

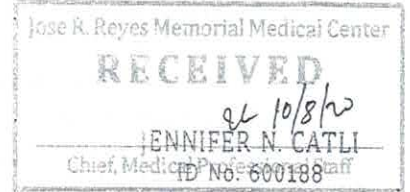


REPUBLIC OF THE PHILIPPINES
 DEPARTMENT OF HEALTH
 JOSE R. REYES MEMORIAL MEDICAL CENTER
 San Lazaro Compound Rizal Avenue, Sta. Cruz, Manila

Public Health, Emerging Disease and Wellness Unit

7 October 2020

Emmanuel F. Montaña Jr., MD, FPCS, FACS, MHA
 Medical Center Chief II
 This Medical Center



THRU: Wenceslao S. Llauderres, MD, MPM-HG
 Chief, Medical Professional Staff II
 This Medical Center



Dear Dr. Montaña,

Good day!

Respectfully submitting the 3rd Quarterly Report of Public Health, Emerging Disease & Wellness Unit covering July-September, 2020.

Thank you so much for the continued support.

Respectfully yours,

Lino Y. Macasaet MD, MPH
 Chair, Public Health, Emerging Disease and Wellness Unit

*Respectfully forwarding
 quarterly report
 of Public Health,
 Emerging Disease &
 Wellness Unit
 for submittal
 purposes.
 Sir*

/rts

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

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Public Health, Emerging Disease and Wellness Unit

Accomplishment Report 3rd Quarter 2020

Background:

As the COVID-19 pandemic continues to be a national health concern with the National Capital Region (NCR) still under the General Community Quarantine (GCQ), there are still limitations in the activities brought about by the risks of transmission of the COVID-19. Our hospital still observes some forms of limitation in the delivery of health like decrease number of duty hours, and limitations of face to face communication, the Public Health, Emerging Disease and Wellness Unit submits the following accomplishment:

I- Continuous linkage with DOH, Health Promotion and Communication Service (HPCS), HEPO links, to keep abreast with the pandemic and other DOH Health event as a guide in the conduct of health information /dissemination activities.

- A. Formulated Risk Communication Plan to intensify public awareness/health information on the Prevention and Control of *COVID-19* and on other programmed health events

Formulated/Reproduced IEC materials/Communication Plan on the following:

1. Ano Ang Corona Virus
2. Ano ang Dapat Gawin Kung Ikaw ay Naka Home Quarantine
3. Tips Bago Pumasok Ng Bahay
4. COVID 19 Frequently Asked Questions (FAQ's) on Pregnancy and Breastfeeding
5. Mga Impormasyon Tungkol Sa Wastong Nutrisyon Habang Naka Home Quarantine
6. New Classification of individuals for COVID 19
7. Prevention and Control of Covid 19
8. Mga Paalala Sa Ating Mga Nakakatanda
9. To DOH List sa Pagpasok at Pag Uwi Mula Sa Trabaho
10. Ano Ang New Normal Para Sa Atin
11. Bagong Klasipikasyon ng Mga Grupong Sasailalim sa COVID 19 Test

In addition to above Risk Communication plan for (April-June, 2020) the following were added;

12. B-I-D-A Solusyon Sa COVID-19 from DOH (starting July 23, 2020)
13. Heto ang Paraan Paano Maging Bida from DOH (September 7, 2020)
14. Awareness on Dengue Versus COVID19 c/o Dengue Committee (September 14, 2020)
c/o Dept of Physical Medicine and Rehabilitation (September 16, 2020)
15. 7 Tips for Exercising Safely at Home During COVID-19
16. Your Safety is our Priority
17. World Patient Safety Day
18. Home Modification for Fall Prevention

Note: see attached copies of IEC materials, documents of information dissemination drive activities



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*Distribution Of Above Risk Communication /IEC materials at different strategic areas of the hospital as follows;

1. Offices
2. Finger Scanning Area
3. Clinical Wards
4. Emergency Room Triage Area
5. OPD Patients Waiting Areas
6. Main Entrance/Gate for Employees
7. Side gate for Patients/Watchers/Visitors
8. Operation Center/HEMS Office
9. OPD Gate
10. JRRMMC Annex (Geriatric and General Health Services)

