

Finally A Diamond! PHC Journey to Quality Healthcare 2011-2017

By: Charisse G. Enrique, MHA
Marketing Specialist, Management Services Office

With much honor and delight, the Philippine Heart Center (PHC) hereby announces its most recent recognition for meeting the international standards of excellence in quality care & service - the much coveted **DIAMOND ACCREDITATION** from the Accreditation Canada International. PHC is the first and only government hospital in Asia to receive the highest level of recognition from an international accrediting body who passionately adheres to healthcare safety and quality service.

PHC Receives Diamond Accreditation from ACI— Ms. Marieta A. Velasco- Acting Deputy Executive Director-Nursing Services, Dr. Joel M. Abanilla- PHC Executive Director, Leslee Thompson - ACI CEO, Ms. Ma. Theresa C. Barrameda-Quality Assurance, Coordinator, Katerina Tarasova - ACI Executive Director and Dr. Juliet J. Balderas-Chairman- Head, Office of Strat-



PHC-PGS: Healthcare Beyond Better

ISA
isacenter.org

Institute for Solidarity in Asia

conferred

Philippine Heart Center

“Institutionalized”

on the last stage of the **Performance Governance System**
with



Gold Trailblazer Award



*For illumination of darkened path in search of development
For your tireless pursuit of excellence & integrity
For your courageous efforts to lift the standards
of governance in the public sector*

The Philippine Heart Center has surpassed the many challenges in the implementation of the Performance Governance System (PGS), such as completing the PGS Journey all the way to the level of Institutionalization, budgetary constraints, sustaining the enthusiasm of the OSM and the entire hospital staff and defining clear and real roles for all concerned in the external Multi-Sectoral Governance Council (MSGC). However tough the challenges may be, PHC remains focused and optimistic as it moves towards PGS Institutionalization.

PHC has successfully surpassed its PGS Initiation Revalida, all the more inspired to take on the challenges ahead. Moving forward, the PHC has gone 2 steps ahead with the Compliance Phase on November 24, 2014 by the Institute of Solidarity Asia (ISA). More so, as the sole healthcare institution then, that is utilizing PGS as its management corporate tool, PHC was conferred with the 2014 Hospital Management Asia Gold Award for Hospital Innovations and Governance Category held last August 2014 at Radisson Blu, Cebu City.

(L-R) Philippine Heart Center Executives - Dr. Manuel T. Chua Chiao Jr.- Former Executive Director, Josephine M. Guillermo-Lopez, CPA, MBA - Deputy Executive Director for Hospital Support Services, Dr. Gerardo S. Manzo - Deputy Executive Director for Medical Services, Dr. Joel M. Abanilla - Executive Director, Dr. Maria Linda G. Buhat - Assistant Director, Nursing Services and Dr. Juliet J. Balderas - Head, Office of Strategy Management with the hospital's PGS plaque and Trailblazers.


Message of the Executive Director



This edition of the PHC Newsletter is fully packed, starting off with a welcome and much awaited news, that after much hard work PHC has been given two highly esteemed recognition for which the entire Heart Center Staff is to be recognized for.

How timely to receive these awards before and after the 43rd anniversary celebration. There is much to be thankful for and to celebrate. The challenge is now for us to sustain these changes and grow in our world class standard of healthcare.

CONGRATULATIONS TO ALL OF US!


Joel M. Abanilla, MD



Editorial

The word CARAT came to mind as I thought about how I would like to encapsulate this issue of the PHC NEWSLETTER. The usage of CARAT differs between GOLD and DIAMOND. A higher carat gold is superior in PURITY (e.g. an 18 Carat Gold ring only has 75% gold component) whereas a bigger carat diamond is of greater weight measurement.

After years of being “purified” through initiating, cascading, complying, and multiple revalida, as we institutionalized the Performance Governance System introduced by the Institute for Solidarity in Asia (ISA), the PHC earned the GOLD Trailblazer award. I like the word “Trailblazer” for in the process, we have not only changed ourselves but have paved the way and inspired other health institutions in their respective journey to transformation.

With enlightened knowledge of Required Organizational Practices (ROPs) and series of modifications, improvements, compliance and inspection – the PHC received the much sought-after Diamond Accreditation which is the highest accolade for meeting international standard in quality care and service. There is no doubt that adopting the ISA Performance Governance System (PGS) was instrumental in acquiring this level of recognition.

