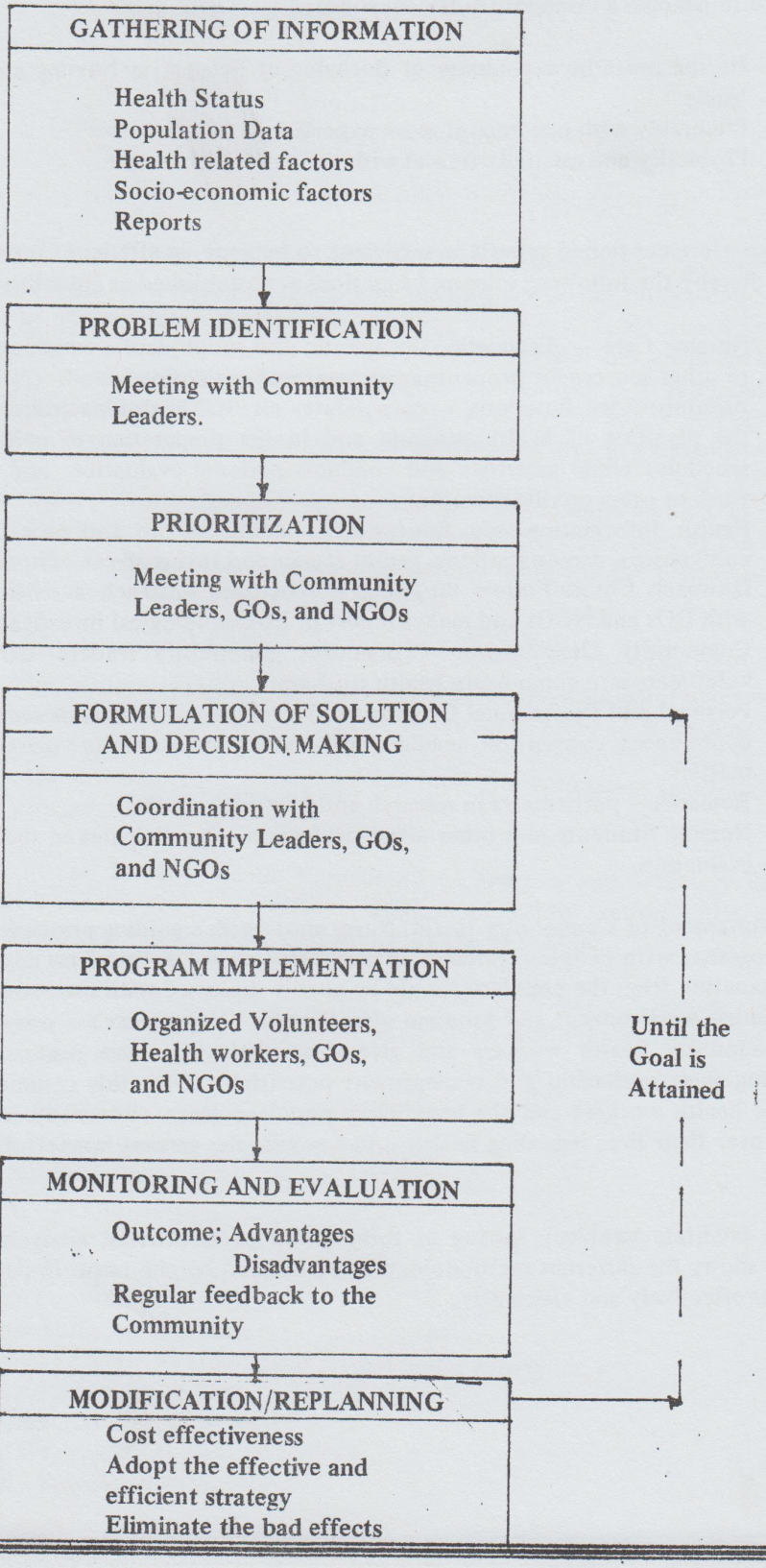
The aforementioned criteria is sufficient to become an efficient Community Health Nurse, thereby the following roles and functions are established as guidelines:

a) Nursing Care – diagnostic, therapeutic and prophylactic treatment, and referral to other sources for proper management and evaluation.
b) Administrative functions – consolidates all vital health statistics, participates in the planning of health program and in the preparation of personnel policies, schedules clinic activities and conducts periodic evaluation, and supervises the work of other auxillary workers.
c) Health Information and Education – conducts pre and post clinic lectures, conferences, demonstrations, health classes and roving street campaign.
d) Outreach Clinics/Follow up visits – schedules outreach activities, coordinates with GOs and NGOs and makes report of Epidemiological investigation.
e) Community Organization – organizes community leaders, GOs, NGOs and volunteers into community health workers.
f) Personal and Professional Growth and Development – attends seminars, training, conferences, convention, regular staff meeting and consults supervisor on nursing matters.
g) Research – participates in research and in-service studies.
h) Nursing Students and other allied profession – participates in their training and evaluation.

Involvement of Community Health Nurse starts with a guiding principle of promoting health together with people regardless of race, religion and political parties. Health problems emanating from the populace should be openly discussed with the community leaders to maximize work output and program effectiveness. Volunteers are properly organized into community health workers and give them their respective responsibilities, thus, developing their leadership and management potentials. With this community relationship, the health workers and the beneficiary populace learn vicariously and gain more control over their lives regarding health. As a result, the general impact of this is a social change.

To facilitate problem solving in formulation of situational analysis, a schematic diagram shows the different methodology to be utilized by the nurse in performing their functions effectively and efficiently.

SCHEMATIC DIAGRAM IN THE FORMULATION OF SITUATIONAL ANALYSIS



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With this in mind, Community Health Nurses, have enormous duties and responsibilities in the development of the country. This noble profession needs lot of sacrifices, diligence and dedication to counter challenges such as intrigues, political motives and others. These characteristics are a must to be successful in our chosen career.

As Community Health Nurses, let our services be felt by the community – that there are "Modern Nightingales" who are always at their sides, not only to lend them helping hands but that are always there to comfort them with warm and caring hearts.

PRIMARY HEALTH CARE SITIO PINAGKAISAHAN, PASONG TAMO Q.C.

A Project of M.H. Pedro Health Center Staff

Layni Damasco, BSN, R.N.
Nurse II, M.H. Pedro Health Center

The promotion and protection of health for all Filipino is a responsibility of Government. But in a developing country like the Philippines, with a rapidly growing population government service maybe limited, thus there is a need for the citizenry to involve themselves and ultimately attain self reliance in health.

The answer to most health problems in a developing country like ours is Primary Health Care (PHC). In essence, Primary Health Care is a partnership approach among the community, the government and non-government organization for health development. With the essential elements in mind, Primary Health Care is community based, accessible and acceptable to the community, affordable and available at all times especially in need and the ultimate goal is self reliance.

The National Health Goal of the Department of Health is "Health for ALL BY THE YEAR 2,000" where in there is an improved state of health and quality of life for all people which is attained through self-reliance. People especially in depressed areas has an acceptable level of health status. A lot of the people do not have the benefits of proper health care, yet health is recognized as a fundamental human right. The rising cost of medical care and the increasing complexities of the health care system pose a great problem.

So, the M.H. Pedro H. C. Staff adopt a new approach in health care. This approach is Primary Health Care, the objectives are as follows:

1. To equip the families basic knowledge and skills in health care.
2. To teach the families simple skills in promoting, maintaining and protecting the health of individual, family and community.
3. To increase the coverage of thrust programs.
4. To increase prevention and control of six immunizable disease.
5. To teach simple household remedies and use of herbal plants.
6. To equip community with knowledge, skills on problems related to community planning implementation, monitoring and evaluation.

Sitio Pingkian, Barangay Pasong Tamo is a rural community composed of 134 families. The area is bounded by Himlayang Cemetary, Mira Nila and Maries Subdivisions. The means of public transportation is the tricycle but one has to walk approximately one (1) kilometer to reach the area if you take the Himlayang cemetary route. However, if one passes the Maries subdivision, still she/he has to walk 750 meters to reach the area. Another route is via Marcos compound wherein he/she will pay P25.00 per trip, but still walk a certain distance.

Most of the houses are made of wood materials. The place is not congested because the area is a private lot. About 71% own the lot, 13% rented the lot, 30% are lot caretaker. The place is muddy & slippery during rainy season, and dustry during dry season. The source of electricity is thru "Kooperatiba" and the source of water supply is the deep well. The area has one public deep well and 10 private deep wells. With regards to toilet facilities most of them flushed water sealed toilets.

In order to assess the general health status, needs and problems of the residents, Primary health care was adopted. Community survey was undertaken by the 12 volunteers, health center staff in Aug. – Sept. 1991.

The Training of CHVs was funded by Urban Basic Services Project (UBSP). The CHVs were rewarded an umbrella in helping in the community survey.

Findings of the community survey:

Total No. of families in the area –	134
Total Population	659
Total No. of Household	85
Total Males	343 or 52%
Total Females	316 or 48%
Total No. of child bearing women	148 or 22%
Total No. of family Planning Acceptors	
Father	2
Mother	88
Total No. of 0 – 12 y/o	33
1 – 6 y/o	91
7 – 14 y/o	174
% fully immunized under 6 children	
DPT completed	62%
OPV completed	62%
BCG completed	63%
Measles completed	58%
Total No. of Pregnant Mother –	
16 with AP Care	14
Total percentage of parents –fixed income	94
Total No. of households with toilets	63
without toilets	22

Leading cause of Morbidity

Cause of Death	No. of Cases
1. Heart Attack	2
2. Old Age	1

Ten Leading Causes of Mortality	No. of Cases
1. Upper Resperatory	110
2. Fever	110
3. Diarrhea	47
4. Skin Allergy	15
5. Sore Eyes	13
6. Bronchitis	10
7. Anemia & Malnutrition	9
8. PTB	8
9. UTI	8
10. Heart Disease	1

A total of 25 volunteers were selected and they were trained formally for a period of 24 days, from Nov. 15, 1991 to Feb. 20, 1992. The main objectives of the training were as

follows: to orient and strengthen the competencies of the CHV on the basic facts of health and health related topics which could enable them to function on the primary level of health care.

Identified Problems/Needs	Action Taken/On-Going Activities
1. Inaccessibility of area to health service	1. Outreach clinics every first Tuesday of the Month. 2. establishment of health station which is under construction.
2. Lack of health resources in the area	1. trained CHVs and monthly monitor of their activities 2. trained hilot done 1992 training by QCHD
3. Increased number of defaulters in immunization	1. utilization of CHV to follow-up defaulters 2. monthly outreach immunization in area
4. Increased number of diarrhea cases and skin disease	1. water sampling done 2. advised community which deep well has potable water for drinking
5. Lack of sanitary toilet of 22 families	1. request toilet bowls through sanitation
6. Lack of job opportunities	1. launched livelihood projects 2. lending used money to CHV to start Generating Projects

Activities of Community Health Volunteers (CHV) to sustain the Primary Health Care in Pingkian

1. Each CHV has 10 families to take care of, in which they monitor the health status of family members.
2. Attend monthly meetings.
3. Participated in the Roving Street Campaign last 10/7/92 in Bayan Palenke.
4. Participated in the deworming projects in Pingkian, Himlayang dated 10/5/92.
5. Fund raising for the construction of Health Station thru Bingo Social last Dec. 1992. They generated a total of P3,816.
6. IGP Projects – soap making
   – they are on 5th loan
   – capital build-up of 1,300
   – personal savings of 2,100
7. They are given CHV T-shirts, Facts for life Books CHV kit
8. Training of CHV how to take resperatory rate, blood pressure and temperature.
9. Re-training of new & old CHV to be held July 21, 1992 – Sept. 3, 1993.

We must involve the community and impart to them the importance of health so that we will attain our goal to have a healthy community with the untiring and unending voluntary services of the community health volunteers.

AIDS.....Everybody's Concern

Cresencia B. Manlangit, BSN, MPH, R.N.
Asst. Chief Nurse, Quezon City Health Department

AIDS – meaning Acquired Immune Deficiency Syndrome is a fatal condition wherein the immune system, which is the body's natural defense against disease is attacked. It is a new illness having been first reported in 1981, in the USA. It was found out that several previously healthy young men developed very rare types of lung infection and unusual form of cancer. These men where known to have sex with other men.