B. DIGI board media playback of Covid19 health event at the different strategic location of the hospital

1. OPD help desk area-for the waiting relatives of ICU/in patients to view
2. Finger Scanning area-Public view
3. ESC medicine, Isolation area -for public awareness
4. Medical Ward-patientand relatives view
5. Hospital lobby-Public view

C. Use of social media page for information on COVID-19 for public awareness
FB account - Public Health of Jose R. Reyes Memorial Medical Center with the following Engagement;

July -----3551

August----- 1403

September---1588

6542 Engagements

D. DIGI board video play following DOH based health event at the OPD and Finger scanning area for public view in observance of :

July 2020

- World Population Day
- Nutrition Month
- National Disaster Resilience Month
- National Disability Prevention
- National Deworming Month

August 2020

- National Breastfeeding Awareness Month
- Mother-Baby Friendly Hospital Initiative Week
- Sight Saving Month
- Family Planning Month

September 2020

- National Epilepsy Awareness Week
- World Suicide Prevention Day
- World Rabies Day
- Generics Awareness Month
- Thyroid Cancer Awareness Week



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➤ World Environmental Health Day

II. Videos Of 2 TV monitors from OPD continuously being played as medium for communication of health information and awareness, prevention and control of COVID 19 for patients & relatives at the Emergency Service Complex

III. Acquired 3 TV set, 32" from DOH as donation, distributed at Social Service Dept, Well Baby Clinic and National Center for Geriatric Hospital (NCGH) – and 2 Cherry Mobile tablet for use of HEPO in health promotion and Advocacies.

III. **Teleconsultation** meanwhile that face to face consultation is not yet feasible at the Out Patient Department. Posted **Directory and schedule of consultation** at the Gate of OPD as reference for security guards and going public being updated.

IV. Accomplishment and submission of Weekly Report for HEPO's at DOH, HPCS and MMCHD-NCR on Risk Communication for the Prevention and Control of COVID-19

RTF =11

HEPO =14

25 Reports

V. Started shooting and compilation of documents/pictures for the approved development of materials to showcase the heroism of our front-liners particularly health care workers relative to response to COVID 19 pandemic being finalized.

VI. Conducted 2 sessions re orientation to Non Medical Employees on Covid 19 Awareness, Prevention and Control via ZOOM on the following dates

July 8, 2020-----246 attendees

August 5, 2020---- 58 attendees

304=Total Attendees

VII. Participated in the nationwide campaign of DOH titled BIDA Solusyon Sa COVID 19 aimed of motivating the public to practice minimum health standard protocol for the prevention and control of COVID 19 through;

- Posting of Tarpaulin/Poster at different strategic sites of the hospital for public awareness
- Distribution of IEC materials in different areas of the hospital depicting the BIDA acronym which stands for B-Bawal Di Naka Mask; I-Isanitize ang Mga Kamay; D-Dumistansya Ng Isang Metro; A-Alamin ang Totoong Impormasyon
- Airing of BIDA Solusyon Videos at TV monitors installed at visible areas of the hospital

VII. Attended meeting, seminars, training as follows:

A. Meeting

July 10, 2020 @ 10:00 am

- Zoom Meeting with Dengue Task Force Committee

Agenda:

- > Guidelines for Dengue Fastlane
- >Lecture on : Distinguishing case and similarity of Dengue and Covid 19
- >Census reporting by IM and Pedia department
- >Health information, IEC materials for Dengue



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July 10 , 2020 @ 2:00 pm

- Zoom Meeting with DOH NCR-MMCHD

Agenda:

- >Submission of Planned activities/Assets for the launching of BIDA SOLUSYON campaign
- >Referral/ references of Sponsors for the BIDA SOLUSYON campaign

July 27 , 2020

- Meeting with NCGH staff

Agenda:

- >Values Formation, Reorientation on COVID-19 Awareness, other related Memos

August 18,2020

- Zoom Meeting with Health & Wellness Program for Senior Citizen Committee

Agenda:

- > Activities for remaining month of 2020
- >On line consultation for Senior Citizen

- > Free Flu Vaccine for Senior Citizen

August 18, 2020

- Zoom follow up Meeting with Health & Wellness Program for Senior Citizen Committee

Agenda:

