

Women Matters @ POGS

POGS Newsletter Online Volume 45 Number 1 June 2022

Rise As One

POGS Town Hall Meeting • April 11, 2022

By Marlyn T. Dee, MD
2022 POGS President

My deepest gratitude to everyone who attended this year's town hall meeting where my first quarter journey was also shared.

State of the POGS Address

It surely is a great way to start an activity with something uplifting and inspiring, and for the past POGS activities, we were able to see the updated POGS prayer, national anthem, and hymn, all with theme of POGS rising as one. I would like to acknowledge Dr. Ryan Capitulo for conceptualizing the POGS prayer and Dr. Socs Bernardino, our PRO, for the National anthem and the POGS Hymn. Thank you as well to our POGS pool of talented singers. (Drs. Rainerio S. Abad, Benjamin D. Cuenca, Anna Belen Ignacio-Alensuela, Eileen M. Manalo, Romerico F. Torres, Anne Catherine A. Castro, Melchor C. Dela Cruz, Jr., Renee Vina G. Sicam, Eleyne L. Ilagan-Valencia, and Zedrix I. Gallito)

In my inaugural address, my plan to create projects to ensure and boost good mental health of our members as we went through two years of restricted health protocols and stresses became a reality with the creation of the Adhoc Committee on Members' Mental wellness and Motivation (M3). The first webinar entitled Mope, Cope and Hope was very much appreciated with 1119 POGS members as zoom attendees and as much as 3.9K Facebook views.

Likewise, we have asked the support of the different POGS committees and the subspecialty heads to limit the number of webinars per day to avoid overlapping, and to limit activities during weekends. To date, we have noticed improvement, and I would like to thank all those concerned for their cooperation. Thank you to Dr. Efren Domingo as he chairs the Committee on Internal Affairs.

Because of the increased use of online platforms, the POGS Learning Management System (LMS) is currently being utilized for online examinations, review courses, skills, and more. The two adhoc committees M3 and LMS are being chaired by Dr. Ryan Capitulo and he will be further discussing his plans later on.

Moratorium Review

Last year was the moratorium year and we have members who will be taking this year's oral and written examination. We have conducted another oral review last February with 41 enrollees. Of the regular takers, 24/35 (69%) passed while all the 6 moratorium takers (100%) passed the exam. The result of the 3 day Part II diplomate oral examination showed a passing grade of 84%.

The moratorium review for the written examination will be conducted on April and May and this is under the Committee on Medical Education (CME) headed by Dr. Milagros Tia-Jocson with invited faculty coming from the academe and accredited training institutions. The CME committee continues with their regional webinars to give updates in the diagnosis and management of cases seen in our practice.

I would like to thank the PBOG for successfully conducting the first batch of the Part II diplomate oral exam chaired by Dr. Rey De los Reyes.

National Buntis Day

The National Buntis day was celebrated on March 10, 2022 with R9 as host. The theme was "Pagmamahal at Pag-aalaga kay Pregnant Mommy para sa masaya at malusog na baby" and it had a 3-day lay fora lectures on health, nutrition and economic aspects conducted on social media nationwide. Congratulations to Dr. Annette Macayaon, the over-all chair, with the support



Dr. Marlyn T. Dee

of R9 RD, Dr. Jennifer Araneta, the Chapter President Dr. Neilyn Diono, and all the hardworking members and all the participating regions for making this event a success.

Continuing projects:

Another project I have continued and supported is that of the AdHoc Committee on POGS Organization of Government Institutions (POGI) with Past President Dr Mario A. Bernardino as its Director and chaired this year by Past President Dr Benjamin D. Cuenca. This committee expanded the dissemination of National HEALTH programs and advocacies related to Women's Healthcare. They cascaded these through webinar series last year educating our members on the Service Delivery Network and the Universal health care law. This year, they will be coming up with a PRIMER on this and there will be continued collaboration with the different POGS committees and other allied professionals as well as with regional champions, to strengthen the establishment of an efficient and effective referral system amongst the different stakeholders.

Collaboration projects on External Affairs

The MOA to adopt a community for women's healthcare and capacity building in Agusan del Sur has been signed by the provincial governor and this is the project of the Adhoc Committee on Manila Declaration. This committee aims to make HPV testing more available and affordable by collaborating with DOH to operationalize the WHO Cervical CA prevention.

Dr. Macayaon is the POGS trainer for the Maternal and Perinatal Death Surveillance Response (MPDSR) process which aims to reduce the maternal and perinatal deaths. Aside from her plans to conduct the Training of Trainers to strengthen capacity on MPDSR, she has been invited as one of the regional facilitators in the capacity building workshop for the Eastern Mediterranean Regional office (EMRO). Congratulations Dr. Macayaon!

RA10747 (Rare Diseases Act of 2016)

DOH approved the development of a national strategic plan on integrated rare disease management program for the period of 2022-2026 which aims to provide comprehensive medical care to patients with rare diseases. All specialty societies were requested to submit a list of rare diseases in their specialty based on prevalence, impact, diagnostics and treatment, and our society submitted 46 rare diseases, of which 23 (or 50%) were approved. The NIH will then finalize which of the rare diseases submitted by all specialty societies will merit funding for research.

ROADMAP 2022

There has been a noticeable increase in the usage of POGS Nationwide Statistics System (PNSS) by our members. The Committee Chair, Dr. Macayaon, will conduct another workshop later this year to improve the terminologies and to input additional data that is important to do quality research.

Committee on Hospital Accreditation (CHAS) chaired by Dr. Pressie Eclarin is working hard in inviting lying-in hospitals to be accredited for service and by elaborating to them its advantages. The committee is also collaborating with the PNSS to ensure accurate and timely submissions so that only institutions with complete requirements will be visited for re-accreditation.

We saw the decline of cases during the time of pandemic which has greatly affected the performance of our trainees. The plan of enhancing collaboration and networking amongst institutions to boost the number of cases required by the trainees, which will benefit both trainees and patients, was also part of my project. The Council for Residents' Education, Enhancement and Development (CREED), headed by Dr. Cynthia Fernandez-Tan, has already approved that the rotation of residents through a MOA in CHAS accredited for training or service institutions be allowed as long as there is a Fellow of POGS to monitor, supervise and evaluate the rotating trainee. Thank you to the InCREEDibles!

The Committee on Ethics and Medical Practice chaired by Dr. Lourdes B. Capito (FIGO Chair, Committee for ethical aspect of human reproduction and women's health) will now bring the bioethics forum to the regions with the regional representative discussing their own case guided by the Ethics committee members followed by a panel discussion with critiquing. They will also come up with a book of ethics consisting of compiled local cases

The Committee on Community Service, chaired by Dr. Sherri Ann S. Suplido, has shifted the usual lecture to case-based discussions, with the midwives as part of the discussants. This has encouraged active participation from the entire community including the doctors, midwives, nurses and students, and has paved the way for a more rewarding and fruitful learning experience.

The Committee on Patient Safety chaired by Dr. Ma. Virginia Abalos has translated the principles of Team Strategies and Tools to Enhance Performance and Patient safety (TEAMSTEPPS) and the promotion of the culture of safety from principles to action. Aside from lectures on best safety practices and maternal sepsis,

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Rise As One

Continued from Page 1

there is also a case discussion where regional members actively participate in.

The Ad Hoc Committee on Patient Blood Management under its chair Dr. Maria Carmen Hernandez-Quevedo will be coming up with a Primer for the obstetrician gynecologist and the research that they will undertake has been approved by PURA (POGS Unified Research Agenda)

The Committee on Environment and Women's Health is being chaired by Dr. Anabelle Alensuela, and has 2 subcommittees namely, Reproductive Developmental and Environmental Health (RDEH) chaired by Dr. Ditas Decena and Climate Change and Disaster Risk Preparedness (CCDRP) chaired by Dr. Erlidia Llamas-Clark.

Dr. Ditas Decena, FIGO Chair of Committee on Climate Change and Toxic Environmental Exposures, is one of the speakers of FIGO global webinar entitled "Full Circle Effects of the Environment on Women's Health". For her subcommittee on RDEH, Dr. Decena has asked the regions to adopt and adapt the best practices to promote environmental health and to be aware of its impact in the society

Dr. Llamas-Clark for her Subcommittee on CCDRP will continue to empower women and the communities in the era of climate change, disasters and covid 19 pandemic with their webinars.

The other committees of Reproductive Health 2 are the following: Adolescent Health Initiative Perspectives (AHIP), Family Planning, Gender Based Violence (GBV) and Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement (PREPARE). Dr. Rosendo R. Roque is the project director of the AHIP and the Task force Chair, Dr. Ma. Socorro Bernardino will present later and launch the MUTYA APP, the first Filipino free downloadable app sponsored by our society designed for the young teen Pinay to educate and help them understand better their developmental changes and menstrual health the digital way.

The Subcommittee on Gender Based Violence Project director and task force chair Dr. Lyra Ruth Clemente-Chua will be conducting violence against women and children (VAWC) desk seminar workshops following the module created by R7 Cebu Chapter.

The Subcommittee on Family Planning chaired by Dr. Esmerlaldo Ilem will be having several family planning regional lectures and will be working for POGS to be recognized by DOH as a training institution for family planning services.

The Task Force on Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement (PREPARE) chaired by Dr. Diosdado Mariano has started the training of trainers in the regions (PREPARE warriors) and POGS will forge a tripartite agreement with DEPED and Popcom for a wider cascade of comprehensive sexual education.

The Committee on Reproductive Health of Dr. Alensuela aims to help in achieving the three zeros of the United Nation Population Fund Agency (UNFA) by 2030 which aims to have zero preventable maternal deaths, zero unmet need for family planning and zero gender based violence and harmful practices.

POGS as the premier organization on reproductive health will continue with its collaborative fight against teenage pregnancy (Laban kay Nene) by involving the stake holders (lawmakers, DOH, International committees UNFPA, POPCOM, DEPED, Doctors, Midwives, nurses, and students).

The Committee on Clinical Practice Guidelines (CPG) headed by Dr. Gil S. Gonzalez is coming out with 4 new CPGs and an updated practice bulletin.

1. Labor & Delivery (2015) – Dr. Ma. Victoria Torres
2. Abortion (2017) – Dr. Ma. Carmen H. Quevedo (temporarily Chair)
3. Abnormal Uterine Bleeding (2017) – Dr. Lourdes Capito
4. Prenatally Diagnosed Fetal Congenital Anomalies (2017) – Dr. Ramon T. Reyes
5. Immunization for Women (2017) – Dr. Sybil Bravo; updated Practice Bulletin, 2022

The Committee on Breast Health and Breast Cancer Awareness under its head Dr. Debby Pacquing-Songco will capacitate POGS members on breast cancer awareness, make modules for the lay



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and celebrate the breast cancer awareness in October.

ICT Members portal:

Our POGS website is currently undergoing enhancement and one of the major additions to its feature is the creation of an exclusive "Members Portal" which will serve as a hub for members to access benefits, access point to download "members only forms such as those from the CMAP and AHMOPI and a direct link to our virtual library. This is being facilitated by our ICT Chair, Dr. Mark Antonio together with our PRO, Dr. Socs Bernardino. Dr. Bernardino together with her Newsletter team will be coming out with a POGS Newsletter Jr entitled, Bits and Pieces of Women Matters sometime in July before our Foundation Day.

The Committee on Scientific Works under Dr. Enrico Oblepias is on track with their schedules for the submission of the Midyear Interesting cases and Research works in time for the Oral presentations in July. They are also working hand in hand with the AdHoc Committee of the POGS Unified Research Agenda (PURA) for the establishment of a Scientific works Registry (PURA tracker).

The Committee on Reproductive Health 1 headed by Dr. Ronaldo Santos will have series of webinars and conferences as well in the next days to come. The Task Force on Immunization for Women (IFW) recently held a webinar entitled, Maternal Immunization as an Essential Component of Life.

