



Incisions

The Newsletter of the Philippine College of Surgeons

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Volume 41 Number 3 - secretariat@pcs.org.ph/www.pcs.org.ph - September - December 2021

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Incisions, the PCS Newsletter, is a triannual publication of the Philippine College of Surgeons, 992 EDSA, Quezon City 1005, Tel. No. 928-1083. Comments and feedback indicating the writer's full name, address, contact numbers and e-address are welcome. Letters to the editor may be edited for reasons of clarity and space. E-mail to pcs_1936@yahoo.com.ph

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Philippine College
of Surgeons
Foundation Inc.

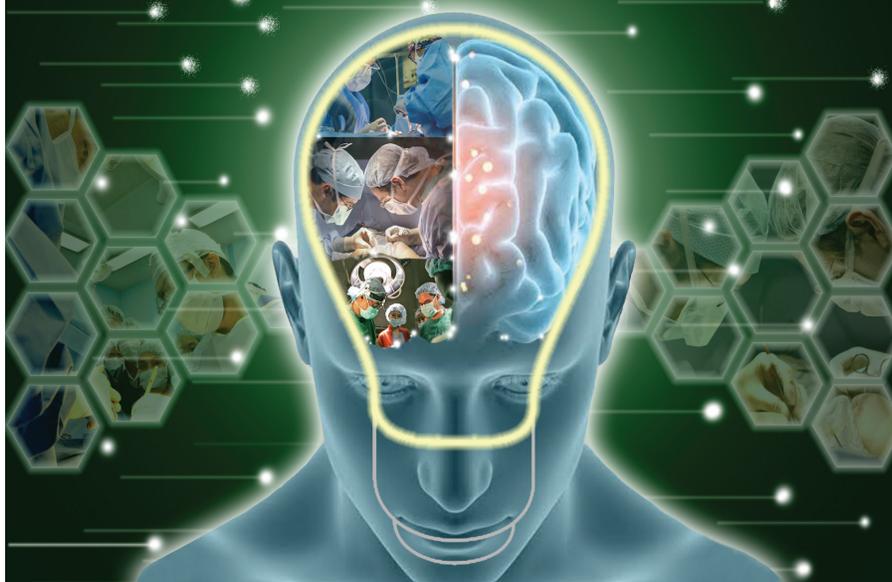


Philippine College
of Surgeons

PCS 2021

77TH ANNUAL CLINICAL CONGRESS

December 5-9, 2021 - Virtual Convention



ENVELOPED IDEAS

Intricacies in Decision Making

FOR INQUIRIES:

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On the Cover

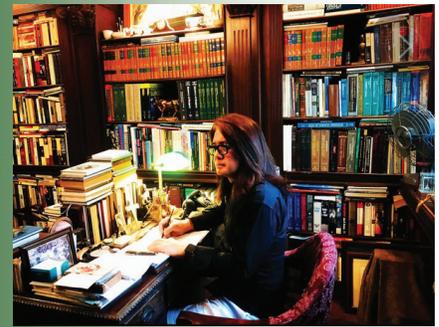


Dr. Kathryn Cecille Umali-Gomez is currently practicing as a General and Laparoscopic Surgeon at the Medical City Clark and St. Catherine of Alexandria Foundation and Medical Center, Angeles City. She finished her residency training at Pasig City General Hospital - Mary Chiles General Hospital Consortium in 2015. She is a Diplomate of the Philippine Board of Surgery, a Fellow of the Philippine Society of General Surgeons (PSGS) and of the Philippine College of Surgeons (PCS). She is currently Chief of Surgery at Philippine Rehabilitation Institute and Medical Center (PRIMC), and a faculty member of the Department of Surgery at Angeles University Foundation School of Medicine.

Her interest in painting began as a child all through her college years, but went on hiatus during her medical training. Recently she has revisited both painting and digital art as a fruitful and portable hobby.

FROM THE EDITOR'S DESK

Marcus Jose B. Brillantes, MD, FPCS



PCS 85th ANNIVERSARY FOUNDATION *Beginning Historical Outline and Continuing Legacy*

Ten months after the establishment of the Philippine Commonwealth, a group of distinguished doctors, enkindled with nationalistic fervour, decided to meet within the ancient walls of the Intramuros. These thirty-four Filipino physicians, who were accomplished in their respective fields, assembled at the San Juan de Dios Hospital along Calle Real Street on September 12, 1936 with a burning vision in mind.

The meeting was called to order by Dr. Gregorio C. Singian, a member of the Medicine Class of 1896 from the University of Santo Tomas, who was a renowned surgeon and a respected professor of medicine at the turn of the 20th century. The conveners of this premier meeting envisaged an association that was to elevate the standards of surgical practice in the country. They sought an organization that was to pursue the highest standards in medical education through continuous research and updates while purposefully promoting the ethical practice of surgery in the service of the Filipino people.

Dr. Singian proposed the formation of what was - and is now known - as the Philippine College of Surgeons.

Also in attendance during this initial assemblage was Dr. Baldomero L. Roxas, who was the classmate of Dr. Jose Rizal at the UST and in Spain, where the former completed his

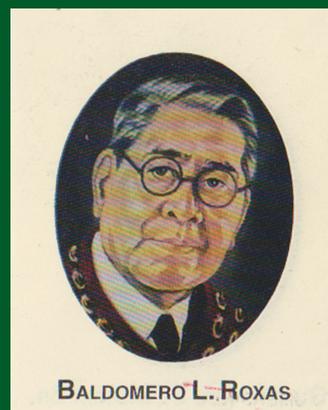
medical studies. The other Charter Fellows present in that first organizational meeting were as follows: Dr. Valentin Afable, Dr. Juanario Y. Estrada, Sr., Dr. Antonio Vasquez, Dr. Miguel Canizares, Dr. Herminio Velarde, Sr., Dr. Facundo Esquivel, Dr. Gumersindo B. Garcia, Sr., Dr. Alfredo Baens, Dr. Honoria Acosta-Sison, Dr. Gervacio Santos-Cuyugan, Dr. Rufino Santos, Dr. Conrado Ayuyao, Dr. Nicanor Jacinto, Dr. Manuel Tuazon, Dr. Fortunato Guerrero, Dr. Aurelio Dayrit, Dr. Rodolfo Gonzales, Dr. Enrique Lopez, Dr. Rafael Ma. Moreta, Dr. Paul Palencia, Dr. Castor Surla, Dr. Gerardo Vasquez, Dr. Francisco Villaroman, Dr. Victor Sevilla, Dr. Rosendo Llamas, Dr. Carmelo Reyes, Dr. Guillermo Rustia, Dr. Luis Uitangcoy Santos, Dr. Benito Valdez, Dr. Ricardo Jara, Dr. Alfredo Jocson and Dr. Augusto Villaroman.

The task of drafting the By-Laws of the proposed College was undertaken forthwith. On their second meeting the following month on October 10, 1936, the By-Laws were presented and handily approved. At the same meeting, the members of the Board of Regents were elected with Dr. Singian chosen as President and Dr. Roxas as Vice-President.

Because of Dr. Singian's illness, the next Board of Regents meeting was held a mere two days later at the President's residence at 806 Dewey Boulevard located along the picturesque Manila Bay.



GREGORIO T. SINGIAN



BALDOMERO L. ROXAS



Dr. Singian was unable to complete his term due to his inopportune death on January 29, 1937. Dr. Roxas assumed the Presidency of the PCS.

During this period, the Board would meet at the office of the Secretary-General of the College at the Philippine General Hospital or at certain restaurants in the Luneta or downtown area of Binondo.

The PCS was able to hold 12 meetings, the last gathering being held on August 29, 1941, before the outbreak of the Second World War. The PCS fiscal assets, files and records were consigned to the flames during the war and no meetings could possibly be organized amidst the oppressive and tumbledown state of the metropolis during the Japanese occupation. Of the Allied capitals in those war years, only Warsaw suffered more than Manila. Eight months after American liberation and reoccupation of the Philippine capital of Manila, albeit completely destroyed with large areas levelled by American bombing, the Board of Regents were able to reorganize and meet on December 14, 1945 at the Royal Lunch restaurant located at R. Hidalgo Street to reactivate the PCS and carry on with its intended mission as outlined by Dr. Singian and co-founders.

Four scores and five years ago, a new light shone on the face of Philippine surgery. The 34 doctors took courage to form an organization for Filipino surgeons and dared to make a dream a reality. It was that moral motivation that destiny brought the Founders to collectively establish the Philippine College of Surgeons.

The PCS was not envisioned to produce technical experts alone. It was founded to address the vital interests of the country. For the past eight decades, the PCS has proudly produced surgeons of character, physicians of moral certitude, leaders who resolutely accept the challenges of immense responsibilities; leaders who can be entrusted with the burden and the tasks that must be accomplished; leaders who shall inspire other surgeons with that same sense of obligation and duty to their fellow countrymen and to the nation. The past and present Fellows have molded the PCS into what it is today.

As we celebrate our 85th year, the PCS, its legacy intact and enduring, in fidelity to our society's long cherished rituals and traditions, continues to work with passion and excellence in the pursuit of making its mission and vision a reality for all.

FROM THE PRESIDENT

ANTONIO S. SAY, MD, FPAO, FPCS



When I assumed the presidency around this time last year, travel restrictions brought about by the COVID-19 pandemic were being gradually eased by the government. I had high hopes then that life would soon return to normal. In fact, in early January, we were even allowed to physically visit two of our chapters: the Southern Tagalog Chapter and Central Luzon Chapter. I was really happy to meet everyone there, after months of only seeing each other through monitors and screens. Unfortunately, it turned out to be just a short-lived freedom. Soon, new variants of COVID-19 emerged – one after another. The surge in new cases overwhelmed our hospitals again, prompting the government to impose another lockdown. The College's activities had to revert once again to virtual meetings.

I am very proud of our chapters, committees, commissions, and specialty societies for their patience and diligence in adjusting to this new normal. If there is anything that we have mastered in these previous months, it is conducting summits, seminars, and meetings online. I commend everyone for not letting the pandemic stop us from teaching, from learning, and from reaching out to each other. In these times of uncertainties, we have stood by each other – surgeons for surgeons. This reminds me of why early this year, we created Ad-hoc committees for Universal Health Care Law and for the proposed Physician's Act. I thank the Board of Regents for approving this proposal, which proved timely as the year progressed.

These health legislations are significant to the medical profession. The first regulates it, while the other has implications in the way the Medicine will be practiced as a profession in the country. The proposed Physician's Act, in particular, will affect future generations, maybe your children, who are planning to become doctors.

We thank Dr. George Lim for expertly handling the Ad-hoc Committee on Physicians' Act, together with the members of his committee.

In no time, they have completed their proposed revisions and studies. Copies of the proposed revised bill have already been forwarded to the concerned congressmen and senators, the Department of Health, Professional Regulations Commission, the Philippine Health Insurance Corporation, and government and private organizations. We appeal to all our Fellows to continue to share this with your friends. Our lawmakers need to hear our voices so that they will adapt our proposals and modifications.

We also count ourselves lucky to have former DOH Sec. Dr. Enrique T. Ona as chair of the Ad-hoc Committee on Universal Health Care Law. We thank him and the committee members for their enthusiasm in studying and understanding the UHC Law. Although the Implementing Rules and Regulations of the UHC Law have been crafted, there is still room to propose changes to the law. In order to craft a reasonable proposal, the College will be conducting studies on the true cost of hospitalization of different cases across all specialties, and the true cost of professional fees. Data collected from these studies will be presented to the proper authorities in the hope that reasonable rates of reimbursement will be given in the future.

We also must recognize all our committees this year, who worked tirelessly with the Department of Health to conduct studies that are essential in the medical profession. We wish them success in all their endeavors.

This year, we also saw an increase in the number of our specialty members as a result of the simplification of our College Fellowship Application for specialty society Fellows. We hope that this move will encourage more specialty society members to join the PCS.

In closing, I feel truly honored and humbled to be the first ophthalmologist to become president of the Philippine College of Surgeons. It had been a challenging year, but it had become bearable thanks to everyone's help and support. And so, at this point, allow me to take this chance to recognize all our Fellows, Committees, Commissions, Societies and the Secretariat for working together to push for the PCS's missions and advocacies despite the limitations that we are confronted with this year. You are the strength of the PCS and the quiet heroes behind the College's achievements. I am extremely grateful to each of you.

I would also like to thank my family for their unwavering support during my year as President of the college. It is difficult that we are in different parts of the globe, but through all these months of my presidency, they have always been encouraging and a source of strength. Lastly I like to thank my staff for efficiently handling my clinic schedule, my charity work and volunteering in government vaccination rollout.

The country's COVID-19 situation is gradually improving compared to this time last year. With new variants of the virus still emerging, I encourage you to continue to take the necessary precautions. I look forward to the day when we can meet each other again in person. But for now, let us be vigilant, pray, and take part in our country's continuous healing and recovery from this crisis.

ACROSS THE BOARD

Maria Concepcion C. Vesagas, MD, FPCS



8th Board Of Regents Meeting (via Zoom Platform)

August 14, 2021 (Saturday); 8:00am - 7:05pm

President's Update

- AdHoc Committee on UHC
 - Terms of Reference of the Research Study Group on the Costing of Common Surgical Procedures was presented and accepted by the committee
 - Participation in the 77th Annual Clinical Congress with the tentative title of Preliminary Report on the Costing of Common Surgical Procedures
 - With Dr. Po-Chang Lee, MD, Director-General of the Taiwan National Health Insurance; Teodoro J. Herbosa, MD; Clementine A. Bautista, MD, Acting VP, Health Finance Sector of the PHIC; Moderator: Dr. Enrique T. Ona, former DOH Secretary and Chair of the AdHoc Committee on UHC
- POGS & PCS Meeting with PhilHealth – August 3, 2021; Re: DRG
- PMA Commission on Professional Specialization- July 27, 2021
- DOH HHRDB – Consultative Meeting – August 20, 2021
Re: Guidelines on the Deployment & Placement of Graduate Physicians of Residency Training Programs under the National Health Workforce Support System- “Espesyalista Para sa Bayan”
- Renewal of the PCS Accreditation as PRC CPD Provider due to expire in October 2021
- Online Elections for 2021

Treasurer's Report

- Treasurer Dr. VJP Villaflor, III reported that since January 2021, the financial status of the college is break-even on income vs expense
- Income comes from rentals which sustain the daily operations.

Board of Governors

- The Governors were updated regarding the 85th Foundation Day activities, 6th Surgical Ground Rounds, renewal of MOA with PAHMOC, request

from the DOH regarding Policy Division Disease Prevention and Control Bureau, submission of topics for CPG development.

- The BOG inquired regarding the status of the Associate Member and Task Shifting.

Committee on Finance

- The Investment Policy Statement, an output of the Financial Investment Summit held last July 3, 2021 was approved. This will serve as a guide for the PCS' Investment strategy.
- Webinar on Basic Financial Literacy “How Secure Are You?” is scheduled on September 18, 2021 with Mr. JP Casas a speaker.
- The BOR approved putting up a page for the PCS Store where PCS merchandise will be put on sale.

Committee on Building

- The BOR approved the refund of the lease to POA as they had vacated the space last July 25, 2021, ahead of the August 15, 2021 lease end.
- LED video greetings for the 85th PCS Foundation will be aired in the electronic billboard in PCS< EDSA and CCP complex.
- The old embedded PVC pipes will be replaced with exposed PVC pipes from the main water meter up to the secondary valve of the building extension at a cost of PhP 27,000.
- Water-proofing of the firewall will be done to prevent water leakage during rain.

Committee on Hospital Standardization and Accreditation

- Joint meeting with the Committee on Quality Assurance and Patient Safety was held last August 13 and tasks were delineated.

Committee on HMO/RVS

- The committee met with the POGC Directors and PHIC last August 3, 2021 to discuss the Universal Health Care Implementation and Diagnosis Related Group.

Committee on Trauma

- The board approved conducting the survey to the PCS Chapters, Committees and subspecialty societies in order to determine the usage of the LMS platform.

- A Disaster Preparedness Manual will be prepared by a TWG and will include a regional disaster plan involving the PCS Chapters.
- Sub-committee on ATLS: Courses were deferred due to the COVID surge.
- Sub-committee on BURN: A workshop was held last July 31, 2021.
- Doctors Concepcion, Cucueco and Pusung will attend the PMA Program for Disaster Preparedness and Management.

Trauma, Injury and Burn Care Commission

- The Memorandum of Agreement with the DOH (STOP THE BLEED Program) has been signed by the DOH Secretary and has been notarized.
- The TIBCC will participate in the 77th Annual Clinical Congress “Regional Collaboration in Trauma Education” with Dr. Rolando Gerardo de la Cruz as speaker.
- As of August 2021, the Facebook page of the TIBCC has 2000 followers. Objectives of the page will be created.
- “Incidence in Outcomes of Trauma in the Philippines” will be streamed in the FB page during “World Trauma Day” (October 17, 2021) Theme: “Timely Response Saves Lives”.

Committee on Cancer

- Participation in the 77th Annual Clinical Congress “Clinical Practice Guidelines: What Works and What Doesn’t”.

Cancer Commission

- The PCS Cancer Commission has been identified as a strategic partner of the DOH together with the National Cancer Council in the following: Development of the Tumor Board, Dissemination and Training; The Measurement of Treatment Guidelines; Clinical Practice Guidelines.
- The 3rd Cancer Summit is planned for February 2022

Committee on SURE

- Participation in the 77th Annual Clinical Congress “Surgical Mission ... We Miss You”, with Dr. Eric SM Talens as speaker, chaired by Dr. Rhoderick C. De Leon.

SURE Commission

- The Mangatarem Surgical Outreach Program is scheduled on August 31 till September 3, 2021.
- Participation in the 77th Annual Clinical Congress: “Organizational Sustainability” speaker: Mr Francis Macatulad, Director of Asia Society for Social Improvement and Sustainable Transformation or ASSIST, chaired by Dr. Vivencio Jose P Villafior, III.

Committee on Conventions

- The Annual Clinical Congress format will be conducted virtually, reversing the previous

decision of a hybrid format due to the prevailing Delta virus.

- The BOR approved no refunds for the ACC, unless cancelled by Force Majeure.
- The 48th Midyear Convention: “Tailored Approaches to Surgery” is hosted by the PCS Central Luzon Chapter and scheduled on May 5-6, 2022 at Hilton Clark Sun Valley Resort.

Committee on Socials and Sports

- Raffle prizes budget and band budget were approved by the BOR.

Committee on Continuing Surgical Education

- The Opening Ceremonies of the 77th Annual Clinical Congress will be held in the morning of December 5, 2021.
- The 78th Annual Clinical Congress is scheduled on December 4-7, 2022 at EDSA Shangri-la Manila with the theme: “Quality Surgery for All”.

Committee on Surgical Research

- National Surgical and Anesthesia Health Human Resource Study
- Database from Philippine Society of Anesthesiologists is for incorporation to consolidated database
- Participation in the 77th Annual Clinical Congress
- National Surgical and Anesthesia Health Human Resource (Panel Discussion)
Chair: Dr. Jose Modesto B. Abellera III
- Champion of Champions Research Paper Contest
Chair: Clarence Yacapin, MD; Board of Judges: Jose D. Quebral, MD, FPCS, Jean Anne B. Toral, MD, FPOGS, Emmanuel P. Estrella, MD, FPOA

Committee on Surgical Training

- Draft article on Surgical Training in the Philippines for publishing in India has been approved with minor revisions
- The Board approved the following definition for submission to PhilHealth.