- > Activities for remaining month of 2020
- >Accomplishment Report for the 3rd quarter
- >COA Report

September 3, 2020-

- Meeting by PHEDWU

Agenda:

- >Proposed Research Study on COVID 19
- >Other activities of PHEDWU
- >IEC Development/ budget

September 15 , 2020 @ 2:00 pm

- Zoom Meeting with DOH NCR-MMCHD

Agenda:

- >Plan to Administer survey questionnaires on COVID study

B. Webinar

*July 22, 2020-42nd National Disability Prevention and Rehabilitation Week
JRRMMC, Dept. of Physical Medicine and Rehabilitation
"Impact of COVID 19 Pandemic to Person with Disabilities"

*August 11, 2020-JRRMMC, Dep. Of Obstetrics and Gynecology
"The Role of Health Care Workers in the Promotion of Family Planning"



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*September 2, 2020 -WHO, PEZA

"Prevention and Control Within the Life of a Woman And Workplace"

*September 15-AKO Para Sa BATA

"Getting One WOMEN and CHILD Protection Unit (WCPU) Covid Ready"

*September 9 and 22, 2020 DOH NCR

"Risk Communication and Community Engagement on COVID 19"

* September 15-AKO Para Sa BATA

"On Line Sexual Abuse and Exploitation of Children"

II. CONCERNS:

- A.** The current health event Covid 19, poses risk of exposure on face to face contact hence the unit needs internet access / router to enable it to receive and disseminate health information being transmitted by DOH-Health Promotion Communication Service (HPCS) for public awareness through social media. (PHEDWU relocated at OPD Well Baby Clinic because its previous site is considered as hot zone).
- B.** PHEDWU is intensifying health information and dissemination to the public and is utilizing IEC materials through TV monitors, print out hence to facilitate the activity our requested supplies , desk top, hard dive, printer ink) be also included in the budget plan.

III. RECOMMENDATIONS:

- Provision of internet access/router for prompt delivery and dissemination of accurate information to the public in the temporary area of the unit.
- Provision of equipment i.e., computer desk top, printer, copier, for effective implementation of health promotional advocacies and activities during this time of pandemic.
- If feasible, provision of Information Technologist to assist in laying out of IEC materials for hospital consumption

Prepared by:


Rebecca T. Soliman RN, MAN
HEPO III



Public Health, Emerging Disease and Wellness Unit

ANNEX A – IEC Creation:

Patient Safety during COVID-19

7 TIPS for EXERCISING SAFELY AT HOME during COVID-19

- 1. GET PROPER MEDICAL ADVICE**
 - Consult your doctor, a sports medicine doctor, an exercise physiologist or a physiotherapist before starting a new fitness journey.
- 2. WEAR THE RIGHT SHOES AND CLOTHES**
 - DON'T go barefoot with exercises including running, jumping, squatting.
 - Wear comfy, nonrestrictive clothing as to achieve full range of movement.
- 3. CLEAR YOUR WORKOUT AREA**
 - Look for anything that could get in the way causing you to trip or fall or an object that could be knocked over.
- 4. WARM-UP, STRETCH & COOL DOWN**
 - Warm-up for 10 minutes to prepare the body and reduce the risk of injury.
 - Cool down and stretch after exercise to prevent muscle soreness.
- 5. DRINK PLENTY OF WATER**
 - Drink 2 cups of water 1-2 hours BEFORE exercise, 1 cup every 20-30 minutes DURING the exercise and 1 cup no more than 30 minutes AFTER to prevent dehydration.
- 6. WATCH YOUR FORM**
 - Quality over quantity. Stand in front of a mirror and observe proper form to target correct muscle groups and prevent injury.
- 7. KNOW WHEN TO STOP**
 - Stop exercising immediately if you experience chest pain, extreme breathlessness, develop a rapid & irregular heartbeat, joint pain persisting after more than three days of rest.