We hope you will excitedly browse through these articles that condense our painstaking but rewarding journey. Also featured is the seminar on the grave issue of Data Privacy, the much improved OPD Section, and Nursing Service Excellence. The article on a heart for a hobby may spur us into joining our staff or starting a new one.

A glittering gold and a weightier diamond for the internally refined and worldclass standard PHC will hopefully continue to transform every unit and staff to significantly benefit every patient served. To God Be The Glory!



PHC Nursing Excellence Project Recognized at the Hospital Management Asia Awards 2017

By: Charisse G. Enrique, MHA
Marketing Specialist, Management Services Division



CONGRATULATIONS to the
PHILIPPINE HEART CENTER
for winning the
Excellence Award
in the
NURSING EXCELLENCE CATEGORY
"Increasing Patient Satisfaction Through
Improved Communication Strategies"



The Asian Hospital Management Awards is a prestigious ceremony which recognizes and honors hospitals in Asia. Running alongside the **Hospital Management Asia** conference. It is the most prominent hospital management awards in the Asia Pacific with 12 award categories.

The Winners were revealed last August 24, 2017 at the Gala Dinner Ceremonies during HMA 2017 Conference held at Shangri-La Hotel, The Fort in Taguig.

The Philippine Heart Center's entry **Increasing Patient Satisfaction Through Improved Communication Strategies in all Hospital Units** was given an Excellence Award under the Nursing Excellence Category. Such honor and distinction was received by Dr. Joel M. Abanilla, PHC Executive Director, Dr. Maria Linda G. Buhat, PHC Assistant Director for Nursing Services and Ms. Maria Charisse Y. Magallanes, Division Chief, Nursing Service-Critical Care Division.

CONGRATULATIONS!

100% BOARD PASSERS

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PHC Holds Summit on Clinical Pathways

By: Francoise May Sarmiento, MD
Assistant Chairman, Clinical Pathway Committee



The *Clinical Pathways of the Heart* was the 3rd Z-Benefit Summit hosted by the Hospital Committee on Clinical Pathways (HCCP) of the Philippine Heart Center last February 22, 2018 at the Children's Foundation Grand Auditorium. In attendance were representatives from the PhilHealth and Z Benefit-contracted hospitals and PHC staff.

The first part of the summit highlighted the clinical pathways that were created and are being utilized and monitored by the center. The summit's overview was presented Dr. Maria Teresa Abola, the Chairman of the HCCP. Dr. Abola also discussed the clinical pathways of the center, its conceptualization, creation, implementation and continued monitoring of the pathway.

Dr. Sharon Lacson, section head for Valvular Heart Disease, shared the experience of the utilization of the Single Valve Replacement Surgery clinical pathway.

The Peripheral Vascular Medicine clinical pathways were discussed by its Section Head, Dr. Joel Paz. He reported that the compliance rates for the Acute Limb Ischemia, Acute Aortic Dissection (ER), and Deep Venous Thrombosis clinical pathways were only 11%, 20% and 6%, respectively. The Acute Decompensated Heart Failure was presented by Dr. Liberty Yaneza, from the Critical Care Division. Dr. Juliet Balderas, the Department Head of Pediatric Cardiology, shared the different clinical pathways which include Atrial