Elective Procedure involves a planned surgical, diagnostic or therapeutic procedure that the patient or doctor can schedule in advance and does not involve in any way an urgent or emergency surgery or where the patient has an immediate life-threatening issue which requires immediate medical attention.

Committee on Membership

- The Board approved the membership of the applicants under the Simplified Application for Surgical Specialty Society members. They shall be inducted in December.

Committee on Awards

- The Board approved the following as recipients of the PCS Awards:
PCS Fellow Lifetime Achievement Award for 2021:

Dr. Florentino C. Doble (posthumous)

PCS Legends of the Knife for 2021

- Dr. Armando C. Crisostomo
- Dr. Ramon L. De Vera
- Dr. Ray B. Malilay
- Dr. Crisostomo B. Dy
- Dr. Luisito A. Simpao
- Dr. Ramon R. Panlilio
- They shall be honored and awarded during the 85th Foundation Day Dinner (online)

Committee on External Affairs and Public Relations

- The 85th PCS Foundation Week activities are as follows:
 - September 5, 2021, Sunday: Holy Mass at 9 am
 - Padyak PCS: PCS Foundation Ride
 - PCSMMC: 2 webinars; Jump Rope Challenge
 - September 12, 2021, Sunday: Foundation Dinner and Fellowship (virtual)
Konsyerto ng Siruhano, packed meals (to be delivered), raffle prizes
 - National Anthem for the PCS, participated by all the chapters
 - MTV song for Fellowship: “Here Comes the Sun” by the Beatles

Ad Hoc Committee on SICT

- The Board approved PhP 33,600 as payment to Quatro Cantos for the app.

Committee on Patient Safety

- The WHO Modified Surgical Safety checklist was presented by Dr. Marie Dione P. Sacdalan during the PSGS Surgical Forum.
- Workshop on Quality Surgical Improvement Program is on August 28, 2021.
- The Board approved the committee’s proposal to create a subcommittee on Continuing Professional Proficiency.
 - Task: To explore and come up with a recommendation of a scheme or tool that will monitor competencies and proficiencies in relation to patient safety and quality assurance for surgical practice.
 - Chair: Jose Ravelo T. Bartolome, MD
 - Members: Jose Solomon, MD, Deogracias Reyes, MD, Arturo Canete, MD
- Participation in the 77th ACC:
 - Part I: Sharing Adverse Events Reporting – How to Recognize Adverse Events, Speaker: Ron Daniel Rivera, MD
 - Part II: Presentation of the PCS-PhilHealth Extracting Surgical Quality Indicators from PhilHealth E-Claims, Speaker: Alvin B. Marcelo, MD

Other Matters

- PRC Qualification Recognition Division, International Affairs Office

- Meeting on August 23 – Specialty Divisions with the Committee on Training Program for Foreign Medical Professionals (CTPFMP) – will be represented by Dr. Edgard M. Simon, PSA President (by rotation of Specialty Division Presidents)

- The Board approved the nomination for Dr. Rodney B. Dofitas to the PMA with JCI Senate Philippines – Search for the Outstanding Filipino Physicians 2021
- The Board approved the nomination of Dr. Catherine Teh and Dr. Ida Marie T. Lim as Director for the Philippine Society of Oncologists.

**9th Board of Regents Meeting (Zoom Platform)
September 11, 2021 (Saturday);
8:00 am-5:30 pm**

President’s Update

- Ad Hoc Committee on UHC – meeting on August 18, 2021
 - The meeting was also attended by Dr. Benito Atienza, Philippine Medical Association President; Dr. Jaime Almora, Philippine Hospital Association President, Mr. Ritchie Lirio representing Dr. Jose Rene de Grano, Private Hospitals Association of the Philippines
 - Studies to be undertaken:
 1. Cost of In-Hospital Care
 2. Revisit the study on professional fees c/o Committee on HMO and RVS
 - Possibly get the services of a research group for both studies: Dr. Hilton Lam, Director, Institute of Health Policy and Development Studies, National Institutes of Health, University of the Philippines Manila
- PMA Commission on Professional Specialization – meeting on August 16, 2021
 - ARTA met with PMA and recommended measures for PhilHealth to pay-off hospitals in order not to compromise services
 - Issue on 2 board examiners who are endorsing Ivermectin and anti-vaccinations have been elevated to the Ethic Committees of their respective organizations
 - PMA Vaccination Statement was discussed
- PhilHealth QAC Meeting – August 18, 2021
- Represented the PCS during the 54th Malaysian-Singapore Surgical Congress of Medicine last August 27, 2021
 - In addition to attending the virtual Opening Ceremonies, the PCS President also attended the Round Table Discussions regarding residency training, together with other presidents of different surgical societies present.
- PhilHealth FGD – Re: Benefit Development Protocol Framework – September 2, 2021
 - The meeting focused on Diagnosis Related Group, (DRG), including facilities, cost, etc.

- Ratification of the recommendations of the Committee on Conventions submitted through the Vice-President regarding the ACC
 - Online platform –Docquity to be the platform provider, with conditions
 - Cost of registration fees

	BOR Approved Rate (After Nov. 5, 2021)	PRE-REGISTRATION FEES (up to Nov. 5)
Fellow	Php2,500.00	Php2,000.00
Resident Member	800.00	640.00
Resident Trainee (with letter from the Dept. Chair)	1,400.00	1,120.00
Guest (Non-Resident, Non-Fellow)	4,000.00	3,200.00
Foreign Delegate (Consultant)	USD 150.00	USD 120.00
Foreign Delegate (Trainee – with Certification from Dept Chair)	USD 75.00	USD 60.00

Note: The following discounts are offered where applicable.

1. 30% discount to all Committee members
 2. Additional 10% (on SURE Missions)
 3. 20% discount for all senior citizens (60 years and above)
 4. Fellows more than 65 y/o – FREE REGISTRATION
 5. Vouchers released in 2019 and 2020 are honored. (Note: Only 1 discount shall apply, whichever is higher.)
- Opening Ceremonies on December 5, 2021 at 1 pm

Treasurer’s Report

- The following are the options to consider for payment:
 - QR codes – for PCS and PCSF
 - Gcash
 - Union Bank can include PCS in the list of billers
- Quatro Cantos promised the mobile app to be functional by October 1, 2021.

Commission on Elections

- PCS Board Resolution 2021-06 approved that the 2021 elections for the 2022 Board of Regents will be held online from December 5, 9 am till December 7, 12 noon round the clock.
- Qualified to vote are Fellows in Good Standing paid up to 2020. Payments will be received until December 4, 2021.
- PCS Metro Manila chapter shall have their elections online, with fellows from the chapter being directed to the PCS Metro Manila Chapter election site after voting in the national elections.
- Mock elections will be held on November 27 to 29, 2021 from 9 am to 5 pm daily.

Committee on Finance

- The Investment Policy Guidelines are approved with the following:
 - Inclusion of glossary
 - Include the guidelines regarding Contracts and Encumbrances based on the Administrative Manual

- Specify frequency of reporting of investments
- Webinar on Basic Financial Literacy is scheduled on September 18, 2021 from 2 to 4 pm.

Committee on PCS Building

- Aventus
 - The company will renew their contract for the space that they initially intended to vacate. The Committee will prepare the 3 year contract
 - Aventus also expressed their intention of renting the space vacated by Value Care at the ground floor.
- As a result of the ongoing construction of the MRT in front of the PCS building, the board approved extending to InfiniteGrafix 3 months moratorium.

Committee on HMO/RVS

- The committee presented the proposal from Pacific Cross.

Committee on Trauma

- Modifications were made on the schedule of participation in the 77th ACC.
- BEST
 - A review session is scheduled on October 9, 2021 from 8 till 4 pm via the Zoom platform.
 - The lectures will be pre-recorded for the next review session scheduled on November 6, 2021.
- BURN
 - The subcommittee will join the review session of BEST on October 9 and November 6.
- The committee will prepare a PCS Emergency Preparedness and Response Plan and will invite chapters to send representatives to the TWG. The disaster plan will include regional disaster, in accordance with the PMA. The next meeting is scheduled on September 30, 2021.

Trauma, Injury and Burn Care Commission

- Stop the Bleed Workshop in partnership with ADP Pharma and Pinoy Road Bikers is scheduled on September 17, 2021 via FB Live.
- World Trauma Day (October 17, 2021) Theme: "Timely Response Saves Lives", organized by PCEM, together with the PCS TIBCC and will be broadcast on FB Live.

Cancer Commission

- The scheduled vMDTB sessions will be conducted using the Docquity platform starting 2022 to comply with the requirements of Docquity in return for their services in connection with the conduct of the virtual 77th ACC.

SURE Commission

- A nationwide National Surgical Outreach Day is planned in lieu of the decreasing number of surgical missions conducted due to the pandemic.

- Objectives of the activity are:
 - 1) To decrease the burden of surgical care during the pandemic
 - 2) To perform and be assisted by residents that can be added to their training portfolio
 - 3) The documentations and recordings will add to the data of the commission
- Task shifting
 - Objectives:
 - 1) To help lessen the surgical burden in the country through a comprehensive approach enabling doctors in the underserved areas to deliver the basic, necessary and emergency surgical procedures utilizing the curriculum and criteria set forth by the PCS and the expertise of its members
 - 2) To engage the local health authorities in the conduct of the training and networking.
 - The Board suggested requesting the PCS Chapters assist in identifying hospitals located in their remote areas where the Task Shifting Program can be implemented.
- The commission will formulate guidelines regarding the Art Exhibit and Auction to be held during the 77th Annual Clinical Congress c/o the Sure Commission's Subcommittee on Ways and Means.

Committee on Surgical Infections

- The following are the topics for the 77th Annual Clinical Congress
 - 1) Impact of Covid on Surgical Practice
 - 2) Resolved and Unresolved Issues of Surgery During this Pandemic
 - 3) Adaptation in the Hospital of IPC Practices During the Pandemic

Committee on Surgical Education

- Docquity will be flexible (can be extended to 2023) regarding the 6 webinars that the PCS needs to broadcast, with no penalties to be incurred by the College.
- Webinars submitted for broadcast in the PCS Channel of Docquity can no longer be shown in other online platforms.
- CPD Course guideline or journals, insights or online CPD courses may be uploaded in the PCS Channel but it is not exclusive to Docquity.
- Only 2 simultaneous live sessions can be conducted at any given time for the ACC.
- Deadline for recordings for the ACC is on November 2, 2021.

Committee on Surgical Education

- For the 77th Annual Clinical Congress on Dec 5 to 9, 2021, the following were approved by the BOR:
 - 1) Sessions are to be classified as Online Live (with open forum via Chatbox), or Pre-recorded (real time, Q&A will be via chat box).

- 2) Opening Ceremony is at 1 pm on December 5
 - 3) The Business Meeting will be broadcast from the GT Singian Board Room, depending on the health situation.
 - 4) Dec 6 -7 – 3 simultaneous sessions, with 1-2 rooms designated for online live session combined with pre-recorded sessions, 8 am to 8 pm or 8 am to 10 pm respectively.
 - 5) December 7 – Induction of the 2022 Board of Regents; depending on the health situation, the induction can be held at the EDSA Shangri la Hotel.
 - 6) Issuance of PCS-CSE units will be based on the sessions attended by the delegate.
 - 7) Post test questions and evaluation form will be integrated for the convenience of all.
- 78th Annual Clinical Congress, December 2022 at Edsa Shangri-la Hotel with the theme "Quality Surgery for All".
 - The 49th Midyear Convention 2023 Subcommittee was approved:
 Chairman: Dr. Alfred Q. Lasala II
 Members: Dr. Jan Andrew D. Bueno
 Dr. Nicola Rafaela Tison – (for induction in December 2021)
 Dr. Airen Patricia M. Madrid
 Dr. Jeffrey Jeronimo P. Domino
 Dr. Billy James G. Uy
 Dr. Domingo C. Sampang
 Dr. Maria Cheryl L. Cucueco
 Dr. Andrei Cesar S. Abella
 Dr. Ferdinand Y. Syfu
 Dr. Leonardo O. Ona III

Committee on Research

- The committee is in the process of completing the database with data from PAMS hilHealth and Anesthesia.
- The research group has completed the data for the 6 regions, namely: Regions I, IV, CAR, BARMM, III and V.
- The plan is to finish the data analysis by end of September.

Committee on Surgical Training

- The article on Surgical Training in the Philippines as requested by Professor Sharma has been submitted to the Indian Journal of Surgery, in compliance with requirements for publication and copyright purposes.
- In-service examination topnotchers of each of the subspecialties will be given incentives; letters have been sent to the subspecialty societies. They shall be recognized during the Interesting Case Presentation of the 77th ACC.
- The PCS Chapters and Subspecialty Societies were furnished the following guidelines:
 - Health Protocol and Guidelines on the Conduct of Face-to-Face Meeting/Activities, Seminar, Workshop and Conference.

- The Philippine College of Surgeons Health Protocol for Surgical Outreach Activity

Committee on Membership

- The Board approved conferment of Honorary Fellowship to Professor Ian Soriano who was nominated by Dr. Anthony Perez. Prof. Soriano is currently an Associate Professor of Clinical Surgery Perelman School of Medicine-University of Pennsylvania Philadelphia, PA. He has given numerous lectures during the past PCS Annual Clinical Congress.
- Professor Soriano will be conferred the title of “Honorary Fellow” during the Opening Ceremony on December 5, 2021.

Committee on Ethics and Judicial Matters

- The Board approved the following guidelines for advertisers in the PCS Website:
 - 1) Advertisers are legally registered to do business in the country.
 - 2) The advertisers shall agree that their advertisements are not endorsements by the PCS or their component or affiliate organizations.
 - 3) Advertisements do not contravene to the advocacies of the PCS.
 - 4) Political advertisements are not permitted.
 - 5) Fellows of the College shall not participate or appear in any of the advertisements as they can be misconstrued as a form of endorsement.
 - 6) Fellows or a group of fellows or a society recognized by the PCS may post notifications of meetings, webinars and conventions at a cost/fee to be determined by the college.
 - 7) All advertisements shall be approved by the College prior to posting.
 - 8) A contract signifying the above and advertisers’ compliance to the same shall be requested.
 - 9) The Committee on External Affairs and Public Relations shall be in charge of receiving, evaluating and recommending advertisements for approval by the BOR.

Committee on Administrative Concerns

- The board approved the regularization of Ms. Evelyn Umali effective September 3, 2021.
- The employees still report for work 2-3x a week based on their schedule during the MECQ.
- The Board was informed of the demise of Mr. Amado Tadena, former GM of GSK and former Trustee of the PCSF.

Committee on External Affairs and Public Relations

- The Kapwa Ko, Mahal Ko Foundation agreed to most of the changes by the PCS legal counsel in the proposed MOA between the 2 parties.
- Foundation Day Activities:
 - 1) Mass at 9 am
 - 2) Padyak PCS

- 3) Philippine National Anthem Video sung by the PCS BOR and 9 Chapters will be premiered during the Foundation Day Dinner program.
- 4) Konyerto ng Mga Siruhano shall be conducted via the TNP network

Committee on Patient Safety & Quality Assurance

- The Board approved the appointment of PCS Vice President Ramon Inso as the College’s liaison with PhilHealth.
- The Board approved the inclusion of subspecialty representatives to the Committee for 2022.

Other Matters

- A letter from Dr. Quingkong, Technical Lead, Colorectal Cancer NPG Development Group, DOH inquiring if there are updated practice guidelines for Curable Rectal Cancer. The matter was referred to the PSCRS.
- Position Statement in support of PCP against Secretary Harry Roque’s statement against physicians: the Board agreed to wait for the PMA’s draft position, if there will be one.

Special Board of Regent Meeting September 18, 2021 (Saturday)

- I. Letter from the Comelec regarding the revised Candidates’ Brochure for the 2022 PCS Board of Regents
 - 1) The Comelec finds no reason not to indicate the candidate’s year of birth.
 - 2) The Comelec removes the “3-year limitation but admonishes the candidates to conform with the guidelines prescribed in the instructions.
 - 3) The Comelec subscribes and agrees with innovative proposal of the inclusion of the “Outline of Aspirations for the Future of the College due to the following reasons:
 - a) The Fellows are entitled to be informed of the candidates’ visions for the Colelge’s current and future thrust.
 - b) Having been nominated for their high qualities of mind, attested by their outstanding achievements, the candidates, both new and incumbent Regents, are further given the opportunity to articulate what contributions/plans they may have for the betterment of the College;
 - c) The candidates can express how and what the PCS should be, thereby assuring the PCS members/voters of a pro-active leadership in the BOR that will maintain the dynamism and continuing evolution of the Philippine College of Surgeons that is attuned and responsive to the needs of the time, now and henceforth.

Considering that the COMELEC is an independent body, the BOR adheres to the above-stated justifications on the revised template.

II. Closure of Safety Deposit Box at Metrobank, West Avenue Branch

The Board Secretary informed the Board that a Secretary's certificate was issued to close the Safety Deposit Box at Metrobank West Avenue Branch as it is no longer needed.

10th Board of Regents Meeting (Zoom Platform) October 11, 2021 (Saturday); 8:00 am - 5:00 pm

President's Update

- Ad Hoc Committee on UHC – meetings on September 15 and October 6
 - Dr. Ona introduced Dr. Lam who presented the Discussion Points for the TOR. He presented a matrix comparing Cost and Price Estimation studies which included the pros and cons and comparisons of budgets. A Cost Estimation study was preferred to a Price Estimation study.
 - Dr. Lam committed to present the protocol for the Cost Estimation study during the 77th ACC.
 - Dr. Ona reiterated that the Professional Fees should be a separate study; Dr. Lam pointed out the need to fine-tune the study.
- Dr. MFTRoxas represented the PCS in the DOH HFSRB-SDD Consultation regarding the Draft A.O. on Rules and Regulations Governind the Licensure of Cancer Treatment Facilities in the Philippines – meeting on September 17, 2021
- PhilHealth CorPlan meeting – September 21, 2021
 - A meeting was conducted with Mr. Dennis Formadero, Division Chief IV, Corporate Planning Department, PhilHealth.
 - The Board approved the appointment of Dr. Ramon S. Inso, VP, as the College's liaison with the PhilHealth for a term of 5 years.
- Philippine Society of Digital Health – meeting on September 30, 2021
 - Usec Eric Tayag presented the Administrative Order which synchronizes all disease entities particularly the new data standards/codes.
- Interview conducted by the Philippine Competition Commission – September 30, 2021
 - It was made clear prior to the interview that there are no legal implications in the conduct of the interview.
 - The interview was conducted in connection with their study on how HMOs are competing with life insurance companies, if this is a fair competition
- PMA Commission on Professional Specialization – October 1, 2021
 - Proper guide in accomplishing the PhilHealth Form CF4 Form to avoid disapproval.

- Letter from DOH Usec. Roger P. Tong-An, MAN, RN, Field Implementation & Coordination Team, Central & South Luzon endorsing the position paper signed by Sec. Francisco Duque regarding the Unnumbered Bill of the Physician Act authored by Cong. Angelina Tan and Cong. Luis Campos, Jr.
- Upon review, 90%-95% submitted by the 8 specialty divisions in 2019 was adopted including the version of Sen. Bong Go.
- Ad Hoc Committee on the Medical Act with the 8 Specialty Division Presidents
 - Meetings were held on October 6 to 8 to specifically present and discuss the 2019 version authored by Sen. Sherwin Gatchalian.
 - Once modifications are done, this will be submitted to all concerned.

