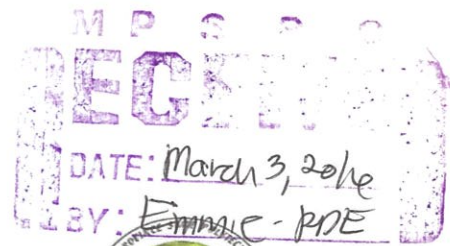




Republic of the Philippines
MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE
DEPARTMENT OF NURSING
Bontoc Campus, Bontoc, Mountain Provin



A

TERMINAL REPORT ON COMMUNITY HEALTH CARE PROJECT

MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE
TADIAN CAMPUS



Republic of the Philippines
MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE
BACHELOR OF SCIENCE IN NURSING



Activity Proposal

I. ACTIVITY IDENTIFICATION

Training Title: Community Based Health Care Nursing Project
Extension Component:
 ☒ **Training/Seminar/workshop**
 ___ Technology transfer and utilization
 ___ Technical assistance and advisory
 ☒ **Information Dissemination**
 ___ Community involvement/ outreach activities

Extension Program:
 ___ Agricultural Extension
 ___ Technical/Vocational
 ___ Continuing Education for Professionals
 ☒ **Others (Primary Health Care)**

Cooperating Agency: Local government unit of Tadian
Target Barangay: Poblacion Tadian
Implementing Department: Bachelor of Science In Nursing, MPSPC
Faculty Extension Worker: Bachelor of Science in Nursing Faculty and students
Trainers / Speakers: Bachelor of Science in Nursing Faculty and students
Number of Participants: 1,200 Expected participants
Participants: MPS PC Tadian Students, Faculty , staff and Community Residents
Venue : MPSPC Tadian College Auditorium
Date : February 22-24,2016
Facilitators: Nursing Faculty and Students
Budget: Php 12,600
Source of Fund: Extension Fund

II. Rationale:

It is a common observation that Health is being left behind by most people now a days. People tend to focus more on their profession, professional growth and financial aspect. They only address health when illness already exists.

Health promotion is a positive approach to resolve health issues. It is also an avenue for people to recognize and use the resources that is present in the community. Furthermore, the world health organization is doing it's best in refining and sustaining healthy individual. There are many programs that are being made for implementation in support for the quest.

Community health nursing as part of the program of the Bachelor of Science in Nursing offered by MPSPC has been an effective mechanism in the implementation of this programs leading to the attainment of a healthy community. Moreover, it contributes to the level of knowledge of the

community people in the pursuit for healthy individual and a high level of wellness.

The nursing department contributes in the realization of this endeavor through extension programs and projects. Furthermore, new trends and methodologies in the management of illness will be promoted to the community people.

With the above premises the nursing department endeavors for the conduct of a community based nursing care project.

III. OBJECTIVES:

The project gives an opportunity for the participants to develop/enhance their knowledge and awareness in the health care intervention. Knowledge acquired may contribute in decreasing morbidity and mortality rate in the province leading to healthy individual. Proper strategies and techniques in rendering community based care to sick individuals.

IV.METHODOLOGIES

The resource persons will be using visual aids, lectures, demonstration, power point presentation, focus group discussions and group activity to attain the objective of the activity.

V. V PROGRAM OF ACTIVITIES

Time	Activity	Person responsible
Day 1 February 22,2016	Health assessment	BSN Faculty and Students
Day 2 February 23,2016	Implementation (Herbary making)	BSN Faculty and Students
Day 3 February 24,2016	Implementation Symposium: Health Issues and Concerns	BSN Faculty and Students
	Registration of participants	BSN Faculty and Students
	Prayer	Relys Bocyong
	Philippine National Anthem	Jesusa Afuyog
	Welcome Address	Dr. Gregorio De Los Santos
	Common Illness and Indigenous Plants Remedies	Annebelle Wawey Student Nurse

	Break	
	Health Effects of Moma Chewing	Georgina P. Maskay BSN Faculty
	Lunch Break	
	HIV/AIDS awareness	Alfred O. Fomocao Jr. BSN Faculty
	Break	
	Open Forum	BSN Faculty and Students
	Impression from the Participants	Berlinda Pel-ingen
	Closing ceremonies	Berlinda Pel-ingen

VI. BUDGETARY REQUIREMENTS

1.1 Snacks and Meals

MPSPC COUNTERPART			COMMUNITY COUNTERPART		
Particulars					
15packs Lunch	P 120	Php 1800	30 packs	P100	Php 3000
15 snacks(2x)	P 60	Php 1800	30 snacks	P70	Php 2100
		Php 3600.00(x 3days)	Php 5100		
SUB TOTAL		Php 10,800			

Note: MPSPC will have their own budget for food and community will have their own budget for their food. The College Vehicle will be used by the students and faculty during the activity.

1.2Supplies

Particulars	MPSPC Counterpart		Community Counterpart	
	Unit Cost	Total Cost	Unit Cost	Total Cost
2 ream bond paper (long)	Php 250.00	Php 500		
1 8Gb Flash Drive	Php 500.00	Php 500		
1 cartridges hp 704	Php 400.00	Php 400		
2 cartridges Hp 704	Php 400.00	Php 400		
SUB TOTAL		Php 1800		
Grand Total	Php 12,600		Php5100	

Prepared:

GEORGINA P. MASKAY,RN-MAN
Chairperson, Nursing

Noted:

KIETH JIMSON B. MAG-USAN
Campus Extension Coordinator

Reviewed:


ELMER D. PAKIPAC
Director for Extension

Certification of Availability of Fund:


REXON T. DAMAYAN, CPA
College Accountant I

Recommending Approval:


ANNIE GRAIL F. EKID, Ed.D.
Vice President for Research Development and Extension

Approved:


REXTON F. CHAKAS, Ph.D
College President



Republic of the Philippines
MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE
DEPARTMENT OF NURSING
Bontoc, Mountain Province



TERMINAL REPORT

Title	: "Community Based Health Care Project"
Trainers/Speakers	: BSN Faculty and Student Nurses
Actual number of participants	: 580
Actual venue	: MPSPC Tadian Campus Auditorium Mountain Province
Number of days	: 3 days
Source of fund	: Extension fund

EXECUTIVE SUMMARY

The nursing students and faculty members arrived at MPSPC Tadian Campus safely. The student nurses with their faculty member have a pre-conference about upcoming activities. Aside from the upcoming activities, they also made a plan to be presented for the Executive Dean and to the School Nurse.

On the first day, the faculty members with their student nurses prepared for the courtesy call. They went to see Mr. Gregorio Delos Santos, the Executive Dean of MPSPC Tadian Campus and Ms. Jamailah Marquez, the School Nurse. They presented their proposed plans and executive dean suggested some additional topic for the proposed information dissemination and it was acknowledged. After that, they went to attend the flag ceremony. After the courtesy call, the student nurses proceed to the planned activity wherein they went for assessment which included the review of the students and employees health records to identify the common illnesses being experienced by them. After a long day, they were able to identify the common illnesses, these were, common colds, fever, diarrhea and hypertension. These common illnesses will be discussed during the planned conduct of information dissemination in the campus.

On the second day, the student nurses woke up early and prepared for the day's activity which is the making of the herbary. The physical strength of the nurses were put into test as they were to carry soil from the school arena which is more than a kilometre far from the site where they will make the herbary. Through their joint efforts a small herbary was made at the end of the day.

The 4th year student nurses together with their faculty members, Mr. Alfred O. Fomocao and Ms. Georgina P. Maskay conducted an information dissemination titled health issues and concerns on the third day. They discussed three topics: "Common Illnesses and Indigenous Remedies for Common Illnesses; "Health Effects of Betel Nut/Momma Chewing; and Sexually Transmitted Infection/ AIDS.

The registration started at 7:30 am. The program started with an opening prayer by Mr. Relys Bocyong. Followed by the Pambansang Awit conducted by Ms. Jesusa Afuyog and the MPSPC Hymn conducted by Ms. Meryll Arianne Joven. The Executive Dean of Tadian Campus, Dr. Gregorio Delos Santos opened the program by welcoming the student nurses and faculty members and extending his gratitude for conducting this seminar. He also emphasized that "an ounce of prevention is better than cure".

The first lecturer was a 4th year student, Ms. Annebelle Waway discussed the Common Illnesses that the students, staffs mostly experienced and the community residents of Tadian. The common illnesses were Common Colds, Fever, Diarrhea and Hypertension. She discussed the illnesses, causes, management and some complications of the illnesses. She also discussed the indigenous plants and the illnesses that it can treat. These plants were oyster plant/Bangka-bangkaan, Chayote/Sayote, Tomato/ Kamatis, Jack fruit/Langka, Walnut, Okra, Betel Nut/Bua, Bamboo/Kawayan, Sprout Leaf/Katakataka, Onion bulb/Sibuyas, Banana/Saba, Avocado, Pineapple/ Pinya, Sensitive Plant/ Makahiya, Papaya, Chilli, Periwinkle, Lemon, Lemon Grass, Oregano, Sambong, Aloe vera, Hibiscus/Gumamela, Poinsettia, Snake Weed, Tapioca and Swamp Cabbage/Kangkong.


The next lecturer was Ms. Georgina P. Maskay, the chairperson of the nursing department. She discussed the health effects of chewing momma/betel nut. She emphasized the diseases that one person who is chewing momma can acquire. The diseases she mentioned that one person can acquire was asthma exacerbation, hypertension and tachycardia. She also mentioned that they will be experiencing tooth and gum disease, bad breath, mouth sore and sensitive teeth. They will be experiencing also discoloring of the lips, sore throat, difficulty in movement of jaws and tongue, rashes or irritation of tongue, burning sensation on lips and tongue, mouth ulcers and gum rotting which leads to tooth loss. But the most serious was they are high risk in cancer of the liver, mouth, esophagus, stomach, prostate, cervix, and lung cancer.

The last lecturer was Mr. Alfred O. Fomocao, Jr. a clinical instructor. He discussed about the STI/HIV/AIDS awareness. He discussed who were the vulnerable in acquiring these disease. He discussed how this sexually transmitted infection can be acquired. He also emphasized that there were curable and non-curable sexually transmitted diseases and shown some pictures about this diseases. Lastly, he shared an information regarding on the preventive measures in that particular disease.


After the three lectures, the open forum was started and their questions was entertained and answered confidently. Some instructors also asked some questions.

Ms. Berlinda Pil-ingen was task to close the program. She closed the program by expressing her gratitude and appreciation for conducting a seminar and for sharing some knowledge. She also requested the participants as well as the organizers and speakers to give an impression to the activity. Ms. Dulalhin expressed also her gratitude for doing an information dissemination and for the awareness that the speakers have lectured and she wanted to request another workshop for the preparation and the proper dosage of the herbal plants. Some students also stated their evaluation by saying their gratitude because they learned a lot.

Prepared By:


PRECIOUS W. LAMBINO
Class President, BSN IV

Noted By:


ALFRED O. FOMOCAO, JR.
Faculty Member



Students (Babes, Venice & Emily) who celebrated their birthday in MPSPC-Tadian Campus during our first night.



Dinner at the Campus.



Mr. Alfred O. Fomocao, Jr. & Mrs. Georgina P. Maskay were giving comments and suggestions on the power point presentation of the students.

DAY ONE (February 22, 2016)
--Health Assessment--



Student nurses who were ready for the day's activity. Taken outside the canteen.



Group picture. 😊



Courtesy call with the Executive Dean (Dr. Gregorio delos Santos) and at the same time, presented the plan of activities and objectives.



The group joined the staffs and students of MPSPC-Tadian during the prayer.



Ms. Jesusa B. Afuyog conducted the MPSPC HYMN.



Dr. Gregorio delos Santos introduced the group to the staffs of the Campus.



Students Listening to the instructions being given.



Short conference between the Executive Dean, School Nurse, Clinical Instructors and Student Nurses.



A brief conversation with the school nurse in the School Clinic.



The group during the conference with the school nurse regarding the plan of activities and the objectives to be accomplished on the time allotted for community immersion.



Data record review by the students which served as the baseline data.



Mr. Alfred Fomocao, Jr. showing his lectures regarding STI, HIV, & AIDS Awareness.



The clinical instructor conversing with the Tadian-Instructor regarding the BSN's community immersion.

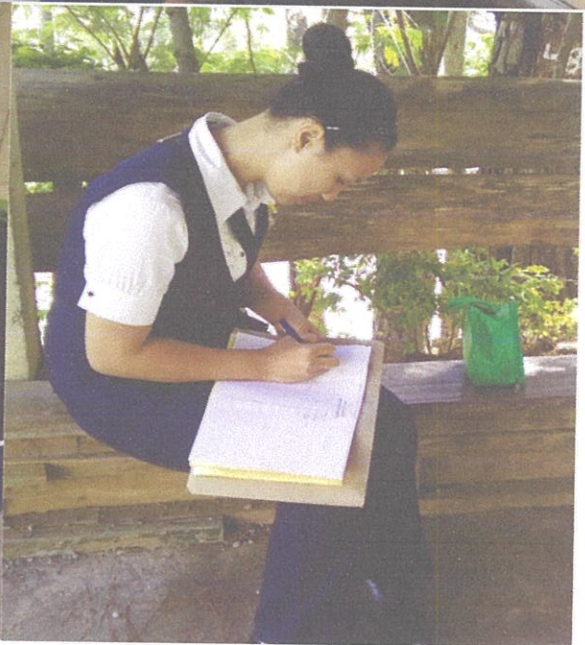


After the conference with the Executive Dean and School Nurse.



At the school's mini close gym.

OCCULAR SURVEY, BP MONITORING
and CASE FINDING



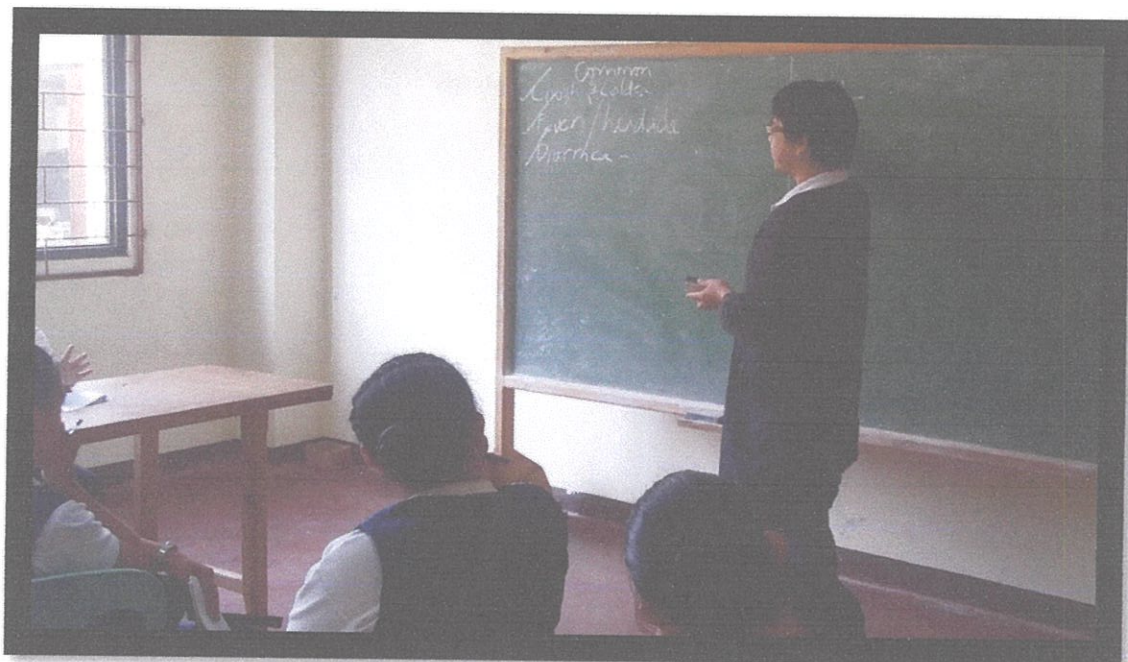




After the data gathering, students consolidated and discussed the results.



During the FOCUS GROUP DISCUSSION regarding the Common Illnesses encountered by the students and staffs on MPSPC-Tadian Campus.



Mr. Alfred O. Fomocao, Jr. started the discussion.



Ms. Prescious Lambino who took place during the summarization of the results. Planning for the seminar was also discussed.



Students taking down notes of the important information.



After the FOCUS GROUP DISCUSSION. Ready to head back at the quarter's area.