There are only three recognized modes of transmission. These are the following:

1. Sexual which maybe homosexual (between men) and heterosexual from men to women and viceversa)
2. Exposure to blood – transfussion of blood and blood product; sharing of needles and other skin piersing instruments and occupational needlestick injury.
3. Perinatal – from mother to child before, during and after birth.

It is important to note that blood, semen and cervical/vaginal secretions and breast milk transmit the virus although concentrations in each varies considerably.

The natural history of the disease involves exposure; latent period (development of antibodies only after 2-6 months); primary infections (which occurs within six weeks of exposure to HIV); subclinical infection (which is asymptomatic and may last from 5 to 10 years); clinical expression; AIDS and Death

Aids and Death

Inorder to confirm the diagnosis, laboratory tests to confirm antibody and antigen detection, to confirm the presence of immune deficiency and positive viral culture are being done.

The following are the symptoms of the disease. During the incubation period (few weeks up to 5 or more years), there maybe no signs yet. But as the disease progresses, symptoms like extreme and constant fatigue of no reason at all and recurrent fever, chills and night sweat occur. Then there is a rapid weight less for no apparent reason; swollen lymph glands in the neck, underarm on groin, white spots or unusual blemishes in the mouth; skin blotcher or bumps; persistent dry cough; persistent diarrhea and deminished appetite. Because the immune system of people with AIDS as severely affected, various infection can develop into fatal condition. Among the diseases that can develop are Pneumocystitis, Carinii Pneumonia and Kapozi's Sacroma. (a form of cancer or tumor of the blood vessel wall).

There are the so-called people not risk for Aids. People who have many sexually transmitted disease have a great chance of getting the disease. People who travel a lot in their work or those who live far away from their sexual partners are really exposed to the disease. These who have a lot of blood transfussion and infants born to infected mothers are also at risk.

Inorder to prevent and control the transmission of AIDS/HIV, the following should be taken into consideration.

1. Sexual abstinence
2. Mutually faithful sexual relations
3. Infected persons should not donate blood and organs.
4. Infected females should not get pregnant.
5. Safe sex with the use of condoms.
6. Integrated prevention strategies which include information campaigns; community and institutional networks; counselling services and training.

Everybody should be aware of the following

Prime Messages:

1. Aids is an incurable disease which can be passed on by sexual intercourse, by infected blood, and by infected mothers to their unborn and newborn children.
2. Safe sex means that neither partner is infected, remaining mutually faithful and using a condom if in doubt.
3. Any injection with an unsterilized needle or syringe is dangerous.
4. Women with Aids virus should avoid becoming pregnant.
5. All parents should tell their children how to avoid getting AIDS.
6. Not everyone with AIDS has developed AIDS. But anybody with AIDS Virus can infect others.

In the near future, with the advance in Science & the Medical field, there is every reason to believe that the AIDS mystery will be unravelled. Hopefully, this will lead to find causes, early detection methods, treatments and effective preventive measures for this devastating illness.

Reference: Facts For Life
Philippine National Edition

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AIDS/HIV Patients-As Recipients Of Good Nursing Care

Cresencia B. Manlangit, BSN, MPH, R.N.

Few infections infecting men cause as much anxiety as AIDS simply because this is an incurable disease and also a variety of opportunities, infection and tumor can develop and occur. AIDS destroys T-helper lymphocytes which lead to the breakdown of body defenses.

Patients affected with AIDS/HIV infection should be given the most creative nursing skills. The nurses should be able to provide the most careful and compassionate care to these patients.

The basic general infection control principles are involved when providing fundamental nursing care.

1. The spread of many infection maybe associated with bodily secretions and blood.
2. All patients are at risk of contracting infection as well as spreading them.
3. Dissemination of an agent from infected-but-asymptomatic patients or health workers can be prevented by practicing careful techniques of proven effectiveness.

Strict precautions for clinical and laboratory personnel should be observed.

1. Wash hands thoroughly before and after patient care.
2. Use gloves when handling food or body fluids. HIV is found in greatest concentrations in the blood, semen, urine, and other secretions. Wash hands after removing gloves.
3. Gowns are not necessary unless procedure is performed.
4. Mask are not a must. HIV transmission is not air borne.
5. Disposed of used needles carefully.
6. Use of disinfection:
   0.5 Sodium Hypochorite
   Phenolic Disinfectant
   50% Alcohol
   1% Glutaraldehyde
   have been proven effective and maybe used to clean and disinfect surfaces. Heat also kills the virus ($140^{O}F$) Linens do not need special treatment.
7. Wear gloves and use caution when cleaning instruments as handling sharp instruments. Disinfect or autoclave as usual.
8. Soiled dressing should be disposed of carefully.

Patients with AIDS need so much emotional care. The following are recommended guidelines for emotional care.

1. Touch the patients – Use your hands to touch the patient or any area of intact dry skin. He/She needs the comfort of contact with another human being.
2. Listen with compassion and understanding if the patient wants to talk.

3. Be aware that the patient maybe in one as more of the stages of grieving; denial, anger or bargaining. Use therepeutic communication to help that patient works through these emotions.
4. Care for the caregiver: Examine your own feelings and talk them out with someone knowledgeable and understanding. Care givers have the responsibility to work to restore health, provide comfort and treat illness in a non-judgemental and compassionate way.
5. Explore with the patient whether he or she has revealed the HIV diagnosis to family, friends or those who are intimely involved in his life. Request the patient's confidences.
6. Protect Confidentiality – never discuss diagnosis care or prognosis with anyone not involved with the patients care except when such discussion is appropriate.
7. The emotional care of the terminally ill AIDS patient is the same as for any terminally ill patient. Provide comfort, use of analgesics in any nursing measures which can provide comfort or relieve pain.

The nurse has also a vital role to play in providing health education to the community. All the basic facts about AIDS/HIV infections should be taught to everybody – for this is everybody's concern.

Reference:

1987 Heroglyphics, Ltd., – Health
Education Leaflets in Good Nursing Care

HIV/AIDS SURVEILANCE SYSTEM IN QUEZON CITY

Dra. Antonietta Inumerable, MD., MPH,
District Health Officer, District IV. OCHD

GENERAL OBJECTIVE: To estimate the incidence/prevalence of HIV infection among sentinel groups in Quezon City.

SPECIFIC OBJECTIVES:

1. To monitor trends of HIV infection among sentinel groups.
2. To identify sentinel groups with higher or lower rates of infection.
3. To provide information for prioritizing and evaluating intervention programs.

METHODOLOGY:

1. Seminar/Workshop of agency/participants re: HIV/AIDS Surveillance
2. Procurement of logistics needed.
3. Mapping of commercial establishments, STD Clinics and hospitals, rehabilitation centers and beauty parlors.
4. Random selection of commercial establishments.
5. Listing/coding of commercial establishments, STD Clinics/hospitals, rehabilitation centers and beauty parlors.
6. Pre-test Counselling.
7. Data/Specimen collection.
8. Blood specimen collected will be sent to Bureau of Research and Laboratory (BRL) for HIV antibody testing.
9. Post-Counselling.

SURVEILLANCE METHODS:

A. SENTINEL GROUPS:

1. Female Commercial Sex Workers (FCSW)
2. Male Commercial Sex Workers (MCSW)
3. Injecting Drug Users (IDUs)
4. Men having Sex with Men (MSMs)
5. Free Lancers (FLSWs)
6. Male with STD (MSTD)

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B. NUMBER OF SAMPLES AND METHOD OF TESTING

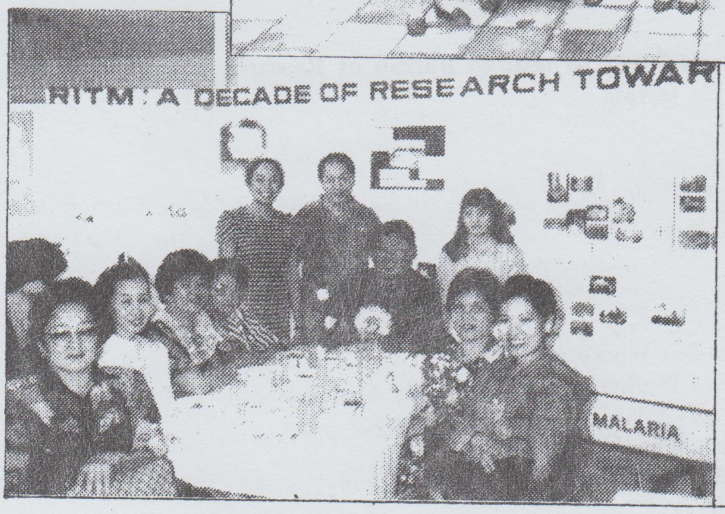
1. FCSW	300	Vol. Anonymous
2. MCSW	100	Vol. Anonymous
3. IDUs	300	Vol. Anonymous
4. MSMs	300	Vol. Anonymous
5. FLSWs	100	Vol. Anonymous
6. MSTD	300	Anony. Unlinked

HIV – AIDS SURVEILLANCE TEAM Q.C.

1. Dra. Annie Inumerable
2. Dra. Nancy V. Pareja
3. Dra. Bethy R. Lomibao
4. Dra. Consolacion V. Mende
5. Mrs. Zayda T. Sayson
6. Miss Beauty I. Isnit
7. Miss Nora Capillan
8. Mr. Nene Longno



Left to right – Consolacion Mende, Dra. Nancy Pareja, Zayda Sayson, Beauty Isnit, Cora Caspellan and Dra. Betty Lomibao



The HIV Surveillance Team with Dra. Magdalena Ybanez during a Seminar at RITM

The National Immunization Day (NID)

MRS. CLARITA SAMSON–MEJIA; GN; BSN; CPH; MN; RN
Nurse VII, (Chief Nurse) Quezon City Health Department

The Presidential Declaration No. 147 stated that there is a need to drastically reduce preventable diseases afflicting our Filipino children. It is hoped that by the years 1995, 1998 and 2,000, complete eradication of Poliomyelitis, Neonatal Tetanus and Measles will be effected, respectively. On September 16, 1992 it reaffirmed the commitment of the Philippines to the Universal Child and Mother Immunization Goal of the World Assembly by launching the Philippine Poliomyelitis Eradication Project. The National targets for immunization: – Nine (9) million children for Oral Polio vaccine; Two (2) million children for measles and other vaccines and Four (4) million woman (15–44 yrs.) are to be given Tetanus Toxoid.

In line with this, the President of the Philippines declared April 21 and May 19, 1993. And every third Wednesday of February and March there after for the next two years, as NATIONAL IMMUNIZATION DAY (NID).

The NATIONAL IMMUNIZATION DAY is a day when every children younger than five (5) years old residing in the Philippines are immunized with Oral Polio vaccine regardless of their immunization status or the date of the latest Polio vaccine dose. While OPV vaccination is the primary objective; Measles, Tetanus Toxoid and Vitamin A supplementation for specific group will be done.

Quezon City has a population of 1,830,520 (1993). Its targets for NID covers: OPV (14.5%) 0–59 months of 265,000; Measles (4%) 9–24 months of 73,221 and TT for women (3.5%) 15–44 years of 64,068. The 0–5 years covers children with Birthdays from 4–22–'88 to 4–21–'93 and the 9–12 months are children of birthdays from 4–21–'91 to 4–22–'93.

With these targets, it is estimated to have 753,000 health workers, but the Quezon City Health Department has only 700 personnel more or less, which is so inadequate for the NID activities. Luckily with an excellent mobilization done by the Health Districts; where the nurses are; and supports from the Local Government Unit, from the Department Head and different Division Chiefs, we had a total 5,000 more or less, recruited and trained, volunteer workers.

It is important to be quick and efficient during the actual NID itself considering the expected huge volume of children. The immunization is to be given at the Fixed and Mobile posts. The Fixed posts – manned by health personnel where all Antigens were made available – OPV, Measles, DPT and TT. The Mobile posts – only Oral Polio vaccine was given by the trained volunteer workers.

It was estimated that for every 1,000 population, there should be 1 post. The Health Department had established 1,192 posts and 249 fixed posts.