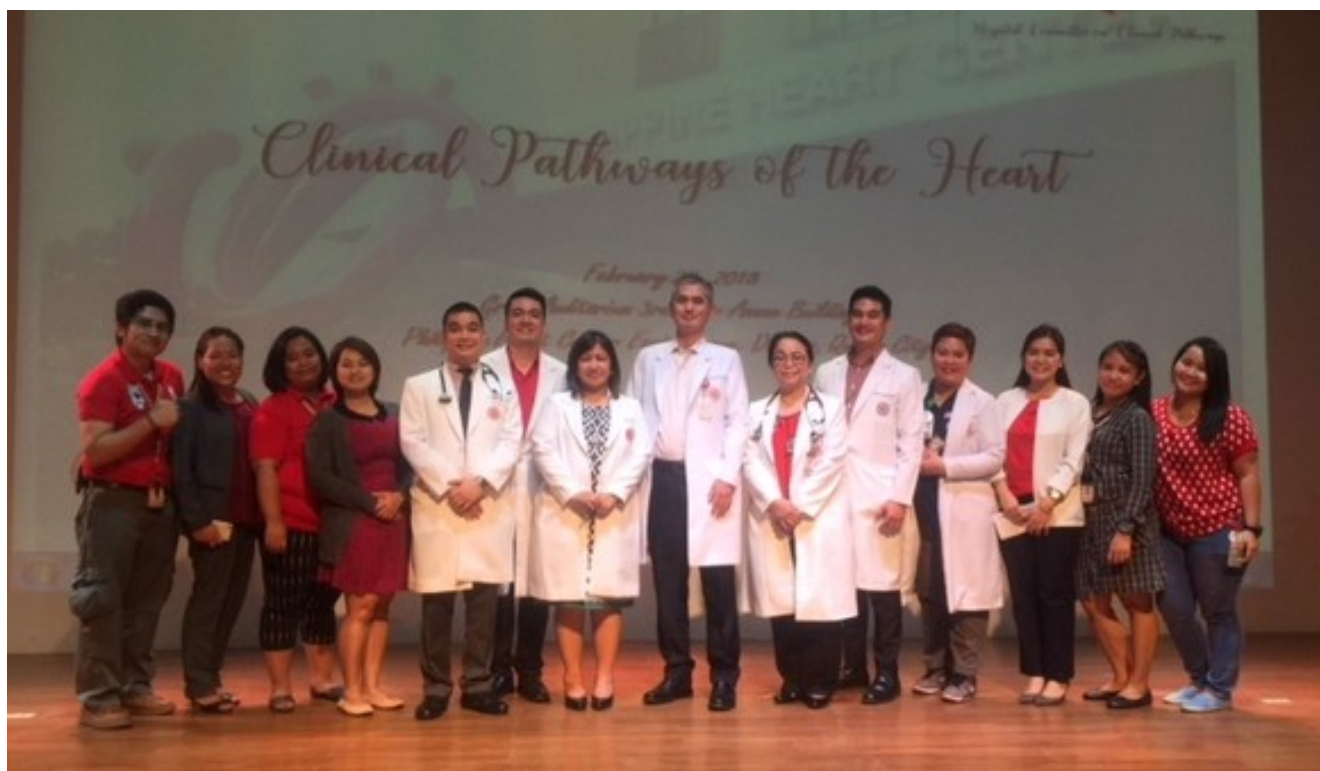
Septal Defect Corrective Surgery/ Device Closure, Patent Ductus Arteriosus Corrective Surgery/Device Closure. She also introduced a relatively new pathway on Kawasaki Disease, which has a funding from the IV Immunoglobulin Treatment from the Department of Health. Likewise the Rheumatic Fever/ Rheumatic Heart Disease pathway was introduced. The RF/RHD pathway is being proposed to the Department of Health for financial funding.

Dr. Joseph Regondola, Clinical Pathway Coordinator in the nursing monitoring unit of the HCCP gave an overview on the *Role of the Nurses in the Creation, Implementation, and Monitoring of the PHC Pathways*.

The last part of the summit was the presentation of outcomes and compliance of the clinical pathways with PhilHealth Z-Benefit package. Currently, the PHC clinical outcomes for the Elective CABG Surgery (both Standard and Expanded Risks) and the Surgical Correction for Ventricular Septal Defect and Total Correction for Tetralogy of Fallot were all at par with the current international global outcomes. Representatives from other PhilHealth-contracted hospitals were invited to report their own experience and outcomes for

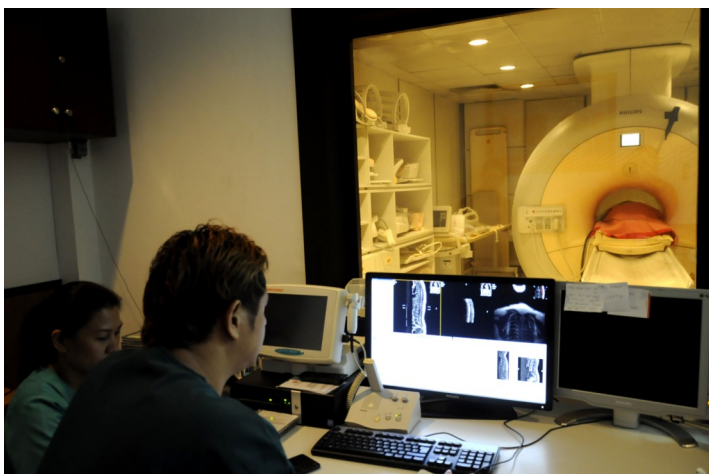
the Z-Benefit open heart surgery package(s) available in their center. Dr. Mark Maruya from the Southern Philippines Medical Center in Davao City, Dr. Bernard-Julius Rocha from Northern Mindanao Medical Center in Cagayan de Oro City, Dr. Tiongson from the Philippine General Hospital and Ms. Desiree Lou T. Pagcu from Angeles University Foundation Medical Center in Angeles City, reported on stage. All of them reported good and acceptable outcomes of their patients who

underwent cardiac surgery under the Z-Benefit Package. During this discussion, the different contracted hospitals (including PHC) expressed some issues and concerns regarding pre-assessment requirements and filing of claims. Dr. Quintin Callueng, from the PRO NCR of PhilHealth, responded to the reporting of outcomes and concerns by echoing their mandate to complete the required forms and requirements for the smooth facilitation of claims.