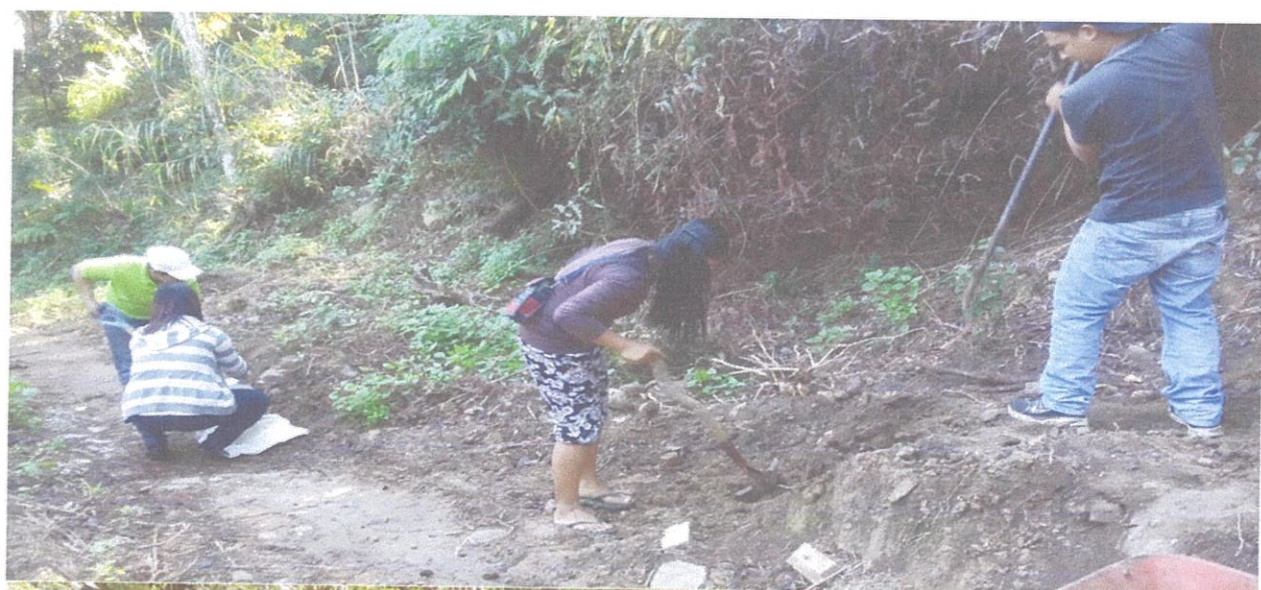
DAY TWO (February 23, 2016)
Herbary Making



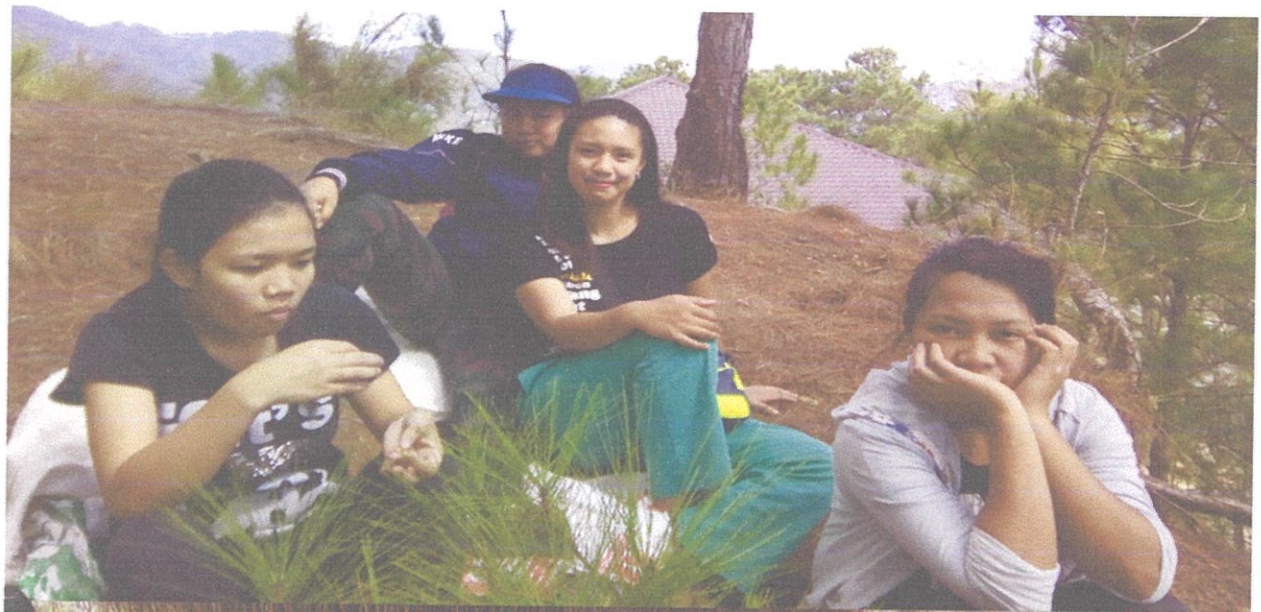
The area for the herbary making. (BEFORE)



Students who were cleaning and fixing the herbary of the AGRO-FORESTRY department.



"The hardworking student nurses". :)
Students who patiently dig the soil for the herbarium making in Arena B.



Had a short rest before continuing with their task.



Students carrying a sack of soil.



Bottle bricks from the students of MPSPC-Tadian which was used in the herbary.



Students during the alignment of the bottle bricks.



Partial output done.



Opening prayer done by Ms. Mylene Lomong-ey.



Lunch break. ☺



Mr. Relys Bocyong
spreading the soil.



The *herbary*. (AFTER)



Ms. Annebelle Wawey - watering the herbal plants.



GROUP PICTURE taken after the *herbary making*.

DAY THREE (February 24, 2016)
Information Dissemination –
SEMINAR



Arrival at the venue.



Students and staffs (audience) of MPSPC-Tadian during the registration.



Registration assisted by the student nurses.



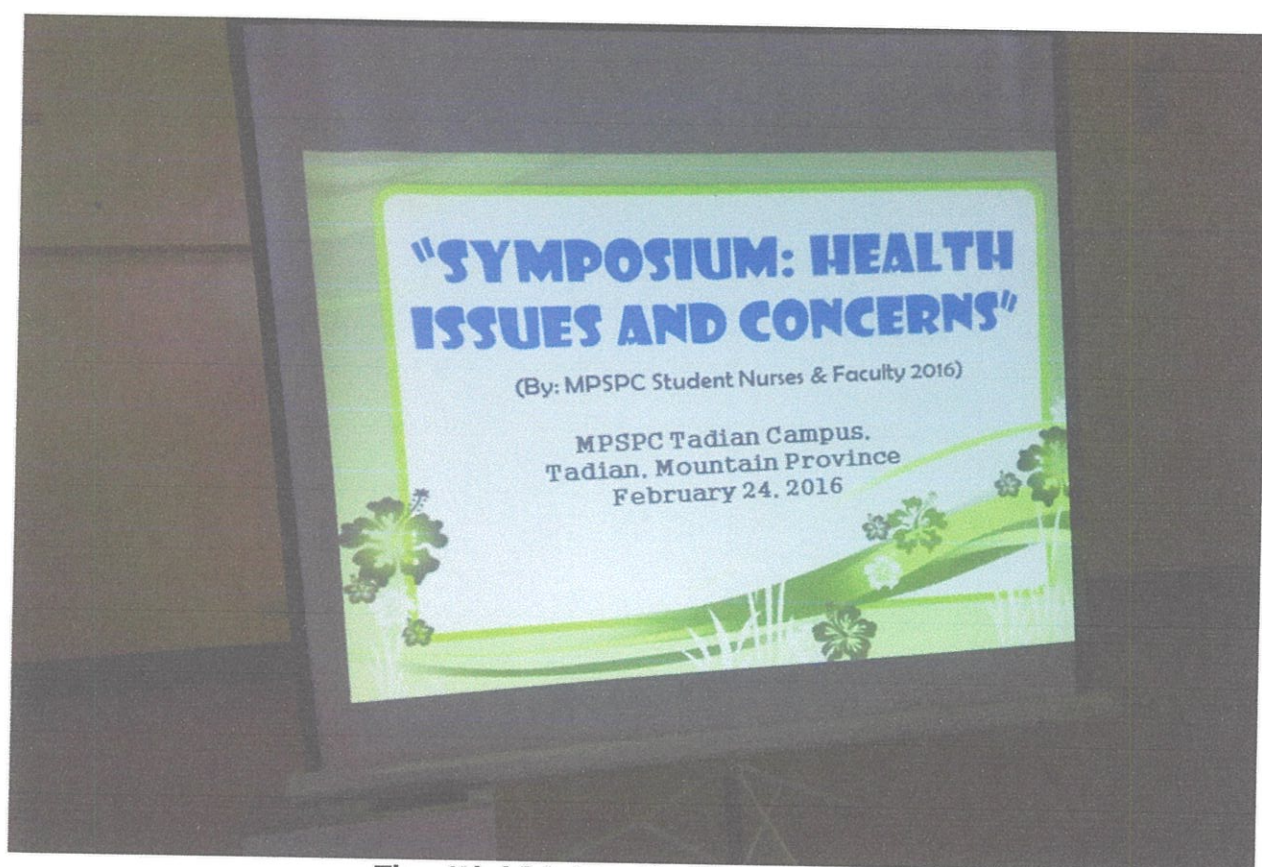
Faculty Members and Student Nurses prepared the materials that were needed for the seminar.



Mr. Alfred Fomocao, Jr. - giving a final word to the students before the seminar started.



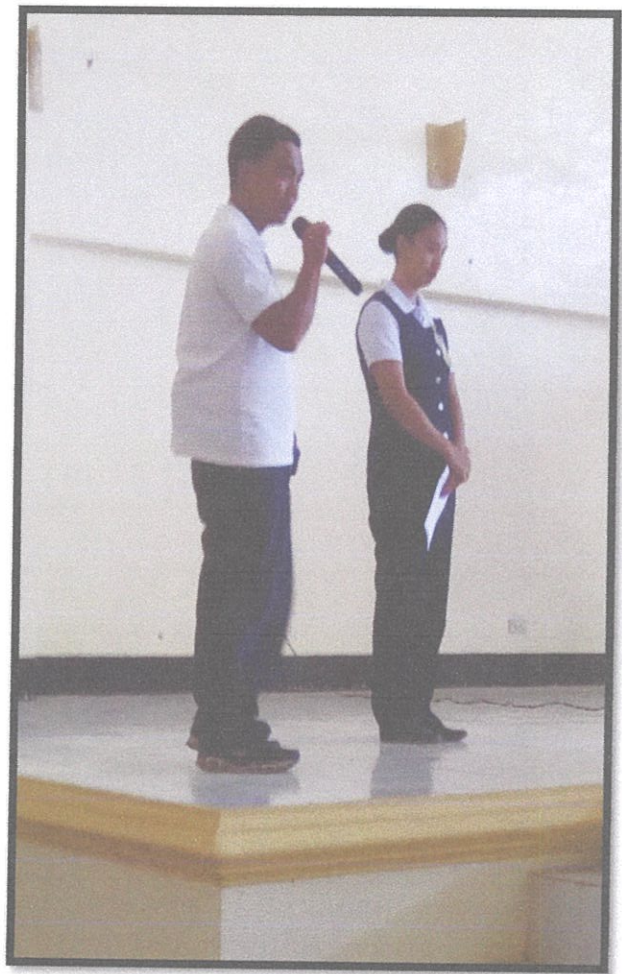
"Power hands" - symbolizes the spirit of team work by the BSN.



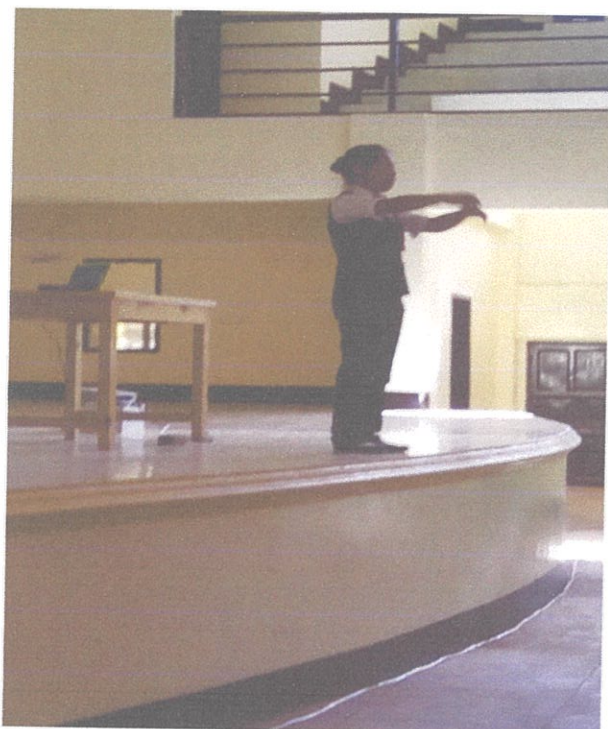
The Highlight of the Seminar.



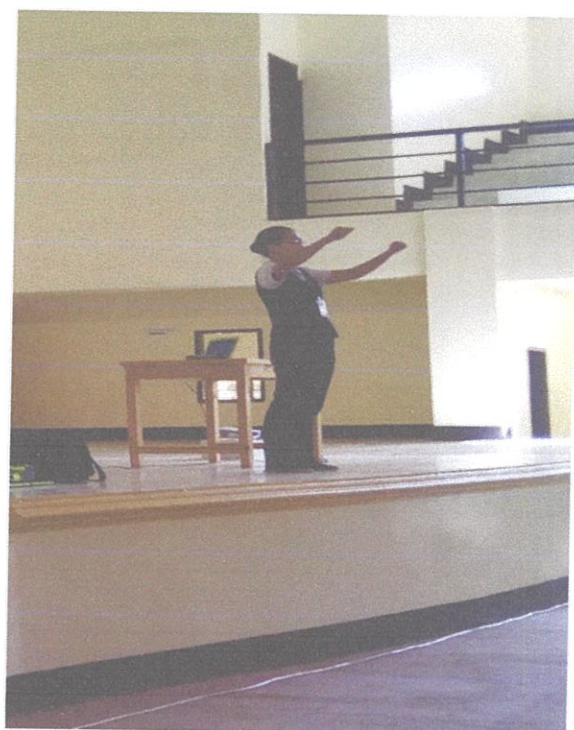
**Master of Ceremonies-
Ms. Frances P. Cherwaken**



**Opening prayer led by Mr. Relys
Bocyong**



**Pambansang Awit conducted by
Ms. Jesusa Afuyog**



MPSPC HYMN by Ms. Meryll Joven



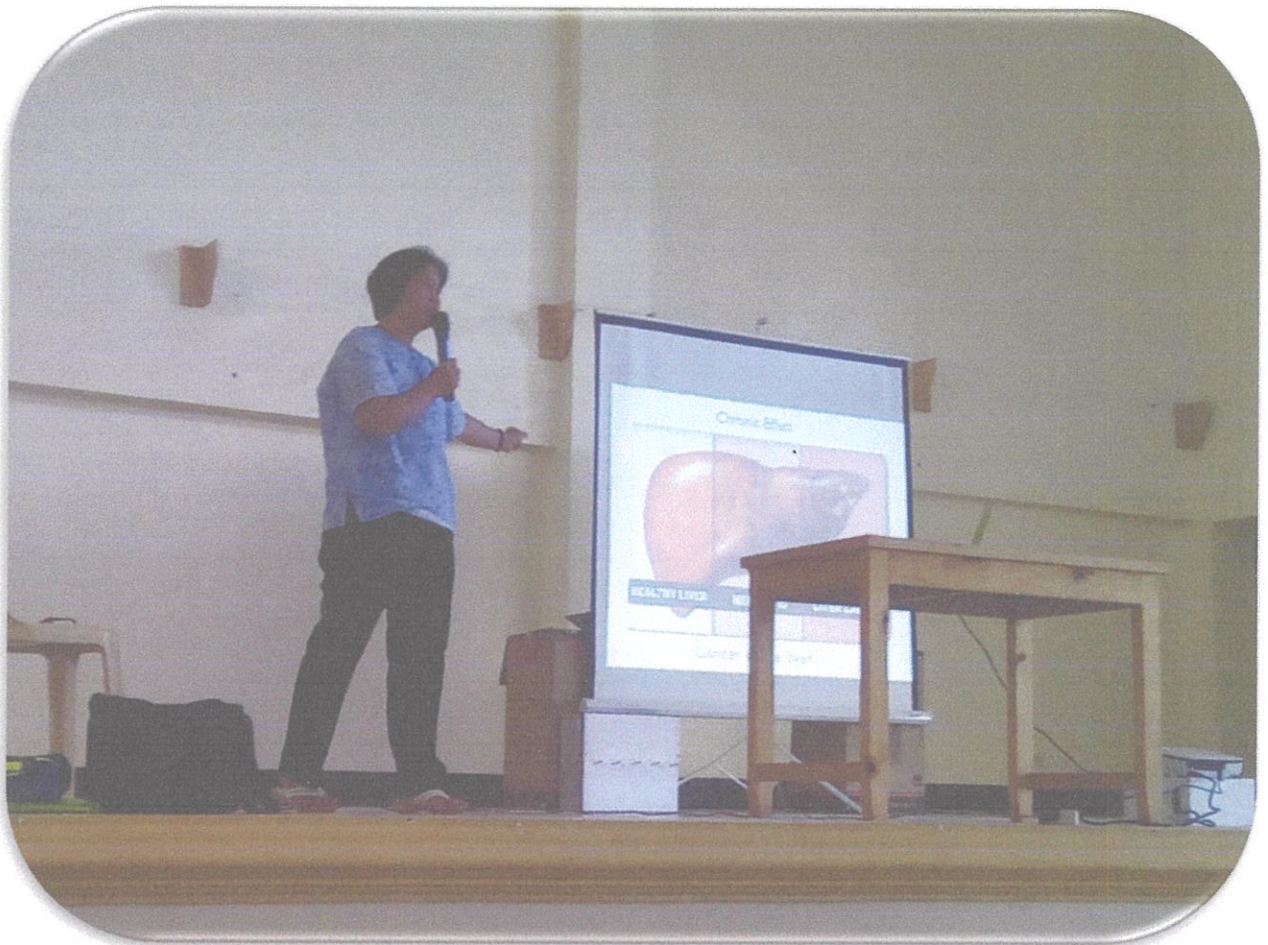
Opening Remarks by the Executive Dean of MPSPC-Tadian, Dr. Gregorio delos Santos.