Treasurer's Report

- The treasurer's report is available for review by any of the Fellows upon request.

Commission on Elections

- The list of the candidates vying for the position of Regent for 2022 was presented by Dr. Say as submitted by the Comelec. The sequence of names was done by "drawing of lots" by the Comelec.
 1. Alberto P. Paulino, Jr., MD
 2. Domingo S. Bongala, Jr., MD
 3. Ramon S. Inso, MD
 4. Rodney B. Dofitas, MD
 5. Orlando O. Ocampo, MD
 6. Alejandro M. Palines, Jr. MD
 7. Dures Fe E. Tagayuna, MD
 8. Jose Ravelo T. Bartolome, MD
 9. Samuel Vincent G. Yrastorza, MD
 10. Jose Rhoel C. De Leon, MD
 11. Rex A. Madrigal, MD
 12. Manuel Francisco T. Roxas, MD
 13. Vivencio Jose P. Villafior, III, MD
 14. Esperanza R. Lahoz, MD
 15. Maria Concepcion C. Vesagas, MD
 16. Andrea Joanne A. Torre, MD
 17. Josefino I. Sanchez, MD
 18. Renato R. Montenegro, MD
 19. Jose Joven V. Cruz, MD
 20. Maria Luisa D. Aquino, MD

Committee on Finance

- The 2022 budget was presented to the Board which included new committee projects.
- The Investment Policy Guideline was approved by the BOR for implementation effective immediately.

Committee on PCS Building

- Water Leak Repair
 - It was noted that leaks persisted from the water pipes despite the replacement of a particular set of embedded pipes with exposed PPR pipes.

- Another set of pipes will be placed from the secondary water valve near the exit gate to the sub-meters of the tenants.
- The board approved the above with the cost of PhP 105,000.
- The Board ratified an earlier decision of the PCS Execom disapproving the establishment of a Molecular Lab by Aventus in the space vacated by Value Care.

Committee on Hospital Standardization and Accreditation

- The following were approved by the BOR:
 - 1) Creation of the PCS Hospital Standards based on current guidelines, with representatives from different PCS committees.
 - 2) Identify proposed privileges in the various procedure categories and identify “gray” areas or overlapping procedures across different surgical specialties.
 - 3) Develop guidelines on the granting and monitoring of these privileges
 - 4) Baseline survey on current compliance of hospitals
 - 5) Once template of the PCS Hospital Standards and Accreditation Process are developed, a meeting with DHO will be scheduled to present proposals for collaboration.

Committee on HMO/RVS

- The committee presented a summary of the features for life insurance and health insurance as presented by In Life, FWD, Pru-Life, Pacific Cross, Generali, Carehealth Plus.
- The board asked the committees on HMO, Finance and FAP to meet and discuss the details of the proposals presented.

Committee on Trauma

- The ATLS course is tentatively scheduled on November 13-14, 2021 at the PCS Building (face-to-face).
- The requirements for participants, as well as measures for minimum health safety protocols were presented.
- The Board approved the honorarium proposed for the understudy, Mr. Severo Ruiz, who will work as ATLS Coordinator after orientation by Ms. Christina Borlongan,
- BEST: workshop is scheduled on November 6, 2021, online.

Trauma, Injury and Burn Care Commission

- Stop the Bleed Workshop
 - 1) 1800 viewers, with 1272 respondents to the post-test questions
 - 2) A virtual Stop the Bleed Skills is planned in the 1st quarter of 2022
- A year-end report will be presented during the 77th ACC on December 8, 2021 at 10 am, online live.

Cancer Commission

- The CanCom shall discuss CPGs during the 77th ACC.
- The 2022 Cancer Awareness months topics were presented, together with the lecturers
 - January – Liver Cancer: Dr. Tony Yap and Dr. Cathy Teh
 - February – International Childhood Cancer Day
 - March – Colorectal Cancer: Dr. Cathy Co and Dr. Bandolon
 - April – Oral Head and Neck Cancer: Dr. Ap De Dios and Dr. Ida Lim
 - May – Cervical Cancer
 - June – Neurologic Men’s Health
 - July – Sarcoma: Dr. Cecilio Hipolito
 - August – Oral, Head and Neck: Dr. Ida and Dr. Ap
 - September – Prostate Cancer: Dr. Catangay
 - October – Breast: Dr. Aldine Basa-Ocampo
 - November – Lung Cancer: from TCVS
 - December – GI Malignancy: Dr. Andie and Dr. Gust Tolentino
- Philippine Cancer Summit 2022 plans were presented.

SURE Commission

- The Memorandum of Agreement regarding Research Collaboration Agreement on the Health Human Resources for Surgery (Manpower Study) and Surgical Missions have been notarized, copies of which were provided to the World Surgical Foundation of the Philippines.
- Mangatarem Surgical Outreach Program will be pushing through sometime in November 2021.
- SPSA-PCS SURE Commission Surgical Mission Fellow Rural Surgery Program
 - 1) This is an SPSA partnership with PCS.
 - 2) This is a “volunteer outreach program” and not a training program.
 - 3) The main goal of the program is to provide a general surgeon to a community where needed for a period of no less than 3 months
 - 4) A meeting will be scheduled with the SPSA officers.

Committee on Surgical Infections

- Participation in the 77th Annual Clinical Congress – “Impact of Covid 19 Pandemic on Surgical Practice”, Moderator-Miguel Gary D. Galvez, MD, Speaker – George Robert L. Uyquiengco, MD, Reactors- Renato R. Montenegro, MD and Esther A. Saguil, MD
- Video on Hand Hygiene, Donning and Doffing will be sponsored by B-Braun
- The committee will start the SIPA team at Pasay General Hospital, VRP Medical Center and 2 more hospitals to be identified.

Committee on Conventions

- The Payment Gateway and registration had a test

- run and adjustments were made following the observations after the test.
- Registration will continue after November 5 with fees to be adjusted as onsite rates.
- The International Faculty will be registered in advance.
- Sponsors and booths were discussed.
- The process for the raffle for booth visits were finalized:
 - 1) Qualified are registrants who visit all the booths daily.
 - 2) A cash prize will be given daily; in addition, a grand draw prize will be given the last day.
 - 3) Visitors will need to accomplish a Google form to join the raffle.
- The Board approved to increase the College's Zoom subscription to 500 from the current 100 attendees for the Fellowship Night.
- The venue for the 48th Midyear Convention was disapproved by PHAP President Dr. Beaver Tamesis, precluding participation by drug companies in the convention. A letter of reconsideration will be sent.

Committee on Socials and Sports

- The Fellowship Night theme: "Paskong Siruhano Panalo" was approved.
- The Fellowship night will be via the Zoom account of the PCS.
- Five chapters will be presenting during the program.
- Entertainer will be Midlife Crisis band.
- The program was approved, with inclusion of an invitation by the Central Luzon Chapter to the 48th Midyear Convention in Clark.

Committee on Continuing Surgical Education

- The board approved the schedule of the 77th ACC:

Day 1, December 5 Sunday (starts at 1PM)	- ½ day	- Opening Ceremony Business Meeting Mass Fellowship Night
Day 2, December 6 Monday (8AM-6PM)	- 1 day	- 3 simultaneous sessions (combination of online live and [(1-2 rooms designated for prerecorded)] online live sessions)
Day 3, December 7 Tuesday (8AM-10PM)	- 1 day	- 3 simultaneous sessions (combination of online live and [(1-2 rooms designated for prerecorded)] online live sessions) Annual Dinner and Induction of 2022 BOR
Day 4, December 8 Wednesday (8AM-8PM)	- 1 day	- 3 simultaneous sessions (combination of online live and [(1-2 rooms designated for prerecorded)] online live sessions)
Day 5, December 9 Thursday (8AM-8PM)	- 1 day	- 3 simultaneous sessions (combination of online live and [(1-2 rooms designated for prerecorded)] online live sessions)

- The Board approved the creation of a Subcommittee on Postgraduate Courses and Scientific Meetings.
 - 1) To handle all webinars (especially the webinars and postings to be uploaded in the PCS Channel by Docquity)
 - 2) To handle all CPD accreditation of all programs/ courses of societies/chapters coursed through the College

Committee on Surgical Research

- Human Health Resource Study updates were given.
- The board approved an increase in the cash prize of the winners of Champion of Champions Surgical Research Paper to PhP 20k upon recommendation by the committee.

Committee on Awards

- The following were identified as winners for 2021:
 - Most Outstanding Chapter – Metro Manila Chapter
 - Specialty Society Award – Philippine Society of General Surgeons, in Affiliate Society Award – Philippine Association of Laparoscopic and Endoscopic Surgeons.

Committee on Membership

- The Board approved the posting of the list of applicants for fellowship in the Viber community and website in order to confirm their moral and ethical aptitude.
- The Board suggested that the Inductees wear Filipiniana together with a College sablay which can be worn by Fellows during official functions of the PCS.

Committee on Administrative Concerns

- The PCS personnel will now be reporting 3 times a week, eventually to daily reporting since the alert level status is now in Level 3.

Committee on Patient Safety and Quality Assurance

- A meeting will be scheduled with ORNAP to finalize the checklist and conduct a workshop on how to utilize the WHO Modified Surgical Checklist.
- PCS-Philhealth Outcomes Research and Policy Development Joint Meeting with Philhealth last September 15, 2021 (Wednesday) – Extracting Surgical Quality Indicators

These are the data to be requested from Philhealth:

1. All electronic CF1, CF2, and CF4 claims from January 1, 2019 to June 30, 2021 with ICD10 codes: K35.0 or K36.0 or K37.0 or K38.0 or C18.0
 - a. Personal identifiers: none -- No need for patient or doctor identifiers (name)
 2. Location: If HOSPCODE cannot be shared, to replace with Philippine Standard Geographic Code (PSGC)
- The Subcommittee on Continuing Professional Proficiency was held last September 23, 2021 and tasks were identified.

- Participation – 77th Annual Clinical Congress – December 6, 2021 (Monday); 8am-9am (Online)
Topic: The PCS “Forum on Patient Safety Incidents” with Speaker Raymund Joaquin F. Erese, MD, Moderators – Jorge M. Concepcion, MD and Domingo S. Bongala, Jr, Reactors – Joel U Macalino, MD, LIB, Alejandro Dizon, MD, Ms Ethel Jane Yrola, ORNAP president

Other Matters

- Letter received from Dr. Minguita Padilla
 - Dr. Say is in receipt of a letter from Dr. Minguita Padilla requesting the College’s support in her candidacy as senator.
 - The Regents were unanimous that it is about time that the medical profession be represented in the Upper House.
 - The Board approved to support the candidacy of Dr. Minguita Padilla in the 2022 national election.
- Candidacy of Dr. Leo O. Olarte
 - Dr. Say received a call from Dr. Leo O. Olarte, FPCS, requesting for support from the College as he is also running for the position of senator in next year’s election.
 - The Board approved to support the candidacy of Dr. Leo Olarte in the 2022 national election.



Philippine College of Surgeons Foundation, Inc.

Commit to donate and help ensure the improvement and delivery of quality surgical health care to the Filipino patient. Proceeds will be used to sustain the operations of the following PCS programs:

- Surgery for Unvisited Region for Education (S.U.R.E.)
- PCS Chapter & Specialty Societies Research & CSE activities
- Relevant surgical education activities
 - Advanced Trauma Life Support (ATLS) courses
- Development of Evidence-Based Clinical Practice Guidelines
- Patient Safety and Quality Assurance Advocacy
- Membership and Continuing Professional Development
- Disaster Preparedness

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The PCS Foundation: The 85th Anniversary Celebrations 2021

• **Marcus Jose B. Brillantes, MD, FPCS, FPSGS** •

The Philippine College of Surgeons was founded on September 12, 1936. As the country's internationally recognized and premier surgery umbrella organization composed of various surgical sub-specialties, it commemorated its 85th Foundation Anniversary in a blended format for the outdoor and the formal celebrations.

The PCS scheduled several activities to commemorate its Foundation Day with the theme "Kalayaan sa COVID" from September 5-12, 2021. As in previous years, the PCS organized several activities to be coordinated among the various PCS local chapters to be held simultaneously across the country.

A Thanksgiving mass was scheduled on September 5, 2021 (Sunday), 9:00am at the PCS Building which was live streamed on the PCS Facebook page.

In advocating sports activities for its Foundation celebrations, the PCS promoted "PADYAK PCS 2021: Walumput Limang Kilometrong Padyak Laban sa COVID" wherein the cycling participants were committed to complete an 85-kilometers ride at the outdoors or indoors (virtual) with every kilometer signifying the number of milestone years of the PCS. The nationwide activity was for the PCS advocacy in engaging in sports like cycling as an exercise to stay healthy particularly during the COVID pandemic. Another sports activity organized was the "PCS@85: Jump for Joy: Jump Rope Challenge" with the participants posting 5 jump videos of 85 counts each.

The Annual PCS Foundation Day Dinner in recent several years have often been formally hosted at the ED SA Shangri-la Hotel. But because of the ongoing global pandemic and the rise of the highly infectious Delta

variant in the country, that tradition had to be shelved for the second time this year bearing in mind the need to strictly observe safety health protocols. The PCS therefore celebrated its Foundation Dinner 2021 in virtual mode.

A video of the Philippine National Anthem featuring the PCS Fellows from the different Chapters was formally launched at the start of the program. The PCS President Dr. Antonio S. Say gave his Welcome Remarks. After the introduction of dignitaries present, Dr. Jose Antonio M. Salud, immediate past PCS President delivered the Keynote Address, "Traditions and the New Normal."

This was followed by the giving of the "Legends of the Knife Award" for 2021 to seven distinguish PCS Fellows namely Drs. Armando C. Crisostomo, Ramon L. de Vera, Crisostomo B. Dy, Ray B. Malilay, Ramon R. Panlilio and Luisito A. Simpao. The Lifetime Achievement Award was given to Dr. Florentino C. Doble posthumously. For their dedicated service to the College, Loyalty Awards were given to Ma. Corazon P. Ribao, Eded Grace A. Paule and Michelle C. Cusi.

Dr. Ramon S. Inso, PCS Vice-President, then gave the closing remarks and offered the traditional ceremonial toast.

After formal portion of the dinner and ceremonies, the virtual celebrations proceeded to the Fellowship Night with the awarding of prizes for the organized sports activities and raffle games. There was also an added musical feature treat of the "Konsierto ng mga Siruhano: Kalayaan sa COVID", a concert showcasing individual PCS music talents of several Fellows from the different Chapters.

Congratulations to the PCS on its 85th Anniversary!



85th PCS Foundation Dinner Keynote Speech

Traditions and The New Normal

• Jose Antonio M Salud, MD, FPCS •

Thank you very much Ramy!! President Tony Say, members of the BoR, past PCS presidents, esteemed colleagues, guests and friends, a pleasant evening to you all. It came as a complete surprise when I was told that I was chosen to provide tonight's keynote speech. For one, keynote speeches during the PCS Foundation Dinner has happened, as far as memory serves, only once and that was during the one held last year, the first ever online PCS Foundation Night. The speech that evening was given by the PCS' fellow of note for 2020, Gerardo "Gap" Legazpi, narrating to us the story of the pandemic response of his institution, the Philippine General Hospital, where he is the medical director. When I was invited to give tonight's speech, it was well before this latest surge, and I was hoping to finally speak in front of everyone in a F2F manner, but alas it was not to be.

Nevertheless we are here tonight to celebrate the College's 85th year of existence. I look back at the giants and trailblazers of our surgical past, those who led the PCS to where we are now. The Singians, Roxases, Valdezes, Estradas and more. One of these, who led the College in 1975, was my own mentor Augusto "Tico" Sarmiento who passed away at the age of 96 exactly one year ago tonight. He, along with the multitude of surgeon leaders from years past since 1936, are the ones we are truly extolling in this Foundation Day celebration - the vanguards, the innovators and pioneers - as well as the thousands of surgeons throughout the country since way back who have laid the cornerstone for the work that we do today. Tonight, we celebrate the principles and standards they have created. Tonight we celebrate "tradition."

The BoR has been vested with the responsibility to advance the objectives of the College, to ensure guidance for, and to look after the best interests of its fellows. I, and the rest of the 2020 BoR swore in December of 2019 to uphold these aims and we strove to do what we could last year despite the limitations of the situation. 2020 was an outlier as everything has been since the start of the pandemic. We were faced with new challenges, new problems requiring new solutions, needing to use the proverbial "thinking out of the box" mentality. COVID forced us to re-evaluate our priorities as an

organization, to reconsider strategies. The elements of VUCA (volatility, uncertainty, complexity & ambiguity) thundered around us. We needed to adjust, adapt and assimilate. The new normal had, indeed, descended upon us.

The narrative of how the PCS of 2020 responded to the pandemic, as gleaned from the stories in the Incisions, by word of mouth, through the PCS website, via viber, FB and the numerous other forms of social media, is oft-repeated and need not be bandied about. Suffice it to say the College responded and I believe, we responded well. Numerous guidelines, advisories, zoom meetings, the birth of the webinars, the first ever online convention and numerous others – all came about as a result of the pandemic. Traditions had to give way to the new normal.

What sustained us last year and persists till now, however, was the sense of service, empathy, commitment to our members and the pressing need to innovate. These characteristics of surgeons and surgeon leaders had been passed down through the years by our surgical forefathers and has been in big supply for as long as I can recall since becoming a fellow of the PCS, but seemed to have stepped up since last year. This was evident in the work of the individual fellows and in hospitals throughout the land, in the different chapters of the PCS, the

different working committees, the subspecialties and affiliate societies of the PCS. The BoR merely served as the conduit to get things going and to collaborate as best we could with government, other professional medical societies and health institutions. Traditions merged with the new normal.

2020, was supposed to be a year of clear vision, clarity and lucidity but it became instead, one of confusion, indecision and turbulence. I had hoped, as did others, that we would see a clear reversal in 2021 but so far an even worse situation is upon us, this third surge propagated by the delta variant. This past 18 months has been like what Charles Dickens had once said, “twas the best of times, it was the worst of times ... it was the season of light, it was the season of darkness ... it was the spring of hope, it was the winter of despair.” This rollercoaster of emotions and experiences has left us all withered physically, emotionally and spiritually. Add to all this, the frequent problems we have with PHIC, with Congress, continuous discussions with PMA and other medical societies, with HMOs and so many others, make running the College during this period of the pandemic so much more taxing and gruelling. (It has definitely posed a difficult challenge in all aspects of society, and we were not spared. But I believe that we, human beings, are capable to adapt and continue to strive

through these perilous times.) The College will get through this and I have no doubt our present leaders and those who will come after, will ensure (the continuity of the legacy that was started. They will strive to find ways in improving and making the system better, not just for this generation but for future generations as well.) Traditions bind us.

Guided by the culture within the PCS and a generous respect for the past, we celebrate tonight this Foundation Day to honor the thousands of surgeons who have come before us these past 85 years. They who have established and put the PCS in the national, regional and global stage through the years, are the people we need to continuously acknowledge. Tradition will demand no less, new normal or otherwise. It is easy to forget ones past when looking to the future but our past and the heritage and traditions attached to it have to be frequently revisited and will continue to serve as our north star, our guiding light, our beacon of hope, for as long as we exist. And I believe the founders of the PCS had in mind what Chuck Palahniuk once said, “the goal is not to live forever. The goal is to build something that will.” To all the fellows of the PCS - continue to be responsive to the community, committed to excellence and ethical practice. The new normal is expecting that of you as we all aim towards achieving a new goal: Kalayaan Mula Sa Covid. Thank you, maayong gabii, God bless every one, keep safe at Mabuhay ang PCS!!