Newly Acquired 256-Slice CT Scan

By: Maria Bianca L. Sanz MD, 2nd Year Resident
Arnel P. Co, MD, 3rd Year Resident
CV Radiological Sciences



The Philippine Heart Center remains to be the leader in upholding the highest standards of cardiovascular care in our country. Now on its 43rd year, the Philippine Heart Center continues to evolve and expand in order to address the health concerns of the growing population of the Filipino people. In the last 5 years, there has been a steady increase in the number of patients that require diagnostic imaging (PHC annual report, 2015). Due to the growing number of patients that require general and cardiac imaging, the acquisition of new 256-Slice Computed Tomography Scan (CT Scan) machine would boost the capability of our institution on its mission of providing great and comprehensive cardiovascular care.

Situated in the first floor of the hospital building under the section of CT-MRI of the Radiological Sciences Division, the new 256-slice CT scan was fully operational since last June 2017. It is equipped with top-grade specifications that are intended to yield high-quality images for help clinicians provide better patient care.

In the recent years, CT scan and MRI has established a paramount role in the evaluation of congenital and acquired cardiac diseases. The new 256-slice CT scan would aid the Philippine Heart Center in addressing the increasing demands of cardiac imaging in our country. The new machine is capable of the following applications: CT Angiogram, TAVI planning, advanced vessel analysis, prospective ECG-gated scan, comprehensive cardiac analysis, coronary artery analysis and calcium scoring, cardiac plaque assessment, cardiac function, myocardial defect assessment and dynamic myocardial perfusion. Some of the non-cardiac applications include virtual endoscopy, colonoscopy and bronchoscopy, advanced brain perfusion, lung density and nodule assessment, liver analysis, body perfusion, bone densitometry and stonogram.

The Out-Patient Division

The Out Patient Division, currently headed by Dr. Antonio C. Pascual, is one of the divisions of the Department of Ambulatory and Emergency Care. At present the unit has 10 clinics which provides medical services primarily to patients with cardiovascular disease and assistance to those who had undergone surgical procedures. It also offers assistance to PHC staff and provides health education program to patients and their companions.

In 2016, the average number of patients served per day was 287 which rose by 22% from the previous year. With the volume of patients each day, the unit had made several adjustments in order to comply with the requirements such as confidentiality of medical information and the "One Stop Shop" policy. Each clinic has its own nursing staff and clerk with respective functions in order to provide smooth operation of services.



Orientation on Data Privacy Act

By: Charisse G. Enrique, MHA
Marketing Specialist, Management Services Office



The Department of Health (DOH) together with the National Privacy Commission (NPC) and Philippine Heart Center - Management Services Office (MSO) organized an orientation on the Data Privacy Act, its implementing rules and regulations and the guidelines on the designation of Data Privacy Officers (DPO) among hospitals. It was held at the Philippine Heart Center- Children's Heart Foundation Grand Auditorium, 3rd Floor Medical Arts Building-Annex on June 5, 2017. A total of seventy four (74) representatives from the government and private health institutions attended the said orientation.

Atty. Patdu initially presented the **Right to Privacy**, *'the comprehensive of rights and the right most valued by civilized men.'* Such lead to the creation of the **Republic Act No. 10173, An Act Protecting Individual Personal Information and Communications Systems in the Government and the Private Sector and the National Privacy Commission.** A better understanding of the



law, its principles, scope and implementing rules and regulations, scope and other related issuance released by the DOH and NPC, the designation of Data Protection Officers and their duties and responsibilities were then given emphasis.

The orientation also provided a forum that addressed the issues and concerns, and clarifications on the designation of DPOs and other related concerns on data privacy.

A comprehensive discussion of the Data Privacy Act and Designation of Data Protection Officer was facilitated by the National Privacy Commissioner Deputy, Atty. Ivy Patdu, a physician, lawyer and an expert in the field of data privacy.