The audience in the seminar.



Ms. Annebelle Waway delivering her lectures on "Common Illnesses and Indigenous Plants as Remedy for Common Illnesses".



Mrs. Georgina P. Maskay - lectured on "Health Effects of Momma".

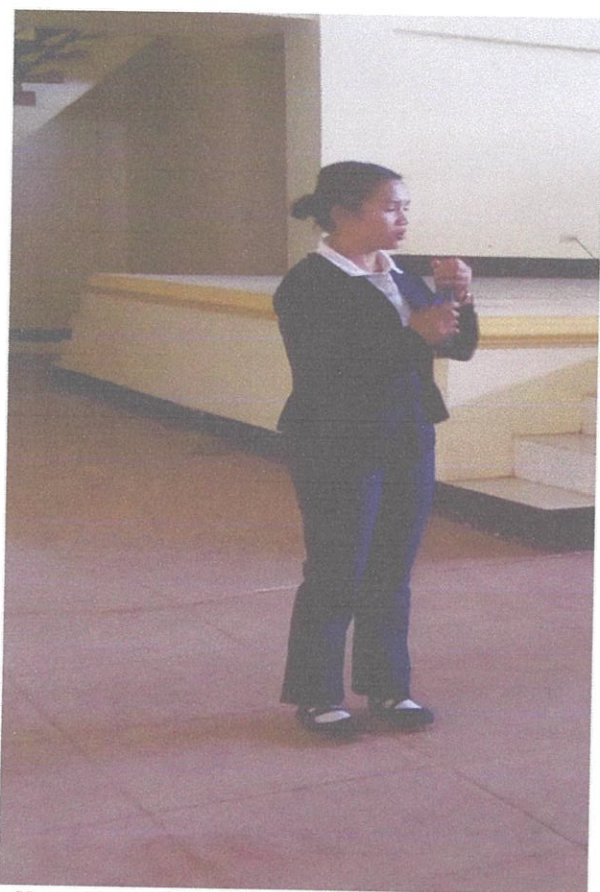


Mr. ALfred O. Fomocao, Jr. (the least lecturer) – discussed on "STI, HIV and AIDS AWARENESS".



Student nurses distributing pieces of paper for questions and clarifications to the audience.

OPEN FORUM



Ms. Precious Lambino - Moderator



One of the instructors of the MPSPC-Tadian asking question about Momma.

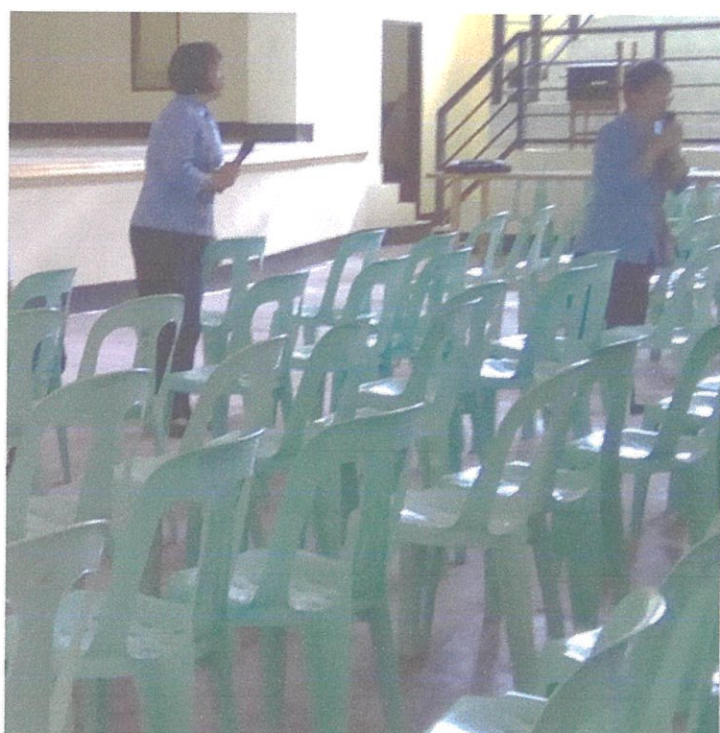


The Faculty Members answering the questions written and orally asked by the audiences involved.





Closing remarks by Mrs. Berlinda Pil-ingen (Faculty Member of MPSPC-Tadian Campus)



Impression given by audiences regarding the Seminar.



GROUP PICTURE after the seminar.



Lunch at the Canteen.



Arrival at Bontoc Campus around 2:30 PM.



Blessing of food by Ms. Mylene Lomong-ey. Early dinner hosted by the Bontoc Campus.



The group taking a selfie while waiting for the food. :-)

"HEALTH INFORMATION DISSEMINATION"





(By: MPSPC Student Nurses & Faculty 2016)

MPSPC Tadian Campus,
Tadian, Mountain Province
February 24, 2016

"COMMON ILLNESSES"

MPSPC Tadian Campus,
Tadian, Mountain Province

By: MPSPC Nursing Students/Faculty 2016



DIARRHEA

DON'T TAKE HYPERTENSION FOR GRANTED

✓ COMMON COLDS

Signs & Symptoms:



COUGH




SORE THROAT



SNEEZING

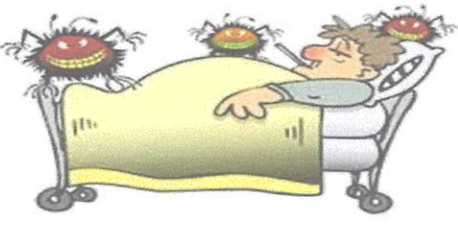


RUNNY NOSE



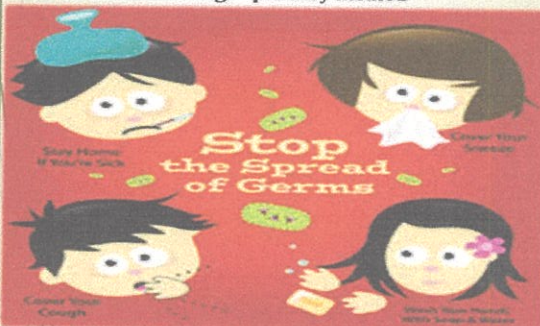
FEVER

Cause:



Prevention method:

Hand washing – primary method



Stop the Spread of Germs

Wash Your Hands Often

Cover Your Mouth

Cover Your Cough

Wash Your Hands Often

Wash Your Hands Often

✓ MANAGEMENT

SELF-TREATMENT

BEAT FATIGUE

STAY IN BED


DRINK MORE WATER


Vitamin C Foods

✓ **FEVER**


□ The body temperature rises above its normal range (37°C)

CAUSES:






© 2008 Think Photos - LightHouse




✓ MANAGEMENT

BEAT FATIGUE



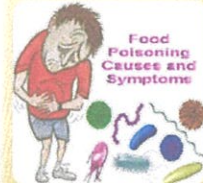
STAY IN BED



**DRINK
MORE WATER**

✓ DIARRHEA

- ❑ Frequent passage of abnormally loose, watery stool.
- ❑ Symptom of numerous disorders, such as food poisoning from contaminated foods or beverages, infections by viruses and bacteria.



The illustration shows a man in a red shirt and blue shorts holding his head in pain, with a green squiggle representing a headache. To his right, the text 'Food Poisoning Causes and Symptoms' is written in pink. Below the text are several colorful, stylized representations of pathogens: a green circle, a purple squiggle, a red circle, a blue oval, a pink oval, a yellow oval, and a blue oval.

Causes:

Sanitation

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec lacus interdum purus curabitur quis.





Nutrition

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec lacus interdum purus curabitur quis.





Out of water filtration or purification

Lorem ipsum dolor sit amet, consectetur adipiscing elit.



Crowding

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Lack of clean water

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Cohabitation with animals

Lorem ipsum dolor sit amet, consectetur adipiscing elit.



Signs & Symptoms:

 <p>FEVER</p>	 <p>ouch! ABDOMINAL PAIN</p>
 <p>NAUSEA & VOMITING</p>	 <p>FREQUENT STOOL</p>

Management:

HOME REMEDIES FOR DIARRHEA

FOOD TO BE TAKEN


Have Plenty of Fluids for the next 24 hours.

Gradually Switch to BRAT diet: Bananas, Rice, Apple sauce and toast.

FOOD TO BE AVOIDED

Avoid Alcohol, Caffeine, Sugary drinks, Meat and Dairy products.

Avoid Vegetables like Cauliflower, Broccoli, Beans, Onions & Cabbage.

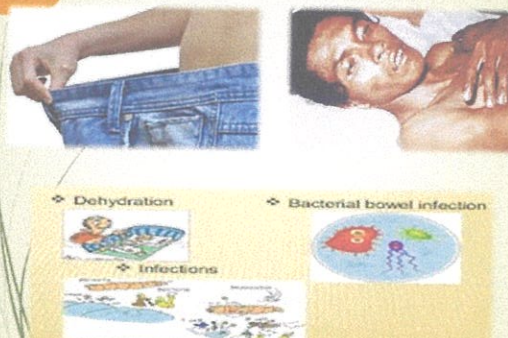


Complications:

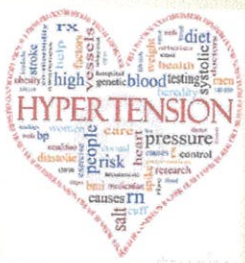

Dehydration

Bacterial bowel infection

Infections



✓ HYPERTENSION (HTN)



Constricted arterial blood vessels increase the resistance to blood flow, causing an increase in blood pressure against vessel walls.

- ☐ **Systolic pressure** measures blood pressure as the heart contracts to pump out blood.
- ☐ **Diastolic pressure** measures blood pressure as the heart relaxes to allow blood to flow into the heart.


Causes:

Stress

Releases hormones such as catecholamine, epinephrine and noradrenaline

Vasoconstriction

↑ blood pressure



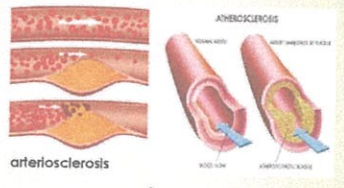

Obesity

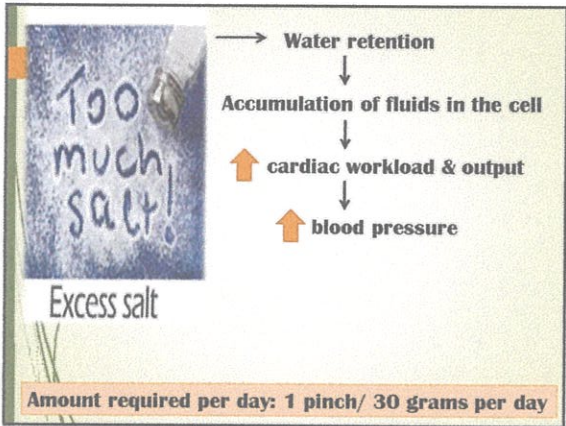
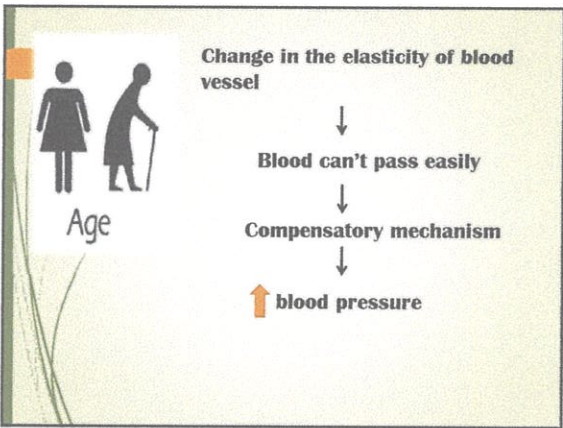
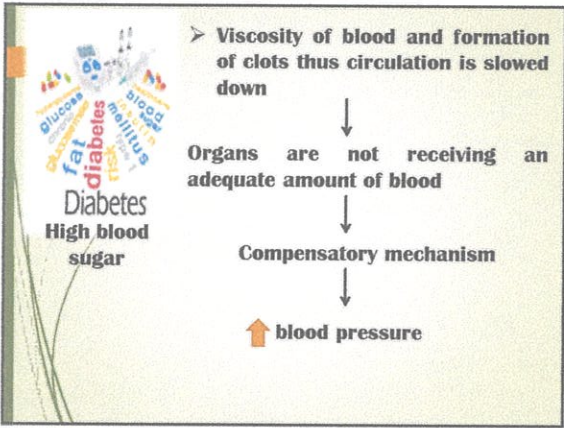
Fat deposition in the walls of blood vessel due to high cholesterol

arteriosclerosis

atherosclerosis

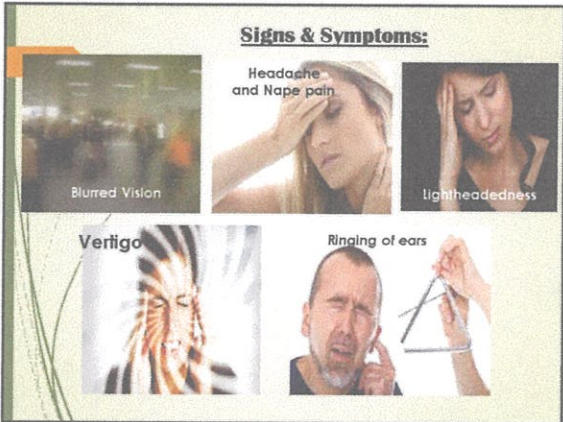
pressure






Stages of Hypertension			
Category	Systolic		Diastolic
Normal	< 120	and	< 80
Prehypertension	120-139	or	80-89
High Blood Pressure/Hypertension			
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥ 100

© hypertensionpersonalguide.com



UNIVERSAL SIGN FOR HEART ATTACK



Management:

- ✓ Limit **SALT** intake
- ✓ Exercise
- ✓ Eat nutritious food
- ✓ Limit **ALCOHOL** consumption
- ✓ **STOP/Minimize** smoking



COMPLICATIONS

Blood Vessel Damage:
ATHEROSCLEROSIS

Kidney Failure:
Damage BV can't effectively filter the blood resulting in a dangerous accumulation of fluid & waste.

Vision Loss:
Hypertensive Retinopathy

COMPLICATIONS

Bone Loss:
High blood pressure may increase the amount of calcium in the urine. Excessive elimination of calcium may lead to loss of bone density.

Heart Attack:
HTN causes the heart to pump against high blood pressure, making it work harder than necessary. Overtime this causes the heart muscle to thicken, restricting blood flow which leads to heart failure.

Brain Stroke:
Reduced blood supply to the brain can lead to rapid loss of brain function.

