



**NURSING DEPARTMENT**

**TERMINAL REPORT**

**I. GENERAL INFORMATION**

**Activity: P.E.A.C.H. for a HEALTHY THRIVING COMMUNITY: A FAMILY DEVELOPMENT  
SESSION FOR 4P's on HEALTH**

Date & Time of Activity: February 15, 2019; 8am-5pm

Venue of Activity: Day Care Center Grounds , Betwagan, Sadanga

Proponents: Annie Lourie Y. Paredes, June II A. Kiblasan

Facilitators: BSN Faculty, Level 4 students

Participants: 4Ps Families

Budget: ₱ 48, 000

Source of Fund: External Fund

**II. NARRATIVE REPORT**

Addressing one program of the government thru the 4Ps by improving their health, nutrition and education, the Nursing department thru COPAR extended their services to help address thru awareness and education about the leading causes of morbidity in the community.

The session was attended by almost 154 participants from all sitios of the barangay. We gathered at the grounds near the Day Care Centre and in front of the church grounds in Finnong. Barangay Captain Agpawan and the ML Coordinator from DSWD gave and their messages after which a series of health teachings on the top leading causes of morbidity, its nature, prevention and complications were done by the nursing faculty and the students. Personal hygiene lectures like proper handwashing was taught especially to young children present during the development session since the leading cause of morbidity is Acute Respiratory Tract Infection.

Hygiene soaps from the MBD Foundation, a partner of Clean the World Foundation were distributed to all participants present and extra boxes of hygiene soap were given to the clinic for distribution to other households of the barangay care off the BHWs and VHWS. In between lectures, the community participated in question and answer and actively participated during ice breaker sessions. A snack for all participants were provided. Lunch was prepared by the Nursing students and volunteer members of the community.

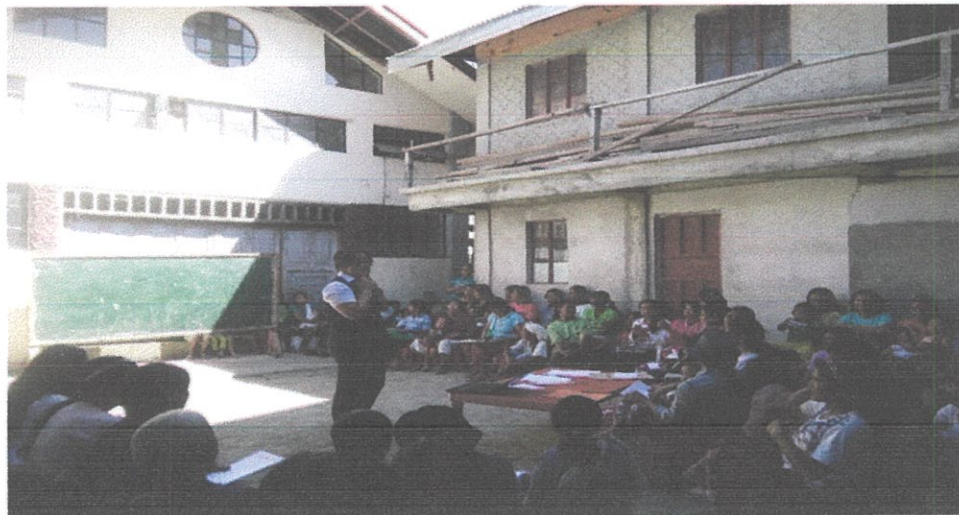
The participants requested for herbal medicine preparation lectures and trainings when they were asked at the end of the session asked what other lectures do they need that can be beneficial for them.

**III. PHOTO DOCUMENTATION**



Community action song before the health teaching session





ARI lecture



Queries were entertained and explained to the community







The participants from different sitios of Betwagan listening attentively.



Lecture on wound care and proper hand washing



Boxes of hygiene soaps were distributed to the community after health teachings on hand washing and wound care.

#### IV. **RECOMMENDATIONS**

. With the full participation of the 4Ps. Follow up health teachings on other health related issues should be advocated. Regular family development sessions should be done not only to the members of the 4Ps but to other vulnerable groups like the Rebel Returnees group and young mothers.