OSM Corner: My Governance Story



“Challenges of Sustaining Governance: Focus on Individual Performance”

By: Maria Linda G. Buhat, RN, EdD
Former Assistant Director, Nursing Services
(38 years in service)

Sustaining good governance in an organization like the Philippine Heart Center is a real challenge, considering the many disciplines in the business of caring. When we speak of sustainability, it is important to carefully think about the various factors which are not limited to policies and procedures, standards, programs, management styles, workforce, cultures and many others. Each of these plays a strategic role in good governance sustainability.

In the Nursing Services, to sustain good governance, there is a need to focus on individual performance. First and foremost, we need a holistic understanding of the Corporate/Hospital Governance System. The next step is to plan on how the system will work on the biggest number of workforce, the nurses. A workforce serving a multi-generation of clients and working with interdisciplinary teams.

The work environment of nurses determines the quality and safety of patient care. To ensure high reliability of patient care, deeper understanding of the complexity of the workplace and expectations must be considered. We need to identify and recognize our strengths and weaknesses, explore external forces, the opportunities and threats that will contribute to the successful implementation of our plan. Hence, an improvement on the entire Nursing Services will be ensured.

Moreover, all Nursing managers must actively participate in the annual Strategic Planning. After the finalization and agreement of the set objectives and targets, the departments, divisions and units will develop their respective action plans. This is the most crucial step which will define individual employees' engagement and participation.

The breakthrough goals are translated to individual performance measures through Strategic Performance Management System (SPMS), an evaluation tool used by PHC and approved by the Civil Service Commission (CSC). Forty percent (40%) of which is breakthrough goals and sixty percent (60%) is specific expectations based on their specialty and functions, using the four (4) perspectives of the balance scorecard. The Major Final Output (MFO) under each perspectives are identified and defined. Performance indicators and measures are specific to targets or commitment of each individual. The actual accomplishments are also based on the targets and measures. There are three (3) criteria in rating the performance evaluation: Quality, Efficiency and Time. These are all discussed with the individual employee and agreed by both the rater and ratee as commitment for the six (6) months period. These involve all levels (nurses, nursing aides and clerks). The evaluation measures are done every six (6) months, July and December.

One significant strategy to ensure achievement of targets is the monitoring of individual performance by the manager. For unmet targets, coaching/mentoring should be done by the 1st level manager to help the employee achieve his/her targets.

Commitment can be strengthened by tying the objectives and goals of the organization to individual performance, thus, sustaining good governance in the organization.

182 Healthcare Good Governance Warriors:

Getting Bigger... Beyond Better

By: Glorilyn Joy C. Carolino, MA Psy

Project Development Officer III, Office of Strategy Management

The Philippine Heart Center (PHC), “GOLD PGS TRAIL-BLAZER” continue to take the role as the prime mover in promoting good governance in healthcare, acting as the catalyst in inspiring and guiding a growing number of Governance Warriors from a total of 15 hospitals with 182 delegates on its 2nd year of organizing the Governance in Healthcare: Performance Governance System (PGS) Module in cooperation with the Institute for Solidarity in Asia (ISA).

Joining this year's 3rd leg of PGS Module held on January 17-19, 2018 were 45 delegates from Romblon Provincial Hospital (Region IV-B), Southern Philippines Medical Center (Davao-Region XI), Talisay District Hospital (Cebu-Region VII), and Tondo Medical Center (National Capital Region).

Hospital (Cebu - Region VII), and Tondo Medical Center (National Capital Region). Meanwhile, the 4th Batch held on April 2-4, 2018 includes Baguio General Hospital and Medical Center (Cordillera Administrative Region), Bataan General Hospital (Region III), Davao Regional Medical Center (Region XI), La Union Medical Center (Region I), Rizal Medical Center (National Capital Region), and Western Visayas Medical Center (Iloilo-Region VI) with a total of 77 delegates.

It is noteworthy that in every PGS session, there was an increasing number of participating healthcare institutions from an initial of 2 eager hospitals in

the 1st batch to 6 committed hospitals in the 4th batch. This connotes a positive reception from the healthcare industry due to a genuine thirst for reform in public healthcare through embarking in PGS. Another contributory factor to this breakthrough is the revival of the thrust of the Department of Health in continuing their own PGS journey through its **Fourmula One Plus Framework**. Lastly, the indefatigable support from PHC Executives and trail-blazing enthusiasm of the Office of Strategy Management's Core Team and Technical Working Group contributed to the success of the PGS Module program.