The Committee on Library and Archives headed by Dr. Gay Gonzalez has always been busy maintaining the virtual library set up with the help of the POGS librarian including but not limited to gathering, indexing, compiling and archiving information and materials relevant to our practice. It also continuously serves the reading and research needs of the members and even non-members of the POGS.

At this point, let me thank our finance officer, Dr. Erwin de Mesa for overseeing that sufficient funds are available to cover the operational needs of our society.

Regional Empowerment

Region 1 headed by Dr. Judith Cristobal is busy preparing for the Midyear Convention with Dr. Ronald Richard Cacho as the organizing chair and we will hear from them later as they invite us to this activity.

Region 2 headed by Dr. Emma Valdez has participated in the POGS Buntis day celebration, and will be supporting POGS projects like Community Service, PREPARE, ALARM, tree planting activities of RDEH. The region will have Gynecologic endoscopy workshop, programs directed to high-risk pregnancy awareness, Cervical CA awareness and will conduct a gyn surgery mission.

Region 3 headed by Dr. Sonia Domingo is very active as well in supporting all POGS projects. A lot of regional conferences, meetings and community projects are lined up in their region as well.

Region 4 Dr. Irma Velarde collaborated with PSUOG by offering free ultrasound services to pregnant women in celebration of the National Buntis day and women's month. Other activities include lectures on cervical cancer and adolescent reproductive health and performing free pap smear.

Region 5 headed by Dr. Sirikit Zafra will be conducting the annual Bicol Postgraduate and other activities in collaboration with the POGS committees.

Region 6 headed by Dr. Maureen Fortuna has their own CMEs, Research paper contest, surgical outreach program, and local maternal morbidity and mortality conference. The Region also participated in the donation drive for typhoon Odette victims

Region 7 headed by Dr. Helen Albano was responsible for setting up the One stop shop for adolescents and the youth for standardized reproductive health services among POGS accredited private hospitals. This in collaboration with DOH and PPS with the objective of reducing the mortality rate among adolescents and the youth, focusing on teen reproductive health and teenage pregnancy care and prevention and family planning services.

Region 8 headed by Dr. Mina Sirikit Tagra- participated in the National Buntis day and has responded and delivered relief goods for typhoon Odette victims.

Region 9 headed by Dr. Jennifer Araneta is one with the nation in celebrating the National Covid 19 vaccination day and has vaccinated a total of 1191 residents including pregnant women and children aged 12-17 years old from Nov 2021 up to Jan. 2022. This is in collaboration with the Zamboanga City health office.

Region 10 headed by Dr. Imelda Carbajal has reached out to our members who were affected by Typhoon Odette. They initiated the Sagip Surigao project and has conducted surgical missions and cervical cancer screening

Region 11 headed by Dr. Veronica Deniega also participated in the National Buntis day and the region will conduct subdermal implant activity and workshops on MVA.

National Capital Region (NCR) headed by Dr. Rosalie Junio has conducted the Buntitok challenge as part of the celebration of the National Buntis day. NCR clusters have their own Maternal and Mortality webinars, Grand rounds, and regular lectures to residents to be rotated among member hospitals

I would like to commend and thank all the regional directors, chapter presidents and officers for continuously supporting all programs and activities of the different POGS committees. Kudos to you all!

Pride of POGS

Excellence is something that should always be given praise and celebrated. **Dr. Christia Padolina** received 2 awards from the Philippine Federation of Professionals Association—the Distinction and Excellence Awardee and the Distinction Awardee for Medical Education: Government Service category. For the AFOG Congress of 2022, the Shan S Ratnam Young Gynaecologist Awardees (YGA) are **Dr. Mark Antonio, Dr. Jimmy Awisa Billod and Dr. Mikaela Erlinda Bucu**. The research papers of Drs. Billod and Bucu were qualified for the free communication presentation, while the paper of Dr. Antonio has been judged as one of the best 10 papers. **Dr. Lilia Pagtakhan-Luna** is the recipient of the PMA Dr. Hermogenes A. Santos Memorial Award for CME, and **Dr. Melchor de la Cruz** and **Dr. Maria Lourdes Otayza** are the recipients of the 2021 JCI Senate Philippines (Phil Jaycees) and the PMA for the outstanding Filipino physicians.

Truly, the first 100 days, which is crucial for any governance, was nothing but a success, made possible by the continuous camaraderie, support, and action. The first quarter was just the beginning of a long journey and hopefully, we will all continue to RISE AS ONE.





POGS RISES AS ONE

- (The 2022 Online Town Hall Meeting)

By Leilani C. Chavez-Coloma MD

Board Secretary

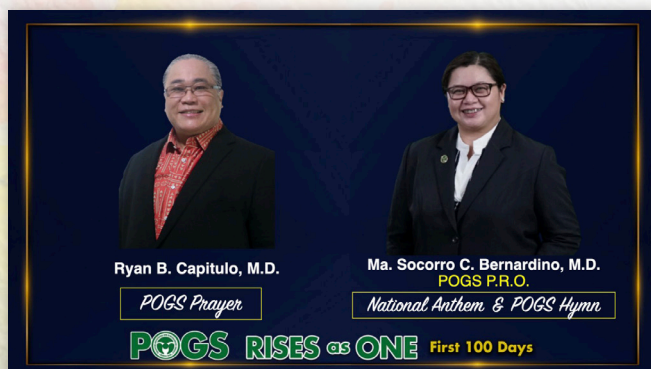
Once more, this year 2022, the Philippine Obstetrical and Gynecological Society conducted its 1st quarter virtual general membership assembly through a Town Hall meeting held last April 11.

It highlighted the reports on what has been done during the first 100 days term of the current leadership. Further, the theme “POGS rises as ONE” was chosen to signify the society’s resilience despite the circumstances that we were caught into for more than 2 years now during this pandemic.

The opening prayer was led by the immediate past president of the Society, Dr Benjamin D. Cuenca. Following through the ceremonial protocols, President Dr. Marlyn T. Dee officially opened the meeting and an established quorum was declared by yours truly with 1,800 member attendees present online during the event. There were 2,581 registered members for the meeting noted on record.

The Agenda was approved and seconded by two past presidents, Drs. Ditas Cristina D. Decena and Elisa O. Tiu, respectively.

President Dee started by acknowledging the persons behind the creation of the updated versions of the POGS Prayer, National Anthem and Hymn. Acknowledged were Dr. Ryan Capitulo, being the author of this year’s POGS Prayer, and the current PRO, Dr Ma. Socorro C. Bernardino for initiating the innovations on the new version of the POGS Hymn were recognized.



The following pool of talented singers from the POGS’ members and leaders who sang the newest version of our Hymn were also appreciated, in the persons of Past Presidents Drs. Rainerio S. Abad and Benjamin D. Cuenca, Drs. Anna Belen Ignacio- Alensuela, Eileen M. Manalo, Romerico F. Torres, Anne Catherine A. Castro, Melchor C. Dela Cruz, Renee Vina G. Sicam, Elyneth L. Ilagan-Valencia and Zedrix I. Gallito.

Dr. Dee made clear in her State of the POGS address and comprehensive report, the notable achievements of each of the different Standing committees with the assigned Chairpersons and Trustees, why those particular projects and activities were done and what the next steps and plans of each working groups are going to be.

First in line mentioned were the committees created this year for the priority Presidential projects; the AdHoc Committee on

Members’ Mental Wellness and Motivation or (M3) to ensure and boost good mental health of the members and the AdHoc Committee on POGS Learning Management System (LMS) for use of every committee for online examinations, review courses and skills management of each concerned members.

The active participation of the different regions from NCR, Region 1 (Northwestern Luzon) to Region 11 (Southern Mindanao) led by their respective Regional Directors; Drs. Rosalie E. Junio – NCR, Ruth Judith Gay V. Cristobal – R1, Emma Aguada Valdez – R2, Sonia D. Domingo – R3, Irma W. Velarde – R4, Sirikit Dames Zafra – R5, Ma. Maureen F. Fortuna – R6, Helen Balbuena Albaño – R7, Mina Sirikit C. Tagra – R8, Jennifer Doroja-Araneta – R9, Ma. Imelda P. Carbajal – R10, and Veronica M. Deniega – R11 in the different projects and activities of the Committees on Bioethics, Patient Safety, Community Service, CME, Environment and Women’s Health and Reproductive Health was echoed and shared for everyone to hear. Sharing the different experiences, empower regional cooperation and collaboration amongst the membership.

It was also fitting to give recognition and appreciation to the accolades our members and colleagues gathered and earned early this year. Indeed, these are the pride of the POGS:

The Excellence Award and Distinction Award for the Medical Education (government category) - Dr. Christia S. Padolina.

The 2022 Shan S. Ratnam Young Gynecologists Awards – Dr. Mark Antonio, Dr. Jimmy Awisa Billod and Dr. Mikaela Erlinda Bucu.

PMA Dr. Hermogenes A. Santos Memorial Award for CME – Dr. Lilia Pagtakhan-Luna. The 2021 JCI Senate Philippines (Phil Jaycees) and the PMA Award for the Outstanding Filipino Physicians - **Dr. Melchor Dela Cruz** (R2-Santiago City) and **Dr. Maria Lourdes Otayza** (R1-Ilocos Norte).

Our mother Society, the POGS being awarded by PMA this year, for the Certificate of Merit for its compliance in the submission of complete progress reports and a Testimonial of Merit as the Specialty Society with the most outstanding projects. We have always received this award since 2017.

An account of the scheduled plans and early accomplishments was steered by particular committees in the next segment of the meeting. This was led by the two institutional Committees of the POGS, the Philippine Board of Obstetrics and Gynecology (PBOG) and the Council for Residents’ Education, Enhancement and Development (CREED). The conduct and results of the 1st batch of the Part 2 (Oral) Diplomate examination in March handled by the Committee and its head Dr. Mario Philip R. Festin was reported by the Chairperson of PBOG, Dr Rey H. Delos Reyes. The second batch will still be conducted in August. He also mentioned the number of hospitals to be visited for accreditation this year and those carried over from 2021, with the Committee headed by Dr. Gina A. Macaranas and that due to the lowering of the Alert levels for Covid 19 on certain areas, the in person or face to face visits were already implemented starting April but still following the standard health protocols.

The Sub-committee on the new accreditation program being



implemented this year commonly called the Provisional Accreditation of Residency Training Program (PARTP), which is headed by Dr. Teresita C. Brion, is reviewing the requirements submitted by four hospitals out of the ten institutions who expressed their intent of applying for the new program.

The Committee on Part 1 (Written) Diplomate examination headed by the Dr. Teresa Diana B. Bongala is preparing for a face to face conduct of the examination on July 10, 2022. A Bioethics Forum for the new Diplomates is set to be ran on Sept 21, 2022 through the Committee on Ethics and Medical Practice.

For the CREED, its chairperson, Dr. Cynthia F. Tan, reported on the remote conduct of the hospital monitoring visits the Council carried on at the present time until when travel restrictions become more lenient. She also mentioned the preparations the Council was doing for the first Training of Trainors (TOT) – Effective Online Teaching; “Tips and Tricks” which was successfully conducted last April 22-23, 2022. The Residency In Service Examination (RISE) will still be on an online format this year, set to be given on Sept 18, 2022. Both the PBOG and CREED will be revising their handbooks this year, being one of their major undertakings this year, which they aim to present and launch by the end of the year.

The POGS Committee on Mutual Assistance Program (CMAP), headed by Dr. Lilibeth L. Sia Su presented the approved the expanded scheme of the Sickness Benefit program of the Society aimed to ensure that all needs of our members are attended to appropriately as one of the major thrusts of this governance.