#### V. **ATTACHMENTS**

- a. Approved activity design
- b. Attendance sheet

Prepared by:

*ANNE LOURIE Y. PAREDES*  
Extension Coordinator

Noted:

*JUNE II A. KIBLASAN*  
Dean, Nursing



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**Mountain Province State Polytechnic College**

(Bontoc), Mountain Province

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**DEPARTMENT OF NURSING**

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(February 8, 2019)

**DR. REXTON F. CHAKAS**

*College President*

Mountain Province State Polytechnic College

Bontoc, Mountain Province

Sir:

This is to submit the activity design for the activity entitled "P.E.A.C.H for a Healthy Thriving Community: *A Family Development Session for 4Ps on Health*" to be held on February 13 2019 at Finnong, Betwagan, Mountain Province for your perusal and approval.

Thank you very much.

Truly yours,

  
**ANNIE LOURIE Y. PAREDES**

Nursing Department, Extension Coordinator

cc: VPAA (faculty and student activity design)  
VPAD (staff)  
VPRDE (for RDE activities)  
VPRGL (for RGL activities)  
GAD (for GAD appropriated activities)  
SSDO (for student activities)  
Record's Office (file)





Republic of the Philippines

**Mountain Province State Polytechnic College**

Bontoc, Mountain Province

## **DEPARTMENT OF NURSING**

### **ACTIVITY DESIGN (FACULTY)**

#### **I. GENERAL INFORMATION**

Activity: P.E.A.C.H. FOR A HEALTHY THRIVING COMMUNITY: *A Family Development Session for 4Ps on Health*

Date & Time of Activity: February 13, 2019; 9AM

Venue of Activity: Finnong Ato, Betwagan, Mountain Province

Proponents: Annie Lourie Y. Paredes  
June II A. Kiblasan

Facilitators: BSN Faculty  
Level IV students

Participants: 4Ps families

Budget: ₱48,000

Source of Fund: Barangay Betwagan = 36, 000.00  
MBD Foundation = 12, 000.00

#### **II. RATIONALE**

Anchored with the HERITAGE PROGRAM of the college and one component of the P.E.A.C.H. Nursing Extension Program, Health Education and Training is one service we provide to our clients with information that allows them to make healthier choices.

As Faculty/Student Nurse Extensionists, giving health education is one important function and is a basic health service; but it is also in health promotion and education, our activities go beyond health teachings and information campaign. We are also the care coordinators for the community and its members. This is the reason why we are conducting the Family Development Session on health for our 4Ps members.

The Pantawid Pamilyang Pilipino is one program of the government which aims to help the poor members of the community by providing cash grants to the beneficiaries. It aims to improve their health, nutrition, and education particularly aged 0-14 y/o. The DSWD is the implementing agency together with the Dept. of Health and Dept. Of Education. DSWD Secretary Dinky Soliman(2009) once said "Ang kalusugan at edukasyon ay syang daan upang maisakatuparan ang pangarap na magkaroon ng kapangyarihan ang iyong mga anak na hubugin ang kanilang kinabukasan sa paraang mag-aahon sa kanila sa kahirapan".

Everyone needs health education to young and old, men and women, educated and illiterate as it works to improve the awareness and raise the level of interest and awareness among all segments of society.

There is no limit to the topics that can be addressed by the health cultured, as can address any topic related to health, provided that the subject commensurate with the individual's need or targeted health education group.

Our family development session will focus on the top causes of morbidity in the community which are most often preventable through proper hygiene. We collaborated with MBD Foundation who are advocating health prevention and promotion in the province. Since personal hygiene is a very basic and an essential



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tool in health prevention, we tapped the foundation for hygiene soap which they are advocating for the benefit of our community.

### III. OBJECTIVES

The community should:

- understand and be aware about the top leading causes of morbidity in the community
- identify their health problems and needs.
- help people in solving their health problems using their potential.
- establish proper health behaviour and the change the wrong to true healthy behaviours.

### IV. EXPECTED OUTPUT

- Improve the health of the 4Ps families and community.
- Reduce the incidence of diseases.
- Reduction of complications, disabilities and deaths.
- Improve the quality of life for the individual and barangay.

### V. RESOURCE REQUIREMENTS:

#### A. Budgetary Requirements:

Item	Description	Quantity	Unit Cost	Total Cost
<b>A.Supplies and Materials</b> c/o MBD Foundation	hygiene soap	300 pcs x2=600	₱20.00	
<b>B.Food</b> c/o community	AM/PM Snack	150.00 X 2	60.00	
	Lunch	150	120.00	
			<b>Tot TOTAL :</b>	<b>48, 000.00</b>

#### B. Human Resources

(Indicate committee members, coordinators, ushers/ usherettes, marshals, etc)