THANK YOU😊😊😊

**"INDIGENOUS PLANTS AS
REMEDIES FOR COMMON
ILLNESSES"**

MPSPC Tadian Campus,
Tadian, Mountain Province

By: MPSPC Nursing Students/Faculty 2016

**OYSTER PLANT/ Boat lily/ "Bangka-
bangaan"**

CHAYOTE/ "Sayote"

Stew: **DIGESTIVE**

Health Hype

stomach
small intestine
large intestine

TOMATO/ "Kamatis"

Health Hype

stomach
small intestine
large intestine

WALNUT

Leaves

- Diarrhea
- Cough and respiratory cold
- Fever
- Irregular menses

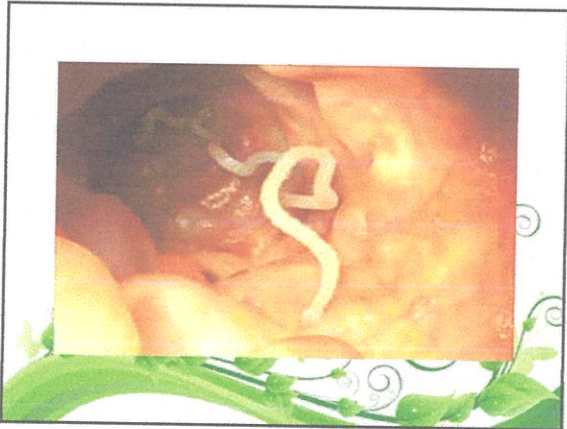
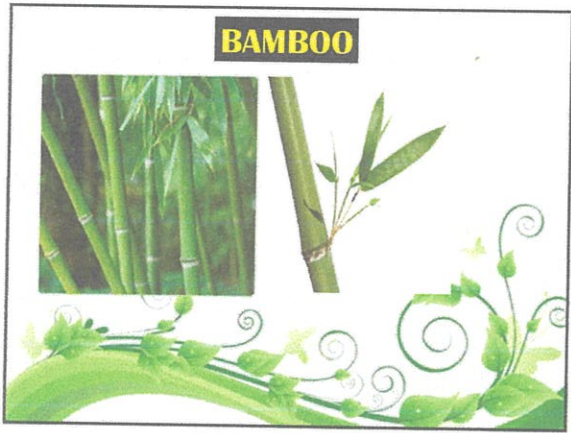
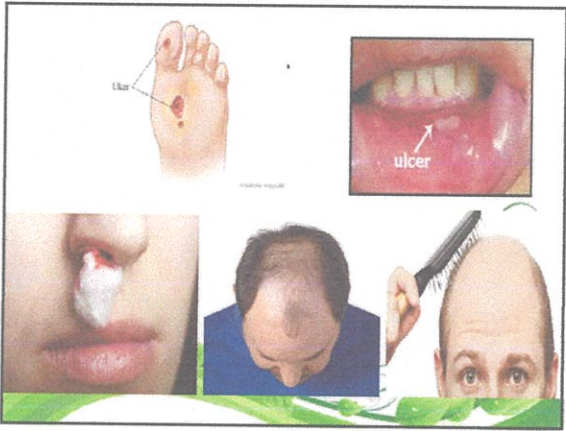
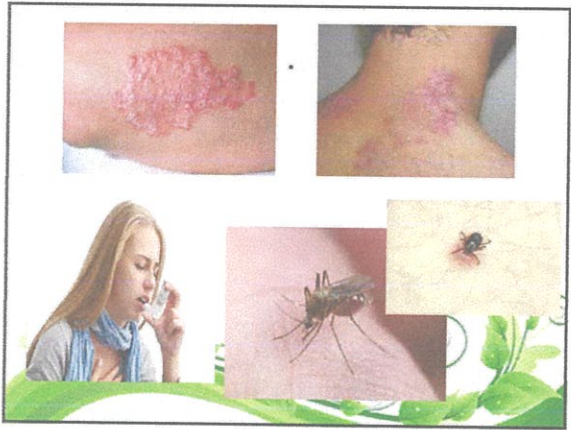
JACK FRUIT

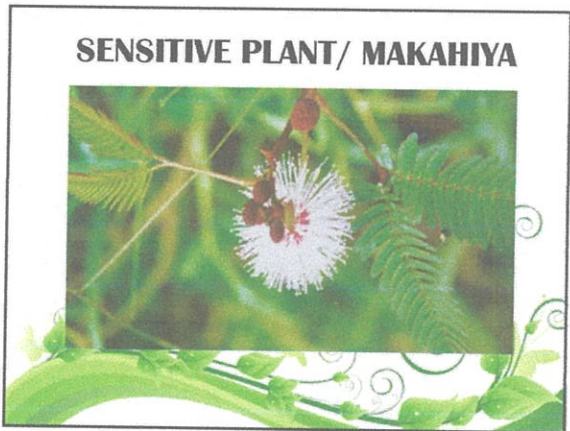
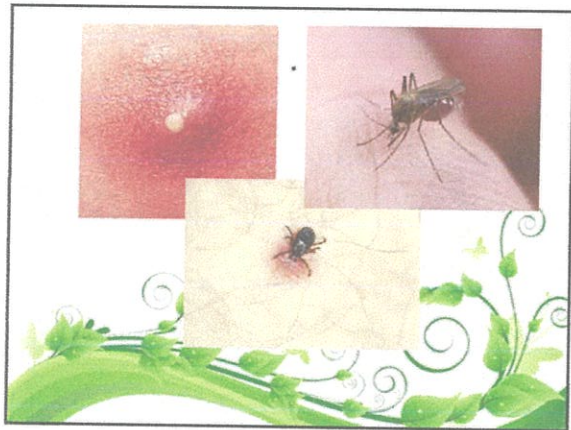
FEVER

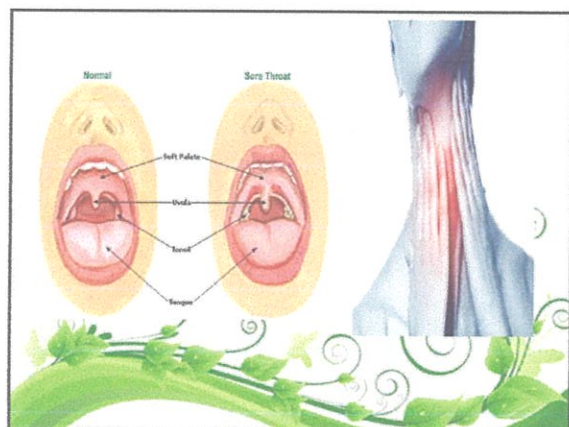
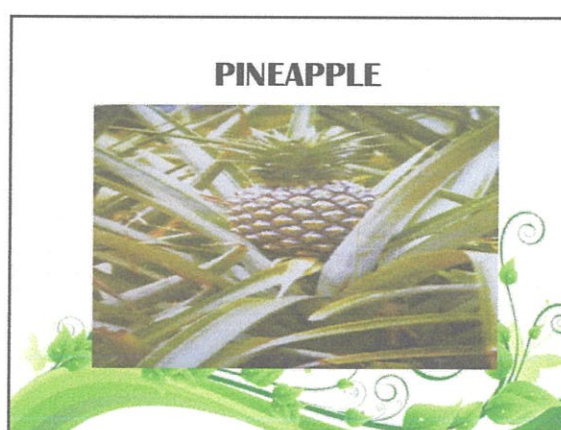
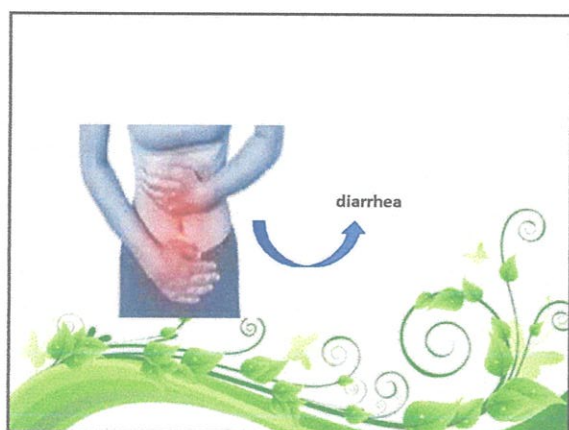
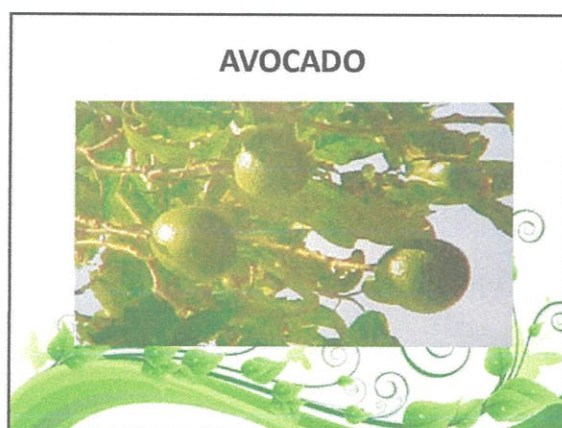
OKRA

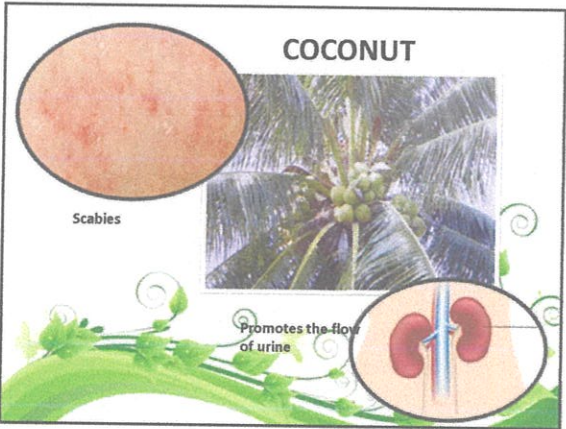
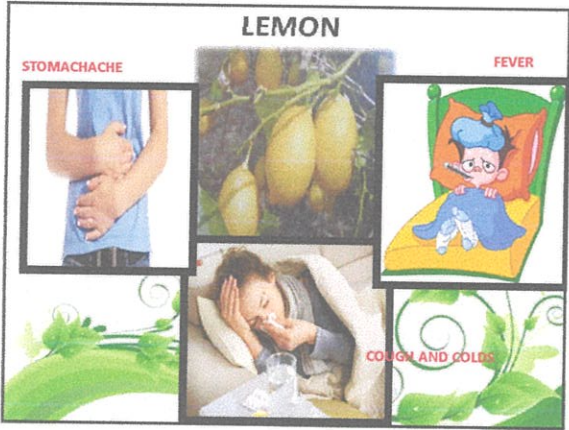
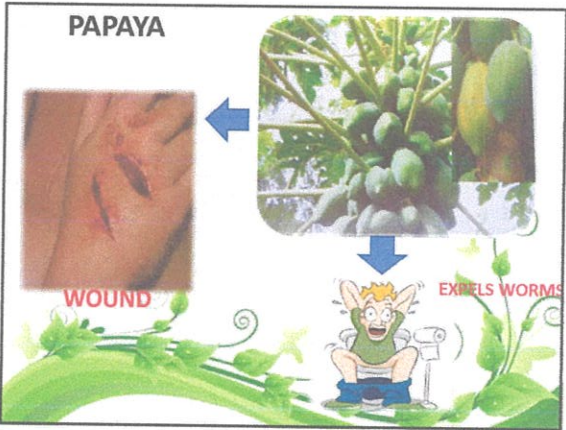
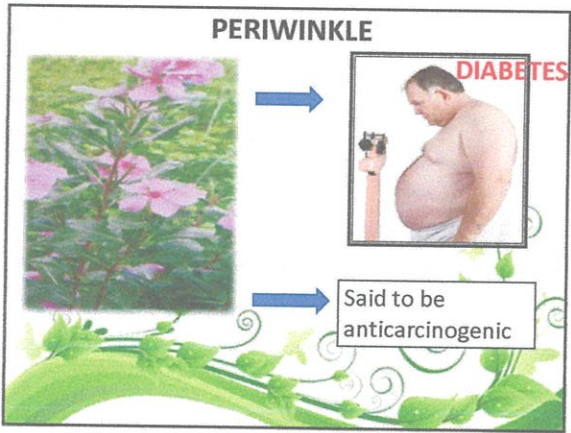
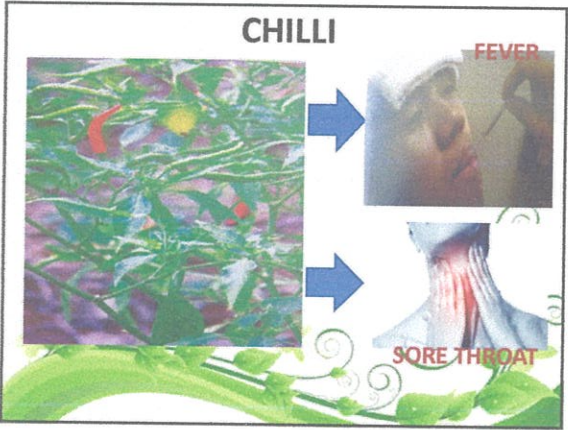
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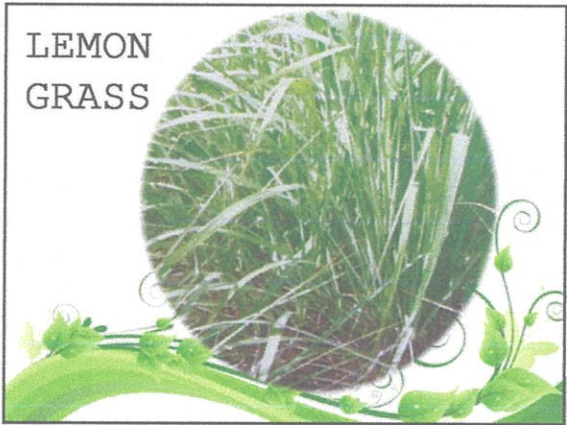
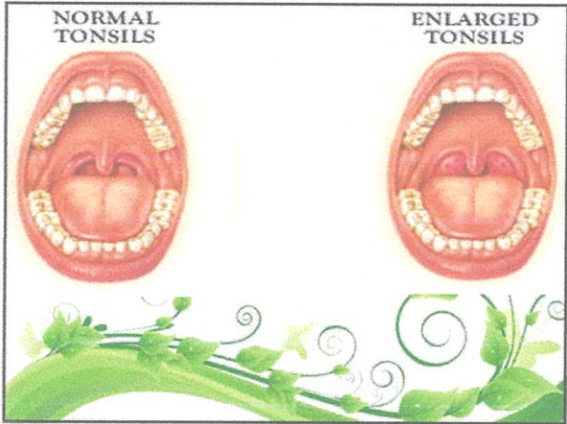
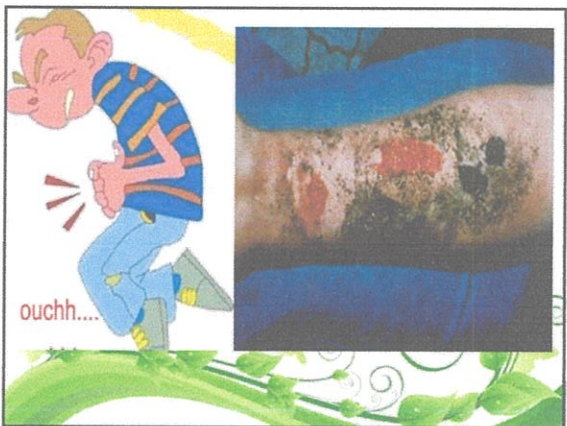
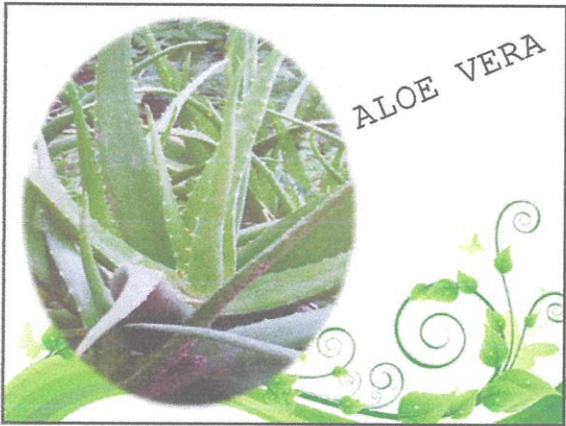
PSYDRONIC KININUSIUM

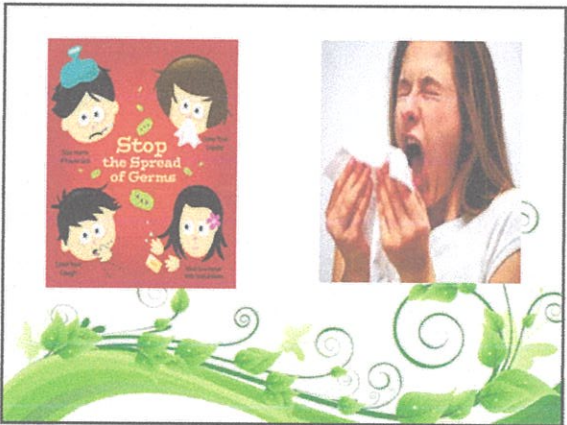
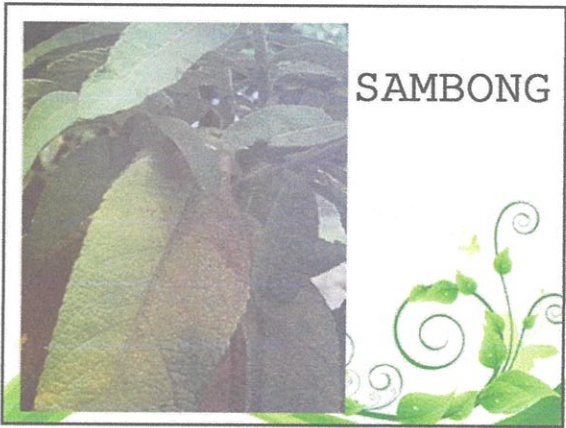


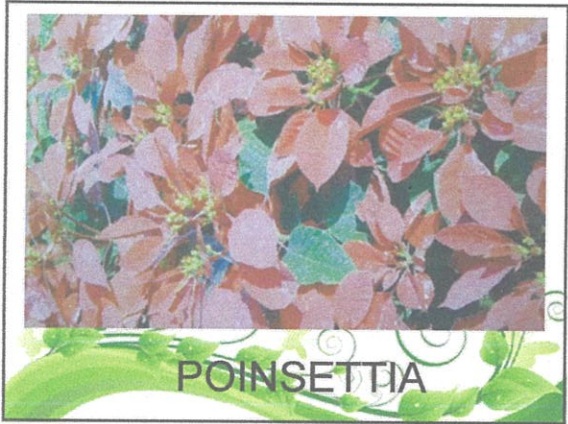
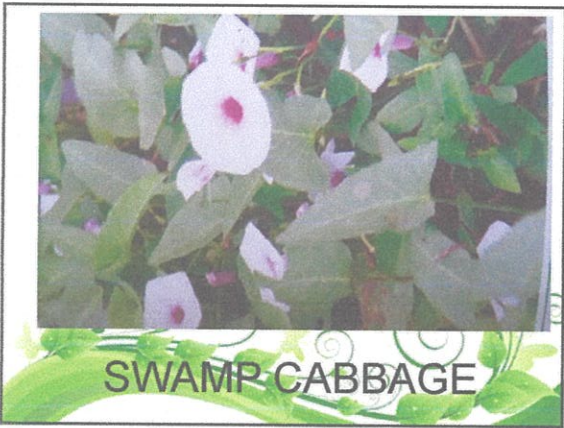
















Health Effects of Moma Chewing

GEORGINA P. MASKAY, RN-MAN

Questions on Momma

- Why do you chew Momma?
- What is the effect of momma?