Aware of the need for financial support from the City Government, because of the two more years of the NID activities, the Chief Nurse and the Assistant Chief Nurse,

approached the Honorable Councilor Fresca Biglang-awa for assistance and support from the City Council for an ordinance to appropriate funds on this regard. We were requested to submit supporting data for her to justify in the ordinance. Knowing that the Hon. Councilor is willing to support the Program, we reported the matter to the City Health Officer, Dr. Magdalena M. Ybanez. We were then advised to prepare an estimated budget for refreshment and lunch, for the council to appropriate funds needed for the two more NID years. With her approval we submitted to the Honorable Councilor Biglang-awa our estimated budgetary need. Now an ordinance to this effect is on its second reading and hopefully it will be approved on the soonest time, for the 1994 NID is fast approaching.

The nurses played a vital role in this program. They acted as mobilizers, recruiters, motivators, Health Educators, trainors, coordinators, cold chain managers, monitors, facilitators to perform the task and achieve the goal of a "Polio–Free" country by the year 1995.

This was the Best in the Quezon City Health Department where everyone's capabilities were utilized to the maximum and everyone knew the program.

Everyone was mobilized. Mobile Monitors were organized. All the Chiefs were given definite areas/assignments to monitor. In the central office – the Administrative Officer was assigned on administrative problems/needs and the Chief Nurse for the Vaccines, Syringes, needles and other supplies and for the Technical Problems/needs that may arise.

A system was adopted to facilitate reporting and recording; although with some obstacles we were able to attain high accomplishment as shown in the Table(s) below.

VACCINES		APRIL 21, 1993		MAY 19, 1993	
	Numbers Targetted	Numbers Accomplished	Percent % Accomplished	Numbers Accomplished	Percent % Accomplished
Oral Polio Vaccine	265,000	271,480	104.54	286,589	103.28
Measles Vaccine	73,221	17,809	24.32	12,662	17.29
Tetanus Toxoid	64,068	94,304	147.20	81,468	127.16
Vitamin A	206,571			206,571	94.04

Note: Measles and Tetanus Toxoid immunization and others are only "ride on."

We hope to do the same or do better by the next two more NID years.

References: NID Manual, 1993
Presidential Declaration, 147

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Nursing And The Changing Image Of Family Planning

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PPO III

The family is the basic unit of our society. There are many ways of analyzing the family and one of these, is biological. The government recognizes the family as a foundation of the nation thus promoting its total development.

Population Planning Program started in 1968, and has implemented various activities towards a Comprehensive Maternal and Child Health. There was a gradual integration of family planning service into the other basic health services provided in all our health centers. The impact created was not lasting. It has its ups and downs. The health providers were not able to capture the grassroots. The emphasis was placed in teaching the different methods, its advantages & disadvantages. The ways & means of providing family planning service did not show the importance of promoting the health of the mother & the child and the family as a whole.

Family Planning service has withstand the EDSA Revolution & the Earthquake of Mt. Pinatubo and today, with the changing times & modern ways, it has more clearly defined roles and responsibilities towards better quality of life by the year 2000. With DOH as the lead agency in planning and implementation of the program, we hope to attain its goal "BETTER QUALITY OF LIFE OF EVERY FILIPINO." Having this as our universal vision, DOH in partnership with the other non-government agencies & other government agencies shall ensure that access to family planning service be made available, affordable, acceptable to all the Filipino people.

The lead agency which is DOH, has identified the basis of why family planning program be promoted in the context of women's health, safe motherhood & child survival. They are as follows:

a) There are 8.4 million of married women of reproductive age and 1.5 million of them become pregnant every year

b) About 5.3 million of total women of reproductive age are "high-health risk"

c) Reported 1,600 maternal deaths every year due to complication as hemmorrhage etc.

d) The National Demographic survey of 1986 indicated that 31% of MWRA wants to practice FP but were not correctly practising because of unavailability of information & services.

e) Estimated 50% of those who start FP drop-out for one reason or another, maybe due to religion, culture, norms & mores

f) There is a declining trend in FP practice from 46% to 36% among MCRA.

The nurses, as one of the health service providers, therefore, in her full capacity to be dynamic worker, will prove herself competent in attaining the objectives of promoting FP quality service. She will intensify IECM Campaign to increase level of awareness among the grass roots.

Last August 2, 1993, the President of the Philippines and the Secretary of Health has launched Family Planning Program with the theme "Kung Sila'y Mahal Nyo, Magplano". The cornerstone of this activities is the National Communication Campaign (NCC–93) intended to provide full and complete information so Filipino Couples may make an informed choice about their reproductive option as their constitutional right. QC is one of the pilot city for NCC. The Primary concern of NCC 93 is to improve image of:

- concept of family planning
- service/information providers
- the contraceptive methods

The Nurse, as a health educator, is vital and a fullfiling one. Fulfillment not only towards self but towards her obligation of providing accurate, appropriate, timely information to Filipino couples to make an informed choice about their reproductive option.

The Nurse, in general, is affected by the issues and concerns between the state and the church. This will not hamper their good intention of serving humanity. The Lord has gifted the nurse with the right conscience to do always what is good as health educator, motivator and counselor, specially in emphasizing the health benefits of family planning. After all the couple will decide what is best for them.

A mature and responsible Nightingale will always be in the frontline to work hand in hand with the Philippine Family Planning Program (PFPP) and DOH. This will just be the beginning of a year long service of Family Planning activities. Let us join our hands and spirit together, so that the reality of our goals can be attained not only in demonstrating the will of the people but the will of God.

Action Pictures - Nurses & Company



The National Immunization Day in Quezon City was priviledged and highlighted with the visit of Hon. Juan Flavier, Secretary of Health to Purok I, in Bgy. Culiat.



Mayor Ismael Mathay, Jr., Dra. Magdalena Ybanez and other City Officials also joined Secretary Juan Flavier in Purok I.

The Nurse at Culiat H. C. together with the other members of the health team did a good job in the social mobilization of this community. Congratulations!!!

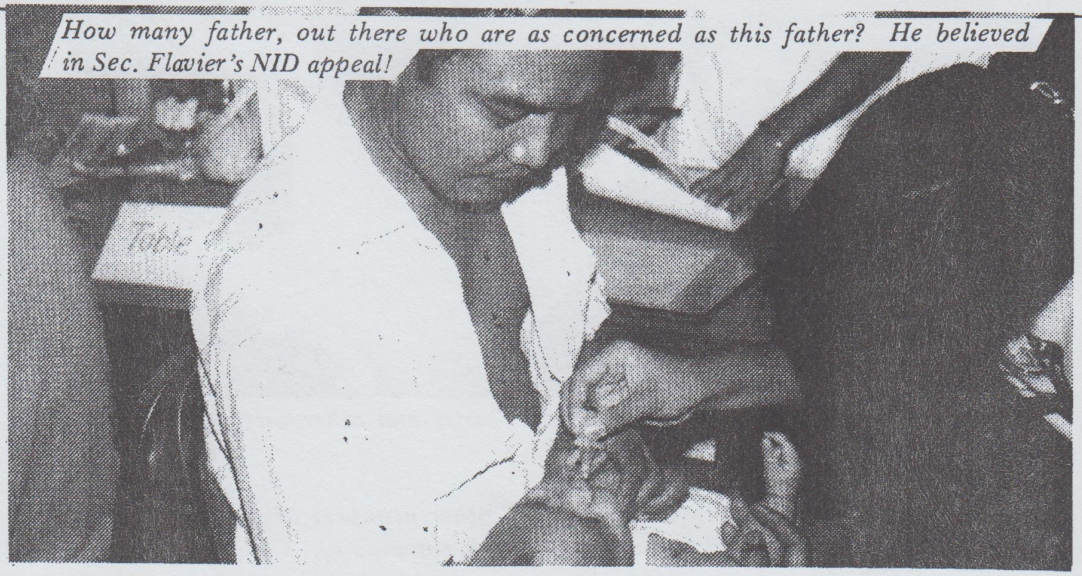
During the National Immunization Day, everyone got involved, but most especially the nurses. Here, Isabelita Aquino (Culiat H.C.) immunized a baby. . . .





And at designated Patak Centers and Fixed Posts, the Nurses attended to clients with smiles, cheers & happy disposition

How many father, out there who are as concerned as this father? He believed in Sec. Flavier's NID appeal!



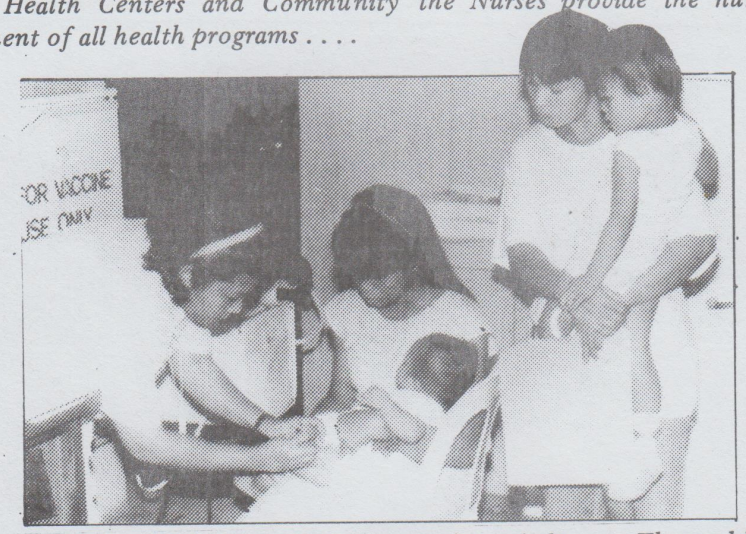


Immunization in one of the interior sitios in Baesa. Here Josie Suller, nurse of Baesa H.C. gives oral polio immunization to babies.

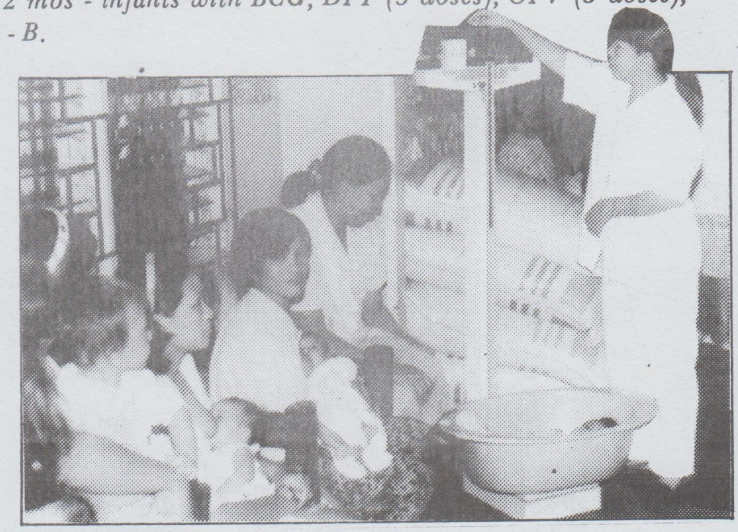


Josie Suller – gives a shot of DPT to this crying baby in a remote sitio in Balumbato.

In the Health Centers and Community the Nurses provide the nursing component of all health programs . . . .



Lorna Molina (K N Ligas H. C.) immunizes a baby . . . The goal is to immunize 100% of 0-12 mos - infants with BCG, DPT (3 doses), OPV (3 doses), measles and Hepa - B.



Evelina Flores weighs an infant, one of the activities in the Under-Five Clinic. Growth monitoring and health supervision are a must . . . Take note of mothers breastfeeding their babies.



Everyday during clinic hours, the health center is always full with clients, Esther Bandayrel attends to her clients.



Taken during the inauguration of SMILE Project of Mayor Ismael Mathay, Jr. at Barangay Tatalon. Dra. Magdalena Ybanez, City Health Officer and other city officials were with the Mayor.



Nurses play an active role in Community Development Projects' just like the SMILE. They are partners with other health personnel in providing preventive aspects of care.

The photo shows the personnel of Tatalon H. C. who provided basic health services during the inauguration of SMILE. Some of the District Health Supervisors were present.



The Values Orientation Workshop held last March 9-13, 1992. Cresencia Manlangit and Grace Barona were representatives for Nursing. We'll never forget the values learned and enhanced in us as human beings.