<http://www.facebook.com/jrmwcrphoe Dept/> | 0719-491 100 287 |

YOUR SAFETY IS OUR PRIORITY

WORLD PATIENT SAFETY DAY

What we are doing:

PREVENT

Extra cleaning and Sanitary precautions	Pre-screening and Assessment of patients and staff	Proper waste disposal

PROTECT

Proper hand hygiene	Wearing of mask and other necessary PPEs	Maintaining distance

SUPPORT

Designation of Safety officers	Encouraging sick employees to stay home	Providing telehealth for patients as an option

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B **AWAL WALANG MASK**

SANITIZE
ANG MGA KAMAY
NG MGA METRO

UNING ANG TOTOONG
IMPORMASYON

SAHANG
MAG-MSK

1 **SANITIZE**
ANG MGA KAMAY
ANG MGA METRO

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2. BIDA Solusyon Flyer (Black and White)

BIDA Solusyon

HETO ANG MGA PARAAN KUNG PAANO MAGING BIDA!

AWAL: HALANG INASK!

Magputol ng face mask tawing lalabas ng bahay:

- Surtin ite at tiyaking natatapan ang iyong bibig at ilong
- Pagdating ng bahay, tangalin ang iyong face mask mula sa likod nang hindi kinahawakan ang harap ng iyong mask
- Itapon o labhan sa kasapi

-SANITIZE ANG KAMAY! INAS HAWAK SA MGA BAGAY!

Magwasang mabuti ang mga kamay gamit ang tubig at sabon sa loob ng 20 segundo o linsin ang mga kamay gamit ang 70% isopropyl o 60% ethyl alkohol/alcojel:

- Paguwi mo sa bahay
- Kapag hinawakan mo ang mga common surfaces (Hal. hawakan ng pinto, upuan, pindutan ng elevator, ATM machine, atbp.)
- Bago at pagkatapos itagay ang iyong face mask
- Bago ka kumain
- Pagkatapos gamitin ang benyo
- Bago at pagkatapos hawakan ang iyong mukha

Linsin at i-disinfect isang beses kada araw ang mga madalas na nihahawakang surfaces:

- Hawakan ng pinto
- Switch ng law
- Remote control
- Cellphone
- Iba pa (isulat dito): _____

UMINSTANSYA NG ISANG METRO!

Igaling mag physical distancing kapag nasa labas ng bahay:

- Panatilihin ang 1 metro o higit pang puwang mula sa iyo at sa ibang tao
- Limitalan ang pagpunta sa mga massikip na lugar

LAMIN ANG TAWANG IMPORMASYON!

Magpasa at matuking lamang sa official sources. Isp-isip muna bago mag-share!

- Basahin at pasinggan ang balita nang maigi
- Itsek kung galing sa official website or source (huwag mag-iwale sa forward/ laman!)
- Magayon ba ito sa official advice?
- Kung Check ang labat, ishare na!

TOGETHER, WE CAN BE DA SOLUSYON!

#BIDASolusyon
 covid19.health@doh.gov.ph

3. Dengue and COVID-19 Prevention

DENGUE

PAANO MAHWASAN ANG SAKIT DULOT NG CORONAVIRUS?

Ugaling magpapas lagi ng mga kamay

Walan ang contact sa mga hayop

Luwag at takpan ang bibig at ilong sa tawing uube o bubaling

Uminas sa mga tanay may sintomas ng uub at sipon

Uminas ng marating tubig at siguraduhing luto ang mga pagkain

THE 4S IN FIGHTING DENGUE

- S**TOP OF BLOT (BAGO PANGAY)
- S**ANITIZE KAMAY
- S**TOP OF CONTACT (BAGO PANGAY)
- S**TOP OF TANGAY (BAGO PANGAY)

Dengue vs. Novel Corona Virus?

Ang **DENGUE** ay kinatatatag nang unang lamok, ang **Aedes Aegypti**. Ito ay lokalisado:

- Nangangailangan sa umuwi
- Nangangailangan sa malalim na tubig tulad ng flower vases at nangingitubig-salam sa palang o banyero lata.

 Ang **CORONA VIRUS** ay pansilba na mga virus na respiratories na itatag ibang ibang sakit, mula sa karaniwang pipit, spoon, bangoyang sa mas malubhang impektasyon.

Sa malubhang kaso, maaari ito na magpareng sakit ng Pneumonia, Acute Respiratory Syndrome, problema sa bagal at pagkamatay.

MAY MGA ILANG KASO NA NIG DENGUE NA NAGANG POSITIBO SA COVID-19, MAGDORBLE INGAT!