Batch 3 Delegates

from Romblon Provincial Hospital (Region IV-B), Southern Philippines Medical Center (Davao-Region XI), Talisay District Hospital (Cebu-Region VII), and Tondo Medical Center (National Capital Region).



Batch 4 Delegates from Baguio General Hospital and Medical Center (Cordillera Administrative Region), Bataan General Hospital (Region III), Davao Regional Medical Center (Region XI), La Union Medical Center (Region I), Rizal Medical Center (National Capital Region), and Western Visayas Medical Center (Iloilo-Region VI)

Island to Island, Heart to Heart Commitment: PHC Cardiovascular Surgical Missions

By: Glorilyn Joy C. Carolino, MA Psy
Project Development Officer III, Office of Strategy Management

The Philippine Heart Center's (PHC) unwavering commitment to expand access to better and quality Cardiovascular (CV) Care goes beyond just building bridges of collaborative partnerships, crossing the oceans of challenges, and eventually conquering the mountains of limitless possibilities to improve the healthcare needs of every Filipino from island to island in every region all over the country. The heart to heart pledge of PHC serves as the springboard of hope and inspiration to the local healthcare providers to enhance their capabilities and upgrade their facilities to better serve their kababayans.

The CV surgical missions conducted in the 7 Regional Heart Centers (RHC's) for the past 3 years have opened doors of opportunities to equipped the local healthcare partners in enhancing their technical skills and knowledge through the transfer of expertise from the PHC's best medical, nursing and administrative practitioners. As a result of these concerted efforts, the RHC's will be able to apply accreditation of Philhealth Z-benefit packages namely Coronary Artery Bypass Graft (CABG), Ventricular Septal Defect (VSD) and Tetralogy of Fallot (TOF) thus, ensure sustainability of accessible cardiac surgeries in their own regions.



**Photos of children were posted with parents' consent*

Also, providing “regionalized and localized” patient care somehow addresses the language barrier and cultural differences between the patients and healthcare providers. The proximity of the RHCs to the patients’ homes and comfort zones enable them to have better and faster recuperating process in addition to the ease in financial burdens for their daily expenses before, during and after the heart surgery.

Moreover, as PHC further assists the RHCs to be independent cardiac centers, they become partners in the advocacy for the prevention of Cardiovascular diseases. To be able to realize this, a back-to-back lecture on Rheumatic Fever and Rheumatic Heart Disease and Wellness lectures were conducted as applicable in every mission.

To date, the 14 successful CV surgical missions became avenues in changing the lives of 210 pediatric cardiovascular patients from 2015-2018. The steadfast support from PHC top leadership, selfless services of doctors, nurses and CV surgical team and strong partnership with RHC top management and committed staff were

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Island to Island, Heart to Heart Commitment: PHC Cardiovascular Surgical Missions

instrumental to the realization of this noteworthy endeavour. Likewise, the mission partners which include Mending Kids, Philippine Airlines Foundation, Philhealth, Philippine Charity Sweepstakes Office, Bantay Bata-Iloilo, Children International-Bicol, for patient and logistic support and the provision of free medical equipment and supplies of Biodevices, B Braun Medical Supplies Inc., and Medtronic Philippines, Inc. were remarkable and contributory to the success of the regional missions.

Every regional mission has its own beautiful story to convey. On one hand are the stories of joy of being instruments in providing better future and imprinting indelible mark to the lives of the mission beneficiaries and their families which always outweighs the painstaking preparations for the mission. On the other hand are the strengthened camaraderie and partnerships among the PHC mission team and their new extended family members—the Regional Hospital partners and the ignited passion to serve more cardiac patients especially the less privilege ones.

Indeed, these regional missions are the testaments that PHC is faithful in living up to its mandate and its recognition as an Island of Good Governance. The continuous joined effort of the PHC family to soar high in achieving healthcare excellence will be the

weapon for capability building of other healthcare institutions nationwide. The Regional Heart Center program also signifies the “timeless and numberless collaboration” between PHC and RHC’s to deliver better and even beyond best service to every Filipino.



Continued from page 1...

Quality Health Care 2011-2017: Finally A Diamond From ACI



In September 4-8, 2017 the journey towards the elusive Diamond accreditation started as the surveyors (Richard Bedard (Team Leader), Sharon Brisette, Linda Bambonye and Constantine Bubela) spent five days evaluating the organization against best-in-class standards established by the **Health Standards Organization (HSO)**. During their visit, the surveyors validated the Standards and the Required Organizational Practices (ROPs) from the board of directors to frontline staff as well as members of the community including patients and families and community partners.