Induction Ceremony of QCHEA Officers & Board of Directors



The newly organized QCHDEA Officers and Board of Directors were inducted into office by Honorable Ismael Mathay, Jr., Q.C. Mayor last March 1993, witnessed by Dra. Magdalena Ybanez, CHO.

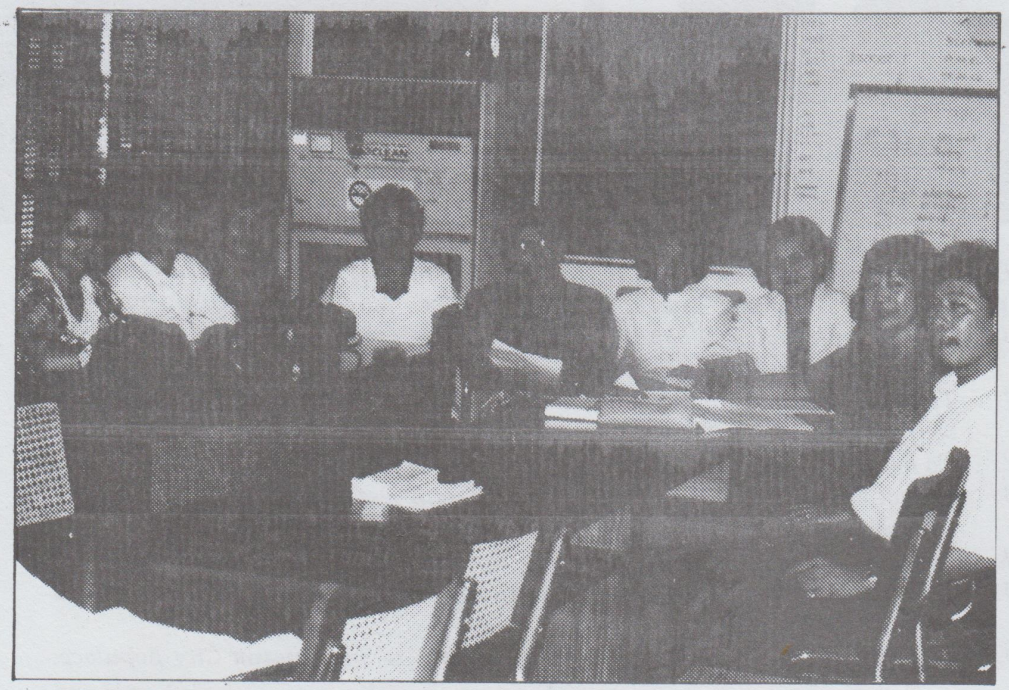
The Association has the following objectives:

1. *To provide forum for the coordination of efforts and activities of employees' welfare and interest.*
2. *To have a united and collective bargaining power.*
3. *To act as liaison between Quezon City Health Department and Quezon City Government.*
4. *To foster fellowship and strengthen camaraderie among QCHD employees.*
5. *To establish linkages with other association/organization to foster unity and cooperation to attain common goals.*
6. *To work for the provision of quality service to the Quezon City populace.*

The Nurses' representative to the Association are:
Ms. Cresencia B. Manlangit, Secretary-General, Ms. Clarita Mejia and Ms. Teresita Bayan, board of directors. The President of the Association is Dra. Angela Cruz.



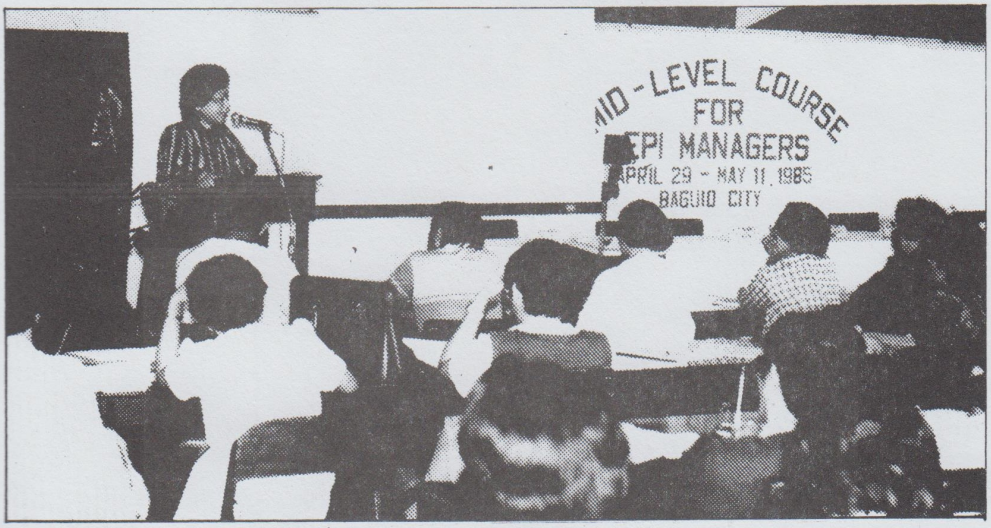
During the Polio Plus activity taken at Roxas H. C. After a hard day's work the staff and supervisors with Rotarians pose for a time out . . . .



The Officers and Board of Directors of Quezon City Health Department Employees' Association (QCHDEA) in one of their board meetings. The QCHDEA is a new hope for us employees! ! !



We were young once. Can you recognize these two young fashionable nurse? They are still with us!



In one of the Mid-level Course for EPI Managers. Nurses can equal other health professionals as Managers.



The nurses in the health center is the role model of nursing students. Flocerfida Par (Cubao H. C.) lectures to nursing students.



Flocerfida Par demonstrate BCG immunization to the same group above, in Bgy. Valencia.



Erlinda Manangan demonstrate BCG immunization also to Midwifery students.



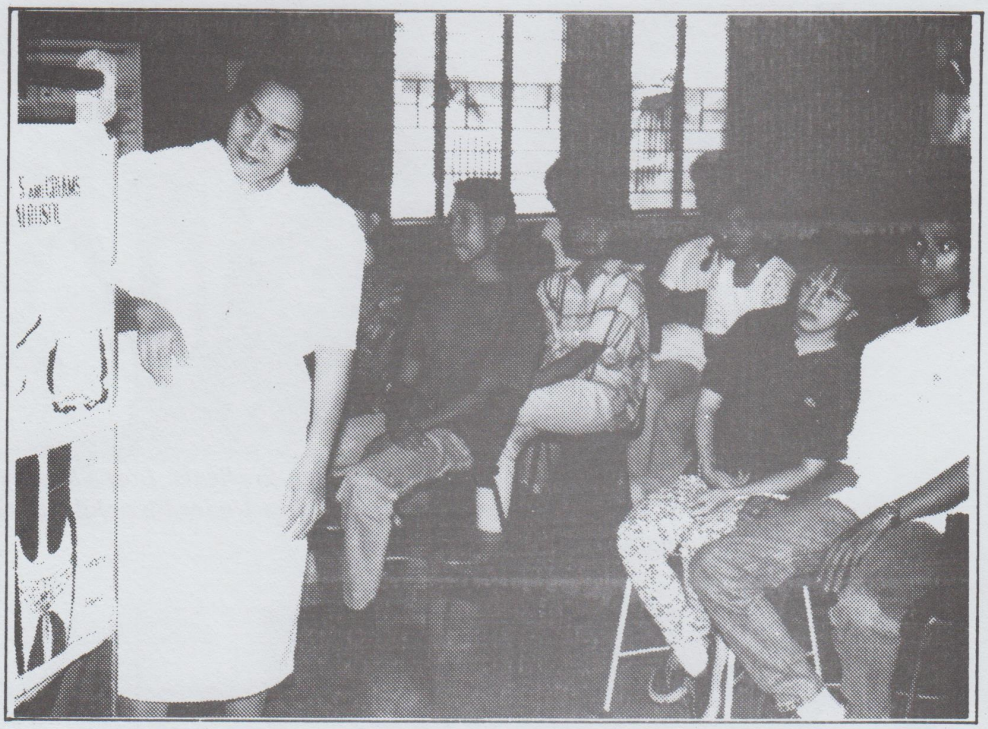
Before clinic starts, pre-clinic lectures are given to clients: Lorna Molina is giving a lecture on importance of nutrition to the Under-Five children to attentive mothers.



One health education activity is the Mother's class. Carmencita Uy gives a lecture on Child care to the mothers.



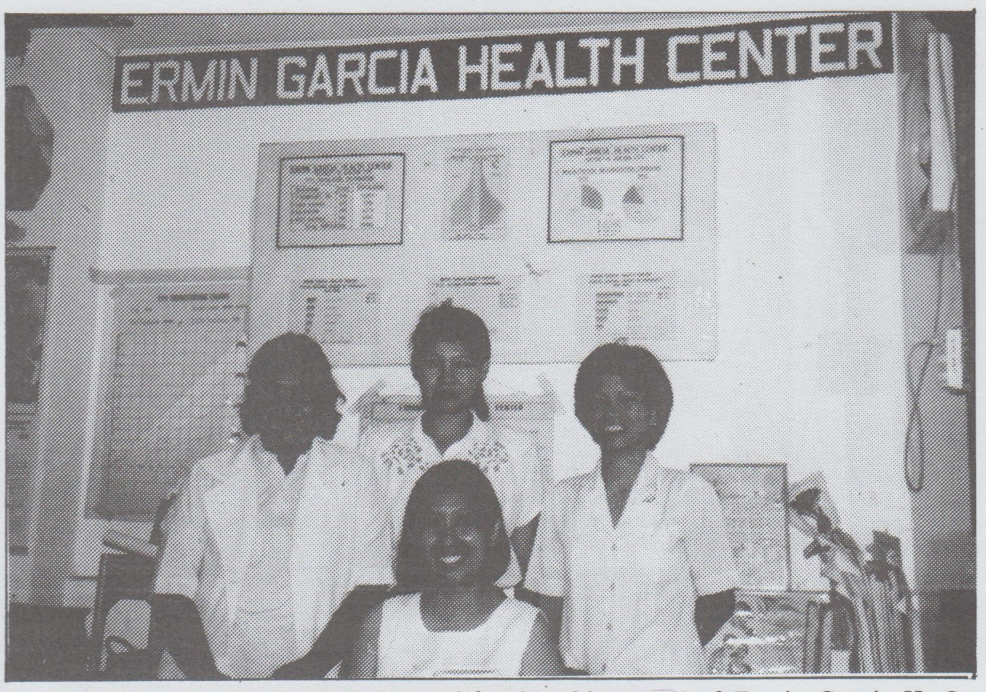
One of the CHVs at NIA SITE gives a recapitulation during the Seminar on Community Based Monitoring.



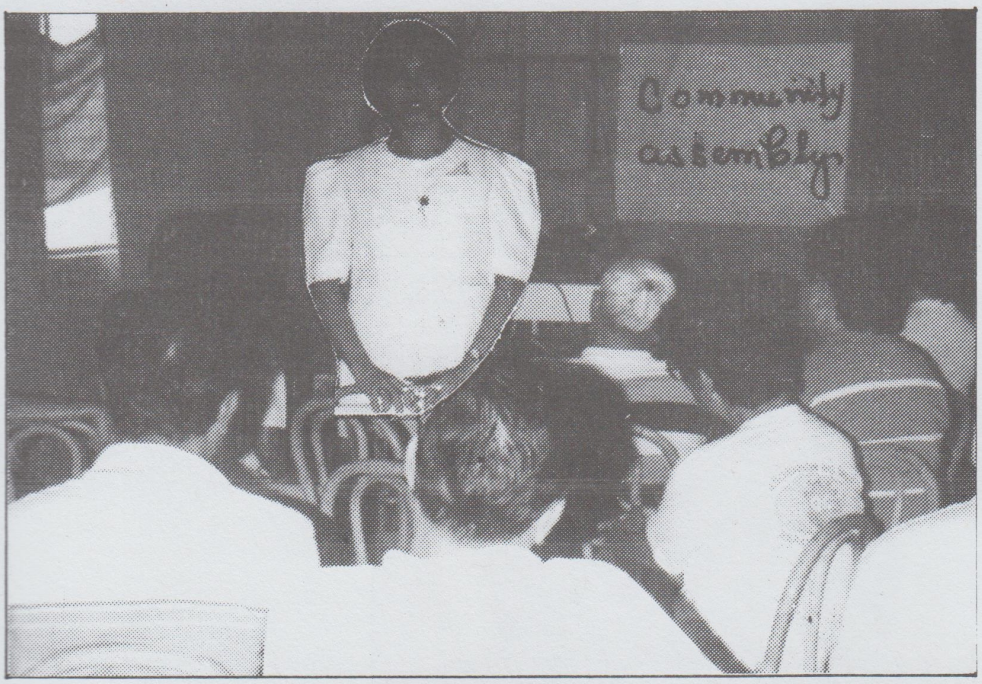
Ester Bandayrel, nurse at Family Planning Clinic lectures during the Pre-Marital Counselling for would-be brides and grooms.