The banner features the Philippine College of Surgeons logo on the left, which includes a caduceus and the text "PHILIPPINE COLLEGE OF SURGEONS". To the right of the logo is the text "Philippine College of Surgeons" in a serif font. Further right, the text "85th Foundation Day" is written in a large, stylized font, with "SEPTEMBER 12, 2021 SUNDAY 6:00 PM" underneath it. The background of the banner is a light green and white gradient. In the center, there is a circular portrait of Jose Antonio M. Salud, MD, FPCS, wearing a red academic robe and a gold chain. To the left of the portrait, the text "“TRADITIONS AND THE NEW NORMAL”" is written in a large, bold, serif font. Below the portrait, the text "JOSE ANTONIO M. SALUD, MD, FPCS" and "PAST PRESIDENT, 2020" is written in a smaller, sans-serif font.

PCS Lifetime Achievement Awardee

Florentino Carpio Doble, MD, FPCS•

Florentino Carpio Doble, MD, FPCS, a general surgeon from Botolan, Zambales, a Legend of the Knife and Past-President of the Philippine College of Surgeons (PCS) posthumously received the PCS Lifetime Achievement Award at the 85th PCS Foundation Day last September 12, 2021. He is the thirteenth recipient of this most prestigious award.

Dr. Doble, or “Manong Boy” as he was fondly called, graduated from the Faculty of Medicine and Surgery of the University of Santo Tomas and pursued his postgraduate General Surgery training at the University of Santo Tomas Hospital. After completion, he began his career as surgeon, surgical mentor to younger colleagues and educator as professor of the faculty. He led the UST-based Medical Missions Inc. to medical-surgical missions in different cities/ provinces of the country and was elected President of the UST Medical Alumni Association in 2000. For work related to his alma mater, he received awards of appreciation but the most special was being bestowed the title of Surgeon Extraordinaire by colleagues of the Thomasian Alumni Surgical Society.

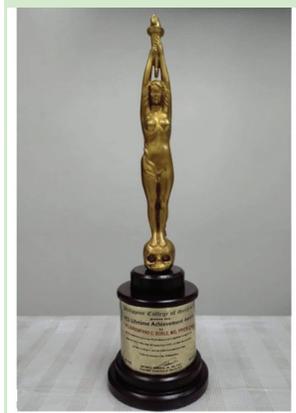
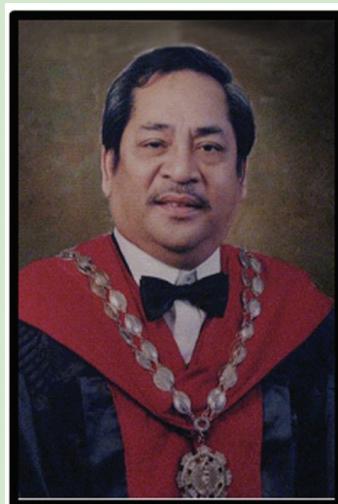
He became a Fellow of the College in 1975 and had actively contributed to the work of the PCS for all these years. Among others, he has served as member or over-all chairman of the Committee of Conventions, Ethics and Judicial matters, Nominations, Trauma, Visitation, Outreach services and Surgery in Unvisited Regions for Education (SURE) for which he was chairman from 1984-1990. Dr. Doble actively participated/ attended every Clinical Congress since his induction. He served in different positions, was President of the PCS Metro Manila Chapter in 1995 and finally, PCS President in 1997. He was selected as one of the Legends of the Knife and given the honor of giving the Gregorio T. Singian Memorial Lecture during the PCS Annual Clinical Congress in 2012.

Dr. Doble served in different government hospital institutions most notable of which was at the East Avenue Medical Center where he was Chairman of the Department of Surgery from

1994-2002, Chief of Staff in 1999-2001, Chief of Clinics in 2001, Medical Director in 2004 and Chief of the Medical Professional Staff from 2002-2009. He was still “Manong Boy” to colleagues but “Tatay” to trainees and employees. He also served the Department of Health (DOH) and Philippine Health Insurance Corporation at varying capacities.

He was appointed to the Professional Regulation Commission (PRC) in 2004 as member of the Board of Medicine, Chairman in 2008 and finally, Over-all Chairman in 2014. He is the only doctor to have held the position in PRC history. As chairman, Dr. Doble represented the country during the 8th Meeting of the Regional Comprehensive Economic Partnership Trade Negotiating Committee and the Philippine- European Free Trade Association Negotiations in 2015.

Throughout his remarkable career, he was a member of numerous other medical, surgical, professional and socio-civic organizations locally,



nationally and internationally contributing greatly through organization, administration and education for which he received numerous honors/ awards. He founded the Philippine Foundation for Breast Care, Inc. to help indigent patients get the valuable care they need. At his beloved Botolan City, he helped establish and served as first Medical Director the Kainomayan primary hospital which, after his passing, was renamed to the Dr. Florentino C. Doble Memorial Hospital.

Manong Boy passed away in Portland, Oregon in August 31, 2018. He was a husband, father, brother, missionary, surgeon, educator, mentor, leader, and a fierce, fierce friend. His family, wife Marilou, daughter Maripaz Corazon and sons Leo Angelo, Marlo Thomas, Adrian Dennis, (Jon Derek+), and Paul Henri proudly accepted the reward in his behalf.

• **Author: Leo Angelo D. Doble, MD** •

Legend of the Knife

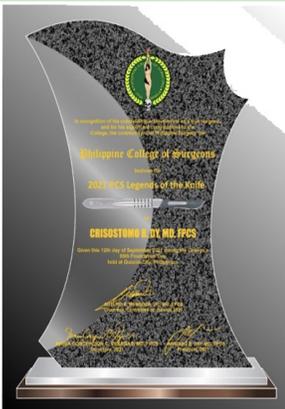
Crisostomo B. Dy, MD, FPCS

Dr. Cris Dy, as he is popularly called, is known foremost of all for his passion and dedication to teaching his residents. Many of his previous residents recall making rounds with him lasting for 2 to 3 hours, always finding the opportunity to teach them the holistic approach to patient care. When he was the training officer back then, he would give them mock exams almost daily when they were preparing for their oral board exams. There have been claims that “ the extent of dissection of Dr. Dy is the finest that I have witnessed anyone had ever done”. As one

colleague, Dr. Stephen Sixto Siguan, puts it: “ As a surgeon, he is an intentional educator with a definite goal in mind - that of making sure that the residents think more critically rather than just possessing information. He always speaks his mind out to drive a point no matter how unpopular his views are taken by the majority. His insightful commentaries are obviously missed if he is not part of a conference. More than his superb technical skills, his brilliant guidance on how trainees ought to learn surgery is no doubt Dr. Dy’s most durable contribution to the surgical discipline in his lifetime.

As a friend, he always support us in all our endeavors no matter how inconvenient it is for him. He is devoid of malice and tries to look out for our ultimate good. To sum up most of his excellent attributes as a friend, I can attest to his unwavering sincerity and loyalty as a true friend. May God give him a long life to positively impact this generation.”

• **Susan Verallo, MD** •



Legend of the Knife

Armando C. Crisostomo, MD, FPCS

Despite having numerous achievements which so few are able to attain in a lifetime - a multi-scholastic awardee, a Medical Board topnotcher, a renowned colorectal surgeon, a dedicated researcher, an inspiring academician and mentor, a musician, a past PCS President - to mention a few, personal encounters with this Master of the Knife 2021 Awardee surprisingly reveals a fairly well-grounded, simple man who remains modest and unpretentious. That is Dr. Armando Crisostomo.

Dr. Crisostomo finished his Pre-Med studies at UP Diliman graduating Cum Laude. He then decided to go to Medical School at the UP College of Medicine where he also graduated with honors as Cum Laude and was also awarded the Most Outstanding Medical Graduate of 1981. He did his Internship at the Brokenshire Memorial Hospital, Davao City where he was chosen as the Most Outstanding Intern in 1982. Taking the Medical Board Examinations that same year, Dr. Crisostomo ranked No. 4 among the Top 10 of newly licensed physicians that year.

Returning to the University of the Philippines, he did his General Surgery residency at the UP-PGH from 1983-1987, becoming Chief Resident at his final year. In an interview, Dr. Crisostomo admitted, “In reality, Surgery was not my first choice. My first role models were internists – Endocrinologist like Dr. Augusto Litonjua and Cardiologist like Dr. Andres Reyes. They were articulate and legendary teachers. Also, early in my clerkship, during my first rotation and in my first blood extraction on a patient, my hands were shaking like crazy, so I never thought I would have the steady hands for a surgical career. My first role model in surgery was Dr. Ramon de Jesus or DJ as we called him with his immaculate white gown and white shoes!”

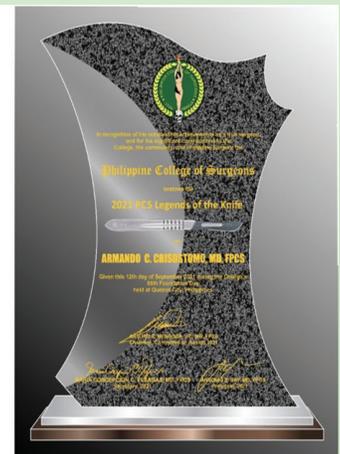
“The tipping points for going into surgery were: 1) clinical clerkship in Surgery at PGH where I was recognized as one of the outstanding clinical clerks and 2) Internship in Brokenshire Hospital in Davao where I had the privilege of working with the father and son tandem of Dr. Virgilio Durban Senior and Junior. Dr. Durban Senior or as we called him ‘Tatang’ was one of the pioneers in

surgery in Davao City. Once, he asked to look at and grasp my hands. And he noted ‘You have the hands of a surgeon!’ Dr. Durban, Jr. or Toto, as we called him, would often ask me to assist him.”

He added, “Surgery then appealed to me because I felt that surgery provided a real ‘impact’ on the lives of our patients. Unlike Medicine (especially those with chronic illnesses), wherein they never seem to really get ‘cured’ of their illnesses”.

Dr. Crisostomo completed his Fellowship in Colon and Rectal Surgery at the UP-PGH in 1988 and underwent further Fellowship training the following year at the UK and USA.

Dr. Crisostomo is the past President of the Philippine College of Surgeons, the Philippine Society of Colon and Rectal Surgeons, the ASEAN Society of Colorectal Surgeons, the immediate Past Executive Director and Examiner of the Philippine Board of Surgery. He is a consultant in General



and Colorectal Surgery at the Manila Doctors Hospital, Our Lady of Lourdes Hospital and St. Luke's Medical Center, BGC. He is a member of several professional societies including the Manila Medical Society, Philippine Medical Association, Philippine Association of Training Officers in Surgery, Philippine Association of Endoscopic Surgeons, the Surgical Oncology Society of the Philippines and the Asian Surgical Association.

He remains active as an academician at the UP-PGH being a Professor of the Division of Colorectal Surgery, Department of Surgery, the Vice Chancellor for Research and is currently the Chair of the UP Manila Technical Working Group on Addiction Sciences. He was the Coordinator for Training and Research in PGH (1990-1992), Chair, Office of Extension and Continuing Education (1995-1997), Editor-in-Chief of the UP Manila Journal (1995-1999), Assistant Director for Health Operations (1997-2000), President, UP Medical Alumni Society (2005-2006), Overall Chair, PGH Centennial Celebrations Committee and Associate Dean for Planning and Research, UP College of Medicine (2012-2018).

Beyond the confines of UP-PGH, Dr. Crisostomo served as the Executive Training Officers of the Department of Surgery at the Manila Doctors Hospital (1990-1994) and at the Dr. Jose Reyes Memorial Medical Center (1996-1997). He was Chairman of the Philippine Board of Colon and Rectal Surgeons (1998-2000) and President of the Philippine Society of Colon and Rectal Surgeons (2000-2002). Dr. Crisostomo was the Chairman of the Philippine Board of Surgery in 2006 and has been the Executive Director since 2008. He served as President of the Philippine Association of Training Officers in Surgery in 1998-2000. He likewise was the Founding Secretary of the Philippine Association of Endoscopic Surgeons from 1992-1994. Dr. Crisostomo was also elected as President of the ASEAN Society of Colon and Rectal Surgeons from 2004-2007. He has been the Editor-in-Chief of the Philippine Journal of Surgical Specialties (PJSS) since 2009.

Dr. Crisostomo has served a lecturer, speaker, resource person, reactor, panelist in approximately

400 scientific meetings and conventions all over the country and abroad. He has published and presented 82 scientific papers in both local and foreign publications in the following areas: Colon and Rectal Surgery, Trauma, Surgical Infection, Surgical Education and Patient Safety. He has also served as an organizer and facilitator of numerous workshops, symposia and post-graduate courses for the Department of Surgery, UPCM, PGH, the Philippine College of Surgeons, the Philippine Board of Surgery, World Health Organization, Department of Health and other professional organizations.

For his take-home message to his younger and future colleagues in Surgery, Dr. Crisostomo has this advise to give, "Never stop learning and educating yourself. Find your genuine area of interest and pursue it relentlessly. If necessary, take educational courses or enroll in postgraduate degree programs (like a Masters or PhD). Regardless of the field or degree program, all of them will be able to enrich you and provide you a wider perspective and provide you so many intangible skills that will serve you in good stead as you rise in your professional career. Be active in your respective communities and professional organizations. Now is the best time to do so. With the online platform being used extensively to conduct meetings, gone are the days when we had to endure the horrendous Manila traffic and floods just to attend PCS meetings. Even surgeons from the provinces can become actively involved and become officers as well. Nurture your 'soft skills' as well. These will be the tipping points towards a successful career: empathy, communications skills, teamwork, good judgement and decision-making, leadership, etc. Show appreciation to all those with whom you have had the privilege to work with, most especially the 'little people' or support staff like the assistants, secretaries, technical staff, etc. People who do the little things to make our life more bearable and less difficult. Continue to pray and have faith in the Lord!"

• **Marcus Jose B. Brillantes, M.D., FPSC** •

Legend of the Knife

Ramon L. de Vera, MD, FPCS

Our Legend of the Knife Awardee 2021 has always been a consistent honor student. He kept in mind what a mentor used to tell him: No one dies of hard work.

After finishing third in his high school class, Dr. Ramon de Vera took his Pre-Med studies at the University of Santo Tomas where he graduated Magna Cum Laude in 1975. He then decided to pursue Medical School studies at the same Thomasian institution where he likewise excelled, graduating Cum Laude in Doctor of Medicine. He took his Internship at the Santo Tomas University Hospital where he soon realized, after further exposure to hospital duties and rotations, that his “mind was more inclined on (the) surgical specialties.”

Shortly after hurdling the Medical Board Licensure Examinations, Dr. de Vera applied for Surgery Residency training at the UP – Philippine General Hospital. Because of his due diligence, he was consistently assigned as resident monitor and he was awarded for four years in a row as the Most Outstanding Surgical Resident (1982-1986). He was appointed as Chief Resident in his final year of training. Completing his surgery residency, he took and passed the written and oral qualifying examinations of the Philippine Board of Surgery the following year.

Dr. de Vera embarked on further specialty training in Esophageal and Gastrointestinal Surgery at the Toronomon Hospital, Tokyo, Japan under the mentorship of Prof. Hiroshi Akiyama from August – December 1988. He then additionally pursued specialty training in Ultrasound and Surgery of Hepatobiliary, Pancreas at the National Cancer Center in Tokyo in 1990. Five years later, he returned to the same institution to get adjunctive training in Esophageal, Gastrointestinal Surgery, Ultrasound.

At the Philippine General Hospital, he is the Chief, Division of Hepatobiliary & Pancreatic Surgery, a position he has held since 2000. In the

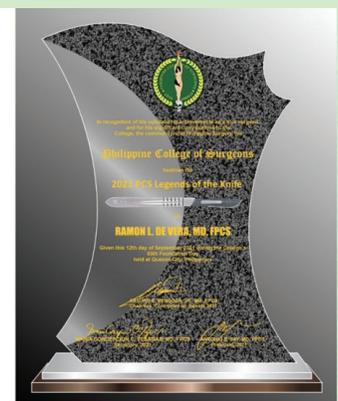
Philippine Board of Surgery, he has been a Board Examiner since 2003 and was appointed Chairman in 2016. He is likewise very active in the academe as Professor at the UPH-DJGTMC since 1988 and at the UP-PGH College of Medicine from 2009 up to the present.

He has served in various organizations in several positions. He was member of the Board of Directors in the Philippine Association of Endoscopic Surgeons (2000-2005) and the Philippine Society of Ultrasound in Clinical Medicine, Inc. (2006-2007). He was elected the first President of the Philippine Society of Ultrasound for Surgeons in 2008.

Dr. de Vera is the author and co-author of several research papers published locally and internationally. He continues to be resource speaker in several workshops, symposia and conventions, numbering close to 50 and counting.

In giving counsel to younger surgeons, Dr. de Vera, who is known to be religious is quote from a well-known Gospel passage by St. Luke: “To whom much is given, much will be required.” (Luke 12:48). Another advise he gives to younger colleagues is, “Strive to excel. Be diligent.”

• **Marcus Jose B. Brillantes, M.D., FPCS** •



Legend of the Knife

Ray B. Malilay, MD, FPCS

He finished his Medical Degree in 1980, graduating Cum Laude, at UST. He underwent his Residency Training in General Surgery from 1982 to 1986, also at UST. He has served as the Section Chief of General Surgery at UST, and as Training Officer of the Department of Surgery at Chinese General Hospital and Medical Center. In 2004, when most venerable surgeons would have been content to rest on their laurels, he finished a Masteral Degree in Health Professional Education, graduating Magna Cum Laude. He has served as Chair of the Philippine Board of Surgery, as the Governor of the Philippine Chapter of the ACS, and was the founding President of the Philippine Society of Breast Surgeons. He is currently a professor at the UST Faculty of Medicine and Surgery, and still serves as the immensely involved and hardworking Chair of the Department of Surgery at MCGH.

Facts alone already paint an impressive picture. However, to appreciate the measure of this great man, we must go further. Here, now, are some Truths about Dr. Ray B. Malilay:

He is a Provider, in the fullest sense of the word. It was my privilege to spend five years training under his discipline and generosity. Allow me to share some of the things he gave us.

Dr. Malilay provided nourishment. He recognizes that a residency program – like any army – marches on its stomach, and fed us accordingly. In his quiet, unpretentious fashion, he loves to feed people, and additions are always welcome at his table. Conferences are physical and mental meals. First, he furnishes a hearty lunch, and then grills residents for dessert. The amount one managed to eat would depend on how prepared one was to answer questions. If you survived the Q&A, you gathered the shreds of your dignity around you and returned to the buffet for seconds.



Dr. Malilay provided acknowledgement. It's an instructive pleasure to watch him interact with patients; encounters pervaded by respect, unhurried gravitas, and holistic concern. His residents are regarded with similar attention. He makes a point of knowing your parents, your partner, your siblings, and anyone else of significance in your life. By virtue of being important to one of his residents, these people then became important to him.