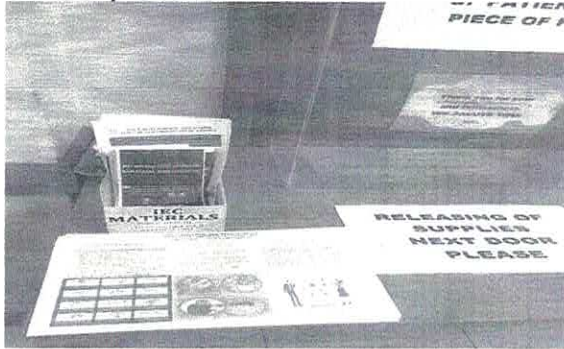


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ANNEX A-1 BIDA Solusyon/COVID-19 Prevention IEC Distribution

OPCEN/ HEMS



OPD Main Entrance



Main Entrance

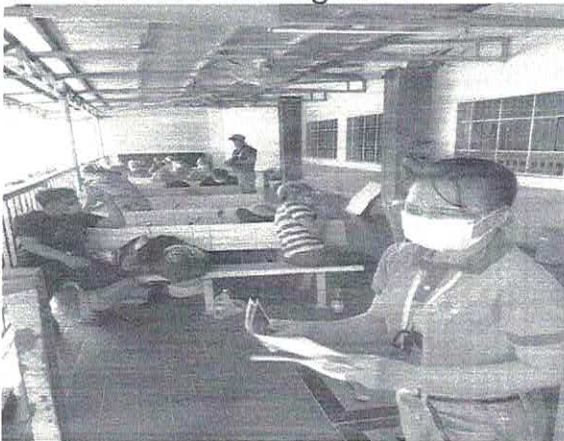


ANNEX A-2 BIDA Solusyon Tarpaulin Distribution and Installation to Key Areas

DOH Botika



OPD Patient's Waiting Area



Finger Scanning Area





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Main Entrance/Gate for Employees



Operation Center/HEMS Office



OPD Gate

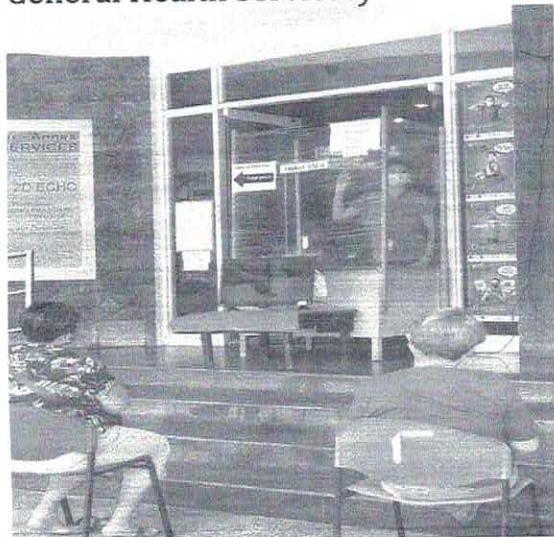


Blood Bank



Department of Family and Community Medicine

JRRMMC Annex (Geriatric and General Health Services)

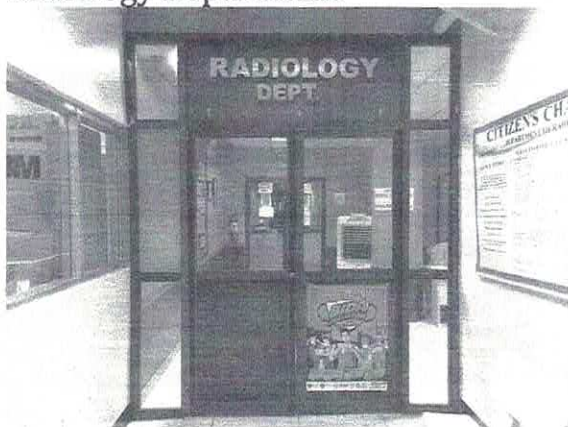




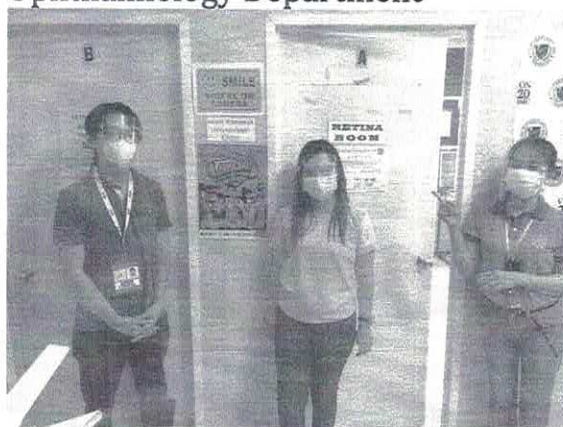
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Radiology Department