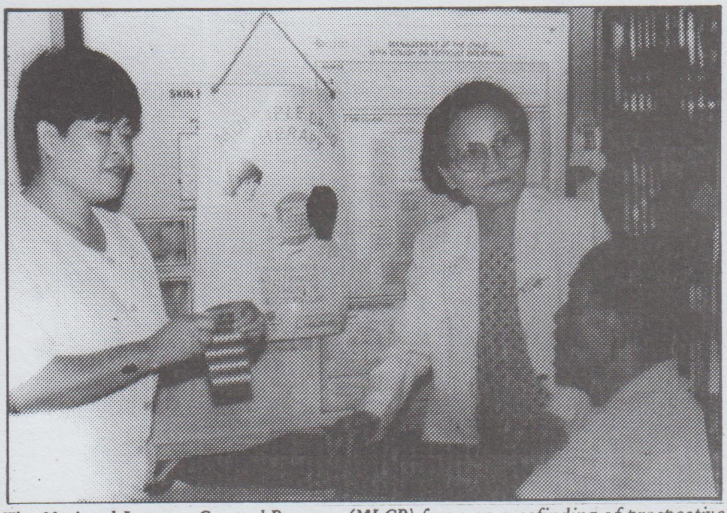
In one health class at Kruz–Na–Ligas H.C. the mothers listen attentively to the nurse, Lorna Molina.



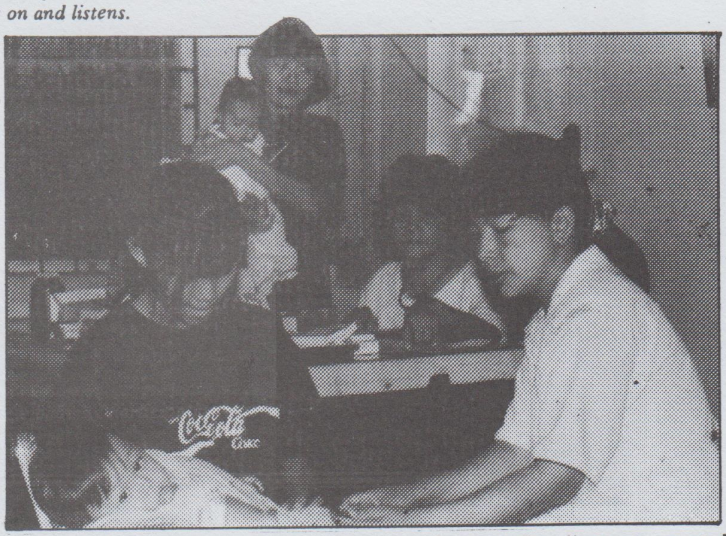
The ever active, cooperative and hardworking staff of Ermin Garcia H. C. Center — Dra. Liza Ganotan, Left to Right — Alorie Beromillo, Theresita Caldino and Liza Lising.



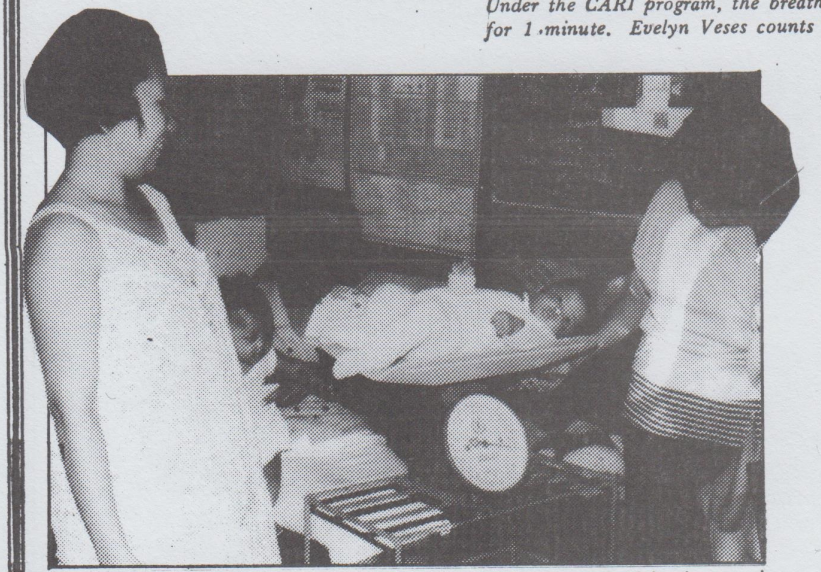
Theresita Caldino, Nurse II of Ermin Garcia H.C. in one of the Community Assemblies conducted at Bgy. E. Rodriguez wherein she discussed the implementation of health programs/activities at the community level.



The National Leprosy Control Program (NLCP) focus on casefinding of prospective clients. Cristina Francisco explain to newly admitted patient about drug intake. Mrs. Claire Mejia (NLCP Coordinator of Q.C.) looks on and listens.



Under the CARI program, the breathing rate of prospective clients are counted for 1 minute. Evelyn Veses counts the breathing rate & then assess the baby.



The mothers are taught also on how to weigh their babies. Participative care is better.



Novaliches Drug Intervention and Mental Health Services at Novaliches H. C.

Pastora Castellon, Nurse II, mental hygiene nurse takes the BP of the client and completes assessment procedures before the client is referred to Dra. Angela Cruz, Mental Hygiene physician. The Mental Hygiene Clinic offers a variety of services like counselling services, consultations and treatments, adolescent fertility sessions, health education specifically on Drug Abuse, Mental Health and alcoholism, etc. They also attend to referrals from different agencies like Quezon City Anti-Drug Abuse Council (QCADAC).



Part of supervisory work is supervising the activities of nurses during Outreach clinics. Those inaccessible barangays are far away and at times there's no transportation facilities, so we have to walk kilometers away.



In one mother's class graduation, the Supervisors are guests and provide moral boasting to the participants and to the staff.



After the Puppet show at NIA SITE, everybody is happy and contented . . . Who's tired anyway?

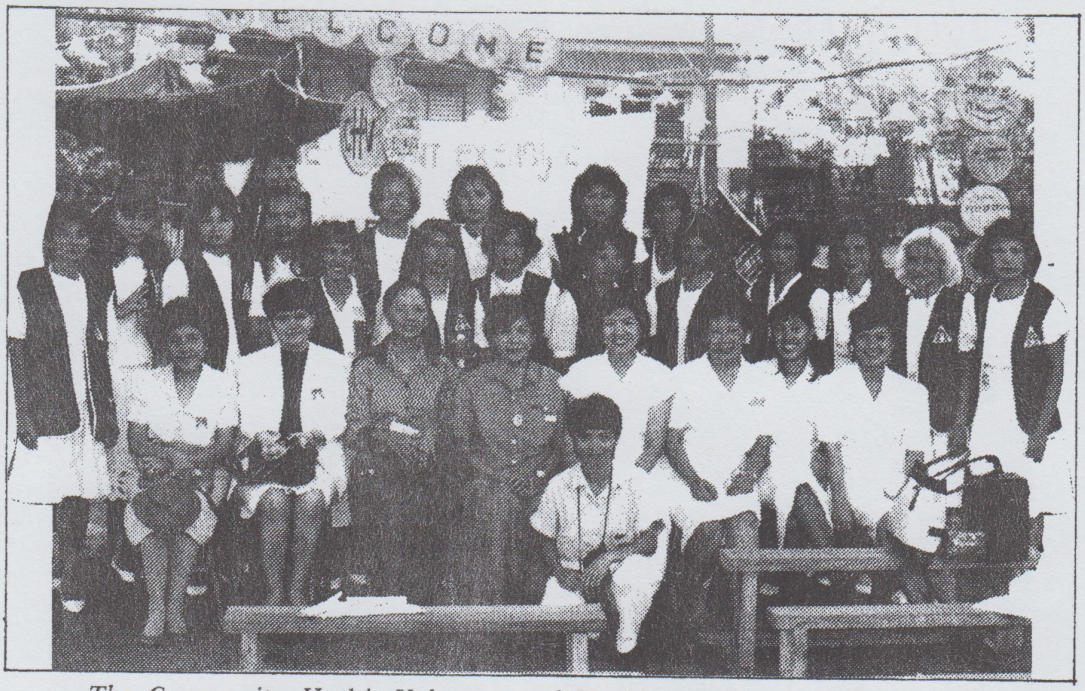
VOLUNTEERISM, ANYONE? MEET THE UNSUNG HEROES



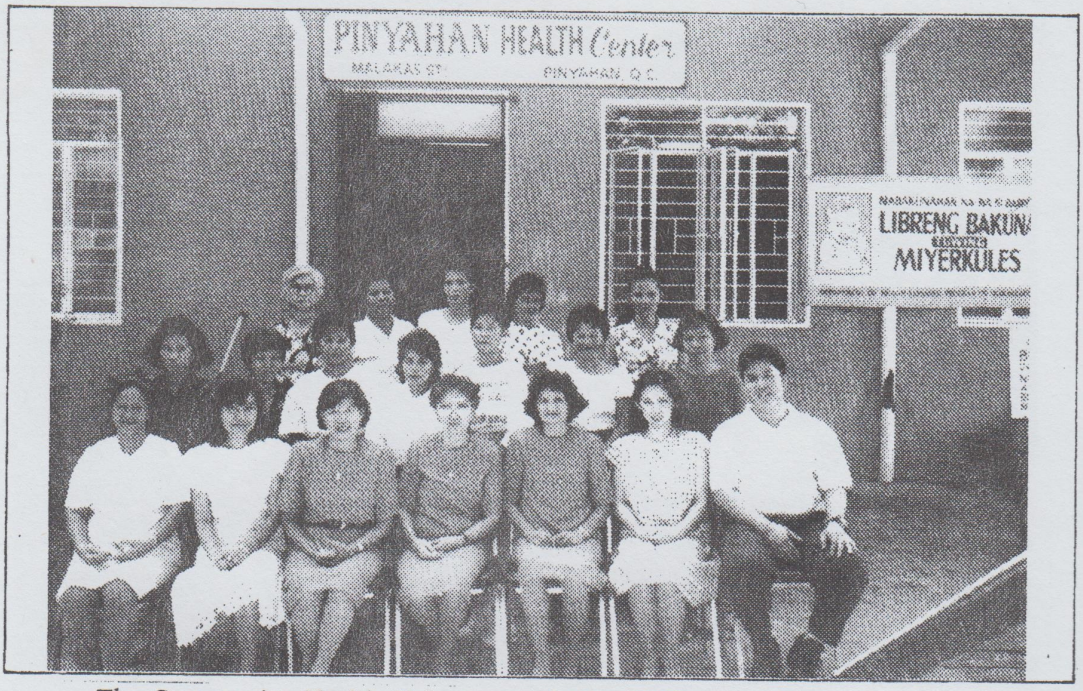
The staff of Cubao H. C. pose for a souvenir picture with the newly graduated Community Health Volunteers (Bgy. Bagong Lipunan) and District Supervisors, Dist. IV. The CHVs are our partners of health care in the community.



Featuring the ever active Community Health Volunteers of Bagong Silangan H. C. in District II-A. These were the same CHVs who were originally trained by the U.P. College of Nursing, but were retrained later by our staff.



The Community Health Volunteers of Pingkian, Bgy. Pasong Tamo, just after their graduation. In all CHVs' training class, the nurses are the initiators, trainers and monitors. They work with the other health personnel.



The Community Health Volunteers of NIA SITE, Bgy. Pinahan with staff of Pinahan H. C. and District IV Supervisors. The CHVs can be relied and counted on in all health programs.