Dr. Malilay provided opportunities. He encouraged ambition, and gave serious career advice to every senior. If a resident confessed a dream that seemed out of reach, *Aut inveniam viam aut faciam* became his motto. At local and international conventions, he introduced us to giants. He paved the way for careers, for training, for advancement. It is said that the greatest achievement of a teacher is to enable his students to surpass him. While none of us have managed to accomplish that quite yet, he resolutely showed us the way to do so.

Finally and more personally, here are some of the things Dr. Malilay taught me: to appreciate talent and originality; to venerate those who master their art; to respect and cherish patients. That food is the great unifier. That there will always be someone better than you, but to still do your best. That anyone can recover from a setback. That admitting a mistake is not shameful, but that refusing to learn from it is. That everything is better with a sense of humor.

• Kathryn Cecille Umali-Gomez, MD •

Legend of the Knife

Luisito A. Simpao, MD, FPCS

A native of Pampanga, where he resides and where he served a long and fulfilling surgical career, Dr. Luisito A. Simpao obtained his medical degree from the University of Sto. Tomas Faculty of Medicine and Surgery in 1960. He then went on to obtain his General Surgery residency training in what was then known as Pampanga Provincial Hospital (now Jose B. Lingad Memorial and Regional Hospital/ “JBL”) from 1963-1969.

His long and storied career commenced in two main centers in Pampanga, in Jose B. Lingad Memorial and Regional Hospital, where he served as the Founding Chair of the Department of Surgery, and at the Angeles University Foundation College of Medicine where he served as Associate Professor III and as Chair of the Department of Surgery of Angeles University Foundation Medical Center.

Known for his antics, it is never a dull moment with DR. LUISITO A. SIMPAO around. As a professor, he is well loved by the students because he always tried to simplify the complicated basic knowledge in Surgery such as Fluids and Electrolytes and Physiologic Response to Injury. If you had the pleasure of encountering Dr. Simpao in the classroom, you eagerly await the jokes he would crack while delivering his lectures. Generations of his former students would then see him again at the Jose B. Lingad Memorial General Hospital where he served faithfully as Chair of the Department of Surgery for more than 30 years.

He was never absent in the Admitting Conferences which begins the day of every surgical resident at JBL, which he religiously attends every morning. Seeing how precious each day is, he would see to it that everybody would have something new to learn before the conference ends. These learnings need not be just about the academic or theoretical aspect of the varied surgical conditions, but even those that are not written in the books but essential to surgical practice such as compassion in patient care and the commitment to excellence. He often tells his trainees the value of continuing medical education by asking us to bear in mind that “50% of what you know now may not be true anymore 5 years from now.” In a lot of instances, Dr. Simpao would remind his residents and the graduates of the training program that Residency Training is not about just teaching the surgical skills, but also involves the application of theoretical knowledge with the attitude of striving to become a safe surgeon. You often hear him say “You can always teach a monkey how to operate, but the good surgeon will know when to operate, the better surgeon knows when not to operate, and the best surgeon knows the application of both principles.”

He would often push to bring out the best in us for every task that he would assign. In doing so, he would remind us to work on projects that will benefit a great majority of the people, especially those who are less fortunate. And while doing that, we would always feel that he is just behind us to help us out. Any surgical resident who lags behind, he would jokingly and gently rebuke and label as “natulog sa pansitan” or the “kamote (sweet potato)”; but he would never be one to berate or let anyone be left behind, rather, he would inspire by words and by example. You would rarely hear him raise his voice in a conference, but you would often hear him trying to stir your conscience with his trademark sarcastic remarks.

He is well loved and respected by all residents, graduates and by colleagues in the medical profession. On several occasions, he was elected as President by the PCS Central Luzon Chapter, the JBLMGH Employees’ Association and the Pampanga Medical Society. And since he is well admired, he is a favorite Ninong in every wedding of residents and graduates.

Truly a man of dedication and compassion, Dr. Simpao and his smart antics will always etch a mark in the heart of every medical student and surgical residents and graduates.

• **Alfonso C. Danac, MD and Karen B. Latorre, MD** •



Legend of the Knife

Ramon R. Panlilio, MD, FPCS, FACS, FPSGS

A native of Pampanga, Dr. Ramon R. Panlilio began his medical career after obtaining his medical degree from the University of Sto. Tomas Faculty of Medicine and Surgery. He then daringly ventured into training in General Surgery at The Alexandria Hospital in Alexandria, Virginia and served as Chief Resident in 1956-1957. He likewise did a rotation in Sibley Memorial Hospital in Washington, DC. Upon completion of his training he came back to the Philippines, where he served a life both in distinguished surgical practice and education.

Many would recall their first encounter with DR. RAMON R. PANLILIO as a student of Angeles University Foundation School of Medicine. Having served as Chair of the Department of Surgery for both the Medical Center and the University, it was always a very memorable moment. A tall, bearded fellow who walks steaming with pride, DR. PANLILIO could always command respect and yet stay friendly to a lot of people. As a teacher and a mentor, he selflessly shared his knowledge and expertise to all of students and residents, especially the value of surgical skills in times of emergencies. Of course, that would be followed by his story of how he saved a life of an individual while inside a building when he did emergency cricothyroidotomy using a pen during his tenure as a surgical trainee in the US. This would then be followed by him showing his students a news article published in a U.S. Newspaper. And as you encounter him in the Surgical Clinics, he would always remind the students the value of rectal exam in the complete examination of the surgical patient. He would always state that there are only two absolute contraindications for the doing the rectal exam - the physician without fingers and the patient with no anal opening.

Dr. Panlilio proudly displays in a signboard near his clinic "US Trained Surgeon". And he has all the

right to do so because he is one of the only few and probably the first Fellow of the American College of Surgeons in Pampanga. After finishing his Residency Training in General Surgery in Virginia, USA, Dr. Panlilio returned to his hometown to serve its people. During his active surgical practice, he would dedicate one day in a week for doing free surgery to indigent patients in his private hospital, especially those with Cleft Lip and Cleft Palate. He even engaged the services of Balikbayans who would silently do free surgeries without much fanfare. One can sense his fulfillment as he sees his patients proudly smile after surgery.

We would see him religiously attending the weekly Department Conferences smartly dressed in his long sleeves and tie. And throughout the discussion, we would hear from him the theoretical, practical and the humane aspect of managing the surgical patient. And since JBLMGH is a government facility, he would always remind the residents the value of treating the charity patient with compassion, making sure that the dignity of the patient is preserved, even as they are labelled as charity cases.

A surgeon who is also well respected by medical students and his colleagues, Dr. Panlilio has also shown great leadership having been elected as President of the PCS Central Luzon Chapter and the Pampanga Medical Society. And as we gather in the dining table during social gatherings, he would tirelessly share his stories and antics about his surgical training and practice. And for every story, it will always end up with him emphasizing on the principles and values that one should remember for a lifetime.



• Alfonso C. Danac, MD and Karen B. Latorre, MD •

The Meaning of Fellowship

• Francisco Y. Arcellana, Jr., MD, FPCS •
PCS President, 1999

(Before being officially accepted into the Philippine College of Surgeons, the inductee is asked to attend the convocation for initiates. This was a tradition started in 1991 during the presidency of Dr. Willie N. Lagdameo. It is meant to introduce the PCS to the incoming Fellow and past Presidents of the College are invited to take part of the program. This year's online program featured Dr. Francisco Y. Arcellana, Jr. who gave the following speech.)

Greetings. I feel honored to deliver this inspirational talk in this 30th convocation for the 2021 initiates since its inception in 1991. I would like to thank Dr. Rhoel de Leon, former regent and chair of the membership committee, and other officers of the College for this invitation.

I hope I can do justice to the task at hand within the time frame given to me. Actually, you as a unique group of highly competent incoming fellows should no longer need any inspiration if indeed you have the right reasons and motivation to join our organization and if you feel strongly right now you are deserving to become fellows.

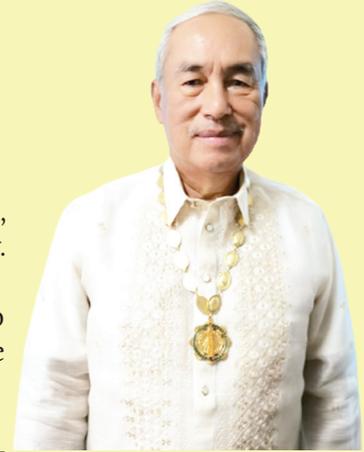
Significance

Your acceptance to the College and being conferred fellowship is not just an added honor or a feather on your cap, or just another diploma to gain operating privilege in an urban hospital, or just a tacit permission to jack-up your professional fees.

It is much more than that. It is the pinnacle of your achievements in your surgical career. It is more significant than your Philippine Board of Surgery certification. The PBS gives a validation of your academic competence and training in Surgery. It is an examination in two parts and if you study religiously and hard enough, you can pass it. It might even take five takes but you will pass it because there is no limit to the times you take it provided you don't give up. It is an important exam but a mere stepping stone to fellowship.

To be a fellow of the PCS means you have undergone two years of practice as an honest,

competent, compassionate, and ethical surgeon. You shall have been observed objectively by your peers, your patients, the hospital, and your community. These are high standards required to be a fellow. I am sure you went through all these processes. So, feel proud and happy you belong to the selected few. The PBS certification is a measure of your academic competence and preparation. Fellowship is the measure of the surgeon as a human being.



Ethical considerations

As you set out to practice in earnest, make this soft bound blue book (PCS Code of Ethics) your Bible. Not Schwartz, not Christopher's textbook of surgery.

In these hard economic times specially because of the pandemic, there is great temptation to liberalize indications for elective surgery. And the most common unethical act of surgery, with or without a pandemic, is the performance of an unnecessary operation. Enshrined within the Declaration of Principles of our Code of Ethics are the Latin words, "primum non nocere"- first do no harm. Whenever you perform an unnecessary operation, the procedure will potentially harm the patient. Examples are: operating on a silent gall stone in the elderly with plenty of co-morbidities, doing excisional biopsies on young women for fibrocystic disease, operating on gynecomastia on a patient in puberty, removing a small solitary thyroid cyst, and incidental appendectomy during hysterectomy. These are all unnecessary and best handled by observation and surveillance. Hard economic times or an empty OR schedule or lack of

cases for the training program are not indications for surgery. Surgical operations have clear-cut indications. Therefore, when you do an unnecessary procedure, it reflects on your competence and ethics. You are either incompetent or unethical or both.

Another area of practice related to empathy and compassion is the charging of professional fees. The fee should be commensurate to the nature, magnitude, and degree of difficulty and delicateness of the operation. It depends on the geographic location and the common practice in the hospital or community. Lastly, as implied in the Oath of Hippocrates, the fee should be adjusted to the patient's economic station in life. I do not believe in charging a single fee for a procedure for all patients. We fellows should let our expertise be available for everyone regardless of the patients' station in life. So, a tiered fee schedule or a little socialized pricing is a good idea. But do not undercut your colleagues by quoting a ridiculously low fee. Give value and premium to our work that it deserves. At the same time do not overcharge the rich. Follow the Golden Rule. Your patients will be happy and refer their friends and relatives to you and your practice will grow.

I have been in practice for 46 years. After my residency in Milwaukee, Wisconsin under the program of Dr. Edwin Ellison, I started practice at Capitol Medical Center in 1975 and became a fellow of the PCS in 1976. Initially my colleagues in Internal Medicine and other specialties were the main source of my patients compared to my own patients by a ratio of 80:20. Now the ratio has reversed with the referrals a mere 20% and my own patients about 80%, during the pandemic. Of course, the total volume had also decreased because of the pandemic. Many of my previous "feeders" had retired, really slowed down, became ill or died. The current younger crop usually likes to refer to their contemporaries.

So be kind and considerate to your patients. Charge them fairly and judiciously and your practice will grow. Never harbor feelings of professional jealousy. You will just be unhappy. Each one of you will eventually have your own patients and a respectable share of surgical work in your hospitals.

One of the favorite quotations from Pres. John F. Kennedy was taken from his inaugural address in 1960. "Ask not what your country can do for you, ask what you can do for your country". Translated into our PCS circumstances, ask not what the PCS can do for you, ask what you can do for the PCS.

Discover your strengths and interests then join any of the numerous standing committees and commissions grouped into four clusters. Like mentorship, our relationship should be a two-way street. We learn new and innovative things from you, you learn from our maturity and life-long experiences. Grow with us. Grow with the PCS!

Lastly, I would like to remind everybody that you are first a physician before you are a surgeon, and you are first a Filipino citizen before you are a physician. This is implied in one of the statements of our Fellowship pledge, "I shall perform my civic duties as a citizen of the Republic of the Philippines." We cannot always hide behind medical neutrality and the Hippocratic Oath oblivious of what is going on like the proverbial ostrich burying its head in the sand. Our responsibilities are not limited to just taking care of our patients and remain so called neutral. There are times when we must take a moral stand. We cannot remain neutral in the face of evil. There are times when we cannot be fence-sitters any longer. For fence-sitting is silent acquiescence. And silence is complicity, lack of character, and opportunistic.

For there are social and political dimensions of ill-health that can be so severe and pervasive that these affect our work and unfairly handicap us to deliver the health care expected by our suffering countrymen. A low health budget, corruption in the high echelons of government, and plunder are just a few of the current examples. Our collective voices must be heard and we should speak Truth to power.

Good luck in-coming fellows. I hope some of my messages may resonate as you embark on your practice with renewed vigor and inspiration as new fellows of the College, as we continue to battle the pandemic, and as we go through a period of deep reflection and discernment in selecting our new national leaders in 2022.

Thank you for your kind attention.

SLEEP

• Vietrez David Abella, MD, FPCS, FPSGS •



The Author

“Sleep in Heavenly Peace...

Sleep in Heavenly Peace...”

Six hundred or so days of The Pandemic is rolling to a close. (Or is it?) The nip of cold is in the air. The Season of Advent is upon us. So why haven't we brought out the Jose Mari Chan soundtrack yet? All those Christmas mall decorations somehow seem contrived, designed to lure the masses into holiday rush and spending to mitigate some of devastating economic losses of the Christmas past. Though the Covid numbers are falling, and the stock indices are rising, in some parts of the world there is talk of “The Winter Surge,” as ominous as Kingdom of the North's icy proclamation that “Winter is coming.”

In the six hundred days of The Pandemic, the World Wide Web burned with terabytes of petabytes of data as we video-called, attended Zoom meetings and conferences, Tik-tokked, and binge-watched on K-dramas. Let's reclaim that silence by tuning off from whatever device has been our best friend during the Coronavirus Passover, unplugging, and removing those earbuds.
Silent Night

And when after hacking through the digital buzz, we come upon that clearing in the forest, upon that pond of stillness...what comes to inhabit our minds?

We must be wary of the seven-headed Hydra of pride-greed-wrath-envy-lust-gluttony-sloth that lurks at pounce-readiness to occupy the emptiness of the just-swept room of the mind.

“When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting place, but it finds none. Then it says, “I

will return to my house from which I came. When it comes, it finds it empty, swept, and put it order. Then it goes and brings along seven other spirits more evil than itself, and they enter and live there, and the last state of that person is worse than the first. So it will also be with this evil generation” (Matthew 12:43-45).

To slay the Hydra we must put on the armor of humility-temperance-kindness-patience-chastity-charity-diligence that Pope Gregory the First unleashed in 590 AD. Didn't those virtues go out of fashion with the seventh century?

How easy is it to be humble, when our present culture celebrates excess?

How easy is it to control thoughts, actions, or feelings, when the world encourages spontaneity and giving in, and vices of sex, drugs and rock and roll are just a tap of an app away?

How easy it it to be kind when bashing and trolling are enabled with the protection on an anonymous account?

How easy is it to be patient when fast-food, -fashion, and -friendships are the on-line orders of the day?

How easy is it to be chaste, when that c-word is synonymous with old-fashioned, out-of-touch, extreme right conservatism?

How easy is it to be charitable when we have been reprogrammed to that “I” and “1” are the same?

And how easy is it to be diligent when the working class is not to be aspired to, and easy money celebrated?

Holy Night

This culture of excesses has birthed to stresses and illnesses that manifest: heart disease, stomach problems, asthma, diabetes, obesity, headaches, depression and anxiety, Alzheimers. In our drive to get it all and have it all, we speed up from zero to a hundred in a blink and to the brink; THEN spend a fortune to buy back health and bargain for a few more days of life. We spend top dollar to get that weekend of self-pampering in a destination island, forgetting that oasis of calm in the eye of a storm.

All is calm

Ironically, all the energy and light that humanity now generates, that are enough to brighten cities' nights into days, has only dimmed our vision. Compounded by the Zombie-apocalypse haze of the present pandemic, the nightly news churns out doom and gloom and the last scene showing our boat sinking in the darkened horizon. But that, my friend, is the challenge of the season: to find the right, coveted item after cutting through layers and layers of bubble wrap and tear-resistant plastic, after several weeks of nerve-wracking wait for an online order. Read through the rising and the falling and the rising of PSEI to know that, indeed, at the end of that long, dark tunnel is that mystical yellow brick road.

All is bright

After stumbling and groping and losing focus, let's put on those multi-focal lenses and put back our gaze to the Reason for the Season. The many -isms have taken us mind body soul and spirit

into visions of utopia, a perfect and just society, that unfortunately is not within the realm of THE WORLD. There is only Heaven, and it is not just a future state. Trite as it sounds, there IS heaven on earth. And it is not the heaven of the five senses, of sound, smell, taste, feel, or sight.

Weren't we told to count our blessings? It is the best cure for the blues and the jeebies.

Thank God I am alive!

Thank God that I can move!

Thank God that I can think!

Thank God that I have today to be a better person!

Thank God I can choose to love, choose to be patient, choose to be kind, choose not to envy, choose not to boast, choose not be proud, choose not be rude, choose not to self-seek, choose not to be easily angered, choose not to keep a record of wrongs.

Thank God I can choose not to delight in evil, choose to rejoice with the truth.

Round yon Virgin,

Mother and Child,

Holy Infant so tender and mild,

Sleep in Heavenly Peace,

Sleep in Heavenly Peace.

(Stille Nacht by Franz Xavez Gruber and Joseph Mohr, December 24, 1818)

Thank You COVID-19

• Tamarah P. Cristobal, MD, DPBS •



Though the Coronavirus pandemic is far from over, the global rollout of vaccination programs gives us a hopeful start to a new saga in our lives wherein social distancing and self isolation could be a thing of the past. It is not close to being completely eradicated but after almost a year and a half of patience, self control, and wishful thinking, millions have been vaccinated, and we are now slowly being given a glimpse of what it feels like to slowly easing back in to our normal lives. Though it was not an easy hurdle for most of us, others have been gifted with a much needed break from their chaotic lives and have benefited from the advantages of going into isolation for an ample amount of time. But man, true to form, is very social in nature. And long periods of isolation may have served its benefits in its early days but there will be moment when the blissful silence of being alone will sound like a deafening sound of misery. And man, being the social butterfly that he is, will crave for the moments wherein the company of others brought out the best memories of his life.