PART 2

1. Moma strengthens the teeth.
2. Moma causes cancer of the teeth.
3. Moma is good for Pregnant Woman.
4. Moma causes High Blood pressure.
5. Does not cause Heart Disease.
6. Moma causes difficulty in opening the mouth and painful/difficulty of swallowing.

7. Increases appetite.
8. Spitting moma anywhere spreads micro-organism.
9. Good for the gums.
10. Causes cancer of the mouth.
11. Stains the teeth and strengthens the gums.

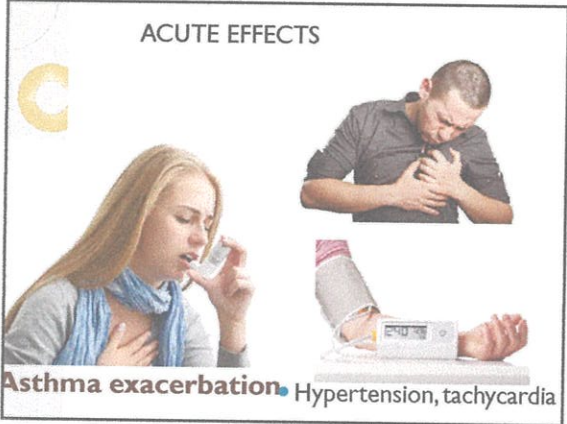
12. Does not causes cancer of the stomach.
13. Lime is dangerous since the effect on the mouth is dangerous.
14. Frequent moma chewing destroys the mouth.




CHEWING BETEL NUT/ MOMA

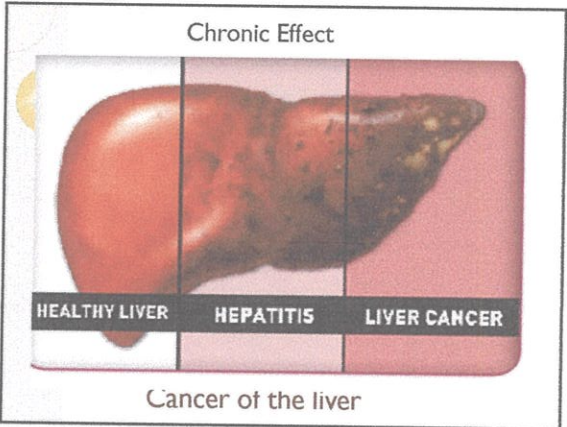



ACUTE EFFECTS



Asthma exacerbation • Hypertension, tachycardia

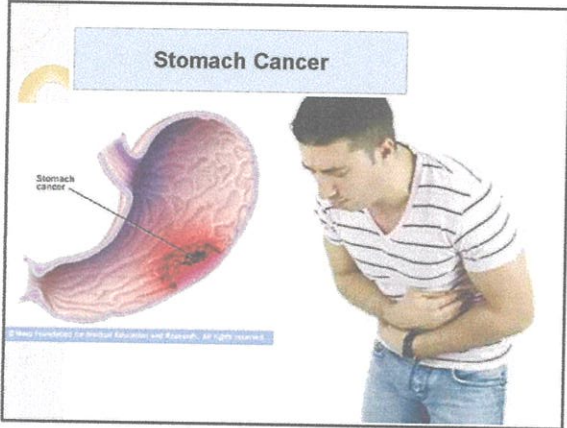
Chronic Effect



HEALTHY LIVER **HEPATITIS** **LIVER CANCER**

Cancer of the liver

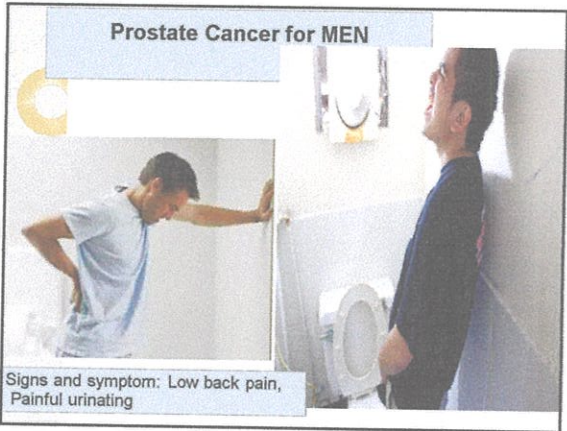
Stomach Cancer



Stomach cancer

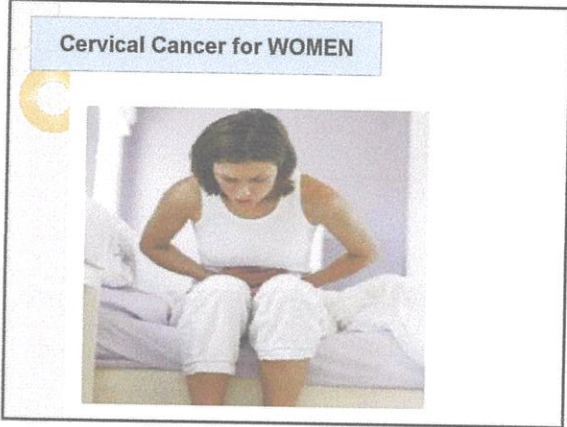
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Prostate Cancer for MEN



Signs and symptom: Low back pain, Painful urinating

Cervical Cancer for WOMEN

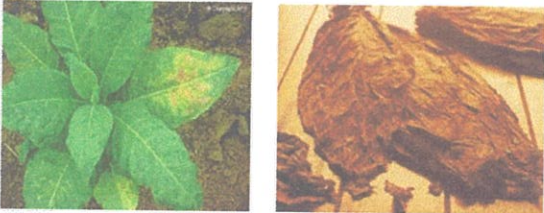


10 Warning Signs of CERVICAL CANCER You Should Not Ignore


- 1 Unusual Vaginal Discharge
- 2 Abnormal Vaginal Bleeding
- 3 Heavier & Longer Menstrual Periods
- 4 Discomfort while Urinating
- 5 Loss of Bladder Control
- 6 Pain during Intercourse
- 7 Pelvic Pain
- 8 Unexplained Weight Loss
- 9 Constant Fatigue
- 10 Leg Pain

To explore more, visit
Top10 Home Remedies
www.Top10HomeRemedies.com


**Tobacco → has 300 chemicals
→ 28 of which carcinogens**



Normal Lung **Lung Cancer**

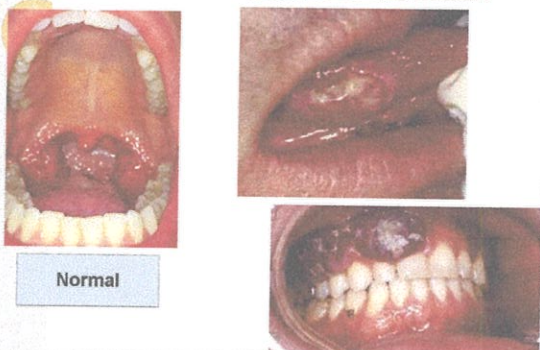


Heart Disease




Cancer of the mouth

Normal




Normal teeth and gums **Tooth and gum disease**

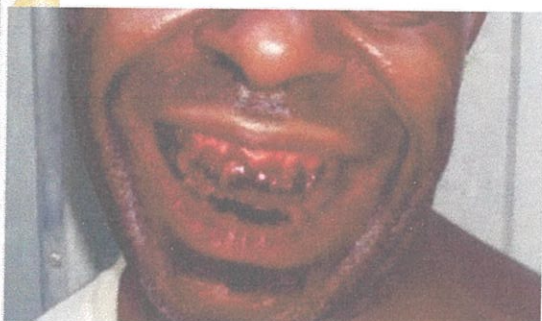


Bad breath and Sensitive Teeth

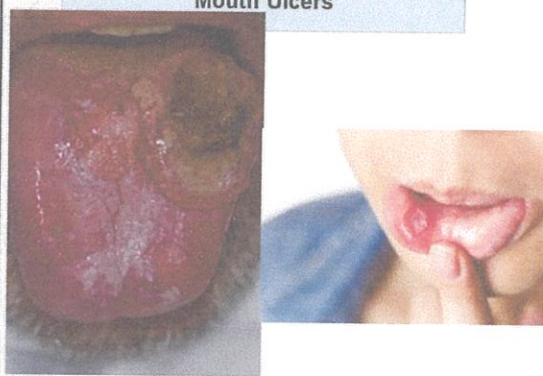
Lip Cancer



Discoloration of lips



Mouth Ulcers



Gum Rotting and tooth loss

10/10/15

Mouth/Oral Rashes



Mouth/Oral Rashes



Other effects



Diabetes type II

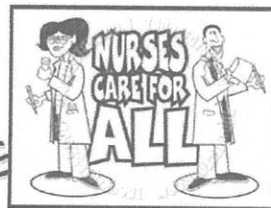
10/10/15

AFTER THE LECTURE

- ▶ Do you still want to chew mamma?
- ▶ Why
- ▶ If you don't like what do you plan to do?

YAMAN!

CARING
FOR LIFE



SEXUALLY TRANSMITTED INFECTIONS

Alfred O. Tomocuo
MPSPC - Tadian Campus,
Tadian, Mountain Province

Definition

• Mode of Transmission

- describes how the agent travels
- ✓ Direct transmission
- ✓ Indirect transmission



• Sexually Transmitted Disease (STD)

- Is a disease caused by bacteria, viruses or parasites and transmitted through sexual acts with infected partners. This denotes the presence of manifestations of signs or symptoms in the individual with STI, e.g. AIDS

Definition

• Susceptible host

- person who has the tendency to acquire STIs and AIDS



Definition

• Agent

- organism which produces infection

• Reservoir

- place where agents live, reproduce, and die

• Portal (of Entry/Exit)

- where the causative agent leaves the reservoir

They show all the signs of contracting STIs





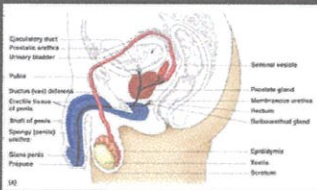
Sexually Transmitted Infections

- infections caused by certain micro organisms that are transmitted from person to person through sexual intercourse, either through anal, vaginal or oral sex.
- include the acute disease process resulting to complications which may cause permanent sequelae.

* STIs disproportionately affect women and adolescent girls. Every year, one in 20 adolescent girls gets a bacterial infection through sexual contact, and the age at which infections are acquired is becoming younger and younger.

(WHO, May 2013)

An Overview of the Male and Female Reproductive Systems



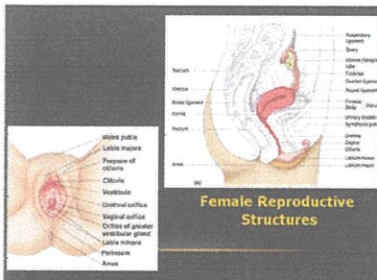
Male Reproductive Structures

Key Facts about STIs

* 499 million new infections of curable sexually transmitted (syphilis, gonorrhoea, chlamydia and trichomoniasis) infections occur yearly. (WHO, May 2013)

* Sexually transmitted infections are an important cause of infertility in men and women.

* Drug resistance, especially for gonorrhoea, is a major threat to STI control globally

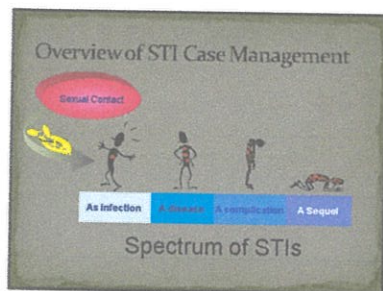


Female Reproductive Structures

* Some sexually transmitted infections exist without symptoms.

* In pregnant women with untreated early syphilis, 21% of pregnancies result in stillbirth and 9% in neonatal death. (WHO, May 2013)

* STIs can increase the risk of HIV acquisition three-fold or more.

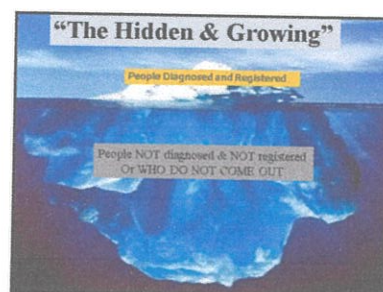
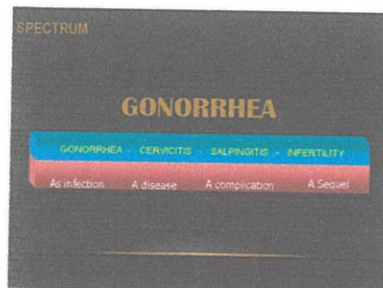


STI Epidemiology

- **Age:** 15 – 29 yrs. old
female = <20
male = >20
- **Sex:** - no significant difference
- depends on behavior
- **Job:** commercial sex workers and their clients
military men
long distance truck drivers
migrant laborers
- **Affects sexually active persons**

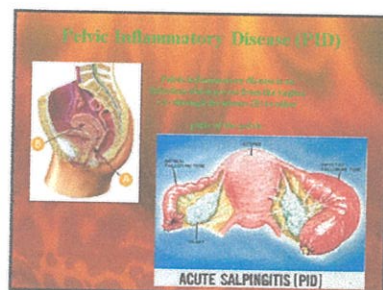
Factors that Influence Transmission

- Multiple sex partners
- Changing sex partners often
- Sex with casual partners
- Not following safe sex measures (ex. Sex without condom)
- Delay in treatment
- Sex partners not treated
- Poor treatment compliance



Classifications of STIs

- **As to Prognosis:**
 - **Curable:** Gonorrhea, Chlamydia, Syphilis, Trichomoniasis
 - **Non Curable:** Veneral Wart, Herpes, HIV, Hepatitis B



Modes of Transmission

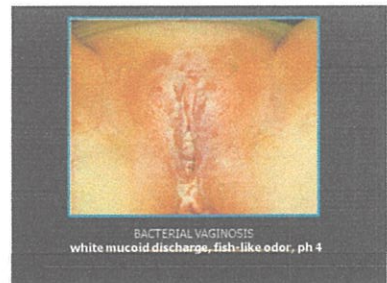
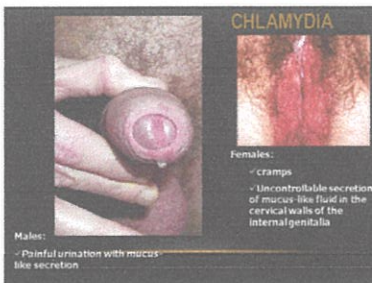
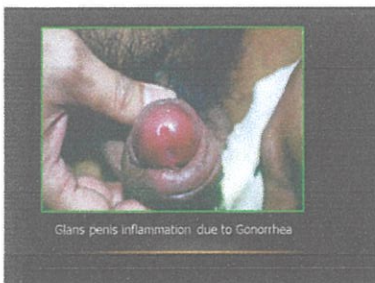
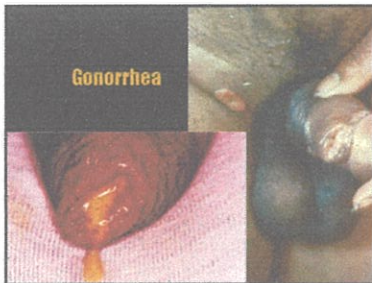
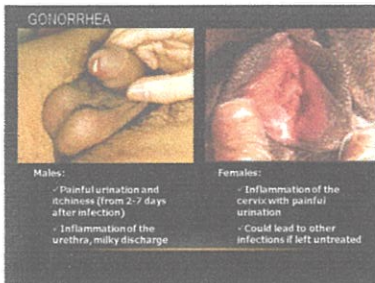
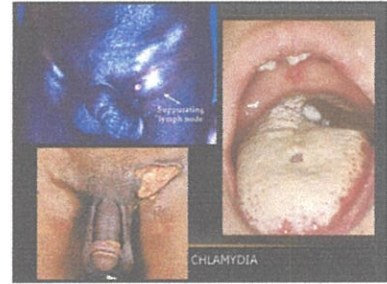
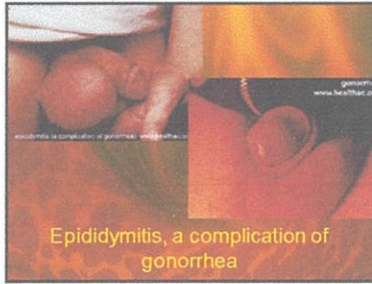
- Sexual Intercourse
- Blood and Blood products
- Mother to Infant

Common STIs


Bacterial	Viral	Protozoal	Fungal	Skin Parasites
<ul style="list-style-type: none"> • Gonorrhea • Syphilis • Chlamydia • Chancroid 	<ul style="list-style-type: none"> • Genital herpes • Genital warts • Genital molluscum • HIV • Hepatitis B * 	<ul style="list-style-type: none"> • Trichomonas 	<ul style="list-style-type: none"> • Candidiasis 	<ul style="list-style-type: none"> • Pubic Lice • Scabies * passed on by close body contact and direct sexual penetrative intercourse

SYNDROMES

- **Vaginal Discharge**
 - Gonorrhea, Chlamydia, Candidiasis, Trichomoniasis, Bacterial vaginosis
- **Urethral discharge**
 - Gonorrhea, Chlamydia, Trichomoniasis
- **Genital Ulcers**
 - Syphilis, Herpes Genitalis
- **Low abdominal pain in women**
- **Scrotal Swelling**
 - Gonorrhea, chlamydia
- **Neonatal eye infection**
 - Gonorrhea





BACTERIAL VAGINOSIS



The whiff test
Obtaining a sample of the discharge


© Gandy
© Higgins
© Jones
© Walker
© Smith
© Reynolds
© Khan

Syphilis





Secondary Syphilis Rashes


SYPHILIS




Primary Syphilis
- (3 weeks after initial infection) a painless sore develops known as "chancre".
- Chancres can develop on the penis, rectum, oral cavity, breast, throat, palate or fingers without getting noticed.