The integrated POGS HMO and PHIC Committee headed by Drs. Rowena M. Auxillios and Concepcion D. Rayel, respectively reported on the recently approved Memorandum of Agreement (MOA) of POGS with both the Association of Health Maintenance Organizations of the Phil. Inc. (AHMOPI) and the Phil. Association of Healthcare Maintenance Organization Companies (PAHMOC). The two related Committees collaborated and worked hard on the specifics of the MOA and the RVUs with the PHIC to help our members and patients reimburse appropriate benefits and shares from the health insurance companies. Both Committees work hand in hand in ensuring that the relative value units (RVUs) and case rates of the different Obstetrical and Gynecological conditions are competitive with the other organizations and recognized by the Insurance system.

Subsequently, Dr. Julieta V. Germar, Chair of the Committee on POGS Consensus Practice Bulletin, gave updates on issues to be published by the committee this year. She also provided us with a brief background description of the committee and the algorithm they follow in developing clinical consensus documents to provide up to date clinical guidance on emerging issues in our practice.

Dr. Annette M. Macayaon, Trustee and Chair of the Committee on Maternal and Perinatal Welfare, gladly shared another successful turn out of the virtual Celebration of the POGS National Buntis Day this year, in cooperation with the region host, Region 9 (Western Mindanao) headed by Dr. Jennifer D. Araneta. This year’s theme was “*Pagmamahal at Pag-aalaga kay pregnant Mommy para sa Masaya at Malusog na Baby*”. It was a very interactive event with a week long of activities via Zoom and FB live from March 7- 10 aired every 3pm which they called the “3PM habit” for the Buntis day. The culminating event was celebrated on the 10th of March, the same date it is being observed and commemorated annually. This would be the 18th celebration for the Society.

Dr. Ryan Capitulo, who chairs the two flagship projects of President Dr. Marlyn Dee for this year, reported on the accomplishments of the AdHoc Committee on Members’ Mental Wellness and Motivation (M3) and AdHoc Committee of POGS Learning Management System (LMS). M3 was created

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Volume 45 • Number 1 • June 2022

THE RISE OF US

By Ma. Socorro C. Bernardino, MD
P.R.O. and Editor-in-Chief, Women Matters @ POGS

Greetings dear colleagues.

The pandemic has brought about challenges and new learnings for all of us, modifying our clinical practice, and even our communication. Learning by maximizing virtual platforms has been the way of life, with training workshops, hospital and training accreditations, and even specialty examinations being conducted online. All these are reflections of our grit and resilience as we rise above adversity.

The current issue of the POGS newsletter highlights how we, as a Society, has coursed through the first part of the year, with tidbits of what to look forward to in the next few months. We have added new contents such as "The Men and Women of POGS" and "Committee Chronicles", which both showcases the hardworking and passionate people behind our



Dr. Ma. Socorro C. Bernardino

POGS activities, and the "Pride of POGS" which gives distinction to our esteemed members who excel in both local and international POGS affiliated societies. "Women Matters @ POGS", our POGS Newsletter online is available in two formats- in pdf file for downloading, and in Flip book for easy scrolling and watching of video contents. The Newsletter committee will be releasing a mini newsletter entitled, "Bits and Pieces of Women Matters @ POGS" which will contain snippets about the 2022 Midyear Convention, announcements and upcoming POGS committee activities.

There is indeed so much to hope for as we together conquer the challenges now and all that lies ahead.... and as we continue to pray and work hard for our dear POGS.

We all Rise as ONE this 2022!



Committee on Newsletter & Foundation Day

Ma. Socorro C. Bernardino, MD
Chairman

Aurora Victoria A. Avelino, MD

Kristen O Cruz-Canlas, MD

Ma. Margarita Leticia Gellaco, MD

Imee D. Gonzalez, MD

Jennifer O. Madera, MD

Shiela T. Magpale, MD

Marivic Agulto-Mercadal, MD


Ma. Socorro M. Solis, MD

Elyneth I. Valencia, MD

Members

The POGS Newsletter Editorial Board encourages contributions for articles and announcements coming from the regional chapters, affiliated subspecialty societies, and accredited member hospitals. For any submissions or inquiries regarding this matter, the editorial board may be reached through the POGS secretariat at e-mail address pogs_sha@gmail.com, or through phone numbers (0927) 438-0513 and (02) 921-2479. Look for Ms. Sharnie M. Espina for any assistance that you might require on this. Thank you very much.





PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.

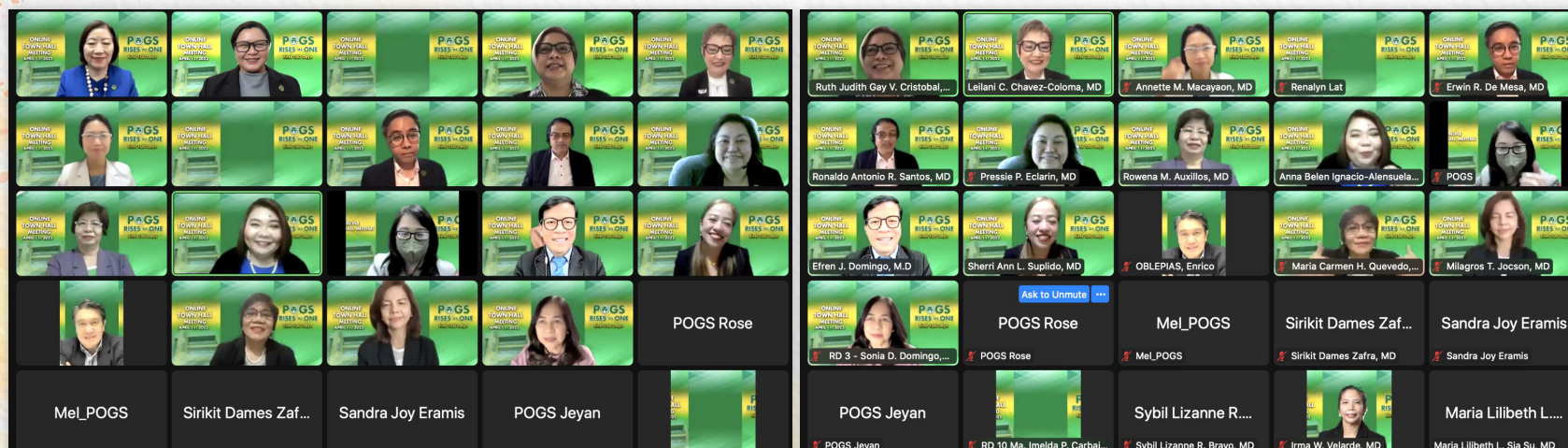
ANNOUNCEMENT

To: Chairperson of POGS Accredited Institutions
POGS Regional Directors

FROM: POGS Committee on Nominations

**SUBMISSION OF NOMINEES
FOR THE
2023 BOARD OF TRUSTEES**

Deadline of submission of nominees is on or before
AUGUST 08, 2022





*the new face of
POGS Midyear Conventions*

By Richard Ronald B. Cacho, MD, MHA
Overall Chair, 2022 POGS Midyear Convention

PANAGDAYAW is the theme of the 2022 POGS Midyear Convention Opening Ceremonies, which will take place at 6:00 p.m. on July 15, 2022, on the virtual platform.

In Tagalog, it means, "PAPURI"

In English, it means "TO HONOR".

Strong language befitting of this long overdue midyear gathering. For two long years, our obstetrician and gynecologists and other health care providers working to improve women's health have faced uncertainty. Despite this, we have maintained our commitment to HONOR, the value we place on HONOR, and the example we set.



Ms. Jessica Soho, a manang pride of the region, will be the opening program's keynote speaker.

In our version of the midyear convention, we're going to tell a story about history, culture, and identity, with a strong emphasis on iconography. As the culmination of a year-long preparation for the POGS Midyear convention, it will serve as a long overdue representation of Region 1 (or Northwestern Luzon).



The Northwestern Luzon Region will demonstrate its commitment in providing its members with an educational and professional experience that is also enjoyable, fruitful, interactive, and hybrid. In order to accomplish this, we must bring our esteemed members and board of directors all to the north, in a PHYGITAL (Digital+Physical) & HYBRID experience. Please take a look at this midyear convention (MYC) and let me tell you what to expect.



Using Ilocano word counterparts and word icons, attendees will be able to get a sense of the Ilocos spirit at each event.

Our first regional virtual MYC wellness event will take place at 8 a.m. on July 15th, 2022. We are now in the “KAMMAYET. With those relaxing yoga poses and stances, we’ll loosen up bodies. Also, we promise that the POUND FITNESS exercises will burn more calories than other workouts. All participants must bring a towel, a jug of water, a yoga mat (or layers of towel or soft cloth), and a pair of drumsticks to participate in the virtual activities (or any 12 inch-stick, for the POUND Fitness). Winners of this one-of-a-kind wellness event will be rewarded with fantastic prizes!



Afterwards, we will open our virtual exhibit floors through the “GAMENG” event. This will be the first time our society has had the opportunity to visit the virtual booths and learning suites of our pharmaceutical and industry partners in a 360 degree experience.



“SURSURO” will begin on July 16 for the first of two days of scientific sessions. The scientific committee was led by Dr. Betha Fe M. Castillo, with Dr. Jo-Ann Badua, a former regional director, as co-chair. A few examples of the topics we’ll cover include how to deal with the fake news that comes out of the pandemic, presenting the top 20 highlights in obstetrics and gynecology, legal issues that arise during residency, and dance therapy for our colleagues. There are no doubts about it ... our pharmaceutical partners will be providing us with evidence-based guidelines.

The cultural virtual tour, which will take place on the afternoon of July 16th, is one of the MYC's most distinctive features. Here you will find our version of "ISTOURYAHAN". This segment will take you to the land of Ilocandia, where you'll learn about the inabel, bagnet, and the rich colonial history of emaoanda, a nutritious root vegetable. The world of vlogging and photography will also be introduced to you by us. We all know that social media can help us connect with our clients and stakeholders in new ways. To better serve our female patients, we need to be well-versed in



a variety of media. So, please don't forget about ISTOURYAHAN, which is a very exciting event.



Fellowship night will culminate in “RAMRAMBAK!”. One topic is assigned to each region for each of the two nights of the IloCANNES Festival SHORT FILM FEST (The IloCANNES Festival). Regional chapters have been asked to present a short infomercial film about one OBGYN case this year (e.g., HIV, Hypertension in Pregnancy, Teenage Pregnancy, Cervical Cancer, Gender Based Violence, etc.). Our members can use any or all of the short films to educate their patients, whether they are in the hospital or not.



“PANAGSUKISOK” is the name of an intriguing case presentation and research contest that will take place as well. The Committee on Scientific Works, led by Dr. Enrico Oblepias, has made this possible. This will take place in the late afternoon of July 17th.

Finally, all good things must come to an end at some point. After the second night of RAMRAMBAK, we'll have our closing ceremonies, called "PANAGYAMAN."

It's important for me to acknowledge the efforts of our team in putting everything together; it was a laborious process. Our organizing committee has shown incredible tenacity and commitment, and for that, I am extremely grateful. Dr. Czarina Juliana L. Alcaraz, the POGS NWL President, and Dr. Ruth Judith Gay Cristobal, the POGS Regional Director, serve as our execom. In honor of our chapter's love for our mother society, we will hold a three-day event to raise awareness of women's healthcare issues in the region and beyond.