Personally, I enjoyed the first few months of ECQ because being the introvert that I am, I was able to do less work without worries and have more time for my hobbies which I did not have when I was still working like there's no tomorrow. I was able to read a lot of books on my TBR list, finish a lot of video games that were halfway played, and binge watch a lot of shows that I have been wanting to see. It was a much needed and deserved break from my hectic life and it allowed me to enjoy the things that I forgot I loved doing. It made me reconnect to who I am prior to my new self who was burdened by all the responsibilities of a working individual. But like any other human being, this pandemic has forced me to recognize how I miss being around others as well. It was heaven for a few months but brought a deafening silence soon after. And like most people, I could not wait for everything to go back the way it was pre-pandemic. The advancement of technology made it easier

in a way for doctors to carry out their task and continue serving those who are in need of medical attention. To say that I miss doing a proper rectal exam is hilarious to some but imagine watching a patient spreading his anal area in your laptop screen just so you can see his thrombosed hemorrhoids. I unfortunately have been accused of watching “pornography” through the countless pictures and videos of body parts in my laptop and phone, and explaining myself was way more embarrassing than accepting that I miss doing the the proper physical exam. I once was able to diagnose a patient via telemedicine of Acute Appendicitis with the help of his own hand doing the abdominal exam. It was frustrating to say the least because I had to rely on someone that I could physically see through the screen but could not feel, and burden that person of the responsibility of doing it right.

Technology may have its advantages during this time, but I was at awe with its power up until I realized that it could certainly not replace the art of seeing and touching the patient in person. Though it gave me time to lessen my workload, it made me appreciate the art of seeing a patient face to face. How it builds a beautiful connection between a doctor and a patient and to be able to see the problem right before your eyes and be able to touch a patient's ailing part and arrive at a better conclusion. COVID may have given me some time off for a while and it also made me suffer when I got infected, but the greatest thing that it taught me was how much I loved my profession and my patients. When restrictions were slowly being lifted, I found myself spending more time with my patients and reconnecting with them in a more humane level. To see how they are doing despite the pandemic and letting them know that I am available to serve them and not being ruled by fear because their well being is just as precious as my own. To see them smile and appreciate the time that I rendered gave me a boost of motivation to be better and gave

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me a great deal of hope that for most physicians, this pandemic could not have come at a better time to remind us to go back to our roots our doctors and the very reason why we chose this profession.

The vaccinations for the lower age groups have already started and to say that my daughter was excited is an understatement. She woke up way too early to get dressed and was excited to go to the vaccination center at least an hour early to get the vaccine for her protection and because she knows it is one step closer to seeing her friends and classmates once again and enjoy the new hopeful days and take back the time that this pandemic has taken away from her youth. Just like her friends, they were happy talking about the vaccine and its effect on them and I am sure that they compared notes with their personal experiences and though it may not compare to a life changing event such as a graduation, this pandemic has taught them in a way to be grateful for friends that they may have overlooked and not appreciated and it also made them accepting of the changes that could happen anytime beyond anyone's control and learn to be resilient given the circumstances. Their experience could have also given them the realization that friends are better companions than gadgets and how they should treasure every single moment of their youth and not waste it on futile things. Confining yourself at home for a long time with a teenager is bound to create some tension. For those with two kids, it is bound to create chaos. For those with three kids or more, I know the feeling of peace that can only be achieved when hell freezes over. Quarantine may have taken a toll at parents and their children being enclosed in a confined space for a long time, but I think we have COVID to thank for for the memories that were created with our family during those times. Be it memories of activities brought about by boredom, or by conflicts, they will still remain fragments of beautiful memories that will take up space in our hearts and minds. It is not a matter of time well spent but just time being spent together. In a way, it helped us learn more about our children and them learning more about us because well, we have no choice but to be with them. And it never could have happened for some families without the helping push of this virus. Those who got inflicted with the virus learned how much their family means to them more than they are willing to admit. The love that one has for his or her family grows double in amount once

the realization of a possible sudden passing arises. Our children may have been kids during the entire term of this pandemic but I sure think that it will help mold them into more appreciative and loving persons once they go back to the outside world. It would make them learn who their true friends are what the true meaning of a good friendship is. This experience will teach them to value their youth and focus on their ideals and just have clean, healthy fun with friends during the prime of their lives. It would make them feel that in times of hardships, your family will always be there whether you like it or not, and whether they like it or not as well, because blood will always be thicker than water.

And for those families who have the unfortunate incident of losing someone to COVID and going through the difficult process of letting go of someone without saying a proper goodbye, the bond that it forges will be stronger than steel and though it may seem like a curse at first, the stronger relationship that is fosters between family members is something good to come out of a miserable event.

Though we are blessed to have a job ready at our dispense, a lot of people struggled to hold on to one and they had this pandemic to blame for that. While others never bounced back to what they usually do, this situation offered a new life to other people. Jobs were lost but doors for opportunities for new jobs and new options were laid open. Some finding it more fruitful than what they used to do before and some having regrets why they did not do well in the first place thus making them try harder in the future. A lot even found out that were once in a job that they did not love and the pain of losing a former job paved the way for a new career that they found more fulfilling and meaningful. Those who are once comfortable being in their own space were forced to look outside the box and find means to survive. Those who never had the time with their families now find themselves enjoying the benefits of working from home. Companies were given the realization that they should take care more of their employees and offer health benefits to everyone for them.

Not only are we thankful if we were able to hold on to our jobs but we learned to appreciate those people who work to make our lives easier and better.

We learned to be very thankful to the couriers who handle our parcels, the riders who deliver our food , the food industry workers who brave the pandemic just to serve, the health care workers who serve selflessly, and all the other frontliners who were brave enough to ensure our safety and well being. Those who were once arrogant were taught humility, and those who were once ill-mannered were taught good manners and learned to be thankful to everyone and help another person when in need.

Those who are social butterflies probably had the hardest time at the very beginning of this pandemic. The first few weeks could be tolerable, but for those who thrive with being with a lot of people, this is punishment at the highest level. Being surrounded by a lot of people can serve as a security blanket for most and being isolated could send them to bouts of anxiety and depression. Though there are people who take comfort in being alone, some could not tolerate it for just a few days and it could give them feelings of being unwanted and lacking motivation in their daily lives. But just as those who enjoyed isolation came to terms of feeling the need to be with others, those who felt the pain of being alone eased their way into it and eventually enjoyed the advantages of being with oneself has to offer. Since they are the “tell me who your friends are and I’ll tell you who you are” type, they have the tendency to lose their own identity and one’s true self because they did not have the courage to discover it on their own. While trying to figure out ways to relieve their boredom, some have discovered new passions for new things and found out hidden talents that were yet to be uncovered had it not been the power of COVID. They learned to stand on their own and believe that even if there is strength in numbers, you can stand as strong as an entire fleet if you just believe in all the great things that you can do. Some may have even found out the hard truth that not all friends are true friends and that there are only a handful of people that will truly help you and think of you when you are in need and in your lowest points. Thus, giving them a view of those people who should be kept and distancing themselves from those who are toxic. It gave a new meaning of friendship to a lot of people and made us realize treating those people who are true friends way better than we used to treat them and to spend more quality time with those people who truly mattered. They could treat this pandemic as a curse but it can also be their greatest teacher in the end.

This pandemic means a lot of different things to different types of people and it may have been dealt with differently by some. Some doing it better than most, but definitely pushed those who failed to try again and eventually rise above it in their own terms learning the life lessons that this disease handed to us. Thankfully, a lot learned about the importance of good hygiene and we learned to take care of our health and not take it for granted. Spenders became more thrifty and those who are tightfisted with money learned to enjoy the fruits of their labor. Workaholics learned to ease up on their work to enjoy life and those who are laid back most of their lives learned to work harder. Those who loved being alone eventually learned that people need people in order to survive and transformed themselves into more sociable people and those who rely mostly on other people learned that they can also find strength in one’s self and that you can also grow strong when you are alone.

Be it a bad thing or a good thing, the root of all these changes is brought about by the fear that COVID-19 gave us, the fear of dying and realizing that life is too short and that we may have to take a step back and look at our lives and try to enrich it for the better. A lesson is still a lesson be it given in a good way or a bad way and we should always be thankful for the opportunity to be given a chance to grow and foster into better human beings.

We have come a long way from being afraid with the invisible disease to being strong enough to fight it and hope for a better tomorrow. And now that we are on our way to hopefully getting everyone vaccinated, I hope and pray that when the time comes when we are given a new lease on life to start again, we keep in mind all the things that we have learned and remain grateful that we are one of the lucky ones who were given a chance to start over and learn from our experience. COVID may have been a real pain, but as much as we want to deny it, there are things and experiences that we should be thankful for because of it. If I were to make a banner to signify the end of this pandemic I would probably fashion it the same way town arcs greet everyone who goes in and out of their place. But instead of the the very hospitable goodbye greeting to come back again, mine would probably read, “Thank you, but don’t come back again.”



Innovativity In Us

• Benjamin Herbosa, MD, FPCS, FPAPRAS •

For every bad, something good comes out of it. So we say. Or is it now the opposite? Everything has become surreal: Granular lockdowns. Provincial lockdowns. RegularGCQ. Heightened GcQ. Modified ECQ. Helplessness. Anxiety. Hopelessness. Ayuda. Isolation. Vaccinations. Terms of which describe the magnitude of the prevailing, persistent and unending suffering of a nation and of many other nation states like us.

Survival is the goal but resilience is the key for us while we netizens of all countries withstand the continued onslaught of COVID and its variants. It has been that unimaginable in proportions and extent. There is the better side of COVID though, among those who put up the “community pantries”, the Bayanihan efforts that enumerate the helpfulness and heroism of people in their respective barangays to extend aid to their ailing neighbours, when they themselves are challenged and tested to the max. I would like to make mention about the Hospital on Wheels by PAPRAS’ very own member, Dr Juan Sanchez, which has gone beyond its limits. These people have truly responded and not just reacted to the need.

There must be something in the said activities I mentioned above that may have motivated those citizens. It certainly is not just money. Though monetary rewards will help, I surmise it is not the key or sole factor to make people help and even survive scenarios that we all experience today. Time and again, people have been tried, and people did rise to defy these difficulties. This is the intrinsic stimulus naturally found in many but remain felt yet unexplored by a few. It is the genuine interest in us that no amount of money can buy. This is the stimulus in human nature that needs to be discovered and cultivated then applied. This is creativity that

comes from inspiration, imagination and, more so, fulfilment. Again, no extrinsic type of stimuli or factors like cash prizes can “quench the thirst”.

As Doctors and surgeons, I have noticed we are truly gratified by the results we get, whether it be life saving or not. It is the uniqueness of being able to produce a positive outcome from a difficult task or procedure based on calculated risks that fuels us to strive more to learn more. This is the intrinsic type of stimulus inherent in us that drives us to achieve despite the odds. It was not really just the monies we get from the work as I had stated repeatedly. Obviously, we do not deny that as we are compensated, we are grateful too but the taste of victory and accomplishment was on what we have successfully hurdled and not on what was paid for. There is that craving in us for original, fresh and innovative solutions that we can control though may contain corrigible mistakes. But this is the personal and private space that encourages empowerment.

Many would think, as much like the game shows on television, that deriving money from a task is all that it takes. This is more often on the basis of mere luck than having the stroke of ingenuity. Other than engendering mendicancy and outright laziness on the populace, this scheme of luring people to “easy come, easy go” achievements will not end up empowering them but will more likely result in their enslavement.

Creativity is that form of power we should utilize and share. Sensible and passionate work is the key because it is from industriousness and sheer determination that products of the mind become unfathomable and endless. It will be bountiful even more when one is imbued with perseverance and persistence in the pursuit of one’s interests founded on correct convictions.

Association of Women Surgeons of The Philippines Year-End Accomplishments

• Joy Grace G. Jerusalem, MD, FPCS, FPSGS •

The Association of Women Surgeons of the Philippines continued to take up the challenge of providing continuous patient education and scientific programs for our Fellows even amidst this pandemic, under the able leadership of Dr. Anita C. Tarectecan and the AWSP Board of Trustees.

The year began with a public education / lay forum on cancers affecting women and children, in collaboration with the PCS Cancer Commission that was held last February 25, 2021, as part of the “Alliance for Life: Cancer Summit”.

On its second year, the Philippine National Cancer Summit, with the theme, “Laban Kontra Kanser: Kayang-kaya, kung Sama-sama”, was a joint project of the PCS Cancer Commission and Cancer Network Action Group Philippines (CNAG PH) in commemoration of National

Cancer Awareness Month. Dr. Anita C. Tarectecan, President of the AWSP, officially opened the event via Zoom made possible by the Telemedicine Network of the Philippines and ADP Pharma. Dr. Ma. Rica M. Lumague, Board Trustee, introduced the three guest speakers.

The first speaker was Dr. Maria Lilibeth Sia Su, Past President of the Society of Gynecologic Oncologists of the Philippines (SGOP), who delivered the lecture on cervical cancer diagnosis and treatment entitled, “Mga Dapat Alamin Tungkol sa Cervical Cancer”. She was followed by Dr. Hannah Angela D. Acosta, a Fellow of the Philippine Society of Breast Surgeons, who discussed the benefits of early detection of breast cancer in a lecture entitled, “Maagang Pagtuklas ng Kanser sa Suso”. Angelita Sievert-Fernandez, PhD, currently the Child Life Program Manager



of the Kythe Foundation, delivered the final lecture, where she talked about the work being accomplished by the Kythe Foundation, a non-profit, non-stock organization aimed towards improving the quality of life among hospitalized children with cancer and other chronic illness. Dr. Esther Saguil, Vice president of the AWSP, moderated the open forum that followed. Dr. Joy Grace Jerusalem, Board Secretary, served as Master of Ceremony.

In celebration of the Women's Month, a webinar lecture on Adult Vaccination, entitled "Bakunado Ka Na Ba?", was held last March 18, 2021 via Zoom Platform. Dr. Jennifer Ann M. Wi, an Internist-Pulmonologist and a Professor at the Lyceum Northwestern FQDuque College of Medicine, Dagupan City, shared her expertise on Adult Vaccination for our colleagues and patients.

The event was broadcast over Zoom, in partnership with ADP Pharmaceuticals, and Docquity. A total of 300 participants viewed the webinar live and received 300 views, to date, over at Docquity.

A webinar entitled "PREGGY BELLY ACHES: Causes of Abdominal Pain in Pregnancy" was held last May 27, 2021 to commemorate Safe Pregnancy Week. The event was graced by Dr. Florencia T. Miel, an Obstetrician and Gynecologist currently practicing at the Cebu Doctors University Hospital.

In her lecture, Dr. Miel delivered a comprehensive and exhaustive review of the common causes of abdominal pain during the course of pregnancy. An open forum followed whereby three cases representing the most common surgical causes of abdominal pain in pregnancy were discussed, namely, Acute Appendicitis, Acute Biliary Disease and Intestinal Obstruction. Three reactors joined Dr. Miel in the discussion of the different cases, they were, Dr Joy Grace G. Jerusalem, a General Surgeon; Dr Catherine S. Co, a Colorectal Surgeon; and Dr Karen B. Latorre, a Hepatobiliary Surgeon.

The session was hosted by Trustee, Dr Ida Marie T. Lim, with Trustee, Dr Hilda M. Sagayaga,

who ably moderated the Open Forum. Keynote messages were given by incumbent President, Dr. Anita C. Tarectecan, and Vice President, Dr. Esther A. Saguil, while Dr Maria Concepcion C. Vesagas, Trustee and current Board Secretary of the Philippine College of Surgeons, introduced the Guest Speaker.

The event was broadcast over Zoom, in partnership with ADP Pharmaceuticals, and Docquity. A total of 150 participants viewed the webinar live and received 847 views, to date, over at Docquity.

A webinar on Healthy Diet Plans "No Time to Weight: Fast and Healthy Meal Preparation for Busy People" was held last June 17, 2021. Chef Barni Alejandro, who co-owns The Sexy Chef, one of Manila's top diet food and healthy meal deliveries, was invited to share her expertise in the ins and out of healthy eating. Also present was Ms Stephanie Dorosan, one of the The Sexy Chef's in-house nutritionists and dietitians, to assist Chef Barni in answering specific queries on proper diet and food choices. Singer Actress, Ms Rachel Alejandro, also shared a short video to the delight of viewers.

The webinar had a total of 297 live viewers on both Zoom and Docquity, and has garnered 2597 views on Docquity via streaming. The event can still be viewed at the Association of Women Surgeons of the Philippines Facebook page.

In celebration of the 85th Foundation Day of the PCS, the AWSP held a webinar lecture last September 9, 2021, on Skin Care for Busy Ladies. The first lecture, entitled, "Aging and skincare by the decade" was given by Dr. Irene Gaile Robredo-Vitas, a Dermatologist. This was followed by a lecture entitled "Looking Young, Staying Young", given by: Dr. Rocelyn Ann P. Gannaban, a Plastic and Reconstructive Surgeon, about the common facial rejuvenation procedures for ladies on the go.

The webinar had a total of 95 live viewers on both Zoom and Docquity, and has garnered 69 views on Docquity via streaming. The event can still be viewed at the Association of Women Surgeons of the Philippines Facebook page.

The AWSP together with the PCS, through its Committee on External Affairs and Public Relations' regular radio program with DZRH entitled "Ang Galing Mo Dok" provided resource speakers for Breast Cancer Awareness last October.

The program was aired on the following dates with the following speakers:

October 10, 2021
Dr. Hannah Angela D. Acosta
Carlos P. Acosta Clinic, L. Manuel St.,
Daliao, Davao City
Lecture topic: "Breast Cancer Awareness"

October 24, 2021
Dr. Aldine Astrid Basa-Ocampo
The Medical City & Asian Hospital Medical
Center
Lecture topic: "Early Detection of Breast
Cancer"

Following a successful run last year, "Madibdibang Usapan Ukol sa Mga Sakit Ng Suso", a two-day lay forum for breast cancer awareness, a joint activity with the Philippine Society General Surgeons – Metro Manila Chapter, Philippine College of Surgeons Metro Manila Chapter and the Association of Women Surgeons of the Philippines were held on the following dates.

Day 1: October 16, 2021, Saturday, at 10 AM, with 157 viewers

Part 1

1st Lecture on "Imaging and Biopsy for Breast Cancer" Dr. Nicola Raphaela R. Tison

2nd lecture on "Sporadic and Hereditary Breast Cancer" Dr. Apple P. Valparaiso

Day 2: October 23, 2021, Saturday at 10 AM, with 97 viewers

Part 2

1st lecture on "Male Breast Cancer" by Dr. Edmund Cedric A. Orlina

2nd lecture on "Community-Based Breast Cancer Screening" by Ms. Giselle Arroyo

The AWSP concludes the year's activities with another thought provoking scientific Session on Gender Sensitivity in the Surgical Workplace to be held during the PCS Annual Clinical Congress. The session will be moderated by Dr. Ma Celine Isobel A. Villegas, with Dr Anthony Geronimo H. Cordero as speaker.

For orders, please call or send a viber message to 09178402598.

Deposit payment to:
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Account No. 00-40-500-572-15.

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PAPRAS Last Quarter Activities

• Benjamin Herbosa, MD, FPCS, FPAPRAS •

The past year and a half is a reflection of the resilience of humanity in the face of overwhelming challenges. Despite the pandemic, our members look to the future with nothing but hope and courage. We now prepare ourselves for living with COVID-19.

October marks the breast cancer awareness month. In conjunction, PAPRAS will be holding lay for a through its accredited training programs to increase general knowledge on early cancer screening and the possible reconstructive options for breast cancer patients.

