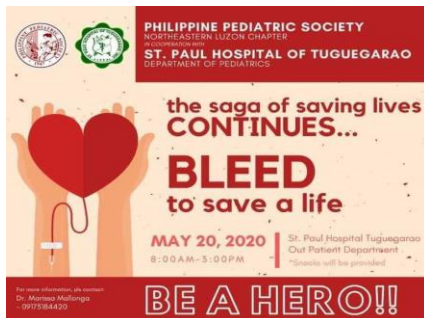


## The PPS Northeastern Luzon Chapter Activities

The Philippine Pediatric Society – North Eastern Luzon Chapter conducted its 12<sup>th</sup> Virtual Induction and Turnover Ceremonies last July 27, 2020 at 3PM with no less than our PPS President, Dr. Joselyn Eusebio as the inducting officer. It was attended by 108 pediatricians among 110 members from Cagayan, Isabela, Quirino, Kalinga, Ifugao and Nueva Vizcaya. The program started with a prayer, followed by the warm welcome of past president Dr. Marilyn Padre. The outgoing PPS NEL president Dr. Vicente Dennis Dio delivered his Valedictory Address. This was followed by the Induction of our Incoming PPS NEL president, Dr. Florita II Villamor and set of officers for 2020-2022. There were 15 new fellows and 10 diplomates who took the oath. The occasion was capped with the Closing remarks of Dr. Marissa Mallonga, vice president.

Our first activity started with blood-letting activity on May 20, 2020 entitled “The Saga of Saving Lives Continues...Bleed to Save a Life”, in cooperation with St. Paul Hospital Tuguegarao. This was held at the Outpatient Department of the hospital from 8am to 3pm. Despite the ongoing community quarantine, there was still a good turnout of donors, and there were a total of 55 people who donated their blood.



On August 25, 2020, The Philippine Pediatric Society – NorthEastern Luzon Chapter in cooperation with R2TMC Department of Pediatrics and DWRV 1233Khz Catholic Media Network, Diocese of Bayombong has launched its lay fora via live radio and Facebook last August 25, 2020. The schedule is Every Tuesday and Thursday from 9AM to 9:30AM. The aim is to educate the lay people especially the mothers of the proper knowledge on the common health problems and issues. In time of this pandemic, it served as a platform in reaching out to those who can not afford to travel for consultation or has no internet access. In accordance to HABS recommendation, this is one way of immersing the R2TMC pediatric residents to the community.

In celebration of Breastfeeding Awareness month in August, the following lecturer both shared their knowledge about the topic.  
August 25 – Breastfeeding in Time of Pandemic by Dr. Jerome Wangdali, neonatologist from Cagayan.

August 27 – Breastfeeding by Dr. Daryl Grace Basat , neonatologist from Nueva Vizcaya .

In line of the DOH calendar of activities of September, the following lectures were given:

- September 1 – Obesity in Children by Dr. Lina Wanason , senior resident of R2TMC
- 3 – Cerebral Palsy by Dr.Noel Ellen Fonacier , neurologist from Isabela
- 8 – Epilepsy by Dr. Alpha Mallillin -Balbanida , neurologist from Isabela and Cagayan
- 11- “World Suicide Prevention Day” by Dr. Ethel Paggadu , psychiatrist from Cagayan
- 17- Depression by Dr. Ethel Paggadu
- 22- “ Apat Dapat Laban sa Diabetes -Ating Alamin” Part 1 by Dr. Adrian Oscar Bacena from Bayombong , Nueva Vizcaya
- 24 - “ Apat Dapat Laban sa Diabetes -Ating Alamin” Part 1 by Dr. Adrian Oscar Bacena Part 2
- 29 and Oct 2- Topic on Rabies by Dr. Angeline May Santos , Pediatric Infectious Disease Specialist from Bambang ,Nueva Vizcaya



The PPS-NEL Cagayan division, in cooperation with the Department of Agriculture, conducted an activity entitled “Training on the Basics of Organic Farming” last August 28, 2020 and September 11, 2020 at Andarayan South, Solana, Cagayan. The aim of this activity was to help the youth relearn the basics of gardening and farming the natural way, so that they learn to appreciate and respect how food is produced. It is known that malnutrition is one of the biggest problems among Filipino children, and it is mostly due to poverty and wrong eating habits. This activity helps the children and their families become self-sufficient when it comes to food, thereby decreasing the risk for malnutrition. Several certified plantitas and plantitos of NEL members also participated in this event.

The activity was divided into 2 sessions, with only 10-15 participants per session to lessen the number of people gathered in the activity. The location was an open area (farm) in Solana, Cagayan, and all precautionary measures were observed during the activity. Staff from the Department of Agriculture conducted the lectures on Backyard Organic Agriculture: Addressing Malnutrition through Household Food Security, Organic Vegetable Production

, Natural Farming Solutions  
4. Organic Fertilizer Production

There was also a hands-on activity for the following topics:

1. Natural farming solution preparation
2. Seed sowing
3. Organic vegetable gardening
4. Organic fertilizer preparation



In celebration of the 63<sup>rd</sup> PMA National Medicine Week with the theme “Manggagamot -Mamamayan Sama-samang Pagtugon Sa Pandemya”, the Philippine Pediatric Society – Nueva Vizcaya Division conducted “Ayuda sa batang NEL “ last sept 21, 2020 at the Pediatric ward of the Nueva Vizcaya Provincial Hospital. Ayuda means “help” in anyway especially the poorest of the poor, underprivileged children in our society. We distributed food packs and Multivitamins to our patients .

For our culmination activity of Medicine week on September 26 ,2020 , we had Tree planting at the Nueva Vizcaya Provincial Hospital lot . We planted mahogany trees and some fruit bearing trees . This was participated by a small group due to the MECQ situation of our province .



Last September 25, 2020, The Philippine Pediatric Society – North Eastern Luzon Chapter conducted its 1<sup>st</sup> Webinar in collaboration with Nestle. The topic was on “INFINITE POSSIBILITIES in Allergy preventions and Immunity”. The speakers were: Karen Calixto – Mercado, MD, DPSP, DPSPGHAN and Michelle Joy De Vera MD, FAAAAI, FPSAAI and Ma. Delta San Antonio Aguilar, MDFPPS, DPIDSP as the moderator. The lecture was informative and very interactive.

Despite the pandemic, the residents continued their trainings albeit virtual. Nelsons hour every Wed and Thur AM by Dr. Marilyn Padre, CPGs every Monday and Tuesday and Subspecialty: Neonatology hour by Dr. Daryl Basat every Friday AM, Nephrology Hour every Wednesday pm by Dr. Olivia Bravo. First virtual research presentation was done last September 10, 2020.



Our Teenage pregnancy virtual symposium was done on Sept 30, 2020 in cooperation with City Population office of Santiago City, with Dr. Ma. Cristy Alde Tierra, a member of NEL and coordinator of Teenspired, as speaker.