DUMANON KAYO, Apo. Agrambac, Agragsak. Agyaman.
Register Now. Please visit the official POGS 2022 Midyear
Convention: <https://pogs2022midyear.com/>





POGS 2022 MIDYEAR CONVENTION NORTHWESTERN LUZON CHAPTER



POGS 2022 MIDYEAR CONVENTION ORGANIZING COMMITTEE

Executive Committee

HONORARY CHAIR	BETHA FE M. CASTILLO, MD
OVERALL CHAIR	RICHARD RONALD B. CACHO, MD
CO-CHAIR	RUTH JUDITH GAY V. CRISTOBAL, MD
LIASON TO REGION 1	CZARINA JULIANA L. ALCARAZ, MD
CONVENTION SECRETARY	RYAN JOSEPH B. LIRAZAN, MD
CONVENTION TREASURER	DIANNE A. MANZANO, MD

Organizing Committee

ABSTRACT	CHAIR: ANGELICA CASTILLO-REYNA, MD CO-CHAIR: CYBELLE LUZ AVECILLA-ABALOS, MD
DOCUMENTATION	CHAIR: FLORELY JOY E. GREGORIO, MD CO-CHAIR: GLENDA P. RABINO, MD
E- LIBRARY	CHAIR: KATHLEEN GIZELLE SAMONTE-ALFONSO, MD CO-CHAIR: RINA REBURIANO-RAMIRO, MD
EXHIBITS	CHAIR: AURORA L. VALDEZ, MD CO-CHAIR: JUSTINA A. OBUNGEN, MD
HOSPITALITY/VIP TOURS	CHAIR: EVANGELINE A. DE VERA, MD CO-CHAIR: GEEBEE MAE D. RANADA, MD
PHYGITAL SUBCOMMITTEE ON PHYSICAL ARRANGEMENTS PROGRAMS AND INVITATIONS	CHAIR: CZARINA JULIANA L. ALCARAZ, MD CHAIR: BRENDA A. BARBERO, MD CHAIR: SHERYLL A. BELTRAN-CARULLO, MD CO-CHAIR: ROSEMARIE C. QUILALA, MD
REGISTRATION	CHAIR: RUTH JUDITH GAY V. CRISTOBAL, MD CO-CHAIR: SHARA ANTONETTE Z. CANERO, MD
SCIENTIFIC PROGRAM	CHAIR: BETHA FE M. CASTILLO, MD CO-CHAIR: JO ANN B. BADA, MD
SOCIALS	CHAIR: MARIA CONSTANCIA CELINA C. FERRARIS, MD CO-CHAIR: YVONNE T. SORIANO, MD
SOUVENIR	CHAIR: PAOLA ANGELA Q. ASUNTO, MD CO-CHAIR: MICHELLE P. CABABA, MD
SPEAKERS' BUREAU	CHAIR: MARICEL L. ARCELLANA, MD CO-CHAIR: CAROLINA V. BALANGAY, MD
SPORTS AND WELLNESS	CHAIR: LILLIBETH PEREZ-RABAGO, MD CO-CHAIR: ADOLAVNI DAMIANA D. MAGPILY, MD
VISUAL ARRANGEMENT AND TECHNICALS (VART)	CHAIR: MARICEL F. LOPEZ, MD CO-CHAIR: ANGELICA LOREN B. SABADO, MD
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POGS 2022 MIDYEAR CONVENTION NORTHWESTERN LUZON CHAPTER



POGS 2022 MIDYEAR CONVENTION ORGANIZING COMMITTEE



#ShineBrightManang
#1stPhygitaiMYC
#MYC2022

www.pogs2022midyear.com July 15 - 17, 2022



POGS RISES as ONE First 100 Days



THE OBSTETRICIAN'S PRAYER
(My Humble Hands, LORD)
2022 VERSION
SINGERS:
DR. RAINERIO S. ABAD
DR. BENJAMIN D. CUENCA
DR. ANNA BELEN IGNACIO-ALANSUELA
DR. EILEEN M. MANALO
DR. ROMERICO F. TORRES
DR. ANNE CATHERINE A. CASTRO
DR. MELCHOR C. DELA CRUZ
DR. RENEE VINA G. SICAM
DR. EILEYNE L. ILAGAN-VALENCIA
DR. ZEDRIX L. GALLITO

POGS RISES as ONE First 100 Days

POGS RISES AS ONE

Continued from Page 3

to cultivate awareness amongst members on their mental health and to improve their well being holistically. "ME time" webinars will be further conducted by the committee after the 1st of a series was successfully concluded last Feb 26, 2022 entitled "MOPE, COPE and HOPE" – dealing with grief and loss. Members shared their moving and inspiring experiences in this webinar.

The POGS LMS aims to help the different committees of the Society implement the organization and conduct of their online learning activities through online examinations, review courses and skills training, assessments and management. This platform can also be a means of online communication portal for all POGS members.

The POGS PRO, and Chairperson of RH project on Adolescent Health Issues and Perspectives (AHIP), Dr Ma. Socorro C. Bernardino further introduced, explained, and updated us on the Menses Understood by the Young App (Mutya), the first Filipino FREE downloadable app sponsored by the Society. This was developed and created as the POGS gift to the

Filipino youth, the Teen Pinay, to educate them and help them better understand their developmental changes and menstrual health with the use of digital software.

The final segment of the meeting is the presentation of the two invitation AVPs of the two major activities of the Society for the year. The Overall Organizing Chair of this year's Midyear Convention and past Regional Director of Northwestern Luzon Region 1, Dr. Ronald Richard Cacho with the current Regional Director for this year's host Region, Dr. Ruth Judith Gay V. Cristobal presented the walk through of the upcoming Virtual/Phygitai Midyear Convention on July 15-17, 2022 with the theme: "Shine Bright Manang" which will be held virtually in Ilocos.

Following this was the walk through AVP presentation and invitation by the POGS Vice President, Dr Efrén J. Domingo, and the overall Chairperson as well of the POGS 2022 Hybrid Annual Convention and 76th Anniversary Celebration.

This year's theme is *POGS: Kabalik sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan* with the English translation

of "POGS: Championing Women's Health and Rights" highlighting our commitment to champion women's health and uphold their rights. The event will be held on Nov. 8-11, 2022 on a hybrid format. The main scientific sessions and lectures will still be aired on a virtual format via the POGS 2022 Annual Convention website while the other protocol ceremonies like the Opening, Closing and Fellowship nights and the Annual Business meeting will all be hybrid activities. The new Diplomates and Fellows, distinguished guests, and POGS officers will be able to gather in person once again to experience the traditional fellowship and camaraderie, face to face. We are looking forward to these exciting events of renewal of friendship and platforms for good and worthwhile learning experience.

After the Agenda was adequately covered by Dr. Dee, a motion to adjourn the meeting was made by Past President Dr. Lourdes Capito and was seconded by Past President Dr. Maricar Hernandez-Quevedo. Congratulations to the whole membership of the POGS for carrying on and maintaining our mission and vision as we always RISE as ONE.





2022 ANNUAL CONVENTION ORGANIZING COMMITTEE



POGS 2022 ANNUAL CONVENTION

POGS: Kabalik at sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan

(A transcript of the Dr. Domingo's invitation to the POGS 2022 Annual Convention during the POGS Town Hall Meeting)

By Efren J. Domingo, MD, PhD, FPOGS

POGS Vice President and 2022 Annual Convention Over-all Chair

I sang mapagpalang araw sa inyang lahat!

Good day! It is my pleasure to invite everyone to this year's **POGS 2022 Annual Convention and 76th Anniversary Celebration**, a hybrid convention, which will be held on **November 8 to 11, 2022**.

Malugod kong ibinabahagi sa inyo ang tema natin para sa taong ito . . . **"POGS: Kabalik sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan."**

POGS, being the premier organization globally recognized, trusted and respected in reproductive health for the past 76 years, continues to uphold the highest ethical standards of practice in providing excellent health care. Let this year's Annual Convention highlight our commitment to champion women's health and uphold women's rights.

As demonstrated in our official convention poster, POGS envisions the Filipina as an empowered woman, cognizant of her rights and merits, shining brightly as the stars. The pink stole, with its flowers, represents femininity, tenderness, sensitivity, love, kindness and fragility – qualities of the Filipina which POGS continues to preserve by consistently prioritizing her in the conception of all its policies and programs.

The Organizing Committee is comprised of both distinguished seasoned members of the Society, as well as fresh faces from our junior members, who together



have prepared exciting activities for this year's hybrid convention.

The Scientific Committee has lined up the most up-to-date

topics that likewise complement our theme.

*Makinig sa mga talakayan na nauukol sa **PAGHAHANDA** at sa **PAGSASAPANAHON**.* We will review new guidelines on maternal health and welfare, and address women's sexual and reproductive health issues. Topics on OB-GYN education, training and surgical skills will be discussed, as well as timely interventions and recent advances in medical and surgical approaches to various OB-GYN disorders.

*Bigyang halaga and **PAG-UNAWA**.* We will have lectures that will deepen the understanding of healthy and aging women, including the care of women's mind, heart and body.

*At bilang pagtugon sa ating tema, ipapakita natin sa mga kababaihan na tayo ay kanilang **KABALIKAT**.* We will present strategies and advocacies in the health care of women of all ages.

*Katuwang tayo ng mga kababaihan sa **PAGSULONG**.* We will discuss important laws on women's healthcare and ascertain women's rights. Let us recognize our roles as community health advocates and empowered health professionals in the modern times.

*Higit sa lahat ay magkakaisa tayo sa ating iisang **PANGAKO** – ang maging kabalik at pagsulong ng kalusugan at karapatan ng kababaihan.*

POGS: Kabalik sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan

2022 Annual Convention Organizing Committee

As we rise above the challenges of the pandemic, let us now enthusiastically move forward and experience once more our Annual Convention's celebrations of traditions and camaraderie. The main scientific lectures will still be held in a virtual format via the POGS 2022 Annual Convention website. The Opening and Closing Ceremonies, the Business Meeting, as well as the Fellowship Nights will be hybrid activities. The POGS officers, distinguished guests, as well as the new diplomates and fellows will once again be able to gather together as we celebrate important milestones of the Society. Let this POGS 2022 Annual Convention be a renewal of fellowship and solidarity.

Ano pa ang mga dapat nating abangan?

Our convention season will start with the preconvention in October and will feature 14 of POGS' subspecialty and affiliate societies.

The Interesting Case and Research Abstract Hall, with the theme "Lathala: Pananaliksik, Pananalay at Pagbabago" will showcase the research outputs of the OB-GYN community, as well as the advocacies of the POGS Committees.

Let us look forward to the Fellowship Nights, with the theme "Kwento ng Kagalingan at Bahayanihan", which will allow the different Regional members showcase how they became victorious beyond the pandemic.

Huwag nang mainip dahil tunay tayong magsasaya ngayong taon na ito.

To get us moving after 2 years of lockdown, we also prepared hybrid sports activities. With the theme "Takbo, Indak, Padyak Para sa Kababaihan", the activities – Move-a-thon, Tiktok Challenge and Zomba 101 – will surely bring out the best among the runners, bikers and dancers of our OB-GYN community.

Tayo nang maghanda para sa ating POGS 2022 Annual Convention.

Ako po si Dr. Efren Domingo na makakasama ninyo bilang kabalikat sa pagsulong ng kalusugan at karapatan ng kababaihan.

Maraming salamat po!