Chancre – lesion of primary syphilis



Gonococcal Urethritis

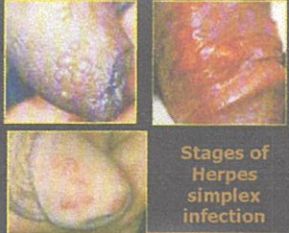


Effects of the Syphilis

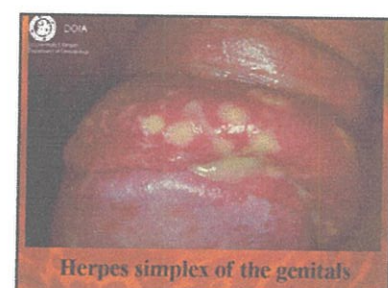
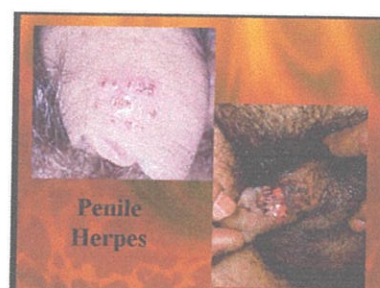
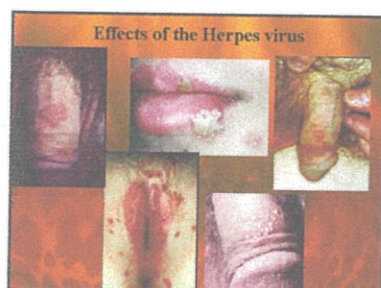
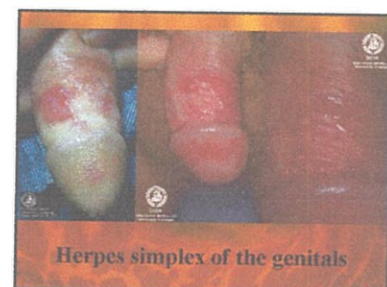
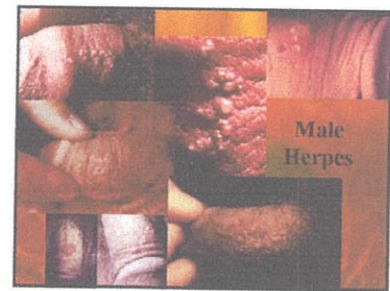
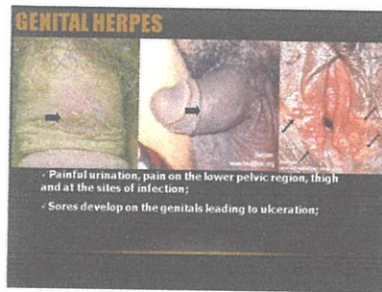


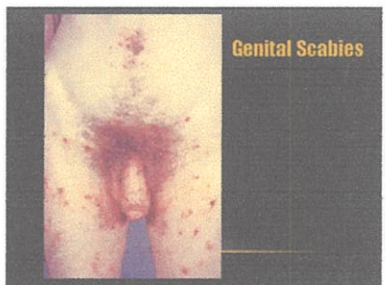
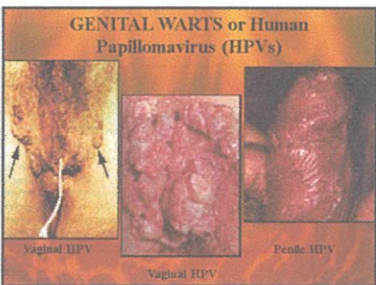
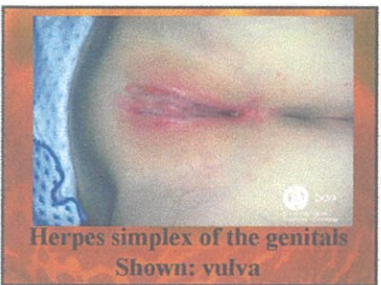
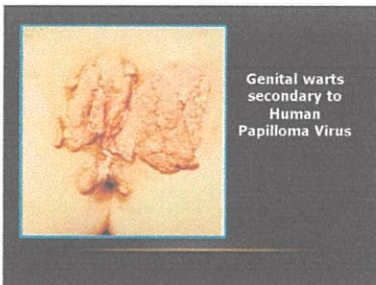
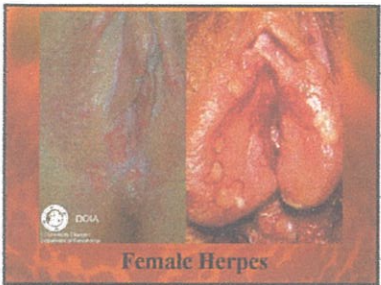
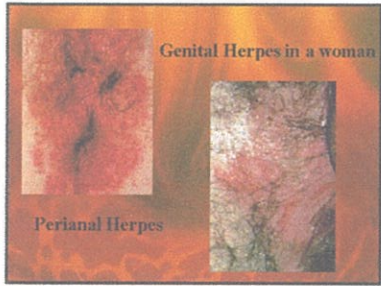
Secondary Syphilis
- (6-10 weeks after infection): Chancres disappear and causative organism may have entered the blood stream and may scatter throughout the body.
- Peticial rashes ("pantal-pantal")
- Prolonged flu-like feeling.

Rash of Syphilis



Stages of Herpes simplex infection







BASIC FACTS YOU SHOULD KNOW ABOUT HIV/AIDS

Alfred O. Fomocao
MPSPC - Tadao's Campus,
Tadiao Mountain Province

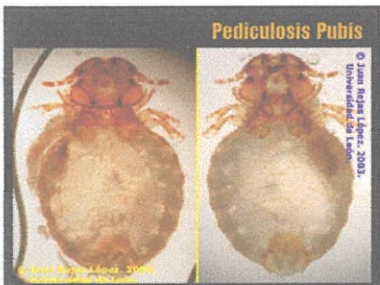
Incidence of HIV/AIDS in Cordillera



Incidence of HIV/AIDS in the Philippines

Philippine Legislators Committee on
Population and Development
(PLCPD) report:

- 174 cases (HIV) recorded in the region from 1984 up to the present.
- 75 cases (HIV) acquired through MSM in the past 2 decades.
- 53 cases through heterosexual contact.
- 39 cases show individuals with multiple sex partners.
- Modes of transmission of other cases still have to be established.




- 22,527 HIV cases documented since 1984 with an increasing trend each year.
- 6,011 new HIV cases in 2014, of which 509 were recorded in December of last year alone.

What about HIV/AIDS incident/s in Mountain Province?

Facts:
The trend for HIV transmission in the Philippines, which was "low and slow", before has now changed to "hiding but growing".

Presibility:
The determinants present all over the country are paving the way to an explosive epidemic.



HIV

Human
Can be passed only from person to person.

Immunodeficiency
Weakening of the immune system.

Virus
A virus that attacks the immune system.

*** HIV causes AIDS in Humans**

*** AIDS is the advance stage of HIV infection.**

REPUBLIC ACT NO. 8505
(AIDS PREVENTION & CONTROL ACT OF 1998)

- Information Dissemination
- Support of persons with HIV/AIDS
- Right to Confidentiality (Medical Condition)
- No discrimination against persons with HIV/AIDS
- Voluntary Testing (with pre and post test counseling)

AIDS

Acquired
Comes from someone else.


Immune Deficiency
Weakens the immune system.

Syndrome
Has a range of symptoms.

If a person has AIDS, that means the virus has almost destroyed his/her immune system. This makes the person more vulnerable to other diseases.


Conditions associated with HIV/AIDS

1. HIV positive or person living with HIV



What is AIDS?

How is it different from HIV?



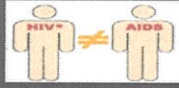
Human Immunodeficiency Virus (HIV)

Types of HIV:


- a. HIV-1
- b. HIV-2

A person can be infected with both types of HIV simultaneously.

2. AIDS Condition or person living with AIDS



Transmission




Any Person Can Get HIV/AIDS at Any Time

Modes of Transmission

2. MOTHER TO CHILD TRANSMISSION

15 – 30 % chance of getting infected during

- A. Pregnancy – 15%
- B. Delivery – 20 %
- C. Breastfeeding 30%




Body Fluids capable of transmitting HIV:

- BLOOD
- BREAST MILK
- SEMINAL FLUID
- CERVICAL FLUID

1. Blood Transmission


90 – 95 % Chance of getting infected through:

- Blood Transfusion
- Body organ donations



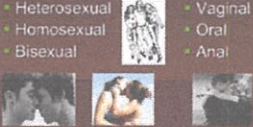

CONSIDERATIONS:

- E - Portal of Exit
- S - Sufficiency
- S - Survival
- E - Portal of Entry




3. SEXUAL TRANSMISSION (UNPROTECTED SEX)

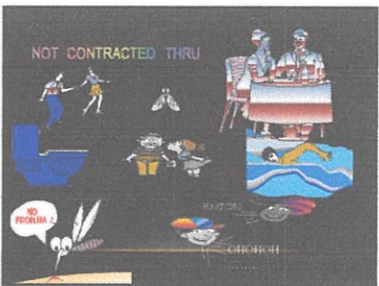
- Heterosexual
- Homosexual
- Bisexual
- Vaginal
- Oral
- Anal





ORAL SEX (mouth - penis or vagina)

Using a condom during oral sex protects both partners from STIs that can be passed orally. Oral sex without a condom carries **LOW RISK** for HIV transmission, as long as there are no cuts or sores in the person's mouth, and no blood either from the mouth or the penis or vagina. For this reason, some people choose to have oral rather than vaginal or anal sex if condoms are not available.

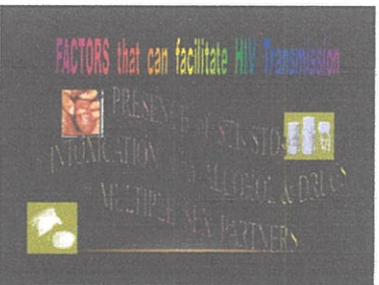


VAGINAL SEX (penis - vagina)

Vaginal sex is **VERY HIGH RISK** if you don't use a condom. Semen (and the fluids a penis starts to produce as soon as the man is aroused) and vaginal fluids can all contain HIV.

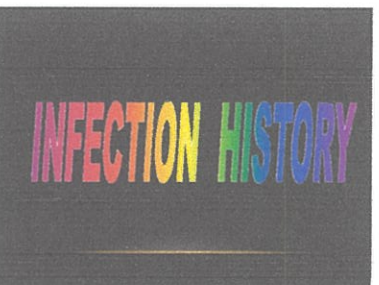
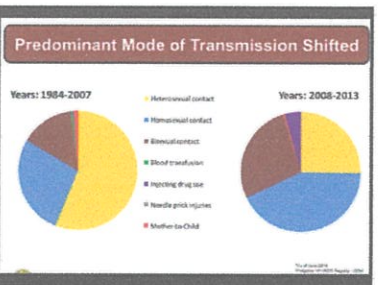
MASTURBATION

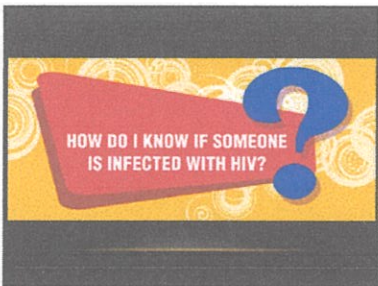
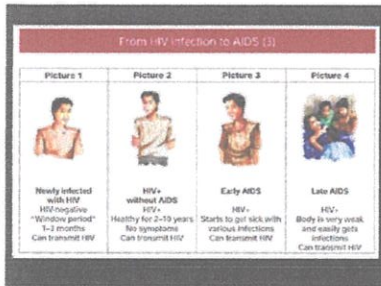
Masturbation - carries no risk for HIV.



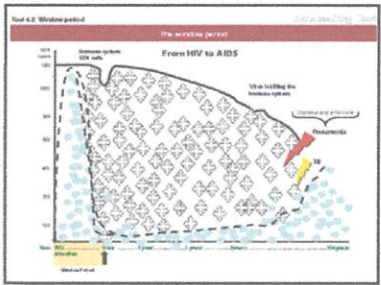
ANAL SEX (penis - anus)

Anal sex is **VERY HIGH RISK** if you don't use a condom. The skin inside the anus is very thin. The virus can pass straight through it during sex. The skin can also tear very easily during sex, adding to the risk. The risk is the same whether it is two men, or one man and one woman, having anal sex. Like in vaginal sex, withdrawing the penis before ejaculation does not make anal sex safe.





HIV positive people take a long time to become sick with AIDS. During that long period, they **look and feel perfectly fine**. Unless they get tested, they will not know that they have HIV



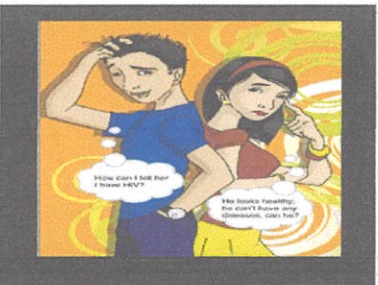
DIAGNOSIS

HIV Antibody Test

Detected by testing a person's blood for the presence of antibodies (disease-fighting proteins) to HIV (antigen)

There are no particular signs and symptoms for HIV/AIDS (S/S would depend on the opportunistic infections present)

- lack of energy, short-term memory loss, weight loss, herpes infections
- fevers, sweats,
- persistent or frequent yeast infections (oral or vaginal),
- skin rashes or flaky skin,
- non responsive pelvic inflammatory disease, delayed development / failure to thrive in children



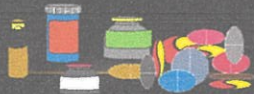
HIV negative

You don't have the virus


HIV positive

The virus is in a person's body. A person may look and feel healthy, but he/she will not know he/she has the virus unless he/ she gets an HIV blood test.

Bad News



Let's give ourselves a bright future!



"I care ... Do you?"

STAY SAFE

- D- Don't use illicit Drugs/ share syringes and needles
- E- Educate yourself
- F- Fuck with Responsibility
- G- Get tested for HIV

THERE IS NO CURE FOR HIV and AIDS


Scientists say they cannot tell when a cure for HIV/AIDS will be discovered.

THERE IS NO VACCINE FOR HIV

As of now, there is no known effective vaccine that can prevent HIV.

GOOD NEWS!

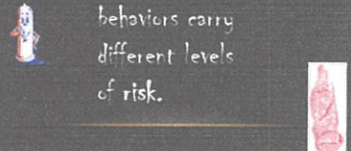
"Once you don't have HIV, you'll never have it"




YOU TAKE PRECAUTION

DON'T DO RISKY BEHAVIORS!

Different behaviors carry different levels of risk.



ARV – ANTI-RETROVIRAL THERAPY ... THE HOPE FOR PLWHAS



Although they cannot cure HIV / AIDS, anti-retrovirals (ARVs) have dramatically reduced mortality and morbidity, prolonged lives, and improved the quality of life of many people living with HIV / AIDS. Good patient adherence and correct use is very important

STAY SAFE

- A- Abstain
- B- Be faithful (mutual)
- C- Correct and Consistent Condom use

Am I at risk of HIV or STI?

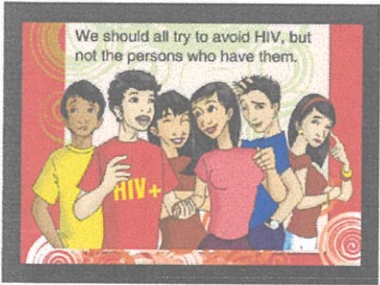
- ☐ Do I engage in unprotected sex relationship with more than one partner?
- ☐ Does my partner have any other sexual partners?
- ☐ Do I or my partner have signs or symptoms relating to possible STI?
- ☐ Do I or my partner use drugs and share injection equipment?

If you answered "YES" to any, then you might have a risk of getting HIV or STIs. Go to a health facility for proper diagnosis, treatment, or referral.

• It's not WHO YOU ARE
but WHAT YOU DO
that make you
vulnerable to
HIV/AIDS.