On the days of October 2 and 16, the Philippine Board of Plastic Surgery successfully held their in-person written and oral examinations notably following strict guidelines and IATF health safety protocols. Led by Its chairperson, Bernard Tansipek, the other members of the PBPS came in full force to show their commitment and unselfish dedication to the training fulfillment of its aspiring trainees

to become Diplomates. The examiners with Dr. Tansipek were Doctors Briccio Alcantara (former Chair of PCS PATOS and Present Con 2 Program Director) Aser Acosta (former Con 1 Program Director), Eric Arcilla (former PBPS chair and current PGH Chief of Plastic Surgery), Anisette

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Librojo (former Con 1 Program Director), Catherine Asedillo (Existing training officer of Med City Plastic Surgery Section), Ferri David-Paloyo, Dale Abraham & Jay Estoya (Bacolod).

PAPRAS will also be taking part in the American Society of Plastic Surgeons meeting to be held in Atlanta, Georgia. Participants can also join virtually via online webinar platform.

On November 13, 2021, PAPRAS will be holding an echo conference from the residents who participated in the Smile Train 4th Comprehensive Cleft Care Workshop, with a discussion on the management of difficult cases such as palatal fistulas and cleft rhinoplasty by Dr. Roberto Flores.

As 2021 comes to a close, the 77th annual PCS clinical congress will be held. The PAPRAS scientific session is scheduled on December 9, 2021 as part of the congress. Participants can join the live session via online platform. The main speaker is Dr. Francisco Bravo who will share his insights on Decision Making in Plastic Surgery.



The accreditation committee, headed by Dr. Vincent Firmalo and Dr. Mel Anthony Cruz will be visiting all eight accredited training programs from Oct 13, 2021 to February 22, 2022 for review and reaccreditation status. This ensures proper supervision of our trainees and assessing adequacy of cases in the institutions to produce top notch plastic surgeons. Schedule of visits as follows:

October 13 – Consortium 1:

- EAST AVENUE MEDICAL CENTER (EAMC)
- MAKATI MEDICAL CENTER (MMC)
- RIZAL MEDICAL CENTER (RMC)
- UNIVERSITY OF THE EAST RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER (UERMMMMC)
- VETERANS MEMORIAL MEDICAL CENTER (VMMC)

October 20, 2021 – Consortium 2

- FAR EASTERN UNIVERSITY – NICANOR REYES MEDICAL FOUNDATION (FEU- NRMF)
- JOSE R. REYES MEMORIAL MEDICAL CENTER (JRRMMC)
- QUIRINO MEMORIAL MEDICAL CENTER (QMMC)
- ST. LUKE’S MEDICAL CENTER

October 27, 2021

- DE LA SALLE UNIVERSITY MEDICAL CENTER

November 10, 2021

- SOUTHERN PHILIPPINES MEDICAL CENTER

November 24, 2021

- UNIVERSITY OF SANTO TOMAS HOSPITAL

November 25, 2021

- PHILIPPINE GENERAL HOSPITAL-

PHKS 2021 Virtual Postgraduate Course

• Edsel F. Arandia, MD •

The Philippine Hip and Knee Society is proud to have successfully held this year's postgraduate course focusing on the knee using a virtual platform held last September 25, 2021 from 8am-5pm. Lectures were also available on-demand from September 25, 2021, 6pm until October 31, 2021 at 11:59pm.

The full and jampacked programme consisted of a stellar line up of speakers here and abroad.

The foreign speakers who graciously lent their expertise and knowledge included Pruk Chaiyakit (Thailand), Pang Hee Nee (Singapore), Ngai Nung Lo (Singapore, Christopher Mow (USA), Joan Leal Blanquet (Spain), Chih-Chien Hu (Taiwan), Philip Van Overschelde (Belgium) and Serge Perrot (France)

The local pool of speakers and moderators consisted of Drs. Edsel Arandia, Peter Bernardo, Marcelino Cadag, Jesse James Exaltacion, Ilustre Guloy, Raldy Herrera, Liberato Leagogo, Mike Muñoz, Nilo Paner, Jose Antonio San Juan, Jose Fernando Syquia, Andrew Tabberrah, Antonio Tanchuling, Jr., Herminio Valenzuela, Edward Wang and Jose Antonio Salud

To add buzz to the event, a generous line up of prizes for the raffle was added. The raffle is designed to encourage members to interact with the sponsors.



PHKS 2021 Virtual Postgraduate Course poster

8:00-8:30	Welcome Remarks	JOSE FERNANDO SYQUIA
8:30-8:30	Anatomy and Biomechanics for TKA surgeons	JOSE ANTONIO SAN JUAN
8:30-8:50	MIS Approaches to TKA: Is it Any Better?	JESSE JAMES EXALTACION
8:50-9:30	Patient Optimization for Knee Arthroplasty: Issues to Address	MARCELINO CADAG
9:30-9:40	Management of Severe Varus Knee	PRUK CHAIYAKIT (Thailand)
9:40-10:00	Management of Severe Valgus Knee	NGAI NUNG LO (Singapore)
10:00-10:30	Correction of Fixed Flexion Deformity	MARCELINO CADAG
		HERMINIO VALENZUELA
10:30-10:50	Out Patient TKA: Fast Forward to the Future	PANG HEE NEE (Singapore)
10:50-11:10	New Technologies in TKA	CHRISTOPHER MOW (USA)
11:10-11:20		JOSE FERNANDO SYQUIA
11:20-12:00	Case-Based Panel Discussion – Surgical Management of Knee Arthritis	EXPERT PANELISTS
		NGAI NUNG LO
		CHRISTOPHER MOW
		PRUK CHAIYAKIT
		PETER BERNARDO
		ANTONIO TANCHULING
		LIBERATO LEAGOGO
12:00-12:30	Lunch Symposium (Menarini) The Art and Science of Acute Pain Management Post-Operative Pain	Speaker – SERGE PERROT (France)
		Reactors – EDWARD H.M. WANG
		– JOSE ANTONIO SALUD
12:30-13:00	Break/Lunch	
13:00-13:20	Measured Resection vs Gap Balancing: Don't We All Balance the Gaps?	ILUSTRE GULOY
13:20-13:40	OR, PS: What level of constraint should you choose?	ANDREW TABBERRAH
13:40-13:50		RALDY HERRERA
SESSION – SURGICAL DEMONSTRATION OF TOTAL KNEE ARTHROPLASTY SYSTEMS		
13:50-14:10	NEXGEN Total Knee System (Zimmer Biomet/Ossum)	PROF NGAI NUNG LO (Singapore)
14:10-14:20	Q&A	EDESEL ARANDIA
14:20-14:40	U2 Knee Using "AO" Cutting Jig (Sinawal/United Orthopedic Corp)	JOAN LEAL BLANQUET (Spain)
14:40-14:50	Q&A	MIKE MUÑOZ
14:50-15:10	Revision TKA using U2 PSA System (Sinawal/United Orthopedic Corp)	PROF CHIH-CHIEN HU (Taiwan)
15:10-15:20	Q&A	HERMINIO VALENZUELA
15:20-15:40	Medial Pivot System (Pacific Surgical/Microport)	PHILIP VAN OVERSCHELDE (Belgium)
15:40-15:50	Q&A	JOSE SYQUIA
15:50-16:10	AXIS Knee (Orthopedic International, Inc)	ILUSTRE GULOY
16:10-16:20	Q&A	RALDY HERRERA
16:20-16:40	Wound Closure Techniques/ERAS	JOSE ANTONIO SAN JUAN
16:40-16:50	Q&A	NILO PANER
1700	Adjourn	

PHKS 2021 Virtual Postgraduate Course Programme



PHKS 2021 Virtual Postgraduate Raffle Prizes

Two types of raffles were done – The Daily Random Raffle and the Major Raffle Draw. Add to it the rebate for the registration fee for the first 10 registrants and to highlight the PHKS' 30th year, the 30th registrant registration fee is waived.

The Daily Random Raffle Draw criteria and winners are as follow

September 18 – **John Rey Go (CHH)** -- Fascia Gun Massager (Viatris – 9th visitor)
September 19 – **Simon Tiu (St Lukes QC)** -- UVC Sterilization Lamp (Cathay – 5th visitor)
September 21 – **Emmanuel Mata (TMC)** Bluetooth Speaker LED Alarm Clock (LeFort – 3th visitor)
September 22 – **Rey Dela Rosa (NKTI)** UV Box (OII – 2nd visitor)
September 23 – **Byron Gaffud** Allocacoc cup cooler and warmer (Sanofi – 6th visitor)
September 24 – **Juan Gabriel De Leon (QMMC)** Xiaomi HuoHou Wine Opener Gift Set (Getz – 8th visitor)
September 26 – **Jose Mari Dychioco** -- UV Box (MetroDrug – 7th visitor)
September 27 – **Jose Carlos Estil, Jr** -- Xiaomi Xiaoda UVC Sterilization Lamp (BFMC – 5th visitor)
September 28 – **Francisco Roura** -- Momax Q Pad Wireless Charger (Germany Pharma – 8th visitor)
September 29 – **Christopher Manipan** -- MarsWorker Cordless Impact Driller (Pacific Surgical – 2th visitor)
September 30 – **Fitzderick Zarate** -- Bluetooth Speaker LED Alarm Clock (Sinawal – 5th visitor)
October 1 – **Jose Carlos Estil, Jr** -- Momax Q Pad Wireless Charger (United – 1st visitor)

The PHKS Board 2021-2022 have endeavored to deliver a virtual postgraduate course that is interesting and educational just as how a face to face event would bring. It is our hope that we have delivered an educational and fun course.

Below are activities in the pipeline, as initiated by the PHKS Board, are equally interesting, fun and aim to add to our collective knowledge on arthroplasty.

- PHKS Masterclass series
- Research Forum
- Asean Arthroplasty Meeting
- PHKS Induction of New Members 2022

Keep safe!

Looking Ahead 2022



As 2021 nears completion, the POA joins its fellows in the hope that the scourge of this pandemic will soon be over. 2022 will be a milestone year for many reasons, one of which will be our distinct honor to be chosen as host of the upcoming Asia Pacific Orthopedic Association Convention in November. 24 member countries will be participating in this event, and we hope to highlight our

country and its ability to host such a large meeting. Preparations have been underway to ensure a smooth and successful program.

With this in mind, the 73rd Annual POA Convention will be held by mid-June of next year. There will be no midyear meeting for 2022, giving way for our annual congress. The POA will remain in constant touch with all chapters for more details but rest assured that our congress will still push through, together with our required Business Meeting and election of officers for

the succeeding year. Next year's scientific committee has already begun lining up interesting and relevant topics that will appeal to all POA Fellows as a source of current and applicable information.

Let us all continue to pray and work together as united Filipino Orthopedic surgeons to help our country control and eradicate this infection.

- Dr. Frederic Joseph F. Diyco
POA Vice President

Looking Back and Moving Forward: The Philippine Society of Otolaryngology – Head and Neck Surgery at 65

• Frances Mary C. Agustin, MD, FPSO-HNS •

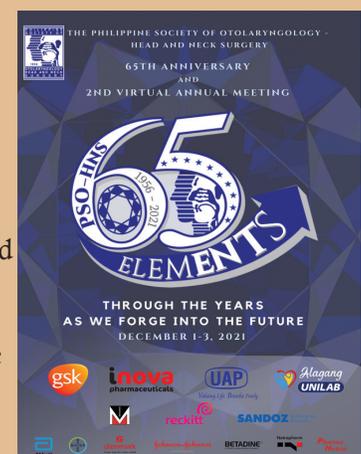
2021, much like the year that preceded it, brought with it a crisis – one that had tremendous impacts not just on the healthcare system, but also on the economy and on the human person. As we celebrate our 65th anniversary, the Philippine Society of Otolaryngology – Head and Neck Surgery (PSO-HNS) looks back on our rich history, with our founders and mentors serving as our beacons. We move forward with the intention of using our experiences from this crisis as an opportunity to learn, grow, and to adapt to the ever-changing needs of both our members and our patients. We remain steadfast in our commitment to build and nurture our members, all while keeping our advocacies in mind, and ensuring that excellent ENT care is brought forth to the public.

This year, to continue fostering learning and giving service even in the light of the obvious challenges of this new age, we have done away with old-world face-to-face events, and have gone virtual-heavy. Activities this year included the Virtual Midyear Convention hosted by the Central Eastern Visayas Chapter, with the theme “Staying Sharp with our Senses: The Aging ENT Patient”, held successfully last April 29 to May 1, 2021. Webinars, workshops, interhospital grand rounds, research contests, and scientific meetings also continued throughout the year, with the help of the different training institutions and study groups within the Society. Advocacies, such as Goiter Awareness Week, International Ear Care Day, World Sleep Day, World Voice Day, Head and Neck Cancer Consciousness Week, Deaf Awareness Week, Cleft and Craniofacial Awareness and Prevention Month, World Head and Neck Cancer Day, and National Thyroid Cancer Awareness Month were still observed by holding lay fora and webinars. Other advocacies, such as Sore Throat Awareness Day, and Ear, Nose, and Throat Consciousness Week remain to be celebrated this coming October and December, respectively.

Not forgetting its responsibility to the environment, the Society, together with the Philippine Academy of Rhinology (PAR), planted 500 seedlings at the La Mesa Watershed last August 1, 2021. This activity was done in cooperation with Bantay Kalikasan and the ABS-CBN Lingkod Kapamilya Foundation, who will assist in the continued care of the seedlings, and will ensure their survival.

In celebration of our 65th anniversary, the Society will be holding its 2nd Virtual Annual Meeting this coming December 1-3, 2021. Entitled “ElemENTS Through the Years, As We Forge Into the Future”, this year’s annual meeting stays true to our intention of looking back on the essential lessons, experiences, milestones, encounters, and tenets we have gathered over the past 65 years, and harnessing these as we move forward. With an impressive line-up of speakers and highly relevant topics, we look forward to imparting our members with innovations, procedures, and best-practices, enough to arm them for the next 65 years to come.

We now grow closer to ending the year 2021, albeit still in the situation very much like how 2020 ended – with people still in face masks and face shields, physically distanced, and weary about the future. Going into the third year of this pandemic, some of us have fallen, but many still stand strong. Much like the power and strength symbolized by the blue sapphire, the PSO-HNS will continue to stand strong and serve as a pillar for its members.



On the Pandemic and Learnings of a Resident in Training

• Ray Raphael Tan de Guzman, MD •

*Urology Resident IV
Vicente Sotto Memorial Medical Center
Cebu City*

*-A flower that blooms in adversity is the rarest of them all
- Emperor, (Mulan)-*

It is without doubt that in the rules of causality that a cause will often times lead to multiple effects and it is in this concept that we look at the current pandemic. It has become a prime mover of change within the last years. This pandemic has ushered a new era. It has changed trajectories of many lives. It has changed the priorities of many and it has even forced us to scrutinize the very essence of existence and the values which we hold dear.

The plague which has been afflicting the global community has been devastating and its hand has reached into every little nook and cranny of our lives. In fact, this pestilence has even taken some of the people we hold dear.

Devastating as it is, life will always find a way; and as Sir David Attenborough put it, “mankind is the greatest species of problem solvers”.

Our lives may have been curtailed by the different restrictions which have been put in place by the initiatives in order to stem the pandemic but it is without doubt that the common theme of prevailing through the odds are still at play. This basic theme are reflected by the resilience of the people and as such it can also be seen and reflected in how we proceed despite off.

Physicians are among the forefront warriors in this fight along with our frontline brothers and sisters. We have devoted ourselves when we took up the profession to help in the time of need and

together with this devotion, we also uphold our oath to prosper ourselves through learning and training.

The pandemic has ravaged all aspects of life as we know it and it is without doubt that that training programs for residency have not been in exception.

I cannot speak for residents for other institutions from other programs however I do believe it is safe to say that the feelings and opinions which I present here are of the common theme. I present to you the experiences with regards to learning and my training. I present the experience of a resident in training during the surge of the pandemic in the Southern part of the Philippines in Vicente Sotto Memorial Medical Center in Cebu.

When all of these started at the late part of 2019, it was but an idea; it never really occurred to me that this would go full on pandemic. Life has been placed on alert however no restrictions were in place until the first COVID related death was recorded in Cebu City; a lady who traveled from China died and everything changed. Restrictions were put in place and the lockdown was placed. Cases surged and rose to levels whereby even us surgeons were placed along side out internal medicine colleagues to man the COVID wards. We ceased operations and conferences. We became general physicians.

It was in this moment that I realized that the dream of becoming a urologist was now also becoming a victim of COVID. There was a standstill in its progress. It was at this moment that I wondered in how we will progress and if we can continue with the training program.

> 44

The greatest gift of man is that imagination has no limits and necessity is the father of invention. It is in this darkness that the dynamic Philippine Urological Association had the inception of the idea to move forward despite of; using advances in technology and with a little bit of imagination and an enormous amount of tenacity, the PUA found ways in order to push learning forward. It is in this seemingly bleak moment that a spark of hope was born.

In a consolidated effort by imaginative and dedicated personnel, the PUA has been able to initiate and conduct internet based conferences and meetings which were fruitful and safe. The PUA was able to hold an Annual PUA Convention online. This has never been done before and no one knew how it would result into however it was a success nevertheless. This act has then paved way to the plethora of web based learnings which followed suite.

This has been the inspiration whereby the Department of Urology of the Vicente Sotto Memorial Medical Center pushed forward; in order to maintain the requirements and to progress learning, web based conferences, web based reporting were put in place. The consultant staff has made incredible efforts in order to continue with our training and to assure our safety as much as they can.

Information access was at all time high despite of the pandemic induced restrictions; As a resident in the Visayas, never in my mind would I dream of learning the basics of Urodynamics from Dr David Bolong. Never would I have imagined hearing

lectures from Japan, Korea and the US with the amount of ease. Inter-hospital case conferences would have been different, never would have I imagined a corroboration of different Manila based institutions to have a case conference with our institutions for the south.

It is within the restrictions set forth by the pandemic that we have actually extended our reach. We have been able to do more even with the handicap.

Furthermore, it is without doubt that the imagination of the PUA and the Philippine Board of Urology has exceeded expectation when it was announced that the resident's in service training exam was to be held online; this was another first on the books and it was successful and thereby created a standard on its own. It was with this that the Philippine Urology Residents Association and the PUA also held its online in service examination review and this was very helpful.

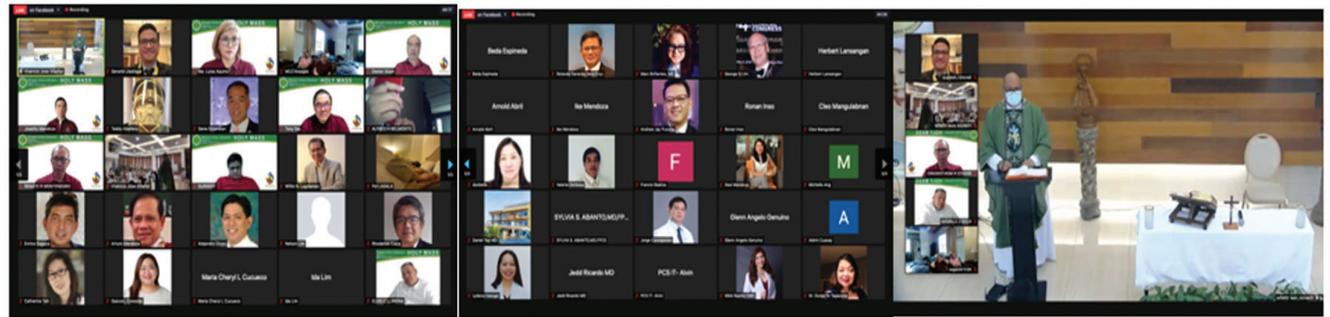
The pandemic has affected everything. It has reached into the very essence of what we are and forced us to question the very essence of what we are; and that we did. Each among us has reacted on a very personal level on a problem with a global encompass, we have had our share of ups and downs but we prevail nevertheless.