The ACI Diamond award is a strong testament of PHC's adherence to excellent delivery of cardiovascular healthcare. An institution that is dedicated to quality service and good governance, the essence of what the hospital stands for. Time and again, the entire management team spearheaded by Dr. Joel M. Abanilla, Executive Director, Dr. Gerardo S. Manzo, Deputy Executive Director for Medical Services, Josephine M. Guillermo-Lopez, CPA, MBA, Deputy Executive Director for Hospital Support Services, Marietta A. Velasco, RN, MAN Acting Deputy Director for Nursing Services, Dr. Gilbert C. Vilela, Acting Deputy Director for Education, Training, and Research Services, Ma. Theresa C. Barrameda, Quality Assurance Coordinator, the various

department managers, medical, nursing and administrative staff synergy brought prestige and honor to the institution.

This achievement is also credited to the forerunners of PHC-ACI Dr. Manuel T. Chua Chiaco Jr, - Former Executive Director, Dr. Maria Linda G. Buhat - Former Assistant Director, Nursing Services, Mr. Francisco M. Gomez - Former Assistant Director, Administrative Services, Mary Ann R. Tamayo - Former Head, Quality Assurance, who took the initiative to espouse international standards and elevate the quality of healthcare services in 2011. They have exerted their time, knowledge and skills to this worthy endeavor of being recognize as a premiere government institution with an international accreditation.

April 17, 2018, ACI Chief Executive Officer - Leslee Thompson and Executive Director - Katerina Tarasova handed the Diamond recognition to PHC Executives, headed by Dr. Joel M. Abanilla- PHC Executive Director, Ms. Marrieta A. Velasco, Acting Deputy Executive Director- Nursing Services, Dr. Juliet J. Balderas - Head, Office of Strategy Management (OSM) and Ms. Ma. Theresa C. Barrameda- Quality Assurance, Coordinator.

More so, PHC lives up to its higher purpose of becoming instrument of nation-building health care service provider with aligned efforts to move beyond better in pursuit of cardiovascular excellence.

Continued from page 1...

PHC-PGS Journey: Healthcare Beyond Better

March 2015, on its Proficiency Phase, PHC underwent series of Evaluation. The initial evaluation started with the Strategic Readiness Test Survey of 200 employees and Focus Group which was followed by an interview and a visit from external auditors from Institute of Internal Auditors Philippines and an Oral Revalida on May 2015. Passing this 3rd Phase of PGS, PHC was also conferred with the “Island of Good Governance (IGG)

recognition, under Government Owned and Controlled Corporations (GOCC) for the APEC SUMMIT on November 2015.

January 2018, on the Institutionalization Phase, Dr. Gerardo S. Manzo - Assistant Director for Medical Services presented before a panel that consisted of ISA Trustees, Rex Drilon and Melinda de Jesus, ISA Chairman Francisco Del Rosario Jr, and United Laboratories (Unilab) Director for External Affairs Claire Papa.

Dr. Manzo has clearly pointed out the significant impact of PHC-PGS in terms of Cardiovascular Excellence through a health summit that was launched in 2016, which created a platform to share its best practices, with a surprising turnout of 96 participating hospitals and over 400 delegates for its first year. To date, PHC has inspired 9 hospitals to take on a similar journey with the PGS and was then conferred “Institutionalized” and was given the Gold Trailblazer Award for its exemplary delivery of results.



The Philippine Heart Center's Execom, OSM Core Team and Technical Working Group

Wellness Program for PHC Employees

By: Charisse G. Enrique, MHA
Marketing Specialist, Management Services Office

The PHC Employees Wellness Program has come up with BIGGEST LOSER 2018, a contest which primarily challenges employees to be fit and healthy. This is a group effort involving three (3) PHC employees to lose weight, to be more physically active and to eat healthy. Group members should each have a BMI of 27 and above. The fitness program that each group has to undertake involves our Infirmary for medical clearance and the Division of Nutrition and Dietetics for individualized dietary instructions and sample meal plan. The contestants has to join the once a week Dance Exercise every Thursday or any sports activities of the Wellness Committee as part of the intervention in attaining their goal. Each participant should contribute at least 10% weight loss (in lbs) from their initial weight which will be monitored on a monthly basis from May to August 2018 with final weigh-in on September 1, 2018. The group with the highest number of combined weight loss shall be declared the winner during the World Heart Day celebration on September 2018.