OFFICERS

Marlyn T. Dee, M.D.	President and Honorary Chair
Efren J. Domingo, M.D.	Vice-President and Over-all Chair
Ana Victoria V. Dy Echo, M.D.	Convention Secretary
Leilani C. Coloma, M.D.	Board Secretary
Erwin R. De Mesa, M.D.	Treasurer
Ma. Socorro C. Bernardino, M.D.	P.R. O

SUB-COMMITTEES

Scientific Program

Maria Antonia Esteban Habana, M.D. (Chair)
Maria Julieta V. Germar, M.D. (Co-Chair)

E-Library

Angelito D.L. Magno, M.D. (Chair)
Merlind M. Montinola-Morales, M.D. (Co-Chair)

Physical/Virtual Arrangements

Mark Q. Antonio, M.D. (Chair)
Marie Carmina S. Yturralde, M.D. (Co-Chair)

Documentation

Leedah L. Rañola-Nisperos, M.D. (Chair)
Leslie R. Rigor, M.D. (Co-Chair)

Exhibits

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Agnes L. Soriano-Estrella, M.D. (Co-Chair)

Speaker's Bureau

Mary Rani M. Cadiz, M.D. (Chair)
Diana J. Cupino-Arcinue, M.D. (Co-Chair)

Programs and Invitations

Mikaela Erlinda G. Martinez-Bucu, M.D. (Chair)
Lilibeth S. Genuino, M.D. (Co-Chair)

Registration

Emmanuel L. Dagala, M.D. (Chair)
Maribel Emma E. Co-Hidalgo, M.D. (Co-Chair)

Socials

Marinella Agnes Garcia-Abat, M.D. (Chair)
Jennifer A. Aranzamendez, M.D. (Co-Chair)
Elsie B. Pascua, M.D. (Co-Chair)

Souvenir Program

Marjorie I. Santos, M.D. (Chair)
Anna Katrina I. Sobritchea, M.D. (Co-Chair)

Sports

Jesusa B. Banal-Silao, M.D. (Chair)
Romerico R. Torres, M.D. (Co-Chair)

Ways and Means

Sybil Lizanne R. Bravo, M.D. (Chair)
Ricardo M. Manalastas, Jr., M.D. (Co-Chair)

Abstracts

Maria Constancia Y. Wylengco, M.D. (Chair)
Marie Christine Valerie R. Mendoza, M.D. (Co-Chair)



The Philippine Obstetrical and Gynecological Society celebrates the 18th National Araw ng mga Buntis (National Day for Pregnant Women)

By Annette Magno-Macayaon, MD
Chair, Committee on Maternal and Perinatal Welfare

The first Araw ng mga Buntis was held in 2004 under the POGS Presidency of Dr. Rosendo Roque who has been named as Father of the Araw ng mga Buntis. President Gloria Macapagal Arroyo issued Proclamation No. 569 s 2004 stating: "WHEREAS, the POGS, in coordination with the Department of Health aims to bring recognition to all pregnant women who are considered as heroes in their own rights by bringing another life into the world; WHEREAS, the POGS resolves to recognize this long neglected sector of the society with the celebration of Araw ng mga Buntis, which will provide a concrete venue for information gathering, learning experience, stimulating discussion and challenging interactions... do hereby declare March 10 as Araw ng mga Buntis under the auspices of the Philippine Obstetrical and Gynecological (Foundation), Inc."

The second milestone achieved in this regard is on March 10, 2012 under the POGS Presidency of Dr. Rey delos Reyes when the Guinness World Records certified the Largest Prenatal Class held across multiple venues involving 13,047 participants organized by the Philippine Obstetrical and Gynecological Society in a total of 52 locations across the Philippines.

For 18 years now, the Araw ng mga Buntis is annually celebrated by conducting simultaneous activities all over the country such as providing free services including prenatal consultations, laboratory and ultrasound examinations. Lay fora and pageants are conducted to promote awareness of healthy pregnancies. Gift giving, caravans and motorcade are also done to highlight the event. The programs are organized by members of the organization, oftentimes in partnership with the local government agencies involving other healthcare providers like midwives and nurses.

When the pandemic struck last 2019, celebration by the host, region 3 was cancelled and it was moved to Novaliches in Metro Manila with a simpler manifestation. There was a decrease in the number of activities held all over the country because of the covid 19 restrictions. Last year, the social media platform was explored and a hybrid celebration was observed nationwide where small activities were done observing health protocols.

This year 2022, celebration of Araw ng mga Buntis in the Philippines achieved another milestone by reaching more than 800 viewers for 3 consecutive days at 3 o'clock in the afternoon from March 7-9. The Philippine Obstetrical and Gynecologic Society broadcast in facebook a 1 hour lecture series. The 1 hour facebook livestream featured discussions of relevant topics to pregnant women recorded in a variety of format like direct presentation, panel discussion, testimonials and demo presentations. They were recorded by the corresponding 12 POGS regions throughout the country. The viewers on the 1st day of broadcast reached the highest number which is 1.1k with 800 viewers on the last day. The topics covered for the 3 day lecture series were: 1. Eat Healthy during Pregnancy; 2. Know your Philhealth Maternity Benefits; 3. Pregnancy Beauty Tips; 4. Social Media and Pregnancy; 5. Taking Care of the Newborn Baby; 6. Let's talk about Family Planning; 7. Exercises for the Pregnant Women - (Prenatal Yoga); 8. Mental health issues during pregnancy; 9. Breastfeeding still best for babies; 10. Debunking myths during Pregnancy; 11. Let's talk about Postpartum Depression; 12. Practical business tips.

March 10, 2022 celebration was a live broadcast using the zoom platform. This was the culminating Araw ng mga Buntis Celebration for 2022. The members of the organization were in the platform interacting with the pregnant women watching the livestream in the public FB page of POGS. Numerous cash gift prizes were drawn and given to the pregnant mommy viewers plus baby clothes and cribs.. There was a feature presentation of the host, Region 9, a lay lecture on hypertension in pregnancy and a tiktok slide presentation of various activities done in the past.

To utilize the social media platform and reap its rewards through the quantifiable measurement of success by the number of viewers, the immediate and concrete reactions of viewers through the emojis of heart, smileys and approval and compliments typed in the chat box made everyone felt that the objectives were met. A sample gratifying comment from one viewer said, "Good afternoon. First of all just want to say thank you for the opportunity you have given us to be part of your nationwide program. We, pregnant women are lucky that you have conducted a program for us. Thank you as well to Dr. Roque and the organizers. I pray that may God continue to give you strength and bless you and your families. #pogsbuntisday2022".

This year 2022, celebration of Araw ng mga Buntis in the Philippines achieved another milestone by reaching more than 800 viewers for 3 consecutive days at 3 o'clock in the afternoon from March 7-9.... They were recorded by the corresponding 12 POGS regions throughout the country. The viewers on the 1st day of broadcast reached the highest number which is 1.1k with 800 viewers on the last day.



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION). INC.

POGS National Buntis Day Celebration



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.
POGS Western Mindanao Region 9



Interactive Virtual NATIONAL POGS Buntis Day 2022 Celebration

Theme:
"Pagmamahal at Pag-aalaga kay Pregnant Mommy para sa Masaya at Malusog na Baby"

"Pagbubuntis mahalin, Hypertension Alamin"
March 10, 2022 | 3:00 p.m.

Exciting Games
Raffle Prizes

"ARAW NG MGA BUNTIS"
March 10, 2022
3:00 p.m.

via  **LIVE**

FB Viewership

Day 1: Buntis Day Celebration	Day 2: Buntis Day Celebration
Reach: 105.5K	Reach: 107.7K
Post: 10.6K	Post: 10.2K
Reactions: 11.4K	Reactions: 11.1K
Peak Live Viewers: 1192	Peak Live Viewers: 106

Day 3: Buntis Day Celebration	POGS NATIONAL BUNTIS DAY
Reach: 81.2K	Reach: 91.7K
Post: 8.5K	Post: 8.5K
Reactions: 8.5K	Reactions: 17.9K
Peak Live Viewers: 769	Peak Live Viewers: 659

Prizes/ Give Aways

2 CRIBS
500 Pairs of Newborn Clothes
45 bottles of Bio-oil
Gcash: 2000 for 10 persons
1000 for 5 persons
500 for 20 persons





PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.

POGS Western Mindanao Region 9



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.
POGS Western Mindanao Region 9



Interactive Virtual NATIONAL POGS Buntis Day 2022 Celebration

Theme:
"Pagmamahal at Pag-aalaga kay Pregnant Mommy para sa Masaya at Malusog na Baby"

"Pagbubuntis mahalin, Hypertension Alamin"
March 10, 2022 | 3:00 p.m.

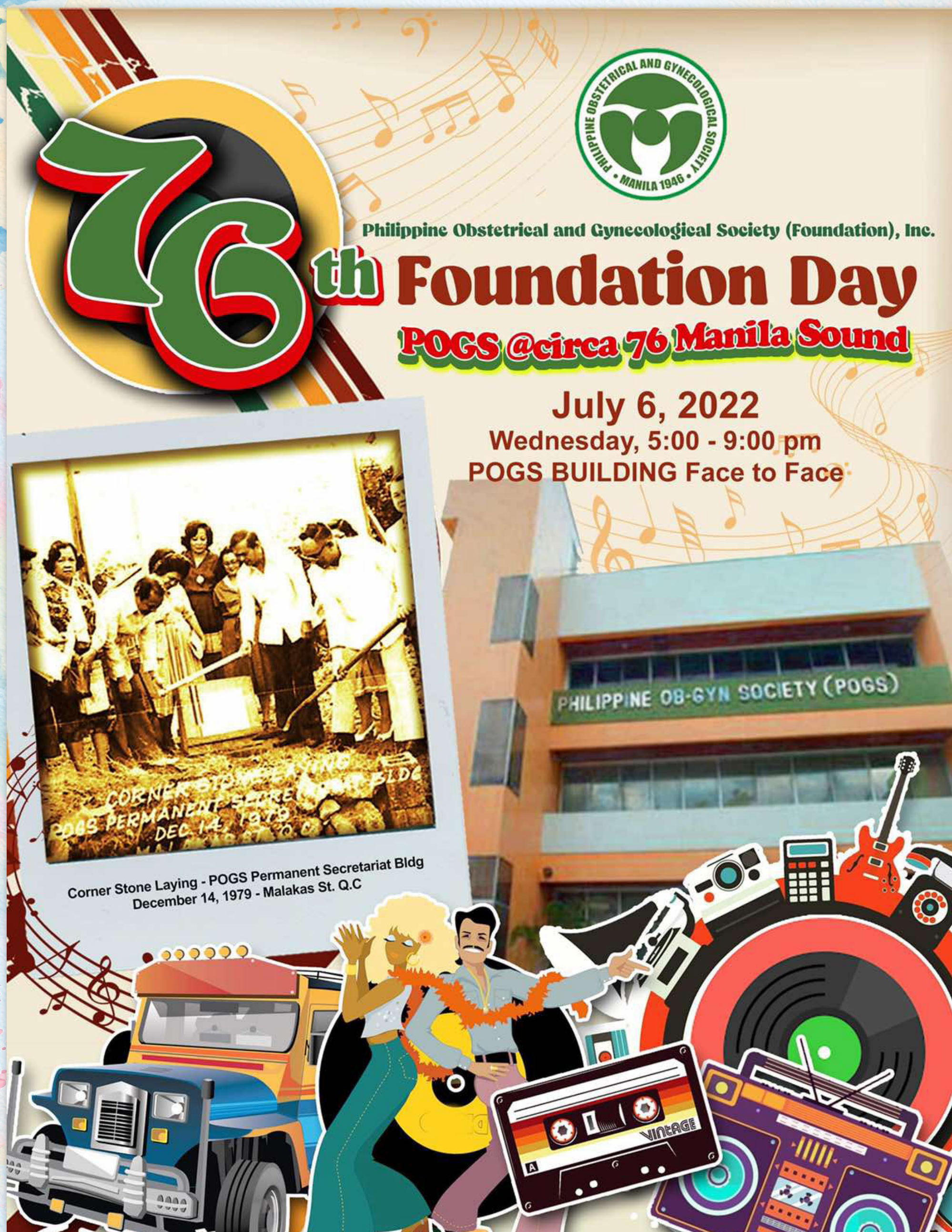
Exciting Games
Raffle Prizes

"ARAW NG MGA BUNTIS"
March 10, 2022
3:00 p.m.

via  **LIVE**



POGS will be celebrating its 76th Foundation Day on July 6, 2022 with the theme: *"POGS @circa 76 Manila Sound"*. The first face to face encounter after two years - looking forward to reminisce and celebrate POGS' resilience through the years.