Committee/ Task	Number of Persons required	People Responsible/ Members
Food Preparation and after care	4	4Ps members, BSN 4 students
Support group to carry the hygiene soap boxes	6	Brgy officials and CAFGU members Annie Lourie Y.Paredes
Coordinators	2	Brandelyn Ongan (Municipal Link Coordinator for 4Ps)

#### C. Supplies, Property and Equipment Requirements

Property/ Venue/ Equipment	Date to be used
Finnong Ato, Betwagan Blackboard, chalk, eraser, sound system	Feb 13, 2019





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**VI. PROGRAM:**

Welcome Remarks	Brgy. Captain Agustin Agpawan
Prayer:	Community member
Overview of the Top 3 Causes of Morbidity in Betwagan: Annie Lourie Y. Paredes	
Lecture Proper	
Acute Respiratory Infections: } Wound Hypertension Intermission: } Personal Hygiene }	Level 4 students Level 4 students Annie Lourie Y. Paredes
Open Forum on health topics presented	
Distribution of hygiene soaps	MBDF staff
Closing Message	Ms Brandelyn Ongan


Prepared by:

  
**ANNIE LOURIE Y. PAREDES**  
Extension Coordinator, BSN\_\_

Noted:

  
**ELMER D. PAKIPAC**  
Director, Extension Unit

Reviewed:

  
**VILMA C. SAPIL**  
Coordinator, Learning and Development

Funds Available:

**N/A**  
**REXON T. DAMAYAN**  
Accountant III

Approved:

  
**REXTON F. CHAKAS**  
College President



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Mountain Province State Polytechnic College

Bontoc, Mountain Province

### RESEARCH DEVELOPMENT AND EXTENSION SERVICES

#### ATTENDANCE SHEET

Title of Activity: <u>Family Development Session</u>						
Date & Time: <u>Feb 15, 2019</u>						
Venue: <u>Girang, Betungan, Salanga</u>						
No.	NAME	GENDER			UNIT/OFFICE/ DEPARTMENT	SIGNATURE
		F	LGBTQ	M		

1.	Cynthia Sid-ay	✓			Fokong	Sid-ay
2.	Agnes Pit-ay	✓			Fotong	Agnes Pit-ay
3.	Martina Sakyaten	✓			Tochey	MARTINA
4.	Evangelina Kasingey	✓			Pa-ang	EB
5.	Maxima Makchong	✓			Pacrod	Maxima
6.	Marceline Tangkawan	✓			Tinnong	Marceline
7.	Edna KANISI	✓			charwechew	Edna
8.	Helen Tangkiao	✓			Tangad	Helen
9.	Tashya Lumatac	✓			Fagwang	TASHA
10.	Romay Lumiseb	✓			cherwechew	ROMA F
11.	Mangli Makchong	✓			Tangad	AIRGOLITA
12.	Juliana Modcharang	✓			Faang	Juliana
13.	Monwa Marok	✓			charwechew	Monwa
14.	Estephania Skyyo-an	✓			FAKROD	Estephania Skyyo-an
15.	Vilma Lamag	✓			Tochey	Lamag
16.	Yolanda Pilon	✓			Tochey	Yolanda Pilon
17.	Joan Modcharang	✓			Tangad	Modcharang
18.	Dorothy Lumatac	✓			Son-ay	Dorothy
19.	Suisa Chakiten	✓			Fagwang	Schakiten
20.	Josephine Palikas	✓			Fagwang	J.P.
21.	Jasmine Baygeman	✓			Fokong	Jasmine
22.	Indira Pinartoc	✓			Tangad	Indira
23.	Cecilia Tanapang	✓			Tochay	Tanapang
24.	Emilia Samag	✓			Tochey	EB
25.	Minda Penacten	✓			Tochey	Minda

#### CERTIFICATION

This is to CERTIFY that the above is the true and correct attendance list of the participants/facilitators/secretariat of the above-mentioned activity.

This is to CERTIFY that the meals/snacks claimed for payment by the caterer was served to the above participants.