Biggest Loser Launch



PHC Basketball League



Employees' Corner

HEART FOR A HOBBY

By: Adrienne Marie M. Agustin
Human Resource Management Officer I, Human Resource Division

Do you ever wonder why interviewers sometimes ask about your hobbies when you are applying for a job? Have you ever considered that probably work and hobbies need not to be inseparable? That what you do outside the workplace also matters to what you do inside?

First, let's define what a hobby is. Of course, it isn't just mindless TV watching, or passively scrolling through social media. A hobby is something that you actively (and mindfully) choose to spend your time on. It is an activity you regularly do in your leisure time for pleasure. It usually tells something about yourself –it reveals personal interests, aptitudes, and weaknesses.

Time spent engaging in a hobby recharges your energy, and improves your concentration and attention on the job. It also decreases your work-related stress, enhancing your mood and mental health on and off the job.

In fact, recent research from San Francisco State University shows that people with creative hobbies outside of work feel more relaxed and in control of their off hours, and are more likely to be helpful to coworkers. They are also found to be more creative in their approach solving work problems than those without these hobbies.

Aside from those already mentioned in the research, it is also observable that you often bond well with coworkers who share your hobbies and actually even grow your social network by meeting individuals through participation in hobby-related clubs.

With all those mentioned benefits, maybe it is time to consider spending more time doing your hobbies over other things? Haha!

Of course not. Still, balance is the key. It goes without saying that family and work responsibilities come first before your hobbies. But from here, know that hobby is far from waste of time. In fact, it adds value to your whole being, especially with its work-related benefits.

Thus, this means to encourage you to have a heart for a hobby and to do whatever uplifts you outside of work because that flame will extend to everything that you do, including your workplace.

Philippine Heart Center, with its engaged and passionate workforce, is probably one of the best places to start, with the many and diverse hobbies and interests of its employees, you'll definitely find a space in your heart for a hobby or two.

Check these pictures of some PHC Employees and their hobbies



Go hiking with Outdoor Buddies! Join their Facebook group [Outdoor Buddies At PHC](#) to receive latest updates and hiking schedules

Start taking photos with a real camera!



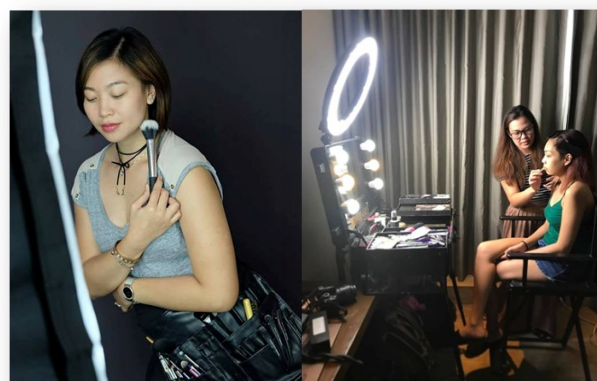
Dance with PHC All Stars / Heartbeatz! Hobby and fitness rolled into one



Or sing your hearts out with PHC, Admin, Medical and Nursing Chorale.



Look pretty and earn money with Make-up Artistry



Draw beautiful pictures and have them exhibited at PHC Art Gallery



A hobby that will not only satisfy you, but others too! Yummm!





Anniversary Celebration Highlights

Feb
1



Eucharistic Mass



Launching Program of the 43rd Anniversary Celebration



Feb
5



Lakad Puso



Mr & Ms. PHC Fitness 2018



Family Day

Feb
6



10th Dr. Wilberto L. Lopez Honorary Lecture in Pediatric Cardiology
"The 3 C's of Pediatric Cardiology Practice: Choices, Challenges, and Commitment to Make a Difference."

Feb
8 & 9



Philippine Heart Center -Medical Alumni Society
29th Annual Symposium

PHC @ 43: "Controversies & Advances in the Treatment of Cardiopulmonary Disease"

Feb
12



Heartlings 4: A Bootcamp for Children with Heart Disease
“Living the Dream”

Feb
14



Blessing of the Chapel Extension

43rd Incentives and Awards Program



Service Awardees



Special Awardees



Anniversary Celebration Highlights



Employees Program



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Concert at the Lobby

Awarding of Photo Contest Winners

43rd Anniversary Committee

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Chairman : Vilma D. Amil
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