**Remember: You decide
how you use your body.**



HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
1) Sawad, Elreen Keith P.	26	Student	BP= 110/100 RR= 18 CR= 70	- cough & colds
2) Gao-ay, Baltazar	25	Student	BP= 120/80 RR= 17 CR= 74	- cough & colds
3) Simlantan, Maryjane	22	Student	BP= 110/80 RR= 19 CR= 81	- dengue fever - cough & colds
4. Dyn Rashka Del Rosario	21	Student	BP= 110/70 RR= 19 CR= 68	- cough and colds - fever
5. Bing-Bing Wasian	22	Student	BP= 120/70 RR= 17 CR= 75	- none
6. Jay Godas	26	Student	BP= 110/80 RR= 18 CR= 70	- cough and colds
7. Raine Cawaren	05-23-1982	Faculty	BP= 120/80 RR= 65 CR= 65	- cough and colds
8. Domisi Randy	09-16-1996	Student	BP= 120/80 RR= 17 CR= 82	- Nausea
9. Acab, Renald	July 27, 1997	Student	BP= 110/70 RR= 16 CR= 78	- Typhoid fever
10. Dante Dalisan	March 25, 1997	Student	BP= 120/70 RR= 17 CR= 73	- Fever
11. Regine Sio-angan	02-02-1999	Student	BP= 110/80 RR= CR=	- colds

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

NAME	AGE / BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
12. Rita Lawig	08-21-1998	student	BP= 120/80 RR= 14 CR= 65	- colds
13. Georgia Kobyag	12-1-1998	student	BP= 120/90 RR= 18 CR= 73	- cough by colds
14. Aprilia Apnoyan	09-03-1996	student	BP= 120/80 RR= 16 CR= 81	- colds
15. Wilda Degay	09-19-1994	student	BP= 110/70 RR= 19 CR= 82	- cough
16. Astrude Naroy	04-07-1996	student	BP= 110/70 RR= 17 CR= 74	- fever
17. Lani-ee, Tanna	06-06-1996	student	BP= 120/70 RR= 19 CR= 83	- cough by colds
18. Dawagi, Isiah	Aug. 17-1994	student	BP= 120/90 RR= CR=	- None
19. Yonn Rubis	09-04-1998	student	BP= 120/80 RR= CR=	- fever, colds
20. Phana Fernan	Nov. 14, 1994	student	BP= 120/80 RR= CR=	- cough
21. Vethro Filog	23	student	BP= 120/70 RR= CR=	- None
22. Angeline Dapayawen	20		BP= 110/70 RR= CR=	- none cough and colds

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
22	Ganipac, Freddie C.	24 Feb. 12-1992	student	BP=130/90 RR= 19 CR= 98	N/A
23	Longsiyan, Orly	22 Oct. 17 -1993	student	BP= 130/80 RR= 18 CR= 75	N/A
24	Acidwang, Welsa C.	18 Jan. 5-1998	student	BP= 120/80 RR= 17 CR= 70	N/A
25	Awisan, Gwen A.	18 April 1 -1997	student	BP= 140/80 RR= 20 CR= 83	N/A
26	Dacaten, Mary Ann	17 April 30-1998	student	BP= 120/86 RR= 17 CR= 72	N/A
27	Langkiano, Roger Karl	22 Feb. 8-1993	student	BP= 120/70 RR= 18 CR= 70	N/A
28	Recile, F.B.	March 23-1994	student	BP= 140/90 RR= 20 CR= 81	N/A
29	Tiwakan, Jerry	25 Oct. 19 1990	student	BP= 120/70 RR= 17 CR= 71	Diarrhea Cough & Colds
30	Gerson Banban	Sep. 12-1991 22	student	BP= 110/60 RR= 21 CR= 84	Colds
31	Mangac, Randelmar	17 May 6, 1998	student	BP= 120/90 RR= 20 CR= 81	Colds
32	Tafalenig, Noel	19 Nov. 5, 1996	student	BP= 120/80 RR= 18 CR= 70	Diarrhea

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
33	Lucya, Jemar	19	Post student	BP= 110/70 RR= 17 CR= 68	Headache
34	Gunday, Anita	17	student	BP= 100/60 RR= 18 CR= 80	> Cough & colds
35	Bayog, Winny	19	student	BP= 90/70 RR= 19 CR= 76	> Dengue fever
36	Elizardo, Diana D.	17	student	BP= 100/40 RR= 17 CR= 81	> Diarrhea
37	Baydon, Jonathan	17	Student	BP= 120/80 RR= 20 CR= 86	> colds > Typhoid fever
38	Ticobay, Kendriech	23	student	BP= 120/80 RR= 19 CR= 89	> cough & colds
39	morarena, Anghel	16	student	BP= 120/80 RR= 21 CR= 80	> cough cold
40	Langcao, Jonel	21	Student	BP= 130/80 RR= 19 CR= 80	> wound laceration > cough
41	Gunday, Marcel	20	Student	BP= 160/80 RR= 22 CR= 94	> cough & colds
42	Margay, hays	15	student	BP= 120/80 RR= 17 CR= 71	> headache, cough & colds
43	Suban, Regina	20	Student	BP= 110/70 RR= 19 CR= 82	> cough & colds

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
44	Dangsoy, Joel	22 08/26/1994	Student BSCE IV	BP=120/90 mmHg RR= 18 cpm CR= 64 bpm	NONE
45	SALINGBAY, ALVIN S.	02/04/1998	STUDENT BSCE 1	BP=150/100/130/90 mmHg RR= 22 cpm CR=95 bpm / 72 bpm	NONE
46	Paul Joseph N. Pallen	51	Engineering (Instructor)	BP= 120/80 mmHg RR= 20 cpm CR= 78 bpm	Diagnosed with hypertension (yr. - forgotten), taking anti-hypertensive drug when needed (SL route)
47	Norbe D. Gao-an	02/04/1992	BSEE N	BP= 180/120 mmHg RR= CR= 80 bpm	→ ADVISED FOR CLINIC VISIT/CHECK-UP
48	HALIKAN, ROGER JR. SJ	09/14/1991	BSCE IV	BP= 100/70 mmHg RR= 19 cpm CR= 76 bpm	
49	EMILY MARRERO	46 01/03/ '70	INSTRUCTOR -ENGINEERING	BP= 130/80 mmHg RR= 20 cpm CR= 80 bpm	DIABETES (DIAGNOSED: YR. 2001) & ON ORAL MAINTENANCE
50	ANTHONY DOMALTI	21 JUNE 04, 1994	STUDENT -ENGINEERING	BP= 130/90 mmHg RR= 19 cpm CR= 76 bpm	
51	MILLER ANA-AG	23 NOV. 19, 1993	STUDENT -BSCE	BP= 140/80 mmHg RR= 20 cpm CR= 78 bpm	
52	CHACWAG, JUVY DANE	OCT. 04, 1994	student - BSCE	BP= 90/60 mmHg RR= CR=	ANEMIA (DIAGNOSED: YR 2011) & TAKING VITAMIN B COMPLEX
53	CHERRY ANN CABALAN	Nov. 03, 1996	Student - BSCE	BP= 100/60 mmHg RR= 18 cpm CR= 69 bpm	
54	MARY DOMANGHI	61	INSTRUCTOR - EDUC.	BP= 130/90 mmHg RR= 21 cpm CR= 80 bpm	

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
55	SIMON Daryl M.	18 02/24/94	STUDENT BSCE	BP= 118/90 mmHg RR= 19 cpm CR= 70 bpm	
56	DESAU, GREMBLE D.	18 10/03/97	STUDENT BSEE	BP= 120/80 mmHg RR= 18 cpm CR= 68 bpm	
57	PAPAT, JOBERT	22 09/23/94	STUDENT BSCE	BP= 140/80 mmHg RR= 19 cpm CR= 71 bpm	
58	Palen, Maryphy	28 03/13/87	STUDENT BSBH - J.O.	BP= 120/70 mmHg RR= 20 cpm CR= 71 bpm	
59	Decusin, Muriel	22 3/7/94	J-O	BP= 110/70 mmHg RR= 19 cpm CR= 65 bpm	
60	Amie L. Guilod	20 06/11/1995	student	BP= 130/80 mmHg RR= 20 cpm CR= 69 bpm	
61	Catubing, Miral Toce	18 05/30/1997	Student	BP= 110/70 mmHg RR= 19 cpm CR= 65 bpm	
62	Lauron, Annabelle	21 5/20/94	Student BSEE	BP= 120/80 mmHg RR= 20 cpm CR= 69 bpm	
63	DENGA-ES, LEONOR A	16 5/19/99	STUDENT BSCE	BP= 110/80 mmHg RR= 18 cpm CR= 68 bpm	
64	Danglob, Karol	8/9/97	Student BSCE	BP= 110/70 mmHg RR= 18 cpm CR= 65 bpm	
65	NORLYN NCAN-OY	17 OCT. 28, '98	STUDENT BSCEd.	BP= 110/70 mmHg RR= 19 cpm CR= 74 bpm	UTI (LAST MONTH)

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
66	Wallang Marcelo Jr.	08/18/1996	student	BP= 130/90 RR= 78 CR= 17	> Cough & colds
67	Mariano, Polinlo L.	08/22/1996	student	BP= 120/80 RR= 82 CR= 18	> LBM
68	Ralrag, Rose Vine Y.	10/18/1995	student	BP= 120/80 RR= CR=	> yellow skin abdominal pain
69	Adela, Bantasan	Feb 17, 1966	Faculty - TED	BP= 120/80 RR= CR=	> cough & colds
70	Martin Wapan	11-11-1961	Faculty - TED	BP= 120/80 RR= CR=	> Gastritis
71	Cephas Akien	09-15-69	Faculty - TED	BP= 120/80 RR= CR=	
72	Irene Owaban	07-02-97	Student - BEED POB	BP= 140/100 RR= CR=	> Cough
73	Janice Bosogan	06-29-98	Student - BEED	BP= 100/80 RR= CR=	> Colds
74	Julius Guinsay	07-10-1997	Student - BSCE	BP= 140/90 RR= CR=	> Hypertension
75	Pogodoy ANGADAN	03-10-1995	Student BSCE	BP= 120/90 RR= CR=	
	:		:	BP= RR= CR=	

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
76	MACADAE G. HOYEE G.	18	student	BP= 90/60 RR= 20 CR= 81	7 cough & cold
77	LAURETA, PRINCESS	20	student	BP= 120/90 RR= 20 CR= 79	7 UTI
78	PAIPEN, STAR	22	student	BP= 100/90 RR= 20 CR= 81	7 sinusitis
79	MATIB, YVONNE G.	20	student	BP= 100/70 RR= 19 CR= 83	7 headache
80	Gary Gill Bugagawon	22	student	BP= 130/80 RR= 18 CR= 81	7 LBM
81	Recile Kim	21	student	BP= 110/70 RR= 19 CR= 79	7 MIA
82	Recile, Jaybee	21	student	BP= 120/80 RR= 20 CR= 77	
83	Bong-o, Benjie	23	student	BP= 120/80 RR= CR=	7
84	Tanan, Colecy	17	student	BP= 110/70 RR= CR=	
85	Ayobo, Duane	24	student	BP= 120/80 RR= CR=	
89	San Jose, Rafsanjani	23	student	BP= 120/80 RR= CR=	7 sepsis

HEALTH ASSESSMENT

23

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
86	Belogan, Joshua	22 May 13, 1993	student	BP= 140/80 RR= 20 CR= 82	N/A
88	Bugnos, Jake	19 Feb. 4, 1996	student	BP= 140/70 RR= 21 CR= 80	cough & colds
89	Playas, Jefferson	27 June 12, 1988	Security Guard	BP= 110/70 RR= 16 CR= 69	cough & colds
90	De Castro, Agrina	23 August 3, 1994	student	BP= 120/80 RR= 18 CR= 68	cough & colds diarrhea
91	Del Rosario, Debra Rose Debra Rose	22 July 2, 1993	student	BP= 110/70 RR= 17 CR= 70	cough & colds
92	Ebrahim, Abdullah	19 April 16, 1997	student	BP= 120/70 RR= 17 CR= 72	N/A
93	Umayat, Amory A.	May 14, 1972	Faculty	BP= 140/90 RR= 20 CR= 87	Hypertension
94	Glarza Bangoy	22	student	BP= 110/60 RR= 20 CR= 68	colds
95	Marvin Cristobal	25	student	BP= 120/80 RR= 21 CR= 75	- none
96	Ramel Pasngadan	21	student	BP= 140/80 RR= 20 CR= 85	- cough and cold
97	George Cambugan	23 Mar. 3, 1992	alumni	BP= 130/80 RR= 20 CR= 80	- asthma
98	Ebrahim, Lahim	26	student	BP= 120/80 RR= 19 CR= 75	- N/A

HEALTH ASSESSMENT

MPSPC TADIAN CAMPUS

	NAME	AGE /BIRTHDATE	POSITION	VITAL SIGNS	HISTORY OF ILLNESS
99	FANIG, JOMARIE P.		Student	BP= 110/70 RR= 17 CR= 79	? cough & colds
100	SEBIO, SALVADOR T.		Instructor	BP= 110/80 RR= 18 CR= 80	? cough & colds
b1	Cainoy, Ren-Ren	19	Student	BP= 110/70 RR= 19 CR= 82	? colds
b2	Biding, Ewio	18	student	BP= 90/60 RR= 17 CR= 75	?
103	POTILAS, DAVO	22	student	BP= 140/100 RR= 18 CR= 89	? LBM, cough & colds
104	Prupuyan, Angelo	21	student	BP= 120/90 RR= 19 CR= 84	?
105	Bidal, Roselle	18	Student	BP= 100/60 RR= 20 CR= 86	? headache
106	Loogan, Jessa	19	Student	BP= 110/80 RR= 21 CR= 80	? Cough + colds
107	prent Bangao	19	Instructor	BP= 120/80 RR= 19 CR= 87	?
108	Rentutor, Ely	20	Student	BP= 110/90 RR= 18 CR= 85	UTI
109	ABAN, MARITON S.	22	STUDENT	BP= 110/76 RR= 19 CR= 75	

NAME	AGE	DOB:	VITAL SIGNS
Wilson Doguem	23	student	BP: 130/80 CR: 78 RR: 19 - cough and colds
Basilha Dangson	22	student	BP: 110/70 CR: 70 RR: 19 - cough and cold - toothache
Gao-an Jeteel	22	student	B: 130/90 CR: 68 RR: 20 - cold
Jobeth Papat	19	student	110/80 77 18 - cough and cold - fever
Sonnalyn Dinggo	20	student	110/70 80 19 - cough and colds
Jrinalyn Bangao	23	student	110/80 73 18 - Dengue - TB
CLINT PUCATE B.	21	STUDENT	130/80 74 20 - cough and colds
AGDID KST	25	STUDENT	120/80 68 19 - colds
Nell Ayochok	24	"	140/90 70 20 - none
Bobby Fockley	24	student	120/90 80 20 - cough and colds fever
Jerry Maganon	23	"	130/90 72 18 - colds, fever

NAME	Age	B- DATE	VITAL SIGNS	Hx.
Jany Gill Bugawanon	22		130/80	ABM
Amor Banwa	21		120/80	
Kander Ingbanan	22		120/80 → cough & colds	
Brent Tepoksa	19		120/80 →	
Kenneth Jones Li Lomad	19		130/80 → cough & colds	
Falitarang, Carl Deok M	18		120/80	
REYMAR AGUIRRE	20		130/80	Cough & colds
Kaplat, Edwin	56	Instructor	160/100 - 79	HPH



Republic of the Philippines
Mountain Province State Polytechnic College
Tadian Campus
2620, Tadian, Mountain Province

Attendance Sheet
Symposium on Common Health Illnesses
February 24, 2016 (8-12)

NO.	NAME	COURSE & YEAR	SIGNATURE
1.	Yagpasen, Zenith L.	BTTE-FTII	
2.	Cobebe, Jackie Lou B.	BTTE II	
3.	Marcos, Audrey A.	BSED I	
4.	Cabay, Annilyn	BTTE-FT II	
5.	Palagang Bobby D.	BTTE I	
6.	Tumalisan Flordebera A.	BSBA - I	
7.	Perez, Jaymarick Ann V.	BSBA - I	
8.	Mercy Rose Luis	BSBA I	
9.	Palagang, Ilea D.	BSBA I	
10.	Kalande, Rigi Mae A.	BSBA I	
11.	Taguba, Rizza	BSBA I	
12.	Carasi, Chester	BAT II	
13.	Bautista Jeffrey	BSAF I	
14.	REALISAN, ROGER JR.	BSCE IV	
15.	MUNU SHEEN LEE	BSCE IV	
16.	SALES, JOHNREY	BSCE IV	
17.	CATUBINS, MIRAL	BSBA III	
18.	COGAN, JESSA	BSBA III	
19.	Bai, Gelly R.	BSBA I	
20.	Gatley, Marcel C.	BSBA I	
21.	Pacheco, Alma H.	BAT I	
22.	Martiano, Christina S.	BAT I	
23.	Dollente, Dominga P.	BAT I	
24.	Velasco, Tangerine	BSBA I	
25.	DAYLISAN, LOUHE JANE	BSBA I	
26.	DAYLISAN ALUNA JOY C.	BSBA I	
27.	Akay, Lynn P.	BSBA I	
28.	CHERRY ANN CABALAN	BSBA II	
29.	LTman Claudio II Y.	BSBA II	
30.	Soliven, Pigna P.	BSBA II	
31.	Pajamustan, Jan Chippy T.	BSBA II	
32.	Valentin, Hazel, B.	BSBA II	
33.	Dicam, Andrea B.	BSBA II	
34.	Compas, Myra Danica P.	BSBA II	
35.	Lourenine Salayog	BSBA II	
36.	Ullanigen, Tajany B.	BSBA I	
37.	Mamucod Reymark	AST	
38.	Kenneth James L. Linao	BTTE I	
39.	Chinalpan Domingo	AST	
40.	Reyna HICASIO	AST	
41.	SAGILING, SHAREN P.	BSCE I	
42.	Martias, Uziel Nova G.	BSCE I	
43.	Shulamnite Valdez	BSBA - II	
44.	Palamano, Ryan	BTTE I	
45.	Igoid, Shirlyn G.	BSCRIM II	