**ELMER D. PAKIPAC**  
Director, Extension Unit





**RESEARCH DEVELOPMENT AND EXTENSION SERVICES**

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Title of Activity:

Date & Time:

Venue:

No.	NAME	GENDER			UNIT/OFFICE/ DEPARTMENT	SIGNATURE
		F	LGBTQ	M		
26.	Lorna Mangawan	✓			Fokong	Lorna Mangawan
27.	Anghela Feyao yao	✓			Lacheq	Anghela Feyao yao
28.	Anghela Alustog	✓			Fokong	Alustog
29.	Wangalin hisalis	✓			Karwa	hisalis
30.	Rosa Makabeo	✓			Fmnong	Makabeo
31.	Josephine Peter	✓			Fokong	Peter
32.	Chornay Farongya	✓			Lacheq	Chornay
33.	Quetoria Fanab	✓			Fmnong	Fanab
34.	Calina Lalitan	✓			Faang	Lalitan
35.	Janzen Say-ap			M	Lacheq	Say-ap
36.	Jula Sirad	✓			Fag Fakang	Sirad
37.	Elna F. Taya-an	✓			Faang	Taya-an
38.	Fongonay Agmoyao	✓			Fong-ash	Agmoyao
39.	Eshelda Tetayanga	✓			Lacheq	Tetayanga
40.	Cynthia Timmatheq	✓			Cyneth	Timmatheq
41.	Bunda Akid	✓			Fissay	Bunda Akid
42.	ELIZA FAKOYAG	✓			Fmnong	ELIZA FAKOYAG
43.	Catherine Bag-yaman	✓			Facnot	Catherine Bag-yaman
44.	Julia Taya-an	✓			Fissay	Taya-an
45.	Norma Kafannag	✓			Tangnagad	Nkafannag
46.	Mark Ralumpo			✓	Fagwang	Ralumpo
47.	Diloco Angot			✓	Chapw chu	Angot
48.	Caroline Grawig				FOKONG	Grawig
49.	Esperita Tangeb				Fmnong	Esperita Tan.
50.	Zenida Fagsao	✓			Fag Fakang	Fagsao

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		F	LGBTQ	M		
51.	EPMA Pok-ao	✓			Fagfakang	pok-ao
52.	Mathilda Chakiwag	✓			Tikab	chakiwag
53.	Rosita Lumatac	✓			Tochay	Lumatac
54.	Lorita Lumatac	✓			Fa-ang	Lorita Lumatac
55.	V. Agrong	✓			Kanwa	V. Agrong
56.	Evelyn Canbisi	✓			Fokong	Evelyn Canbisi
57.	Rosita Chakiwag	✓			Tobkomy	Rosita Chakiwag
58.	Elmer T. Capic			✓	Conngngas	Elmer T. Capic
59.	Jeffrey Aguilar			✓	Lacheg	Jeffrey Aguilar
60.	Charlot Agan			✓	Conngngas	Charlot Agan
61.	Macowan Latlat	✓			Fakrod	Macowan
62.	Alma Patuyya	✓			Petaki	Alma Patuyya
63.	Virginia Farangay	✓			Lacheg	Virginia Farangay
64.	Caren Maglitingid	✓			Fa-ai	Caren Maglitingid
65.	Marilyn Estiman	✓			Finrong	Marilyn Estiman
66.	Makaya Komicho	✓			Conngngas	Makaya Komicho
67.	Ana Mac Abayan	✓			Abayan	Ana Mac Abayan
68.	Lucia Wanawan	✓			Fokong	Lucia Wanawan
69.	Aida Anchomang	✓			Tangngad	Aida Anchomang
70.	Apyao Tinmakcheq	✓			Conngngas	Apyao Tinmakcheq
71.	Victoria Lorgor	✓			Petaki	Victoria Lorgor
72.	Mary Swil	✓			FISSAY	Mary Swil
73.	Martina mangkad	✓			Tobkomy	Martina mangkad
74.	Jared Achipen	✓			Lacheg	Jared Achipen
75.	Fermine Wapay	✓			Tobkomy	Fermine Wapay

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		F	LGBTQ	M		
101.	Lourdes Fav-anan	/			Fokong	Fav-anan
102.	Olivia Capal	/			Finnong	Capal
103.	Fokan Kayumfa	/			Lacheq	Fokan
104.	Susana Lumatac	/			Pessary	Lumatac
105.	JUNE MYM, LIG	/				
106.	Murmog Sagandoy	/			Tikab	
107.	Lourdes Kabbab	/			Tikab	Kabbab
108.	Emile Pakuyya	/			Fagtakang	Emile
109.	Rosita Lumatac	/			Tochey	Rosita
110.	Ether Pengiyar	/			Fokong	Pengiyar
111.	Charmay Farangya	/			Lacheq	cf
112.	Rosita Lumatac	/			Tochey	
113.	Tesla Patingan	/			chogas	Patingan
114.	Nora Arong	/			Na Fokong	Arong
115.	Anghela Figarayo	/			Lacheq	
116.	Janet Ad-wing	/			Fokong	ADWING
117.	Magdalena Anoka	/			Fokong	Anoka
118.	Marciana Farvoga	/			Tangngad	ME
119.	Maria Tagkitag	/			Fokong	Tagkitag
120.	Angelina Tafari	/			Lacheq	Tafari
121.	Meriam Logayan	/			Ticab	Logayan
122.	Libay Tanongfeng	/			charmetkew	Libay
123.	Ara Forawil	/			Finnong	Forawil
124.	Kenabray chosing	/			Finnong	Kenabray
125.	Emilia Fornitel	/			corwa	Fornitel