Ophthalmology Department



Social Service



Security Office



Welfare Pharmacy



Human Resource Department





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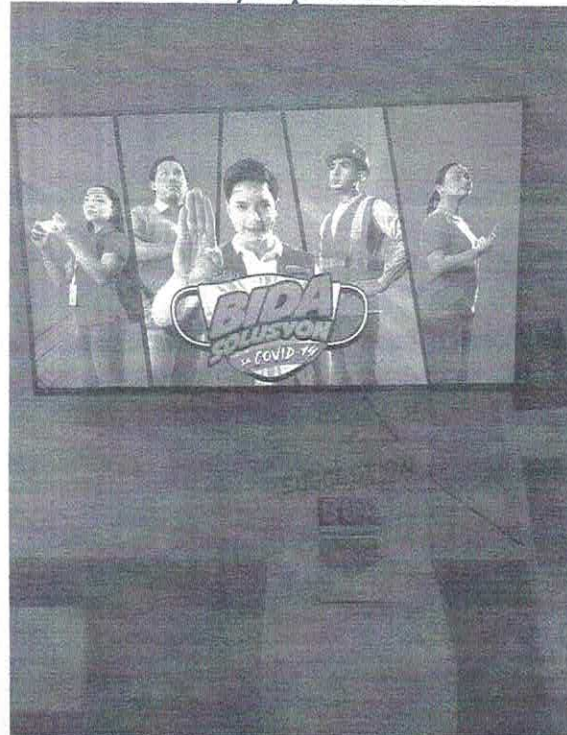
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Disbursing Office

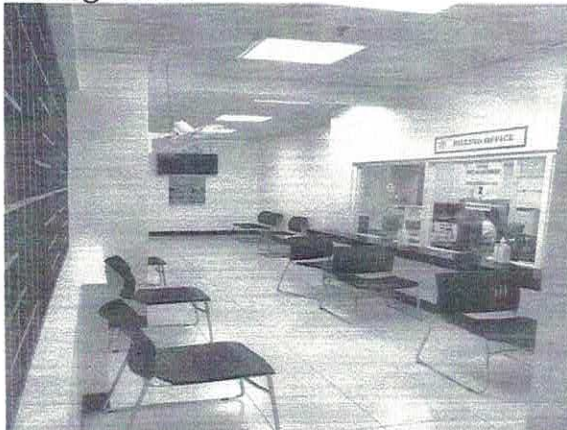


ANNEX B - BIDA SOLUSYON DIGIBOARD PRESENTATION

1. OPD help desk area-for the waiting relatives of ICU/in patients to view

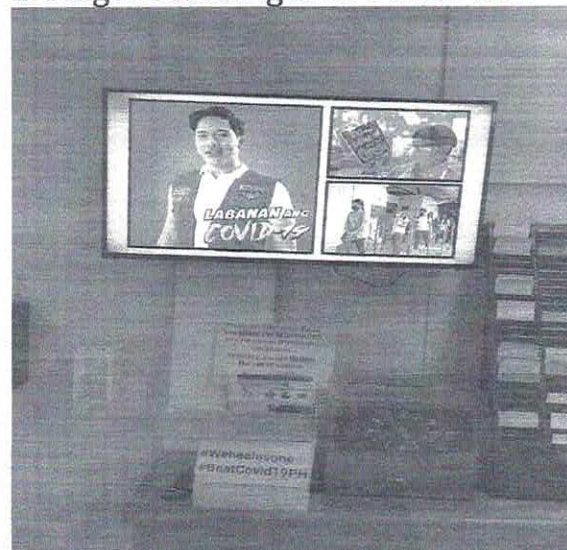
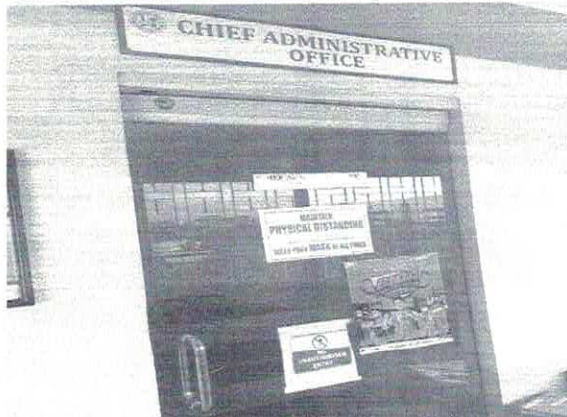