First Batch of Physicians who were participants of the Supervisory Skills Training Course in the Control of Diarrheal Diseases at the U.S.T. Retreat House in Marikina, May 29 - June 3, 1989. Teresita Bayan (CDD Coordinator in Quezon City), Erlinda Arcellana and Cresencia Manlangit all Nurses' had been chosen as Trainors in all seminars in CDD.



Part of the participants in the Trainor's Training on Improving Nutritional Quality and Safety of Streetfoods. Erlinda Arcellana, Cres Manlangit and others are Trainors.



Dialogue with Ex-Mayor Jun Simon regarding the 15% Salary Increase for Paramedics. Nurses have to work for socio-economic upliftment too.



Involvement in National Organization like the Philippine Nurses' Association (PNA-Zone 3) is a very satisfying experience. It involves working for fellow nurses' advancement and personal growth.

Nurses in Action



Nurses are also active in professional organization, just the Philippine Nurses' Association (PNA-Zone 3) Cresencia Manlangit is with Senator Nikki Coseteng and Tom Eclipse, the President of PNA-Zone 3 during their visit to Tatalon H.C.



Nurses also take an active part and involvement in City affairs. Clarita Mejia, Chief Nurse was the Nurses' representative to the Quezon City Consultative Council during Mayor Jun Simon's Administration.



Taking part in International Conferences like the International Council of Nursing is a very rare experience. Here, Clarita Mejia (Chief Nurse) represented the nurses in this conference. In this way, Nurses in Community Health had a say in international and national issues.



For a very dear Nursing Administrator and Leader, Mrs. Florida Martinez seated; 2nd from left (former Chief Nurse) who retired, it would be difficult to find one to fit into her shoes. . . but life and nursing at QCHD must go on. Those of us who are left behind to lead the Division of Nursing Services that you have organized so well, are doing well and coping ably with all the trials that come along.

NURSES IN ACTION



With Mrs. Florida Martinez, retired Chief Nurse of QCHD . . . Those were the good, old times . . . .



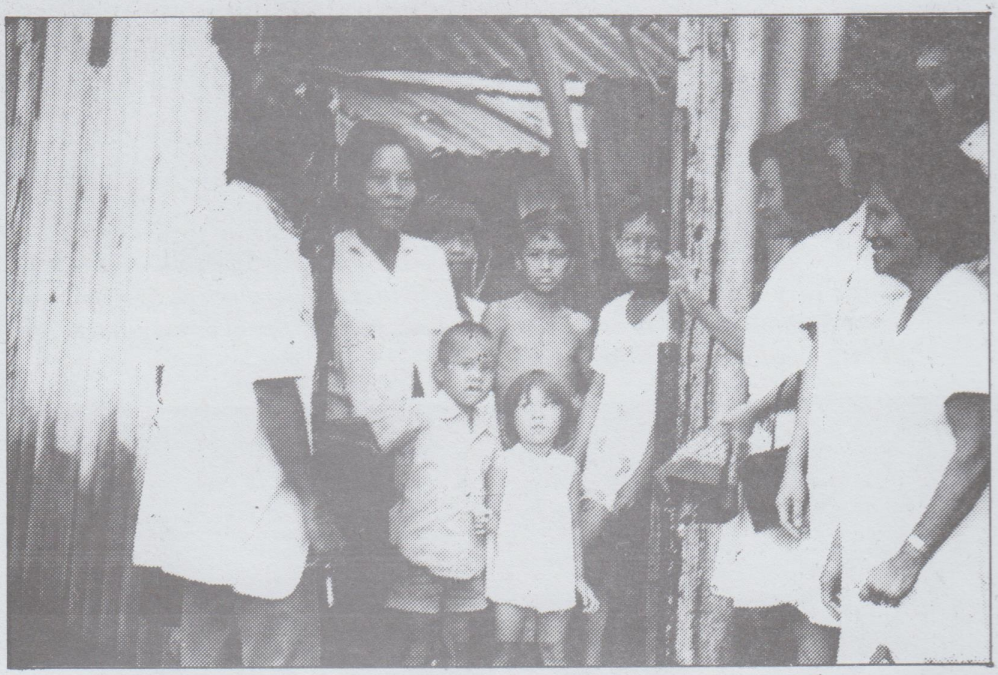
During Mrs. Martinez' birthday party . . . It was also the day she retired . . . Feb. 13, 1992.



Convention time is a time for updating learnings, meeting old and new friends and above all promoting one's professional growth and advancement.

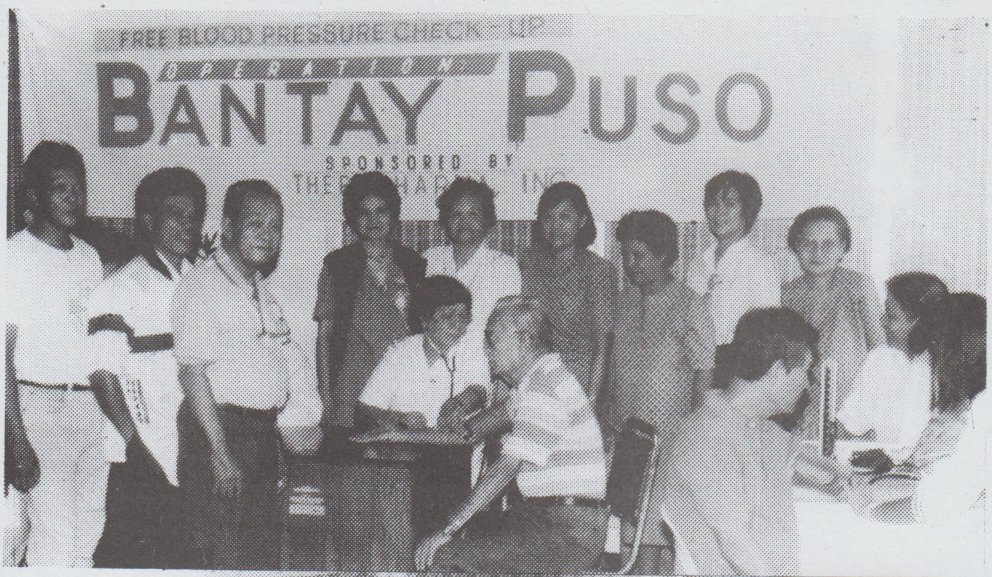


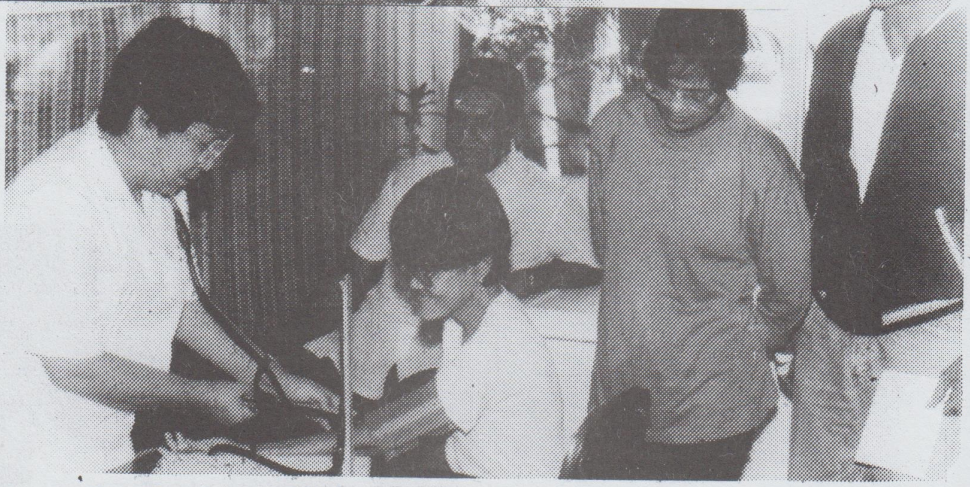
Nurses conduct Outreach clinics and immunization sessions to areas far or inaccessible to the health center. Such is their desire to reach out to all communities.



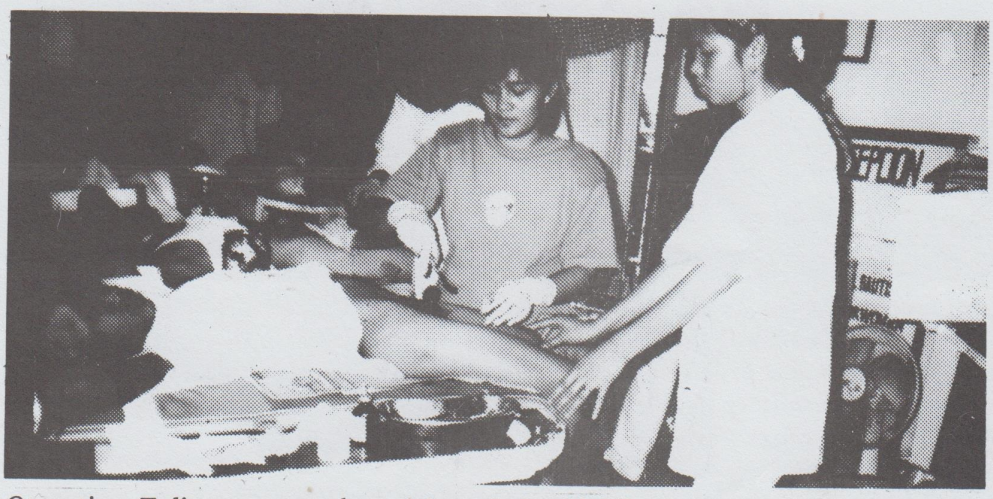
Home visiting is a trademark of the Nurses. As much as possible, the nurses schedule home visits to establish more rapport with the family. It is during these visits that needs and problems are assessed. Health teachings based on needs are also given. The mother during these visits feel more at ease and can express uninhibitedly her feelings, problems and needs.

But nowadays, with the implementation of so many health programs, the time of the nurse for home visiting has diminished also. She now has to prioritize her visits.





At the City Employees' Clinic, special activities are performed every now and then. Here "Bantay Puso" is one example. Lina Imbao, the charming nurse attends to all City employees who go to the clinic.



Operation Tuli, an outreach activity of the Mobile Team. May Ellen Ybanez assists in this activity by preparing the client at Bgy. Immaculate Concepcion.



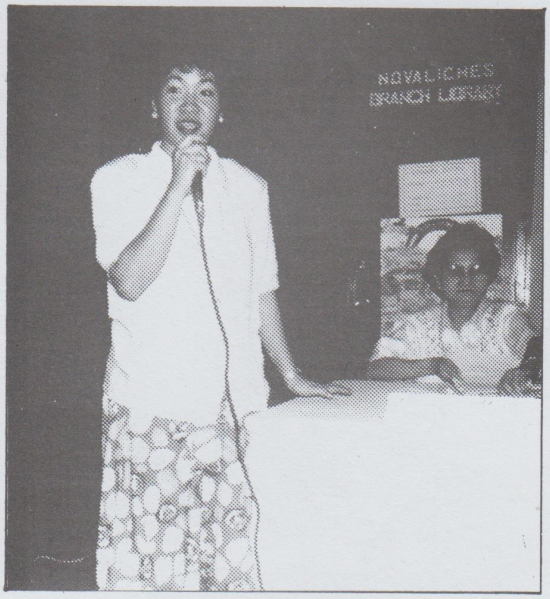
Nida dela Cruz at Family Planning Clinic examines a pregnant mother who wouldn't submit aor prenatal care with a caring nurse like Nida!



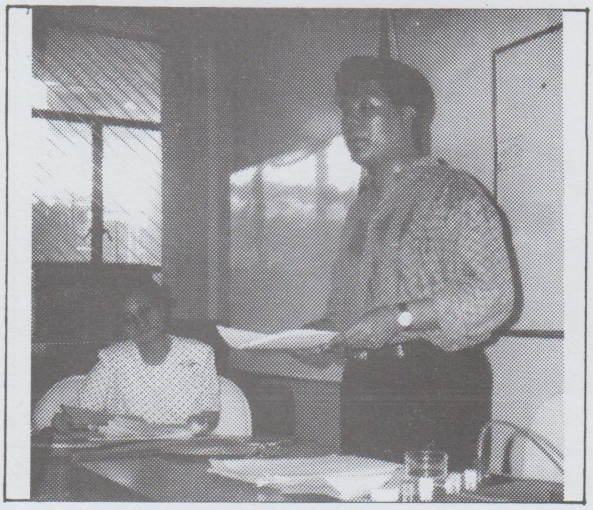
And the post partum mother should see or consult the health center within 4-6 weeks after delivery.