The PUA is a reminder that when a group of dedicated people share a common goal and tenaciously work towards this goal, with a little bit of luck and a whole lot of hard work, anything can be achieved and dreams can be a reality.

“Love (for PCS Cordillera) Never Dies”

• Gerarld P. Libatique MD, FPCS •
Chapter President

Virtual Participation in the PCS Week (Sept. 5-12, 2021)



Virtual Mass Sept 5, 2021



PCS Cordillera Chapter – Lupang Hinirang Video

Payong Mediko Mula Sa Experto
 in cooperation with DZWT 540 Radio Totoo



Dr. Mark Alvin Buliyat (DPBS and TCVS graduate) discussing LUNG AWARENESS AND LUNC CANCER August 29, 2021



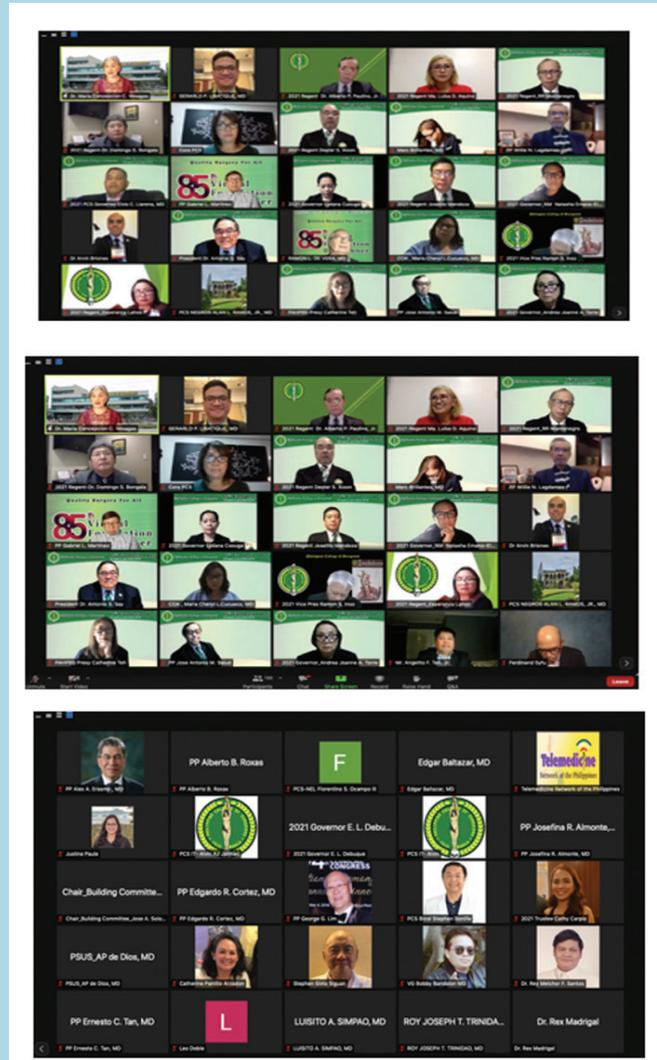
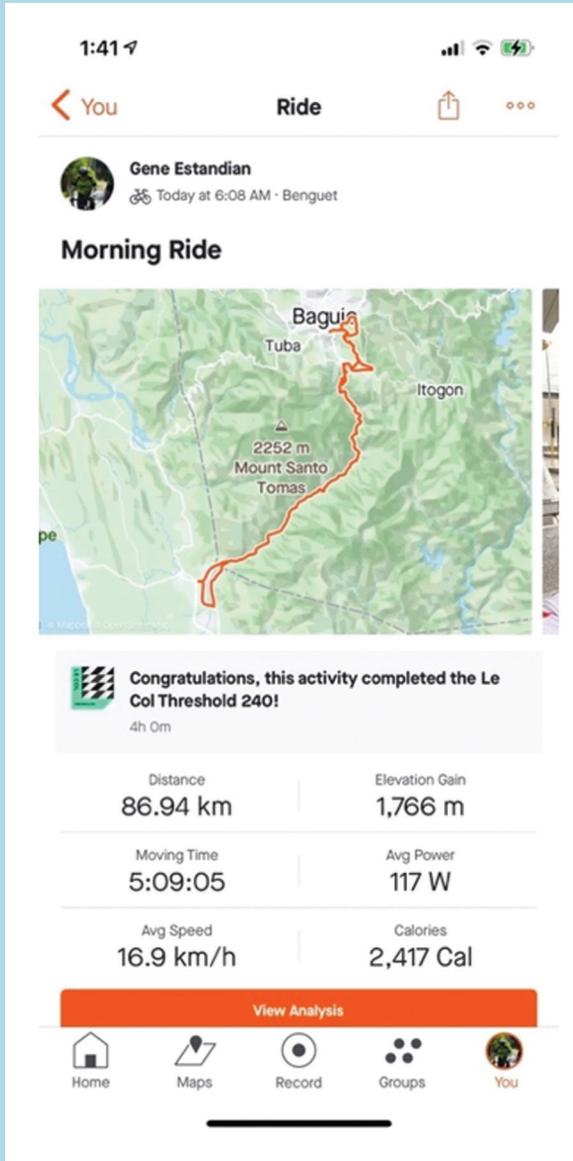
PCS Fellow Dr. Joey S. Lucas one of our Surgical Oncologists talking about Breast Awareness and Breast Cancer – Oct 31, 2021



Dr. Alfred Z. Laygo (General Surgeon) discussing Thyroid Awareness and Thyroid Cancer – September 26, 2021

PCS Padyak September 6-12, 2021

Fellowship Night Sept 12, 2021



Baguio Benguet Medical Society (PMA-BBMS) in collaboration with Local Subspecialty Societies Advocacy for COVID 19 Vaccination Drive

PCS Cordillera fellows and surgical residents participating with the Baguio-Benguet Medical Society in promoting and advocating Vaccination campaign and awareness for COVID 19.



November 2021 – Booster Dose

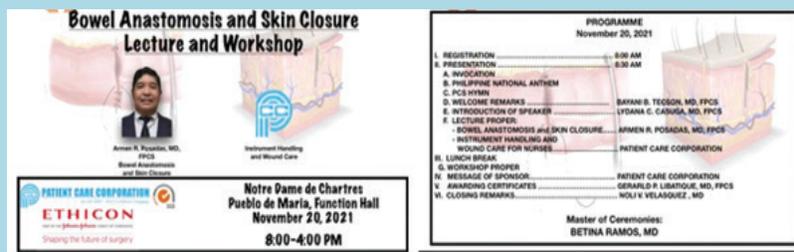
Officers' Meeting (Hybrid)



Monthly officers' meeting, October 6, 2021

Bowel Anastomosis And Skin Closure Lecture And Workshop, (Nov 20, 2021)

PCS Cordillera in cooperation with Notre Dame de Chartres Hospital and Product Care Corporation and Ethicon J and J hosting Bowel anastomosis and Skin Closure Lecture and Workshop for surgical residents.



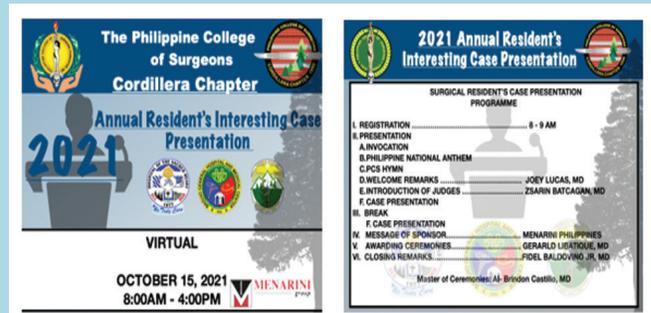
Rite Exam – Nov. 14, 2021

PCS CORDILLERA taking the lead in supervising RITE 2021 examinations for Region I, Region 2 and CAR surgical residents.



Annual Resident's Case Presentation 2021

PCS Cordillera in cooperation with Menarini Philippines hosting the Virtual Annual Resident's Case Presentation

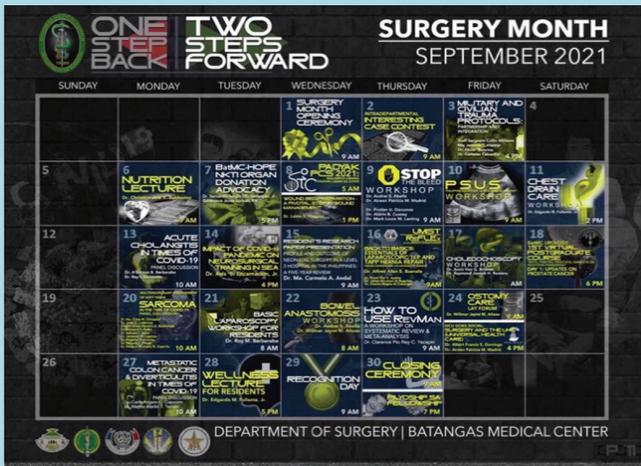


PCS Southern Tagalog: Wrapping up 2021 and Preparing for 2022

The PCS foundation week last September was celebrated by the STC chapter with various activities in the different private & government hospitals and training institutions all over the 5 provinces. To push it a notch higher, it was made by some institutions of the chapter to be a month long celebration filling up almost everyday with activities.

The month-long celebration was concluded with an on-line fellowship. The department's consultant staffs, residents, and alumni were entertained with trivias, games & raffle prizes.

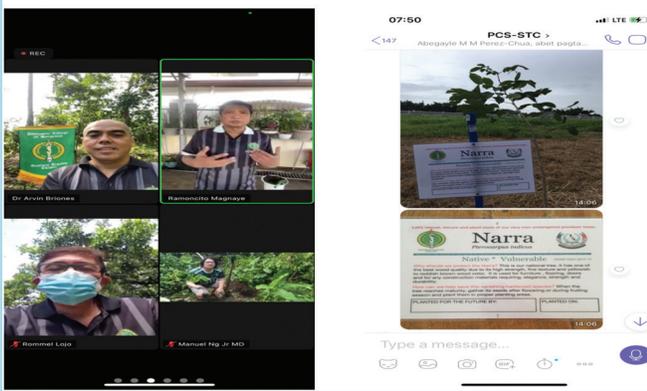
True to its commitment to re-populate the region with indigenous Philippine trees, the fellows had its 3rd quarter hybrid tree planting last Sept 12, 2021. After Mangroves in January and Kamagong in May, this time Narra saplings were given home by fellows at their own backyards.



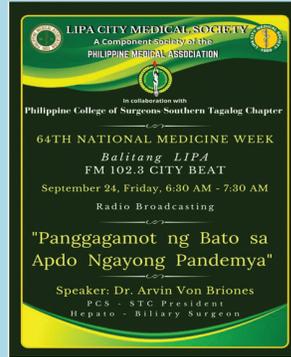
Foremost in this endeavor is the Surgery Month celebration of Batangas Medical Center. Headed by its Chairman Dr Alejandro Palines. Activities such as webinars on 13 topics, 7 different workshops, 2 lay fora, and 3 research endeavors materialized.



Though for those in Mindoro and Cavite, they found a common ground to plant together. A total of 50 Narra trees are expected to provide shade and freshen the air, years from now.



The Philippine Medical Association celebrated Medicine Week to which the PCS Southern Tagalog Chapter participated with the Lipa City Medical Society. A radio broadcasting was held Sept 24, 2021 at 6:30 in the morning. The title of the talk was, “Panggagamot ng Bato sa Apdo Ngayong Pandemya” by the author, a HepatoBiliary Surgeon.



The fellows of the chapter from the 5 provinces held simultaneous Padyak PCS last Sept 19 in each of their own provinces, albeit after the prescribed date of the college because of the heavy downpour in the CALABARZON area during the foundation week. Fellows from the chapter rode their bicycles and finished different distances in the different tracks of their respective provinces.

Philippine College of Surgeons-Southern Tagalog Chapter
in cooperation with the
Philippine College of Surgeons
presents

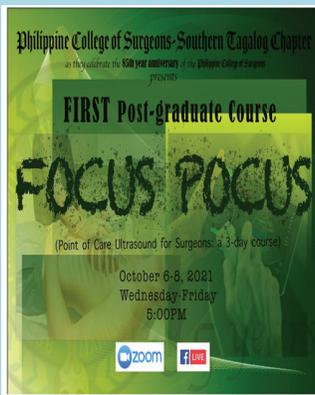
“PADYAK PCS-STC”
Kalayaan sa COVID
“Walumpu’t Limang (85) kilometrong
PADYAK ng SIRUHANO laban sa PANDEMYA”
(in celebration of 85 years of the PHILIPPINE COLLEGE OF SURGEONS)
SEPTEMBER 11, 2021 (SATURDAY)
5:00AM
(Greenwoods South, Batangas City; Orchard Estate,
Dasmariñas City; Cavite; Suqui-Palhi Loop, Calapan,
Oriental Mindoro)



#padyaksiruhano2021
#PCS85kmfor85years
#PCSlabansaCOVID
#PCSkalayaansaCOVID

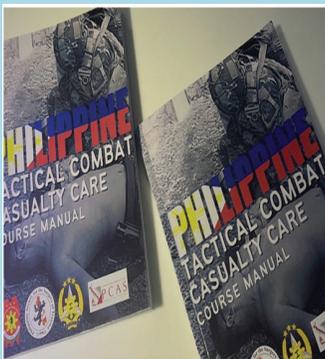



October 6, 7, & 8, 2021 proved to be another milestone in the history of Southern Tagalog Chapter. Entitled “Focus Pocus”, the First Post Graduate Course organized by the fellows was held. It aimed to teach and re-inforce the use of Ultrasound at the Point of Care. The 3 day webinar was graced by stalwarts of surgical ultrasound in the country, past presidents of Phil Society of Ultrasound in Surgery Dr Ramon De Vera & Dr Ricardo Quintos and current president Dr Alfred Philip De Dios delivered inspiring messages. Six Image Guided bedside procedures were lectured and demonstrated by authorities in their respective fields.



A handful of fellows of the chapter attended the virtual 2021 Annual Clinical Congress of the American College of Surgeons last Oct 23-27. Eight of our fellows were inducted into the college. They are Dr Sylvia Abanto, Dr Aireen Madrid, Dr Aldrin Cuasay, Dr Jesus Fernandez, Dr Razeac Bon Jara, Dr Mark Louie Lanting, Dr Jonald Nadal, and Dr Clarence Yacapin.

Another achievement of the chapter is the launching of a book spearheaded and authored by one of its fellows, Dr Allen Buenafe, past president of the chapter, together with another fellow Dr Aireen Patricia Madrid.



The book entitled “ Philippine Tactical Combat Casualty Care Manual”, was realized in collaboration with the Philippine Society for the Surgery of Trauma, Philippine Center for Advanced Surgery-Cardinal Santos Medical Center, the Philippine National Police, and the Armed Forces of the Philippines. The guest of honor during the launch last November 10, 2021 was no less than Pres Rodrigo R Duterte.

The Blood Donation Drive is one of the chapter’s activities that’s being done regularly at least 3-4x a year. Usually in cooperation with private or government hospitals, medical societies, and other NGOs. Last November 20, 2021 a blood donation campaign was organized by Dr Razeac Bon Jara at Metro Central Mall in Sta Cruz, Laguna. With him is past president of the chapter Dr Edgar Palacol.



The chapter has always regarded research as an important learning tool for us fellows, and for our surgical residents as well most specially. In order to further boost efforts for this, the chapter fellows together with STARS(Southern Tagalog Association of Residents in Surgery) organized a third research contest for the year. The first two were Interesting Case Contests last March 25 and Nov 9. The third held last Nov 23, 2021 has two categories: descriptive and analytical. Contestants were residents from the five training institutions in the region: Batangas Medical Center, General Emilio Aguinaldo Medical Center, Perpetual Help Systems, De La Salle Medical Center and Mary Mediatrix Medical Center.

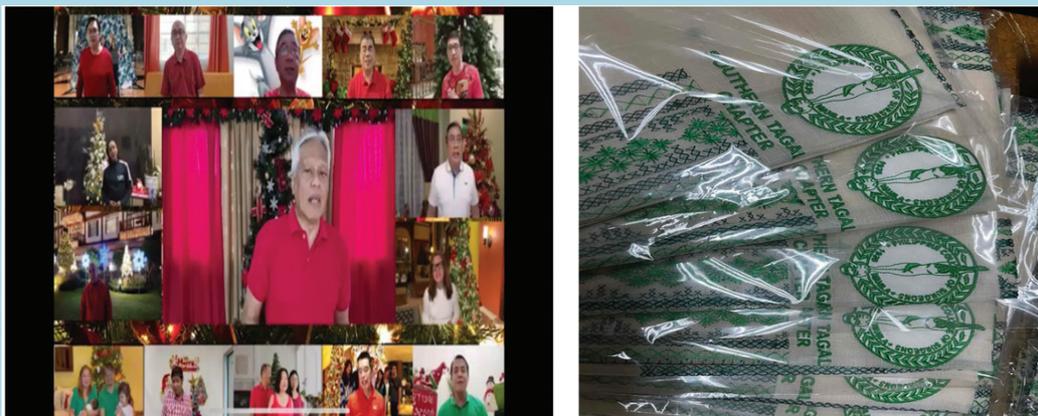
Trophies for the institutions and plaques and cash prizes for the winners were given.



November is Lung Cancer Awareness month as mandated by DOH. In support of this campaign, the chapter sponsored a webinar entitled “Lung Cancer in a Nutshell” last Nov 25, 2021. The lecture was given by Dr Abigail Garcia-Barrientos, a Medical Oncologist, based in Oriental Mindoro.



The last two months of 2021 saw the fellows of the chapter very busy preparing for this years Annual Clinical Congress. It is more special because one of ours and a past president of the chapter, will be inaugurated to carry the baton and lead the college in 2022. Fellows, singers or not, braved to be in front of the cameras. The Theater Guild Committee had its hands full for an exciting presentation for the Fellowship Night. The fellows trooped to tailorshops with their Piña-Jusi Barong cloth. Preparations are on the way for an Inaugural Dinner for the First Fellow of Southern Tagalog to become the President of the Philippine College of Surgeons.



In Memoriam

**Herman C. Ang, MD
Ernesto A. Rivera, MD
Irinieo P. Cases. MD
Dominator SA. Pedraccio, MD
Ernesto G. Acosta, MD
Santiago C. Aquino. MD
Paul Jesus Montemayor, MD
Catalino P. Victoria, MD
Leonardo A. Ona, Jr., MD
Antonio M. Montalban, MD
Allan L. Hilario, MD
Ciriaco P. Mendoza, MD
Ruben C. Sinfuego, MD
Felix H. Tambuatco, MD
Jaime P. Capco, MD
Renato C. Montenegro, MD
Ibarra R. Crisostomo, MD
Renato R. Espinosa, MD
Anthony S. Joson, MD
Nelson A. Cayco, MD
Anthony M. Toquilar, MD
Rossano DC Reburiano, MD
Reynaldo T. Layug, MD
Rolando R. Padilla, MD
Victor L. Yap, MD
Raul Winston P. Andutan, MD**