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No.	NAME	GENDER			UNIT/OFFICE/ DEPARTMENT	SIGNATURE
		F	LGBTQ	M		
76.	Irene Kochangan	✓			Ticas	Ikochangan
77.	Benita Tangkiao	✓			Facong	Tangkiao
78.	Patricia Agay	✓			Faerod	Agay
79.	ROSE FANGEED	✓			Am-okor	Fanged
80.	Regina Tafangil	✓			CONGAS	ReginaTafangil
81.	Maria Falcilar	✓			Karwa	mf
82.	Annita Lumisel	✓			Fisgwanng	Lumisel
83.	Elizabeth Jorgafong	✓			Karwa	EJorgafong
84.	Elena F. Sunga-ab	✓			Facong	Ega
85.	Juliet Chumaryeng	✓			Fetak	Jchumaryeng
86.	Kinabray Chosing	✓			Finnong	KC
87.	Esperita Tangek	✓			Fenong	Tangek
88.	Norma A. Panser	✓				npanser
89.	Fonlek Rarayacho	✓				FAIVTEC
90.	Miguel Mengran	✓			KASSA	Am
91.	Janita Pabor	-			Fa-ang	spabor
92.	Magie Yocayog	✓			Fa-ang	gi
93.	Rosenda Lumawan	-			Lacheq	Rosenda
94.	Sabina Tangkiao	✓			Fokong	Sangkiao
95.	Elena Chaliw-ae	✓			Fagfagar	Elena Chaliw
96.	Falban Raryumfa	-			Lacheq	Falban Raryumfa
97.	Rosa An-An	-			Fin-nong	An-An
98.	Flora Fecoyay	✓			Tacheq	ff
99.	Susana Lumatac	✓			Fesay	Lumatac
100.	Daniela Palison	✓			chayyaym	DB

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		F	LGBTQ	M		
126.	Epita Paiton	/			Tilab	Epita
127.	Stella Alchatang	/			Tilab	Stella
128.	Teresta Chahwas	/			Carwa	Chahwas
129.	Munwa Say-ay	-			Facrod	Say-ay
130.	Marceline Sugam	/			Congas	Sugam
131.	Chiney-an Sedangan	/			Congas	Sedangan
132.	Onderie Tofangil	/			Congas	Tofangil
133.	Caren Innos	/			Congas	Innos
134.	Chara Forayang			/	Charwichin	Forayang
135.	Johnny Faradan			/	Tachey	Faradan
136.	Regina Tofangil	/			Congas	Tofangil
137.	Albino Kayang			-	Fokong	Kayang
138.	CEMMA AMOGA	/			Fakrod	AMOGA
139.	Hilda Anilem	/			Congas	Anilem
140.	Masbay Pakung			/	Fakrod	Pakung
141.	Eusebia Lawilan	/			FISSay	Lawilan
142.	Cholina Ayao-ao	/			Sun-ay	Ayao-ao
143.	Josefa Fayno	/			Charwichin	Fayno
144.	Veronica S. Paloran	/			Sun-ay	Paloran
145.	Floyd P. Gay-raman			/	Facrod	Gay-raman
146.	Chino Poyat-il			/	Karwa	Poyat-il
147.	Teled Apad-ao			/	Karwa	Apad-ao
148.	Boy F. Aggany			/	Tilab	Aggany
149.	Maria Jaryachin	/			Kichuy	Jaryachin
150.	Banglan, Elnes	/			MSPC Bontoc	Elnes

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		F	LGBTQ	M		

151.	Dawaton, Gina Mea Chapel G.	/			MPSPC-Bontoc	
152.	Manogan, John Paul B.			/		
153.	LEUVINA L. YASSAN	/			BHW	
154.	Juliasan Julie Yassan	-			FINONG	
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**NOTE:**

1. Funds Available portion of this form shall be initialed by the Director for Budget & Fiscal Planning before the Accountant signs.
2. Approval shall be initialed by the Director for Human Resources (HR) before the College President finally approves.
3. For GAD appropriated activities, Noted by portion shall be initialed by the GAD Focal Person.