46.	GARSI, HAEZEL GRAIL D	BSCE	<i>Hand</i>
47.	AYOCHOK, NEIL CHEM BRK K.	BSCE	<i>gachok</i>
48.	LOPER, SEMEL KURT B.	BSCE	<i>SKA</i>
49.	BAGUIWEN, JAZEL JAT M	BSCE	<i>Baguiwen</i>
50.	POTALLES, DENVER B	BSCE	<i>Potalles</i>
51.	EMBANG, Keldin X.	BSED	<i>Embong</i>
52.	CALAUZEL, KARL A	BSED	<i>Carl</i>
53.	CACHERO, CHRISTIAN K.	BSCE	<i>Cachero</i>
54.	NGO-OC, KENT L.	BSEE	<i>NGO</i>
55.	BLANCO, BRADLY C.	BSCE	<i>Blanco</i>
56.	WABET FORDSON L.	BSCE	<i>Wabet</i>
57.	Caliglan, Cleof A.	BSCE	<i>Caliglan</i>
58.	Fangrasan, REY P.	BSCE	<i>Fangrasan</i>
59.	Batatar, Jenny Rose C.	BSED I	<i>Batatar</i>
60.	Lamnan, Mary-ann M.	BSED I	<i>Lamnan</i>
61.	PABLO, KRISTINA	BSCE	<i>Pablo</i>
62.	Combison, Kesiah	BSED	<i>Combison</i>
63.	Layron, Annabelle	BSBA	<i>Layron</i>
64.	Dacan, Jenny Claire	BSED I	<i>Dacan</i>
65.	Ngan-oy, Rorie	BSED	<i>Ngan-oy</i>
66.	Ngan-oy, Norlyn	BSEE	<i>Ngan-oy</i>
67.	Jeana D. Comingo	BSED	<i>Jeana</i>
68.	Bathyang, Lucile A.	BSED II	<i>Bathyang</i>
69.	LIWABANAN, XANDER	BSEE	<i>Liwanan</i>
70.	Tepokga Brent	BTEE II	<i>Tepokga</i>
71.	Falitag, Carl Deck M.	BTEE II	<i>Falitag</i>
72.	Palicao, Charlie B	BTEE II	<i>Palicao</i>
73.	Bircula, Joshua S.	BTEE I	<i>Bircula</i>
74.	Yadan, Epsy Tom S.	BTEE I	<i>Yadan</i>
75.	MOOGAN, MARILDU T.	BSED-2	<i>Moogan</i>
76.	PAWATEN, KARLYN M.	BTEE-2	<i>Pawaten</i>
77.	Banno, Jecamlyn	BTEE-2	<i>Banno</i>
78.	Posugan, Dominga	BSED 2	<i>Posugan</i>
79.	Pundo Alpha P.	BSED-2	<i>Pundo</i>
80.	Agayan, Gicelyne Y.	BSED-2	<i>Agayan</i>
81.	Gaudan, Saxonina P.	BSED-2	<i>Gaudan</i>
82.	Dalagnew, Nory L.	BSBA-III	<i>Dalagnew</i>
83.	Calabat, Chary	BTEE II	<i>Calabat</i>
84.	Membrere, Phily D.	BSBA-FACULTY	<i>Membrere</i>
85.	ANON, JAYR	BSED II	<i>Anon</i>
86.	LAWATA, PANCHIS	BSED I	<i>Lawata</i>
87.	Tungawon, Coleene M.	BSCE 1	<i>Tungawon</i>
88.	Buganin, Hazel Anne	BSED I	<i>Buganin</i>
89.	Leue Q. Dampagan	BSED I	<i>Leue</i>
90.	Songaben, Patrice M.	BSED II	<i>Songaben</i>
91.	Grando, Manuel A.	BSED III	<i>Grando</i>
92.	Na-oy, Astrude I	BTEE-4	<i>Na-oy</i>
93.	Pilipiling, Carlos B.	BS Chim 1	<i>Pilipiling</i>
94.	Reine Jo-angan	BSCE-1	<i>Reine</i>
95.	Pagao, Murty	BSED II	<i>Pagao</i>
96.	Manganip, Drome	BS Chim 1	<i>Manganip</i>
97.	PAGAO, CLAIRE	BSED I	<i>Pagao</i>
98.	Pansigan, Cecile	BSED II	<i>Pansigan</i>
99.	TICOBAY, KENNEDY	BSED III	<i>Ticobay</i>
100.	Cabay, Ivy A	BSED II	<i>Cabay</i>

101	Ganipso, Freddie C.	BSCrim II	
102	THOMPSON, KAYCEE G.	BTE	
103	DESAU, GEMBLE D.	BSEE II	
104	David, Ralvic	BSED II	
105	LAGAN, REID KURT	BSCE II	
106	CARRIE PARDAYAN	BSCE III	
107	CHAG, REGIE G.	BSCE IV	
108	Taoba, Ryan Dick	BSCE IV	
109	Cambod, Alphon	BSCE IV	
110	James Vicente	BTE II	
111	XNAXG, MILLER P.	BSCE II	
112	Manengyao, Mike T.	BSCE II	
113	Mang T. Dumangali	TEd	
114	Bayadina Joshua C.	BSCrim I	
115	VONN CLARENCE RUDIC	BSCrim I	
116	PERFAS, BENZO BEL G.	BSEE III	
117	Ninulga, Sydney A	BSCrim I	
118	Ngalatan, Delhor L.	BSCrim I	
119	Africano, Kyra Merah S.	BSN	
120	Masillan, Venice D.	BSN	
121	Joxell, Meryll Aranne O.	BSN	
122	Ralco, Babes T.	BSN	
123	Chernaken, Frances Wance P.	BSN IV	
124	Lomong-en, Myline	BSN	
125	Sarimamok, Hania S.	BSN	
126	Lalo, Maria Emily C.	BSN	
127	Ambog, Jesusa B.	BSN	
128	Caweng, Juna L.	BSN	
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157	LENGUA, JANINE F.	BSCE - I	
158	Cabay, Savannah A.	BTIE - II	
159	Poteng, Dexter J. C.	BSCE - III	
160	Atiwag, Jorilyn C.	BSCE - II	
161	Santos, Merrylyn A.	BTIE - II	
162	Sapaw, Nanette D.	BSCE - I	
163	Bang - ol, Jorelyn D.	BSCE - II	
164	CALAO, GLENIX	BSCE III	
165	Furtag, Julius C.	BSCE I	
166	Bidal, Roselle C	BSBA II	
167	GABOI LUNEST	BSCE I	
168	Recilo Kim A.	BTIE I	
169	Alton TINGBAO C.	BTIE 4	
170	Banglot, Karen	BSCE I	
171	Poyceda, Mel Joy P	BSCE - E2	
172	Palubos, Gina	BTIE	
173	Dandalen, Shara	BSBA-1	
174	Espada, Mary C.	BSCE	
175	Dapin Pepe	BTIE	
176	Orano Ronel	BTIE - I	
177	Jee Cynthia P.	BSBA - I	
178	Bulcan, Marlon C.	BSCE - II	
179	Caedo Maydon S.	BSCE - II	
180	Domal-in, Marlon P.	BSCE - II	
181	Piwit, Jan - Ann	BSCE II	
182	COGNODEN, JULIE FLOR C.	BSCE - II	
183	TOLEGAS, HARRY T.	BSCE - II	
184	Gaya, Cherry Mae D.	BSCE - II	
185	Pa - og Eunice	BTIE - I	
186	Impay, Magelyn B.	BSCE II	
187	COJIGAN, GEOFFREY C.	BSCE II	
188	Fanig, JOMARIE P.	BSCE II	
189	ESTRICK, PERYLE L.	BSCE II	
190	Angedan, Shella Mae B.	BSCE II	
191	Balot, Mary Ann L.	BSCE II	
192	Maganon, Jerry	BSCE IV	
193	TETOKSA, BESSIE	BSCE IV	
194	Aggosa, Noble L.	BTIE - ET II	
195	Cabay, Jordan A.	BTIE - ET II	
196	Mateo, Pamela	BSCE - III	
197	Amang ab Thanny	BSCE II	
198	Tristan, Churping C.	BSCE I	
199	Cipag, Sin EY P.	BSCE II	
200	Atiwag, Jocelyn G.	BSCE III	
201	Amang Samuel A.	BSCE I	
202	Amang Marcel M.	BSCE I	
203	Kinoman, Roseh B.	BSCE IV	
204	LISALIS JORDAN G.	BSCE I	
205	Nallay, Crystal Vine T.	BSCE IV	
206	Gubalay, Anita M.	BSCE I	
207	Gay-zaman Ryan B.	BSCE I	
208	Guimpartan Ram A.	BTIE - I	
209	Agaba, Duane C.	BTIE - III	
210	Jomar Tammocho	CE II	
211	Waling, Joan	BSCE III	
212	David, Zeng	BSCE II	

213	TIWAKEN, JERRY K.	BSCRIM 3	
214	WILLO, CESAR	BSCE III	
215	MAHA SALL MAXUEL B.	BSCE IV	
216	Manchez Woody L	BSBA	
217	DEDEA, KRISTHA MARIE C.	BSBA	Kabed...
218	Rayden, Charlene	BSBA	Rayden
219	Tamagan, Junilyn	BSBA	
220	Dominguez, IRISH	BSBA	blamney
221	Liuagan, Jane Shane J.	BEED	Liuagan
222	Gungawan, NOA G	BSED	
223	Dawayen, Elen B.	BSED-I	Elen B.
224	Bula-an, Glenda	BSED	glenda
225	Ballaawang, Arlyn G.	BSED-I	Ballaawang
226	Bagao, Julie Ann A.	BSED-I	Bagao
227	Liu, DISA A	BSED	
228	Andrada, Jaka	PAT 1	
229	Gampaw, Charina	BSBA II	
230	Dagron, Wilma B.	BEED I	Dagron
231	Michelle Barix D.	BEED I	Michelle
232	Suzima A. Beldio	BEED III	Suzima
233	PULPO L. AIL-IN	BSED II	
234	Gungawan, Guila P.	BSOD III	
235	Bandawag, Betty A.	BTIE-I	Bandawag
236	Elsie P. Matias	BTIE-I	Matias
237	Dilem, Farrah	BSBA-II	Dilem
238	Crabon, Manoris P	BTIE	Crabon
239	Odalo, Sandra P	BSBA III	Odalo
240	Lamiao, Ellen M.	BSBA III	Lamiao
241	Wasian, Mariel O.	BSBA 3	Wasian
242	Pablo, Grace M.	BSBA III	Pablo
243	Lirawan, Ariene	BSBA III	Lirawan
244	Velasco, Sherwyn	BSAF I	Velasco
245	Dodpoos, Jasper	BSBA III	Dodpoos
246	CONIN-E, ZALFU	BS-CRIM I	CONIN-E
247	Mangami, Michael Angel	BSF II	Mangami
248	Lanset, Neil T	BSCRIM	Lanset
249	MANGES JOHN REY V	BSF II	MANGES
250	Sayman, Ferdie	BTIE I	Sayman
251	Gubalby, Samuel	BTIE	Gubalby
252	XQUILTO, ELIZER D.	Bscrim I	XQUILTO
253	ESTRELLA A. BASCO	TED (Faculty) x	ESTRELLA
254	Boyongan, Jerro	BSBA-PM	Boyongan
255	Bandawag, ROSE A.	BSCRIM 3	Bandawag
256	Pivot, Chen-lie C.	BTIE II	Pivot
257	Padrigo, Devorah Jade	BTIE I	Padrigo
258	Masland, Gerlie Viladawn A	BTIE I	Masland
259	Padrigo, DIVER S.	BSCRIM-I	Padrigo
260	Chocowen, Allen E.	BSCRIM-I	Chocowen
261	Albug, Dimi Mhoor B.	BTIE-I	Albug
262	Bonilla, tyra D	BSBA I	Bonilla
263	Pablo, Tres Mary Rose.	BEED-II	Pablo
264	ABXD, XNGELIE F	PSCE-II	ABXD
265	Guimpatan, Cirt A.	PSCE-II	Guimpatan
266	Patit, sharon Pagan Gail	BEED-III	Patit
267	Bagao, Marlene	BEED-III	Bagao
268	Craweng, Melchor S.	BSCE-II	Craweng

269	MAGADAG, HOMER G.	BSFD	
270	Penturkar, Ivy	BSIE	
271	Panson, Jierlyn Jewel A.	BSGE	
272	XIN-AN, CRISANTO D.	BSCE	
273	CHANGILWAN, SACEBO F.	BTIE	
274	MAYOS, JUNIE P.	BSCE	
275	COTUPAN, HOMER B.	BSCE	
276	CHAKAS, KAREY C.	BSEE	
277	CHAKAS, SIMFAY C.	BSCE	
278	BAWENGAN, JOJO	BSCE	
279	KASSW, Reymart W.	BSCE	
280	Manalang, Jodelle J.	BSCE	
281	GONAGA, HADEL C.	BSCE	
282	MOTIAS, Shella D.	BSCE	
283	SCHOON, Ernesto	BSCE	
284	Loogan, Emerson	BSCE	
285	COMINGA, Loury Jessa A.	BSCE	
286	RDHAWA, JATAR D.	BSCE	
287	NGALATAN, WILMAR A.	BSCE	
288	Boyongan, Moises S.	BSCE	
289	Boyongan, Moises S.	BSCE	
290	LICPA, MARULLA D.	BSCE	
291	PAKIPAK, JOTHAM REY Y.	BSCE	
292	ESTAC, TIRSO L.	BSCE	
293	Dancourt Daluping	BSCE	
294	MAGADIA, ROWEL	BSCE	
295	Durham, Friday I.	BSCE	
296	Dangsan, Florence	BSCE	
297	Mangyo, Mariebel	BSCE	
298	Tawagen, Ireneo Jr. D.	BSCE	
299	MARIANO, Polina L.	BSCE	
300	Calisto, Jerome	BSCE	
301	Motias, Melba C.	BSCE	
302	Bulinag, Rose Vine Y.	BSCE	
303	Madagay, Clarence T.	BSCE	
304	RASSOL, BENSON	BSCE	
305	GARCOS, JOSEPH F.	BSCE	
306	Caap, Leonardo Jr. K.	BSCE	
307	BANTAWAN, BRENDON S.	BSCE	
308	DONGLA, Rex B.	BSCE	
309	ANA-AS, SAMUEL F.	BSCE	
310	DICUPAN, NORBERT B.	BSCE	
311	Ana-as, Marvin F.	BSCE	
312	DALUPING, EZEKIEL F.	BSCE	
313	GARAN, JEREL N.	BSCE	
314	PASAGAN, HYKA	BAT	
315	OLANIO, PENALYN D.	BAT	
316	GROKEN, Delmar P.	BSFD-II	
317	ACAB, RAYMOND K.	BSFD-II	
318	CANIGAY, LIMPOND H.	BSCE	
319	LAYO, Diello L.	BSCE	
320	LINGAY, JEMAR B.	BSCE	
321	CARBIT, DANNY W.	BSCE	
322	PANGDAH, SONNY	BSCE	
323	PATOWAN, VINCI	BSCE	
324	DEAYO, TITUS	BSCE	

SUMMARY OF EVALUATION

- One faculty member stated that "It is good that the Department of Nursing came to visit our campus and impart knowledge for us to use in our daily lives and for us also to be aware in our health. I just want to request in the indigenous plants the proper preparation, proper application and proper dosage. But as you said a while back we must request another workshop for it, anyway we are very thankful for coming here in Tadian for the information dissemination".
- An engineering student uttered "We want to thank you for imparting us knowledge and for the awareness about the topics especially in the Sexually Transmitted Diseases/AIDS/HIV".
- Another student from the teacher education stated "Thank you for the information dissemination and giving us wisdom especially about the Sexually Transmitted Diseases/AIDS/HIV because I know that I'm vulnerable in acquiring this disease. At least, I'm aware to it and I've gained wisdom in how to prevent in acquiring the disease. In addition, I want also to give my appreciation to the one who discussed the topic because he is so intelligent".
- Ms. Berlinda Pel-ingen expressed also her impression by stating that "It is nice to have an activity with regards to health issues and concerns and I think it is nice to implement another one and I recommended that this will become a program of the department of nursing".
- Overall, it is VERY SATISFACTORY.