The NTP aims to casefind sputum positive clients. Sputum collection and examination are important and so the client is being asked to expel & collect her phlegm.



Honorable Ma. Fresca Biglang-awa, one of the panel fo reactors in last year's Anniversary celebration. The amiable and charming councilor is also a Nurse.



Tom Eclipse, PNA-Zone 3 President, discusses the thrust of PNA in one of the Staff Development Seminars for Nurses.



Director Tomas Ramos, Civil Service discusses "The Code of Conduct of Government Employees" in the Staff Development Seminar.

ONCE UPON A CHRISTMAS PRESENTATION!!!



Oops, actresses anyone? Name it and we'll portray it! Here, Florida Martinez is the charming Filipina, Cres Manlangit, the Muslim Princess, Norma Figueroa, the peasant, Erlinda Arcellana, the Igorot lady, Claire Mejia the Negrita girl and Tessie Bayan, the peasant turned colegiala. This was taken last Dec. 1990.



The Dancing Nurses led by Lavinia Castillo, third from left, with Florida Martinez, (retired Chief Nurse) and Erlinda Arcellana, Nurse IV, fourth & fifth from left respectively.



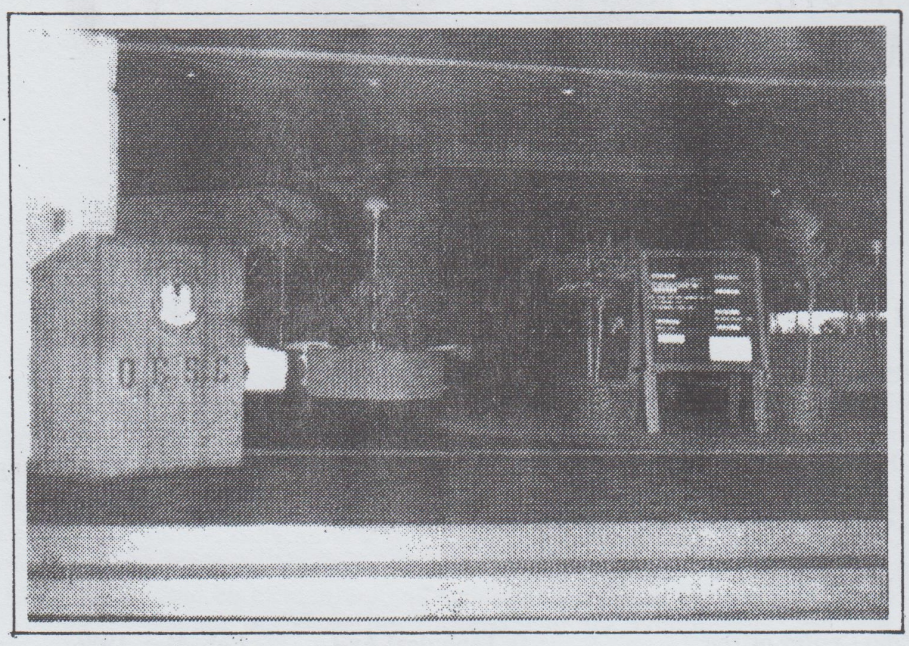
The award-winning nutrition garden at San Vicente Health Center. This is a joint project of the BNS and the health center staff.

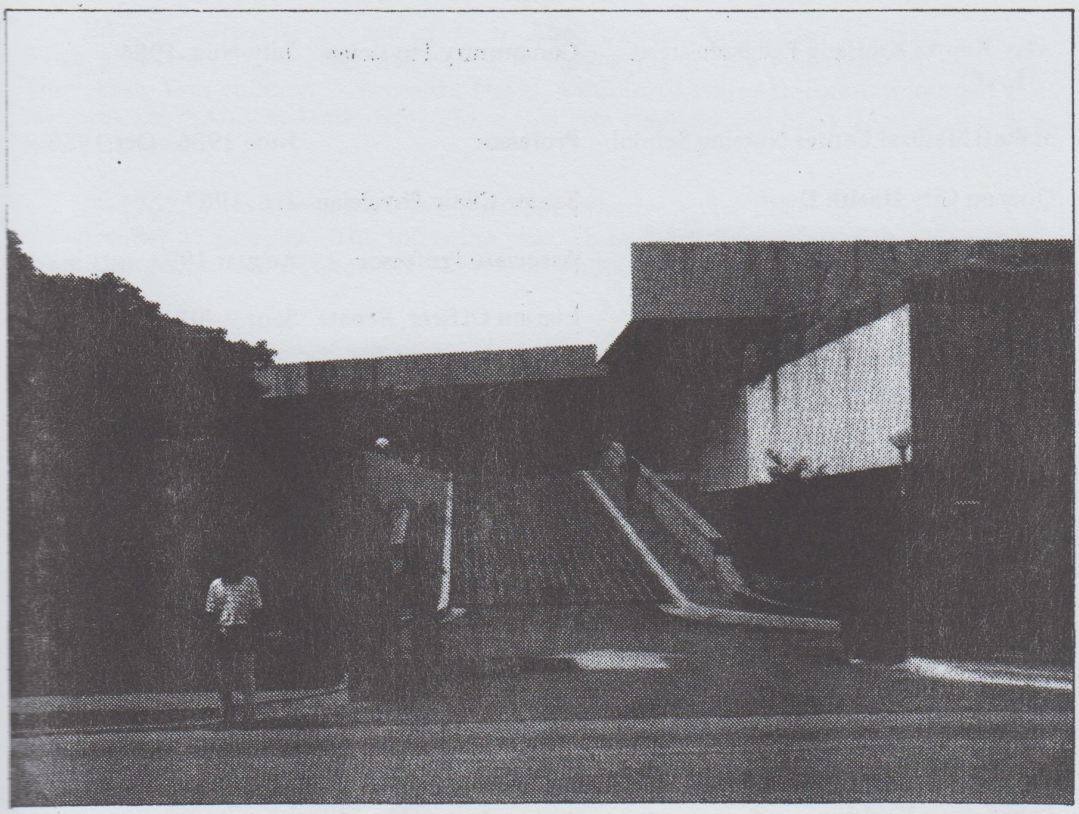
Now, who says she's tired, when all you see are happy faces. The plants are a breather, a product of hard labor. Congratulations! ! !



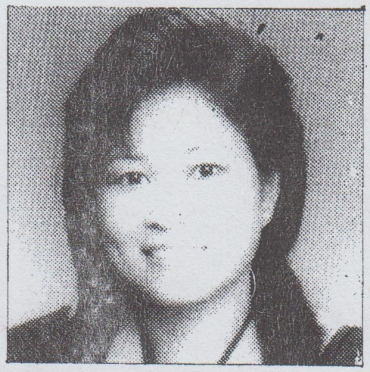
Time to play and relax. This was taken during the parlor games in last year's Anniversary Celebration. Marvita Baui and Felisa Tang won a prize!

Convention Site: Q.C. Sports Complex, Inc.





TO INTRODUCE THE KEYNOTE SPEAKER...



DRA. DESIREE MONTECILLO NARVAEZ, MD, MPH

Educational Level:

B. S. Biology – U. P.
Clinical Clerkship – Cebu (Velez) General Hospital
Post Graduate Internship – Cebu (Velez) General Hospital
Rural Health Training – Research Institute for Tropical Medicine (RITM) Alabang, MM
Family Medicine – U.P. – P.G. H.
Masters in Public Health – U.P. College of Public Health

Work Experiences:

Nutrition Center of the Philippines	– Technical Asst. Nutrition Operation Division	Feb.-May 1986
Alay Kapwa Kilusang Pangkalusugan (AKAP)	– Community Physician	July-Nov. 1986
Makati Medical Center Nursing School	– Professor	June 1986–Oct.1988
Quezon City Health Dept.	– Senior Clinic Physician	Jan. 1987
St. Camillus Theologate	– Associate Professor	August 1992
Dept. of Health, Office of the Chief Staff	– Liaison Officer, Senate	Sept. '92–Feb. 1993
Program Manager, National Smoking Control Program	– Non CD Control Service, DOH	May 1993 to present

Trainings/Seminars/Convention

1.	Update on Epidemiology (Resource Speaker)	– QCHD
2.	Creative Program Packaging	– QCHD
3.	Primary Health Care	– Boso-boso Antipolo
4.	Basic Course in Health Economics	– UP AIT
5.	Asia-Pacific Convention for Family Medicine Physicians	– PICC Manila
6.	Health Economics	– DOH
7.	Asia Pacific Conference on Tobacco on Health	– Omiya, Japan
8.	Tobacco on Health Conference	– Boston, Massachusetts, Washington, D.C., USA

PRESENTING THE KEYNOTE SPEAKER



HON. JUAN M. FLAVIER
Secretary of Health, Philippines

DOCTOR FOR ALL SEASONS. . . . . .

Juan Martin Flavier was born on June 23, 1935 in Bangkusay, Tondo to Dominador Flavier, from Hagonoy, Bulacan and to Francisca Martin from Sta. Cruz, Manila. His family was of humble beginnings. He was a middle child in a brood of seven. He grew up in Baguio City where he finished his elementary and high school education as a valedictorian. He pursued his Bachelor of Science degree at the University of the Philippines. He was a consistent scholar. He finished his medical degree in 1960 and spent his internship at the U. P. Philippine General Hospital. He was voted the most outstanding intern during that year.

He got married at the age of 25 to Alma Susana Aguila also 25 years old, a Social Work graduate, and a classmate of his in Philosophy at the University of the Philippines. They have four children – Jonathan David, a doctor; Juanito Doroteo, hotel and restaurant management graduate; James Gregorio, a fine arts graduate and Mary Jocelyn, a U.P. psychology graduate.

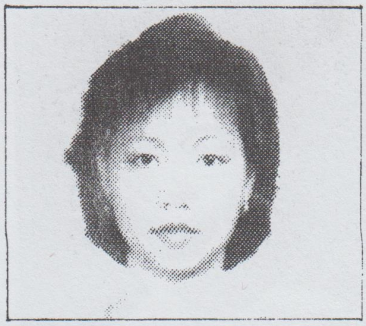
In 1967, he was voted a Jaycee TOYM awardee. In 1968, he went abroad to study management accounting. The following year, he took up Communication course at Michigan State University. He finished his Masters in Public Health at the John Hopkins University in 1969.

He will always be remembered as a doctor among the grassroots who pioneered in rural works having worked at the Philippine Rural Reconstruction Movement (PRRM), most of his life. He became PRRM President, then first vice president of the International Institute of Rural Reconstruction (IIRR).

Dr. Flavier is not only a doctor, he is also a teacher and a brilliant Communicator. His speeches are interwoven with jokes, anecdotes and parables which interest his audience to no end. He is always a happy person. He has launched the Anti Aids and use of condom campaign, the toilet campaign, the family planning campaign, use of herbal medicines. He also launched the National Immunization Day, Oplan Sagip Mata and forthcoming National Micronutrient Day. He hopes to succeed with "FVR" of Fortified Vitamin Rice.

His favorite phrase is "Every person on this earth was born for a purpose." As Secretary of Health, he looks upon his new task as a continuation of what he has been doing for more than 30 years, all for the greater glory of God. He says, "I want to do something beautiful for God."

Resource Speaker



TOPIC:

EPIDEMIOLOGY, PREVENTION AND CONTROL OF AIDS/HIV

DRA. ROSEMARIE T. SANTANA – ARCIAGA, M.D.