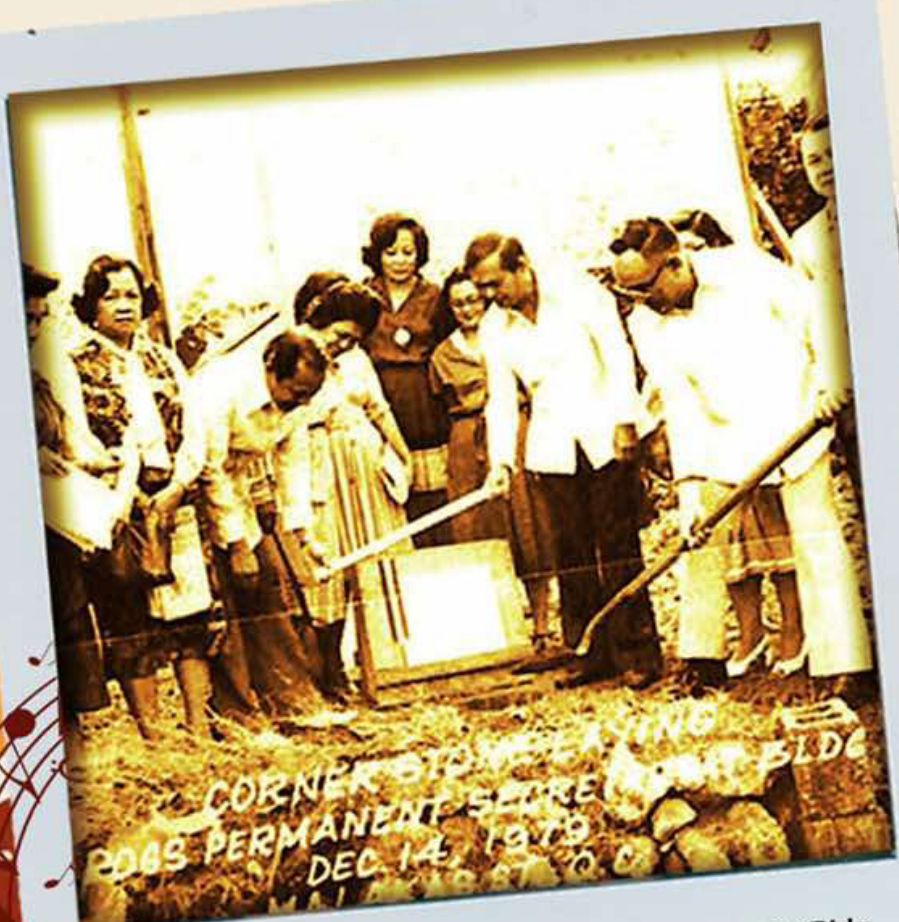


The poster features a large, stylized '76' in green and red on the left. In the top right is the POGS logo, a green circle with a white stylized 'P' and 'G' and the text 'PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY' and 'MANILA 1946'. Below the logo is the text 'Philippine Obstetrical and Gynecological Society (Foundation), Inc.'.

76th Foundation Day


POGS @circa 76 Manila Sound

July 6, 2022
Wednesday, 5:00 - 9:00 pm
POGS BUILDING Face to Face



A black and white photograph showing a group of people, including women in traditional Filipino attire, gathered around a corner stone. The photo has a caption at the bottom: 'CORNER STONE LAYING POGS PERMANENT SECRETARIAT BLDG DEC 14, 1979'.

Corner Stone Laying - POGS Permanent Secretariat Bldg
December 14, 1979 - Malakas St. Q.C



The right side of the poster features a photograph of the POGS Building, a multi-story structure with 'PHILIPPINE OB-GYN SOCIETY (POGS)' written on its facade. Below the building is a vibrant collage of Manila Sound-themed illustrations, including a blue and yellow jeepney, a man in a blue shirt and orange lei, a woman in a green dress, a red electric guitar, a boombox, a cassette tape labeled 'VINTAGE', and a large vinyl record.

Philippine Board of Obstetrics and Gynecology

PBOG 2022 Updates

By Ma. Socorro M. Solis, MD
PBOG Secretary

The Philippine Board of OB-GYN has been kept busy with the year already halfway through. The Committee on Hospital Accreditation has fifty five (55) hospitals to visit, which includes those leftover from 2021, reaccreditation visits due for this year, and monitoring and mandatory visits. Initially done online, the teams are now doing their hospital visits face to face after restrictions have eased up in the regions.

The Diplomate Orals Examination last March was done online, and it was decided to continue the August Orals Examination online again. This allowed more panels to accommodate the examinees, removed the need for examinees to travel to Manila, and to be ready just in case health protocols suddenly change in the coming months.

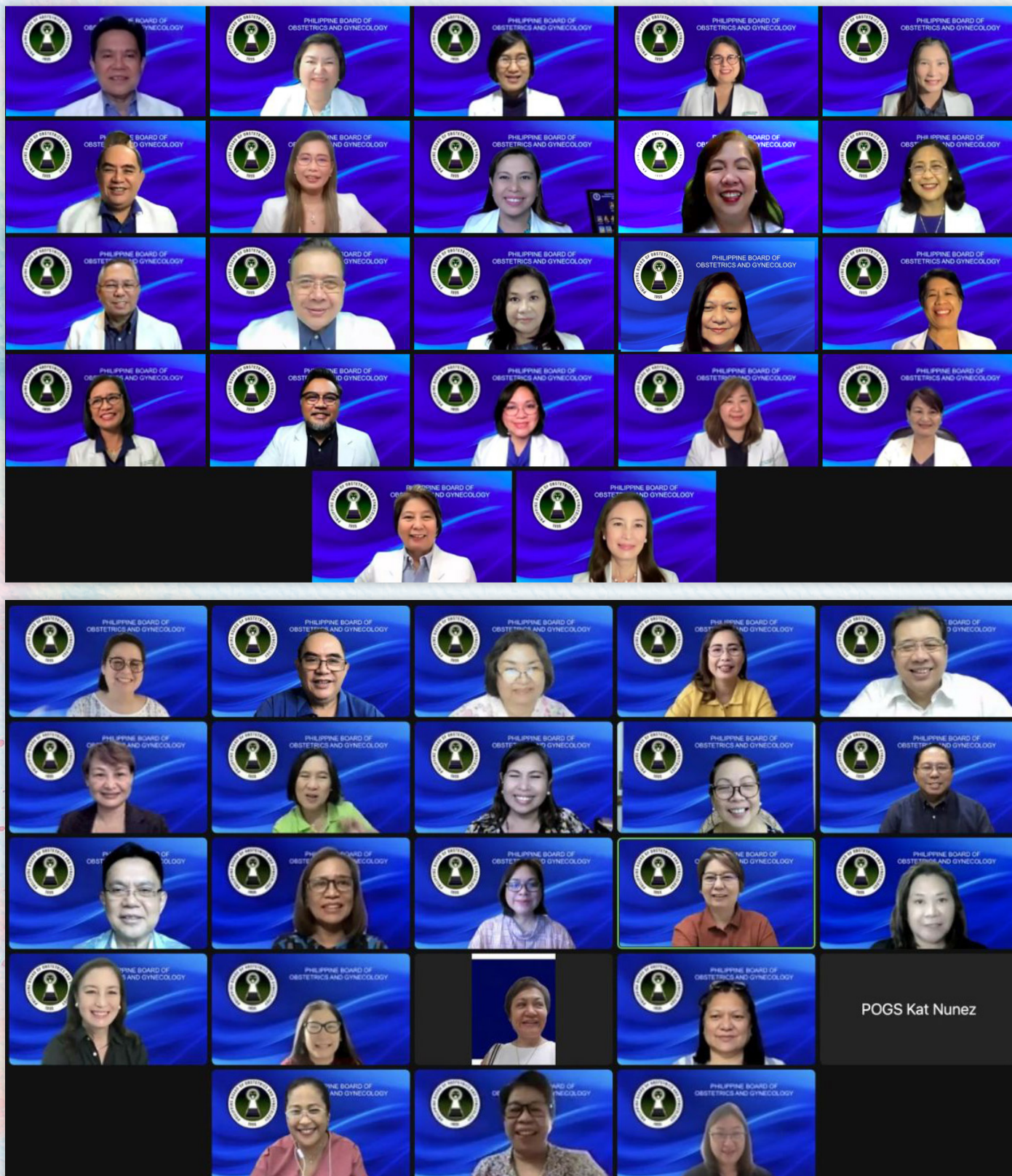
The Diplomate Written Examination will be conducted face to face in July at the Ateneo de Manila University, Katipunan, Q.C. Complete details will be posted in the POGS Website.

The PBOG Manual is also undergoing revision and updating this year, which will include updated forms, requirements, collaborations with CREED, and a section on transitioning to online virtual platforms. A workshop is scheduled for this in the third quarter of June.

Another big project of PBOG is the PARTP (Provisional Accreditation for Residency Training Programs in Obstetrics and Gynecology) a program hospitals seeking accreditation for the first time. This will be discussed more thoroughly in a separate article by its head Dr. Teresita Brion.

There will be a PBOG and Committee on Ethics Joint Forum to be conducted in September for the incoming Diplomates before their induction in November. It is the Board's hope that this year we will be able to hold the induction once again face to face so we can all welcome our new colleagues to our mother society.

Board Meetings



MRXUH Leads the 1st Batch of PARTP Applicants

Maria Reyna-Xavier University Hospital in Cagayan de Oro is the first hospital to start its journey towards full accreditation of its Residency Training Program (RTP) as PARTP PAP 1 Level, while two others, Cebu South Medical Center and Bataan General Hospital and Medical Center, follow closely behind with their respective Letter of Acceptance for PAP 0 Level.

The Provisional Accreditation for Residency Training Programs in Obstetrics and Gynecology (PARTP) is the newest program of the Philippine Board of Obstetrics and Gynecology. It provides a step-wise accreditation for RTPs not yet previously accredited but which already have established structures, processes and complete requirements for a regular Residency Training Program. It allows these RTPs to have preliminary accreditation for the infrastructures that are present even before they have appointed residents. It starts at PAP 0 when the RTP has NO residents yet but has complied with all the basic documentary requirements. The process progresses to PAP 1 when there is at least one resident up to a maximum of three residents. If evaluated by PBOG to have satisfactorily completed the first interim year with a newly-promoted second year resident from PAP 1 and a new first year recruit, the RTP progresses to PAP 2. It advances further to PAP 3 when there are newly-promoted third and second year residents from PAP 2 program and a newly-recruited first year. As the RTP moves to Level PAP 4, it should have the full complement of trainees with the newly-promoted fourth, third and second year residents and a newly-recruited first year. Provisional Accreditation Level 1 covers PAP 0, PAP 1, PAP 2, PAP 3 and PAP 4. An institution with a PAP 4 certification will qualify it to enter the Regular Accreditation Program and be considered as Fully Accredited Level 2.

The development of PARTP was a long process. The seed was planted by the then-POGS President Mayumi Bismark (2017) who had been concerned about RTPs which were unable to seek accreditation because they lacked the required full complement of residents at the time of application. She directed 2017 PBOG President Conrado Crisostomo to consider formulating an alternative "leveling" scheme to accredit such programs. There was a period of hiatus thereafter until the idea was revived by 2020 PBOG President Ma. Lourdes Poblete-Chan who started working on the scheme for Provisional Accreditation of Residency Training Programs through its Special Project Committee. The work was endorsed to the next Board under the leadership of 2021 POGS President Benjamin Cuenca who, in turn, directed 2021 PBOG Chairr. Menefrida Reyes, to write the final draft of the PARTP. Dr. Reyes, together with PBOG Secretary Dr. Josefina Morales and the PBOG Special Project Committee, composed of Dr. Maria Nellbvezz Calderon-Candelario (Committee Head), Dr. Helen Te-Santos and Dr. Teresita Cadiz-Brion, laid down the details for implementation. The draft was approved by the 2021 PBOG members who met en banc before it was presented to CREED and the BOT. The final draft* was approved by the POGS BOT on November 17, 2021 and endorsed for implementation to the 2022 PBOG President Rey delos Reyes. He formed the 2022 Committee on PARTP composed of Dr. Teresita Cadiz-Brion (Head), Dr. Grace delos Angeles and Dr. Jo Ann Badua. In the process of implementation, it was deemed advantageous to more institutions if the Level IIB, and not just the original Level IIA hospitals, were included to qualify for application to PARTP. This was approved by the BOT on April 6, 2022, but it required a Level IIB with at least 600 deliveries per annum (at least 50 deliveries per month with 200 abnormal cases per annum) and at least 80 gynecologic operations per annum with or without an existing RTP. Ten hospitals initially applied and the three hospitals mentioned above were the hospitals who were able to comply with all the documentary requirements.

