



Republic of the Philippines
 Department of Health
JOSE R. REYES MEMORIAL MEDICAL CENTER
 Manila



DEPARTMENT OF DERMATOLOGY

JOSE R. REYES MEMORIAL MEDICAL CENTER
 Office of the Medical Center Chief
RECEIVED 2/20
 Date: 19 AUGUST 2020
 By: ID No. 600182

MA. FLORDELIZ ABAD-CASINTAHAN, M.D, FPDS
 Chairperson

DAISY KING-ISMAEL, M.D, FPDS
 Vice Chairperson

ZHARLAH GULMATICO-FLORES, M.D, FPDS
 Training Officer

MELANIE JOY C. DORIA-RUIZ, MD, FPDS
 Research Coordinator

CONSULTANT STAFF

MERCEDES BUENVIAJE-BELOS, MD, FPDS
 MA. ELEANOR CATHRYN D. SALONGA, MD, FPDS
 AGNES ESPINOZA-THAEBTHARM, MD, FPDS
 ELIZABETH AMELIA V.TIANCO, MD, FPDS
 KARA MELISSA T. TORRES, MD, FPDS
 ABELAINE VENIDA-TABLIZO, MD, FPDS
 MA. LUISA ABAD-VENIDA, MD, FPDS
 LILLIAN LOPEZ-VILLAFUERTE, MD, FPDS

SUBSPECIALTIES

Contact Dermatitis and Allergy, Occupational
 and Environmental Dermatology Clinic
 Dermatologic Surgery
 Dermatopathology
 Immunodermatology
 Infectious Diseases Clinic
 Photodermatology Unit
 Psoriasis Clinic

FELLOWSHIP TRAINING PROGRAM

Dermatopathology
 Dermatologic Surgery

ADDRESS

Rizal Avenue, Sta. Cruz 1003
 Manila, Philippines

CONTACT NUMBERS

Direct Line: (632) 7116703
 Trunk Line: (632) 7119491 to 98
 locals 334, 336
 Fax: (632) 7116703

December 07, 2021

EMMANUEL F. MONTAÑA, JR, MD
 Medical Center Chief II
 This Institution

THRU: WENCESLAO S. LLAUDERES, MD
 Chief of Medical Professional Staff II

Good day!

The **Infectious Disease Core Team of the Department of Dermatology** is respectfully submitting its *Monthly Report for November 2021*.

Kindly see attached file for your reference.

Thank you very much!

Very truly yours,

MA. FLORDELIZ ABAD-CASINTAHAN, MD, FPDS
 Chairperson

*Respectfully forward send
 Infectious Disease Core Team
 Accurate report none
 of (Nov 2021)*

EMMANUEL F. MONTAÑA JR., MD, FPDS, MHA
 Medical Center Chief II

DEC 13 2021



JOSE R. REYES MEMORIAL MEDICAL CENTER
DEPARTMENT OF DERMATOLOGY

HANSEN'S DISEASE CLUB ACTIVITY REPORT
NOVEMBER 2021

Title: "Kalusugang Pang-kaisipan: Mga Kaalaman Para Mapanatili ang Kalusugan ng Isip at Damdamin"

Speaker: Anna Sharmie C. Quezon-Santos, MD, MPM

Date: November 24, 2021

Objectives:

- To define stress and mental health
- To discuss the importance of mental health
- To educate the anxiety and depressive disorders
- To discuss on how to manage depression
- To further strengthen the knowledge and empathy of the dermatology residents and consultants when communicating with patients with Hansen's Disease
- To review on the psychological issues and emotional reactions surrounding Hansen's Disease
- To help patients cope with the different stresses brought about by the stigma of leprosy
- To uplift the morale and give back the confidence of leprosy patients

Description of Activity:

- The lecture was conducted via an online platform, attended by the Hansen's Disease Club patient, Psoriasis Club patients, Hansen's Disease Core Team, dermatology consultants and residents. Dr. Anna Sharmie C. Quezon-Santos, a psychiatrist, gave a lecture entitled "Kalusugang Pang-kaisipan: Mga Kaalaman Para Mapanatili ang Kalusugan ng Isip at Damdamin". The program was commenced with a prayer by Dr. Rizia Margate followed by the opening remarks by Dr. Abelaine Venida-Tablizo. The program was moderated by Dr. Abigail Angeline Rubiano.
- Dr. Quezon-Santos started the lecture by defining some terms such as *kaginhawaan*, mental health, and stress. She also discussed the different factors that are important in the mental health of an individual such as the biological, psychological, social and spiritual aspects. Dr. Quezon-Santos then discussed on the different types of mental health conditions such as anxiety disorder, and depressive disorder. She then enlightened the audience on how to maintain *kaginhawaan* by discussing some pointers and at the same time, asking the audience about their experiences and sentiments. Furthermore, Dr. Quezon-Santos also gave some pointers to the doctors on how to strengthen their empathy, as well as how help to the Hansen's disease and psoriasis patients cope the stresses of their health condition. The lecture was concluded by a closing remark by Ma. Luisa Abad-Venida.

Output:

- The Hansen's disease patients, psoriasis patients, dermatology residents, and consultants actively participated on the activity. They listened attentively and answered the questions from the lecturer. They also asked some questions to the speaker and shared their experiences.