

PHILHEALTH ALAGA KA PROGRAM (March 21, 2018)

Alaga Ka was launched by the Philippine Health Insurance Corporation (PhilHealth) to provide the country with 14.7 million indigent families with greater access to primary health care service. This activity is collaboration between PhilHealth, DOH, and Local Government Unit to make sure that indigent member and those from the near poor segment of the population are properly instructed on how to avail of these basic health care services at the rural health units and health centers where they are assigned.

This activity is a clear manifestation of the government’s continuous caring for the less privileged by making primary health care effectively reach the poor through various services of DOH, LGU’s, and PhilHealth through its TSEKAP or Tamang Serbisyo para sa Kalusugan ng Pamilya. Thru TSEKAP poor families will be more empowered to see a doctor and demand medical attention even without an illness.

Last March 21, 2018 the Municipal Health Office together with Municipal Social Welfare Development Office and PhilHealth Olongapo Local Health Insurance Office held an Alaga Ka Program at Brgy. East Dirita, San Antonio, Zambales, we distributed MDR’s to NHTS – PR recipient and conduct a TSeKaP or Tamang Serbisyo para sa Kalusugan ng Pamilya, it provides consultation, and entitles them to a package of preventive and promotive services designed to keep them healthy and to detect as well any illnesses early on. Services include regular blood pressure monitoring.



Distribution of MDR’s with MSWDO Mrs. Corazon A. Zamora, Midwife Evangeline Ilao and PhilHealth Olongapo personnel



WORLD TUBERCULOSIS DAY – (March 21, 2018)

World TB Day Commemoration with this years’ theme **“WANTED LEADERS FOR A TB FREE PHILIPPINES: MGA ‘LODI’, PANGUNAHAN ANG PAGSUGPO SA TB!”** is observed annually every third week of March to pay tribute to the discovery of TB bacilli in 1882 which opened the way towards diagnosing and curing the disease. The national advocacy event has become a valuable opportunity for the *National TB Control (NTP)* and partners to raise public awareness that TB remains a major public health concern

Tuberculosis or TB is an infectious disease caused by bacteria called *Mycobacterium Tuberculosis*, and is transmitted from one patient to another person through coughing, sneezing, spitting. Lungs are commonly affected but it could also affect other organs such as the kidney, bones, liver and others. **TB** is curable and preventable, but incomplete or irregular treatment may lead to drug resistant TB or even death.

The Municipal Health Office in support for the advocacy regarding TB control program conducted an awareness/ lecture last March 21, 2018 at 1:00 PM Barangay East Dirita covered court for the members of NHTS (National Household Targeting System) of Barangays East Dirita, West Dirita and Antipolo respectively as well with the TB Focals assigned each barangay.



BHW ORIENTATION & REACHING EVERY PUROK ON MEASLES OUTBREAK RESPONSE
IMMUNIZATION & OTHER DISEASES PROGRAM – April 13 – 27, 2018

Reaching every purok provides a systemic outreach services aside from weekly health center based immunization and conduct regular defaulter tracking to minimize immunization gap and occurrence of diseases.

In reference to the increasing suspect measles cases this year, the 2018 Measles Outbreak Response Immunization will be conducted in accordance to the released Advisory 2018-010 of the Department of Health Regional Health Office.

Measles was estimated to cause mortality in more than 164,000 children in 2008, with most cases and deaths occurring during the course of outbreaks. It is a highly infectious, frequently seasonal viral disease characterized in settings of endemicity by epidemics of multiyear periodicity. The expanded use of a second opportunity for measles immunization through mass-vaccination campaigns in the community will contribute in the reduction of measles incidence associated with reduced community acceptance of large outbreaks.

This program started last April 13, 2018 as orientation for BHWs as they are the frontliners in every barangay. April 16-27, 2018 will be done on each purok of the 14 Barangays in the Municipality. The goal is to limit the spread of the outbreak, identify high risk groups or areas for implementing strategies to improve vaccination coverage and other control measures, assist in the identification and correction of weaknesses in immunization and surveillance, raise awareness in the community about the diseases and its prevention, monitor the changing epidemiology of measles and track the defaulters of measles vaccine aged 9-71 month old.