The PARTP document is in the POGS website and inquiries can be directed to PBOG.

*Dr. Helen Grace Te-Santos passed away on October 10, 2021 before the final draft was approved.

Council for Residents' Education, Enhancement and Development

CREED Updates

By Ma. Cynthia Fernandez-Tan, MD
CREED Chairperson

CREED continued its work of monitoring the compliance of residency training programs with POGS standards. Five Year 3 hospitals were visited virtually from March-May 2022: Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium, Mary Johnston Medical Center, General Emilio Aguinaldo Memorial Hospital, San Juan de Dios Educational Foundation and V. Luna Medical Center. Perpetual Help Biñan was visited onsite (face to face) last May 23, 2022. In both remote/virtual and face to face/on-site visits, documentation of implementation of the training program were meticulously reviewed. For the second half of the year, 18 hospitals on their second year of re-accreditation are scheduled for monitoring visit.



On-site monitoring visit at Perpetual Help Medical Center, Biñan May 23, 2022.

The Training of Trainers and workshop was held last April 22-23, 2022. Four hundred eighteen members of the residency training committees were engaged in a morning of learning tips and tricks on Effective Online Teaching with expert resource persons Drs. Agnes Estrella, Robert Dy, Ryan Capitulo and Suzette Mendoza.

The workshop on Blended Learning Strategies was conducted by Dr. Iris Thiele Isip-Tan who introduced the trainers to Video Production for Educators.

The second trainers meeting this year will be on September 30, 2022. The Committee on Workshop and Training headed by Dr. Nilo Alcoreza is preparing relevant topics on Incorporating Mental Wellness in the Residency Training Program, Navigating the POGS Learning Management System (LMS) and updates on the upcoming 2022 CREED Handbook.

For the third straight year, the Residents' In-Service Examinations (RISE) will again be held online. Please save the dates:

CREED (represented by Dr. Alpha S. Montaos) has also been actively participating in the discussions on the "Especylista Para Sa Bayan" program of the DOH Health Human Resource Bureau. Meanwhile, Dr. Teresita DG Liwanag was one of the participants in the Virtual Maternal and Perinatal Death Surveillance and Response (MPDSR) Capacity Building-Training of Trainers.

A major undertaking of the council this year is the updating of the CREED Handbook. All sections of the handbook are being reviewed. Best practices in mitigating measures that we have observed in our visits



in the past two years will be featured. Likewise Instructional designs released in the past two years will be incorporated. A major focus is on the residents' minimum case requirements and matters related to achieving such requirements (e.g. Memorandum of Agreement and Transfer of Technical Responsibility). The long and careful process is informed by changes and evolving trends in diagnosis and management in women's health. It considers experiences of our residency training programs prior to and during the pandemic. The council researched, analyzed, deliberated in small group and en banc meetings and applied

PHILIPPINE OBSTETRICAL & GYNECOLOGICAL SOCIETY (POGS), INC.
COUNCIL FOR RESIDENTS' EDUCATION, ENHANCEMENT & DEVELOPMENT (CREED)

2022 VIRTUAL TRAINING OF TRAINERS & WORKSHOP

Effective Online Teaching: "Tips and Tricks"

DAY 1: April 22, 2022 | 8:30 am - 12:30 pm | via ZOOM

INTRODUCTION TO ONLINE LEARNING AND TEACHING
AGNES S. ESTRELLA, MD, MHPED

TECHNICAL ASPECTS OF ONLINE TEACHING
ROBERT R. DY, MD

SPARKING ONLINE ENGAGEMENT FROM LEARNERS
RYAN B. CAPITULO, MD, DHPED

ONLINE ASSESSMENT: PRINCIPLES AND MECHANICS
SUZETTE M. MENDOZA, MD, MHPED

INDUSTRY-SPONSORED LECTURE: ESTRADIOL GEL: A REVOLUTION IN MENOPAUSAL HORMONE THERAPY
MARIA JESUSA BANAL-SILAO, MD

In partnership with

BESINS HEALTHCARE
Innovating for Well-being



lessons and findings from the 2014 and 2018 Handbooks, the 2019 PBOG Benchmark paper by Dr. Bernadette Octavio, Accreditation Council for Graduate Medical Education (ACGME), WHO, FIGO, ACOG documents, PNSS data 2019-2021, and the results of the 2022 CREED survey of RTPs. We hope to launch the revised edition of the Handbook by end of the year.

Meet the Men and Women of POGS



PHILIPPINE OBSTETRICAL AND
GYNECOLOGICAL SOCIETY (Foundation), INC.

The POGS Board of Trustees 2022



Meet the Men and Women of POGS



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The POGS Board of Trustees 2022

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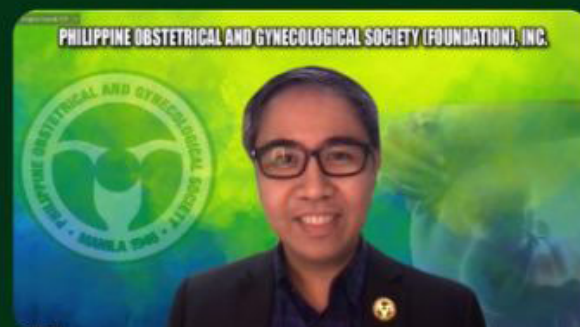
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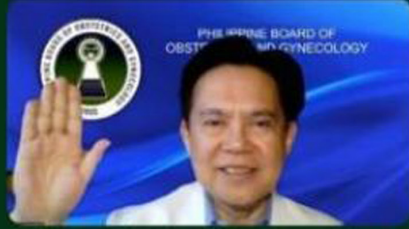
Meet the Men and Women of POGS



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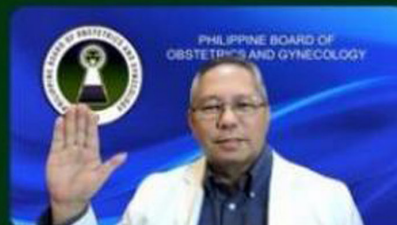
Teresita Cadiz-
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Domingo, MD



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Espina-Tan, MD



Virgilio M.
Novero, Jr., MD



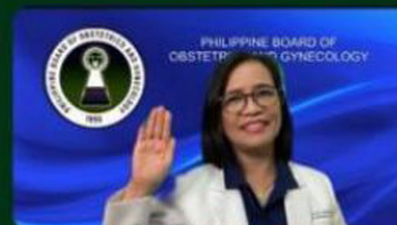
Noel E.
Raymundo, MD



Ma. Theresa M.
Vergara, MD



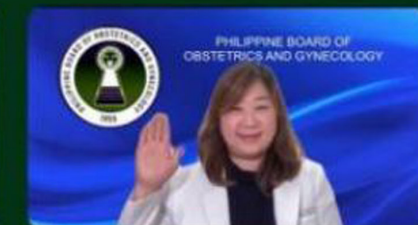
Maria Luisa S.
Acu, MD



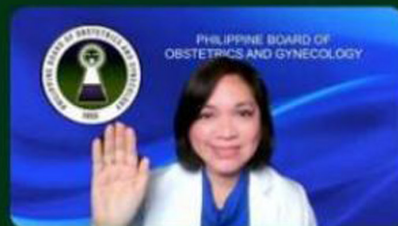
Jo-Ann Ballesteros-
Badua, MD



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Lim, MD



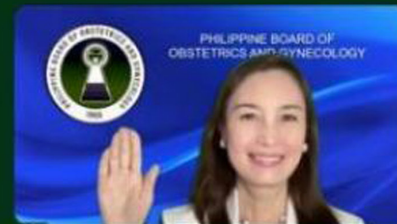
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Meet the Men and Women of POGS



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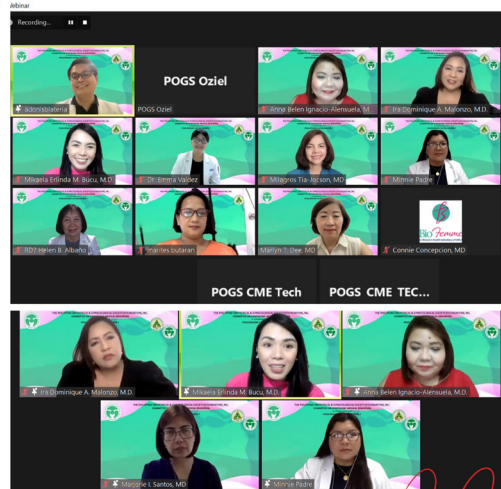
Standing Committees



2022 Committee on Credentials and Membership

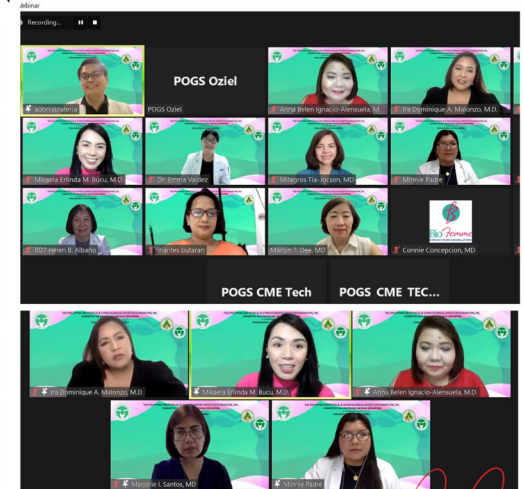
Post Graduate Course Regions 2 & 7

April 21, 2022 10:00-12:00NN



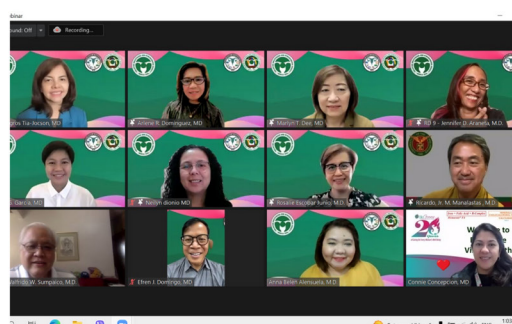
Post Graduate Course Regions 2 & 7

April 21, 2022 10:00-12:00NN



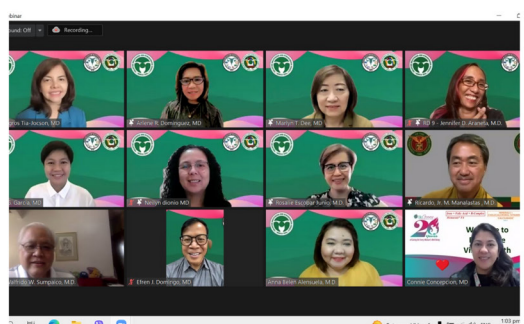
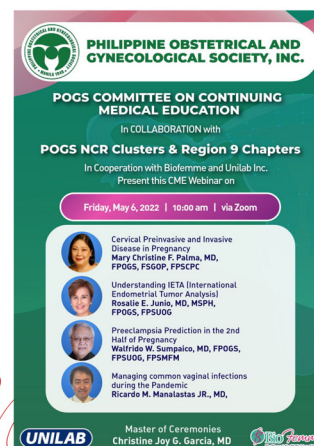
Post Graduate Course NCR & Region 9

May 6, 2022 10:00-12:00NN



Post Graduate Course NCR & Region 9

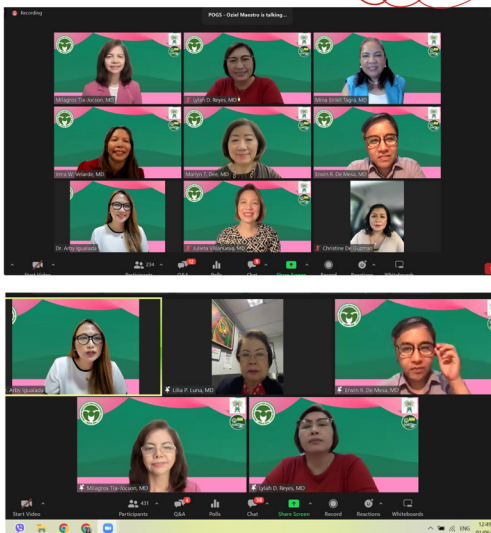
May 6, 2022 10:00-12:00NN



COMMITTEE CHRONICLES

Post Graduate Course Regions 4 & 8

May 6, 2022 10:00-12:00NN



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REGION 11

REGION 2

NCR

zoom

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PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION). INC.