GRADUATE: B.S. Medical Technology – Far Eastern University
Doctor of Medicine – FEU – Nicanor Reyes Medical Foundation

POSTGRADUATE TRAININGS: Medical Internship Training

RHU, Cainta, Rizal	– Rural Health Service Training
CMC Phils., Inc.	– Pediatric Residency Training
U.P. – PGH	– Clinical Research Fellowship Training Prog. in Infectious Diseases
Royal Prince Alfred Hosp (Sydney, Australia)	– International Training Course on Clinical Mgt. of Aids
	– Aids Prevention Counselling, A Training Workshop
UCLA/Fogarty Course	– Public Health Aspects of HIV Injection
URIPH	
University of California	– AIDS Epidemiology Course
	– Research Methodology/Biostatistics Course
	– Writing Sabbatical on AIDS Education for Health Care Workers
U.P. IPH	– Master of Science in Clinical Epidemiology

HONORS AND AWARDS RECEIVED:

Scholarship Awards (Med. Tech. Course)
Academic Excellence Awards
Graduate Plaque of Academic Excellence
Medals for Scholarship (Medicine)
Most Outstanding Resident Awards
Junior Research Awardee of the Phil. Society for Microbiology and Infectious Diseases

AFFILIATION AND CURRENT POSITIONS:

A. Research Institute for Tropical Medicine, DOH
   1. Head, Aids Research Group
   2. Pediatric – Infections Disease Consultant, Clinical Dept.
   3. OIC, Infection Control Committee
B. Children's Medical Center, Philippines, Inc.
   1. Consultant on Pediatric Infections Diseases
C. De Los Santos Medical Center
   1. Head, Infectious Disease Section

Resource Speaker



MS. ESTER M. ROMANO, BSN, M.A. in Nursing, R.N.
Chief Nurse V
OIC, Administrative Officer and Aids Counsellor
Research Institute for Tropical Medicine

ELIGIBILITIES:

BOARD EXAMINATION FOR NURSES	RATING: 83.5%
COMMISSION ON GRADUATE OF FOREIGN NURSING SCHOOL	PASSED – FEB. 1990

SCHOLARSHIP/FELLOWSHIP:

1. Colombo Scholar (Japan International Cooperation Agency)
   TOKYO, JAPAN – Jan. – Dec. 1986
   Field of Training: Pediatric Intensive Care Nursing
   Hospital Infection Control

2. World Health Organization Fellow
   SYDNEY, AUSTRALIA – April – May 1990
   Field of Training: Clinical Management of AIDS

3. Philippine Representative
   BANGALORE, INDIA – May 25-28, 1992
   Western Pacific Regional Consultation on Economic Impact of HIV/AIDS
   Sponsored by: United Nations Development Programme

4. Philippine Delegate
   NEW DELHI, INDIA – Nov. 8-12, 1992
   2nd International Conference on AIDS for Western Pacific and Asia

5. Philippine Representative
   ASIAN DEVELOPMENT BANK – Sept. 8-10, 1993
   Inception Workshop on Economic Implications of HIV Infection/ AIDS

Resource Speaker



DRA. ANTONIETTA V. INUMERABLE, M.D., MPH

Graduate: Doctor of Medicine – UST College of Medicine
Master in Public Health – UP College of Public Health

POSITIONS HELD:

Resident Physician	–	Department of Pediatrics Qurino Memorial General Hospital
Medical Officer II	–	Ebeye Field Hospital, Ebeye, Kwajallin Atole Marshal Island, Trust Territory of the Pacific Islands
Medical Officer II	–	Department of Pediatrics, Mubi District Hospital Mubi, Gonzales State, Nigeria
Senior Clinic Physician	–	Quezon City Health Department
Medical Specialist I	–	Senior Epidenirologist, QCHD
Medical Officer V	–	Quezon City Health Department

TOPIC: HIV SURVEILLANCE ACTIVITIES IN QUEZON CITY HEALTH DEPARTMENT

ENTERTAINER



DR. JONATHAN EDWARD P. CRUZ, DDM
Graduate: Doctor of Dental Medicine, CEU, 1991
Grand Prize Winner – Himig Pag-ibig '86
Barangay 172, Kalookan City

Acknowledgement

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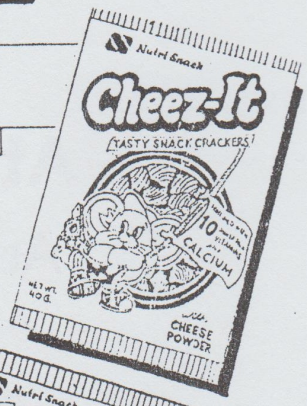



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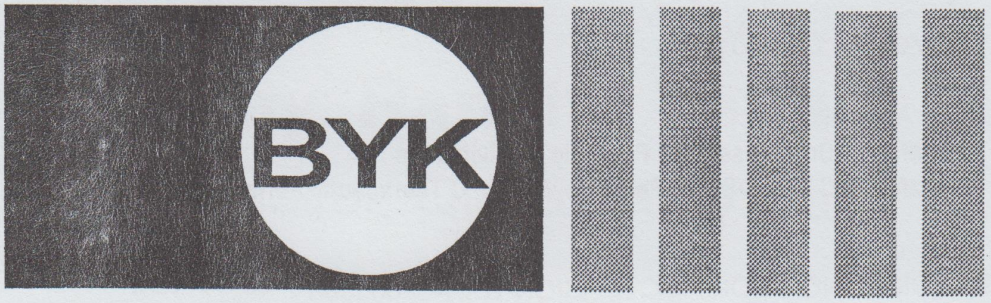

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Ms. Esther Bandayrel

Nurse II, Family Planning Clinic, Q.C Hall

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Nurse II, Culiat, H.C.

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Medical Officer VI

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Nurse II, Culiat H.C.

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Clinical Instructor

Congratulations from:

Dr. Claudio Ragasa
Mobile Clinic

Solicited by: Concepcion dela Cruz
Nurse II, QCHD

Greetings to the Nurses of the Division of Nursing Services!

From:

Vice Mayor

Charito Planas
Quezon City Hall

Solicited by: Ms. Concepcion dela Cruz
Nurse II, Culiat Health Center

Compliments of:

Ms. Corazon Angeles
Mental Hygiene Nurse
Frisco Health Center

Greetings from:

HONORABLE EMILIO G. TAMAYO

Solicited by: Lina Imbao
Nurse II, City Employee's Clinic

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Dra. Myrna Dulog & Family
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Nurse II, City Employee's Clinic

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Med. Officer IV, Kruz-na-Ligas Health Center

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Ms. Esther Bandayrel
Nurse
at
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Nurse II, M. H. Pedro H.C.

Acknowledgment . . . .

Thanks to . . . .

- Honorable Ismael Mathay, Jr., City Mayor, Quezon City; Honorable Charito Planas, Vice Mayor and all Honorable Councilors of Quezon City Government for their LOVE for the NURSES.

- Quezon City Health Department Employees and Administration Staff for their untiring support and camaraderie

- All Sponsors, Advertisers, Donors of Gifts, Prizes

- Engineer Wilfredo dela Vega and Basil Arias for donating and printing the Raffle tickets

- Dra. Leda Layo-Danao, PNA National President and Tom Eclipse, RNA, Zone-3 President

- Director Segundo C. Serrano and the ATI Printing Press Staff headed by Mr. Antonio Luis S. Ganotan

- All Resource Speakers, Guests and friends

- Quezon City Sports Club Administration and Staff for their Accommodation and excellent service

- This year's Anniversary Celebration's Sponsor, Wyeth Philippines Inc. for being the "Nurses' Sponsor for all Seasons"

Last but not the least . . .

- All Nurses of QCHD for their cooperation, unity and concern to the Division of Nursing Services, without them this Division would not function effectively; for their dedication and commitment to service God, to the community and to Humanity.

Fr. Claire Mejia
Chief Nurse

Cres Manlangit
Asst. Chief Nurse

Acknowledgement of Sincere Gratitude

to

AGRICULTURAL TRAINING INSTITUTE

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Asst. Director Pablo T. Tamesis
Asst. Director Ildefonso C. del Rosario
Mr. Roberto T. Masbang
Mr. Antonio Luis S. Ganotan
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Mr. Rogelio Sobrevilla
Mr. Donato Tangonan
Mr. Norberto Roque
Mr. Jaime Barretto
Mr. Ricardo Mendoza
Mr. Jun Balangatan
Mrs. Mila Salut

For your untiring patience, understanding, accomodation, hardwork, support and most of all for your good P.R. & Amiability in dealing with us. Without your kind support we wouldn't have realized our dream of having a Souvenir program.

And we thank God for giving you employee who are dedicated & committed in the persons of:

Tony Ganotan
Cora Z. Cabangbang
Ronnie Daguio

who are assets to your office.

From: Claire Mejia & Cres Manlangit
Chief Nurse Asst. Chief Nurse

Acknowledgment of Recognition and Thanks

to



HON. MA. FRESCA BIGLANG-AWA

Nurse Councilor of District II

For her meritorious service as Nurse-Councilor in District II, Quezon City

For her invaluable service, commitment and untiring efforts in working for the welfare of Nurses; in sponsoring ordinances that support health programs and projects of the Department of Health

For recognizing the capabilities of Community Health Nurses in spearheading Community-oriented projects like the Zero-Waste Management

Above all, for her generosity, ever-willingg to help in times of need, simplicity, amiability, genuine love and concern for fellow nurses.

From QCHD Nurses

Acknowledgment of Recognition and Thanks to



DR. MAGDALENA M. YBANEZ, MD. CRH
City Health Officer, QCHD

For her meritorious services as City Health Officer, in implementing effectively and efficiently all health programs and projects thus preventing the occurrence of epidemics, thereby promoting and maintaining good health to the Citizenry at all time,

For making Public Health her lifetime career spending the best years of her professional life devoted to community health,

For her endless support, genuine love, concern to all nursing activities and projects . . . . and motherly advices in time of need, always with a smiling face, happy disposition, so indicative of an administrator who is ever willing to help and guide. . .

To you, our dearest Dra. Ybanez, there will never be another YOU! Thank you so much! We love you!!

From the QCHD Nurses

Acknowledgment of Recognition, Love and Sincere Thanks



MRS. FLORIDA R. MARTINEZ

= *to an Outstanding Nursing Leader who pioneered and worked for the cause of Nursing, its upliftment and professionalism . . . .*

= *For her excellent leadership and vigilant action in all Nursing issues*

= *For her vigorous efforts in strengthening Community Health Nursing in Quezon City Health Department*

= *For her deep commitment to the ideals of Florence Nightingale*

To you Ma'am, we thank God for giving you to us; for allowing you to to spend the prime years of your life with us and sharing with us your strength, perseverance and the "LIGHT" during those difficult years. To us, who are left behind, we will always look up to all your Aspirations and Visions for Nursing and these will serve as our inspiration and guide as we carry on our task as Nurses at the Q.C.H.D.

From
QCHD Nurses

Sincerest Thanks to:

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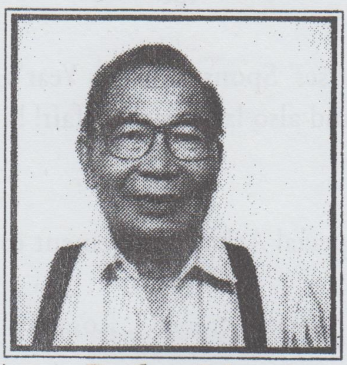
2. Chit Zam "Chit"
3. Judith San Andres
4. Tina Gatapea

From: Officers and Members of Quezon City Health Department
Nurses' Association

With profound gratitude and Appreciation
to the valuable services, endless concern and
support as the Nurses' Counsel
When the Nursing Services went to
court to fight for.....

its place as a Division in QCHD.



Atty. Pedro Martinez

To you, Sir, we will always be Grateful.
We wouldn't be here, were it not for
You!!!_____ QCHD Nurses

The Division of Nursing Services Acknowledges
sincerely the untiring, selfless
efforts, services, concern, advices
and support to the Nurses' especially during those
times when the Nursing services
was struggling
to become a
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Mr. Manuel Mejia

Councilor, Marikina 1963 to 1971

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Bless me, Lord for I am about to begin the, days work,

Teach me to receive the sick in thy name.

Give to my efforts success, sweet Jesus for the glory of thy Holy Name,

It is Thy work; Without thee, I cannot succeed.

Grant that the sick thou hast placed in my care

may be abundantly blessed, and not one of them be lost because of

anything that is lacking in me.

Help thou me to overcome every temporal weakness

and strenghten in me whatever may enable me.

to bring the sunshine of joy to the lines

that are gathered round me day by day.

Make me beautiful within

for the sake of the sick ones and those lines

which will be influenced by them.

Amen.

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