MOBILE BLOOD DONATION I – April 27, 2018

Voluntary Blood Donation Program is a continuing program of the Local Government Unit through the Municipal Health Office together with the Philippine Red Cross (PRC) and Department of Health (DOH) that promotes and encourages voluntary blood donation among the citizenry and instill public consciousness to the principle that blood donation is a humanitarian act. **The objective of the program is to provide adequate, safe and equitable distribution of blood and blood products.**

This year's first Mobile Blood Donation 2018 of this municipality –SAN ANTONIO, ZAMBALES will be held on April 27, 2018 at the new San Antonio Events Place (Municipal Health Center Extension, 2nd floor).

Simultaneous mobilization and recruitment and follow up of possible new donors and previous donors in the purok/barangay level by Barangay Health Workers, non-government organizations (NGOs) and other civic organizations.



NUTRITION EVALUATION 2018

Good and proper nutrition is a vital part in having a healthy life. Millions of people around the world however suffer from malnutrition. Malnutrition is the result of factors that affects people to be malnourished. Such example is socio-economic challenges like unemployment, for if there is no work there will be no proper food for the family, the other factor is poor hygiene practices.

Nutrition monitoring and evaluation is to determine and measure the amount of progress made for the nutrition intervention and whether the nutrition related goals/expected outcomes are being met.

The Provincial Nutrition Evaluating Team (PNET) conducted a Monitoring of Local Level Program Implementation (MELLPI) last April 30, 2018 in the Municipal Health Office with specific objective of the activity is to assess the efficiency of the local level plan implementation to ensure the extent of malnutrition prevalence reduction during the evaluation year 2017, and to determine the extent to which nutrition is integrated into the local development plans. The MNAO (Municipal Nutrition Action Officer) is tasked with the programs monitoring, coordinate and planning guided by the 2016 Philippine Plan of Action for Nutrition (PPAN) as blue print for all programs and activities.

All barangays are advised to be prepared for the evaluation but there will a random selection of three barangays to be evaluated actual in terms of reports and actual weighing of 0-79mos in the barangay level.



BNS with Mdm Amelia Edillorana from Provincial Dept. of Agriculture



BASIC LIFE SUPPORT TRAINING FOR HEALTH WORKERS

The Basic Life Support Training Course for Healthcare Providers is designed to provide a wide variety of healthcare professionals with the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

It is designed for healthcare providers and trained first responders who provide care to patients in a wide variety of settings, and teaches both single-rescuer and team *basic life support* skills for application in pre-hospital and in-facility settings.

This training outlines the different approaches when providing life support to adults, children, and infants, in order to minimize accidental harm being caused in the process of resuscitation. Furthermore, life support training explains how to recognize and respond to cardiopulmonary arrest, including safe usage of defibrillators.

This informative and interactive course provides all staff regardless of the role or service setting with the essential information and practical knowledge of dealing with common but life threatening conditions. Following the Resuscitation Council current guidelines for CPR, this course will have all participants leaving more confident in dealing with first aid emergencies.



With the supervision of the Trainor’s from Mariveles Mental Hospital headed by Dra. Ruby Reyes

MALARIA AWARENESS PROGRAM

Malaria is a life-threatening disease. It is typically transmitted through the bite of an infected Anopheles mosquito. Infected mosquitoes carry the Plasmodium parasite.

Elimination of malaria is referred as the reduction to zero of the incidence of locally acquired infection by human malaria parasites in a defined geographical area. Elimination programs require more technical malaria expertise than standard malaria control programs and are driven by natural expertise in malaria epidemiology and entomology.

This event helps informed people regarding the effects, symptoms and prevention malaria. Spread information on year-long intensified implementation of national malaria control strategies, including community based activities for malaria prevention and treatment in endemic areas.

Distribution of LLIN(Long Lasting Insecticide Nets) will be done to prevent the spread of malaria through a bite of an infected mosquito. These nets were treated by a chemical that affects mosquitoes. It will secure and assure families’ recipient of these nets from mosquito attacks that maybe a carrier of Malaria. These nets will last and will give protection for 3 years with proper use and care.

A vector entomological surveillance will be done as well to an area with residual vector populations and, presumably, malaria transmission. This will be done through a targeted barangay through animal bait. A trap will be set up on a place and where the study will be done and it will be placed within the trap for overnight to attract mosquitoes. This will allow them to continuously trap, collect and store mosquitoes for a period of time, Mosquitoes will removed from the trap chambers using aspirators, transferred into paper cups, and then anesthetized with a small ball of cotton wool soaked in petroleum ether to be done by the provincial malaria team and assisted by our municipal health office staffs. Collected mosquitoes will be travelled to RITM(Research Institute for Tropical Medicine) for further studies for any present vector in the area specifically malaria species.