Billing Office



2. Finger Scanning area-Public view

Chief Administrative Office

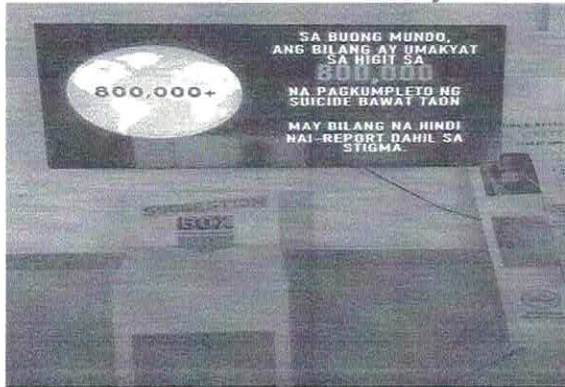




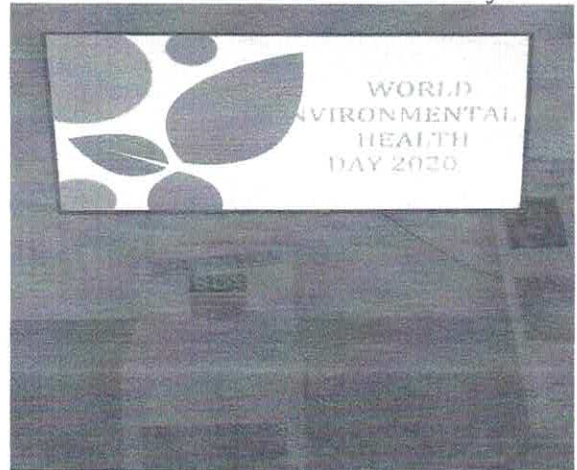
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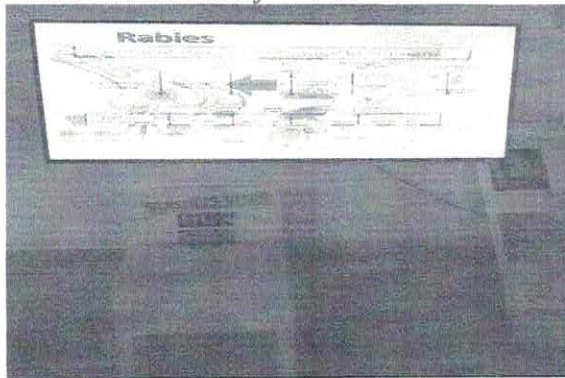
World Suicide Prevention Day



World Environmental Health Day



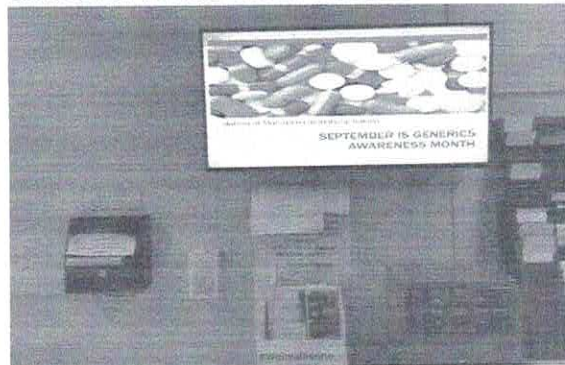
World Rabies Day



Cerebral Palsy Awareness Week



Generics Awareness Month



World Patient Safety Day



Thyroid Cancer Awareness Week