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PHILIPPINE OBSTETRICAL & GYNECOLOGICAL SOCIETY (Foundation), INC. and Committee on Maternal and Perinatal Welfare in cooperation with BAYCOG cordially invite you to the

1st Maternal Morbidity and Mortality Conference

A CASE OF BREAST CANCER IN PREGNANCY

				
Ditas Leslie M. Laran -Lecturer de Leon, MD Case Discussant	Ivy Mae S. Escosa, MD Hemato-oncologist Case Reader	Arlene B. LaMadrid, MD Surgeon Case Reader	John Paolo B. Vergara, MD Obstetrician Case Reader	Nerissa Gracia Nino de Guzman, MD Moderator

APRIL 7, THURSDAY | 4:00 PM | via ZOOM and FB Live



PHILIPPINE OBSTETRICAL & GYNECOLOGICAL SOCIETY (Foundation), INC. COMMITTEE ON MATERNAL AND PERINATAL WELFARE in cooperation with POGS Region 11-Southern Mindanao Chapter and Metro Pharma Philippines, Inc. invite you to the

2nd Maternal Morbidity and Mortality Conference

A Case on CVD Bleed, Stroke in the Young, Primigravida

			
Alone B. Manaligan, MD FPOGS, FPGOG, FPGMFM OB Perinatologist Case Presenter and Discussant Risk Addressing Evangelist Address: MD, FPOGS	Rachelle S. Uy, MD FPCP, FPNA IM Neurologist	Mark D. D. D. D. FPCP, DPCC IM Adult Cardiologist	Andres M. D. D. D. FPCP, DPCC IM Adult Cardiologist

May 18, 2022, Wednesday
4:00-6:00 PM
via ZOOM Platform and Facebook Live



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.
POGS Western Mindanao Region 9



Interactive Virtual NATIONAL POGS Buntis Day 2022 Celebration

Theme: "Pagmamahal at Pag-aalaga kay Pregnant Mommy para sa Masaya at Malusog na Baby"

"Pagbubuntis mahalin, Hypertension Alamin"
March 10, 2022 | 3:00 p.m.

Exciting Games

Raffle Prizes

via  LIVE

"ARAW NG MGA BUNTIS"
March 10, 2022
3:00 p.m.

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Raul M. Quillamo, MD	Ditas Cristina D. Decena, MD	Elisa O. Tiu, MD	
			
Rey H. de los Reyes, MD (Chair, PBOG)	Leilani C. Coloma, MD (Secretary, BOT)		

Chair: Lourdes Blanco-Capito, MD

Members:

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Evelyn P. Palaypayon, MD
Ma. Corazon Zaida N. Gamilla, MD
Regta L. Pichay, MD
Raul M. Quillamo, MD
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Rey H. de los Reyes, MD (Chair, PBOG)
Leilani C. Coloma, MD (Secretary, BOT)

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SPEAKERS



MARLYN T. DEE, MD
Mission, Vision and Core Values
in Relation to Bioethics



LOURDES BLANCO-CAPITO, MD
Principles of Bioethics



MA. CYNTHIA FERNANDEZ-TAN, MD
Bioethics CREED Curriculum

CASE PRESENTERS



NINA BIANCA GAMBOA-CHUA, MD
CESAREAN SECTION SCAR PREGNANCY
WITH FIRST TRIMESTER ACCRETA



AME M. LOPEZ, MD
CONTRACEPTION IN A MINOR PATIENT



ROSEMARIE C. QUILALA, MD
CLINICAL ETHICAL CASE ANALYSIS ON
PATIENT'S REFUSAL TO TREATMENT

REACTORS



REY H. DE LOS REYES, MD



REGTA L. PICHAY, MD



BETHA FE M. CASTILLO, MD



RAUL M. QUILLAMOR, MD
MODERATOR

**May 30, 2022, Monday
10:00am
Zoom Webinar**



**PHILIPPINE OBSTETRICAL AND
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Chair



Sylvia delas Alas Carnero, MD
Member




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(CMAP, Chair)



Ma. Socorro M. Solis, MD
(PBOG, Secretary)



Teresa Diana B. Bongala, MD
(PJOG, Business Manager)

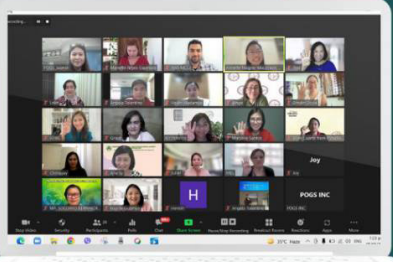
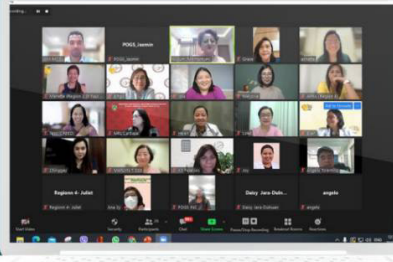


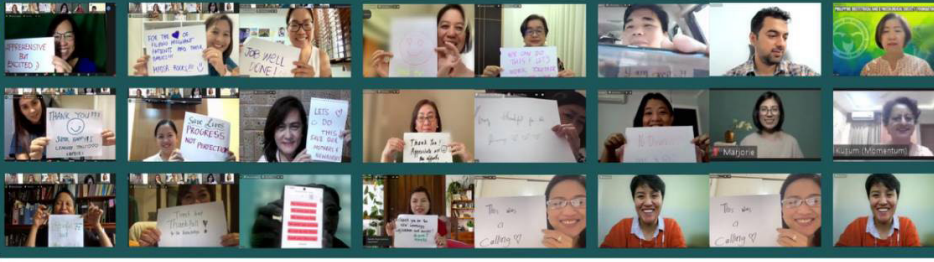
COMMITTEE ON MATERNAL AND PERINATAL WELFARE







POGS Virtual Maternal and Perinatal Death Surveillance Response: Capacity Building Workshop

Introduction:
WHO defines MPDSR as a form of continuous surveillance linking the health information system and quality improvement processes from local to national levels. It is well known that Maternal and Perinatal Death Surveillance and Response (MPDSR) process is a powerful strategy to reduce preventable maternal deaths.

Purpose:
To strengthen the skills of maternal and perinatal health programme managers and providers of MPDSR processes that contribute to reductions in preventable maternal and perinatal deaths and improve the quality of maternal and perinatal health care.









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Emmanuel L. Dagala, MD.
Richard C. Jordias, MD.



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SUBCOMMITTEE ON INTERESTING CASES



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Domingo, M.D.



Jessica
Ona Cruz, M.D.



Noel
E. Raymundo, M.D.



Debby F.
Pacquing-Songco, M.D.

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Enrico Gil C. Oblepías, M.D.
Chair



Erlidia F.
Llamas-Clark, M.D.



Maria Rowena
D.R. Raymundo, M.D.



Lylah D. Reyes, M.D.



Judith M. Sison, M.D.



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Antoinette U.
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Jennifer C.
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Maria Antonia E.
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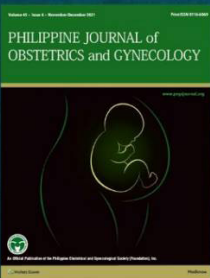
Angelito D.L.
Magno, MD



Ma. Luisa T.
Mangubat, MD



Aurora L. Valdez, MD



Special Article in PJOOG:
Title: "2020 POGS report on obstetrical and
gynecological indicators of health care"
Volume 46 Issue 1
pages 29-37



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.

COMMITTEE ON SCIENTIFIC WORKS

in cooperation with BSV BIOSCIENCE PHILS., INC.

2022 CALENDAR OF ACTIVITIES

Submission of Papers

Midyear Residents' Interesting Case
and Research Paper Contest
Research Development Grant/Subsidy
Annual Residents' Interesting Case Contest
Annual Residents' Research Paper Contest
Annual Fellows' Research Paper Contest

Deadline

May 16, 2022
June 30, 2022
July 18, 2022
August 15, 2022
September 26, 2022

Oral Presentation

Midyear Interesting Case & Research Paper Contest
Annual Residents' Interesting Case Contest
Annual Residents' Research Paper Contest

Date

July 17, 2022,
1:00PM, Zoom Platform
September 16, 2022,
1:00PM, Zoom Platform
October 21, 2022,
1:00PM, Zoom Platform

Announcement and awarding of the Annual Fellows' Research
Paper Contest winners will be during the Annual Business
Meeting of POGS Annual Convention.

FOR MORE DETAILS:
Please contact Ms. Oziel Marybeth F. Maestro
Mobile: 0956-3541309
Email: pogs.oziel@gmail.com



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Rosendo R. Roque, MD
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Melchor C. dela Cruz, MD
Member



Ma. Gay S. Gonzalez, MD
Member



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POGS Committee on Community Service
In Cooperation with
POGS Region 3, Central Luzon

Case-Based Discussion on Maternal Infections in Pregnancy
March 16, 2022 (Wednesday) | 2:00 PM - 4:00 PM | Zoom | [Link](#)





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A Case - Based Discussion on Recognizing and Managing Postpartum Hemorrhage
June 02, 2022 (Thursday) | 2:00 PM - 4:00 PM | Zoom | [Link](#)







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PATIENT SAFETY LECTURES & WORKSHOP
November 18, 2021 (Sunday) | 8:00 AM - 5:00 PM | Zoom | [Link](#)





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POGS HMO-PHIC Committee face to face signing of contracts with AHMOPI (2:00pm) and PAHMOC (4:00pm) at the POGS Building on May 6, 2022

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- To ADVOCATE awareness regarding breast health focusing on prevention of breast cancer.
- To CAPACITATE POGS members on the proper conduct of breast cancer prevention and surveillance as well as recognition of other breast abnormalities.
- To COLLABORATE with other subspecialty societies involved in the care of women undergoing treatment for breast disorders.
- To COMMUNICATE with government health agencies, non-government and special interest groups regarding breast cancer screening and prevention.

2022 Calendar of Events

JUNE: BACK TO BREASTSICS

AUGUST: MODULE MAKING FOR OB-GYNs & OTHER ALLIED HEALTH PROFESSIONALS

OCTOBER: BREAST CANCER MONTH

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ME TIME Quarterly Webinars

Amidst the demands and challenges of family, career, advocacies, community work and service, the OB-GYN need his/her "ME TIME" for self-care, self-healing and self-love

February
May

August
November

SUNDAY PAUSE

Members will be encouraged to do journaling every Sunday for mental health. Instructions to be posted on the POGS Facebook Page, Viber Group Chats, POGS Moodle, etc., on what to write in our journals.



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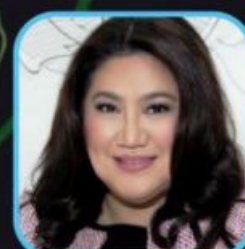
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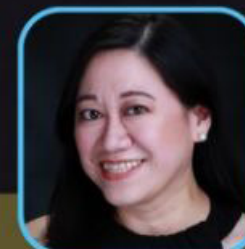
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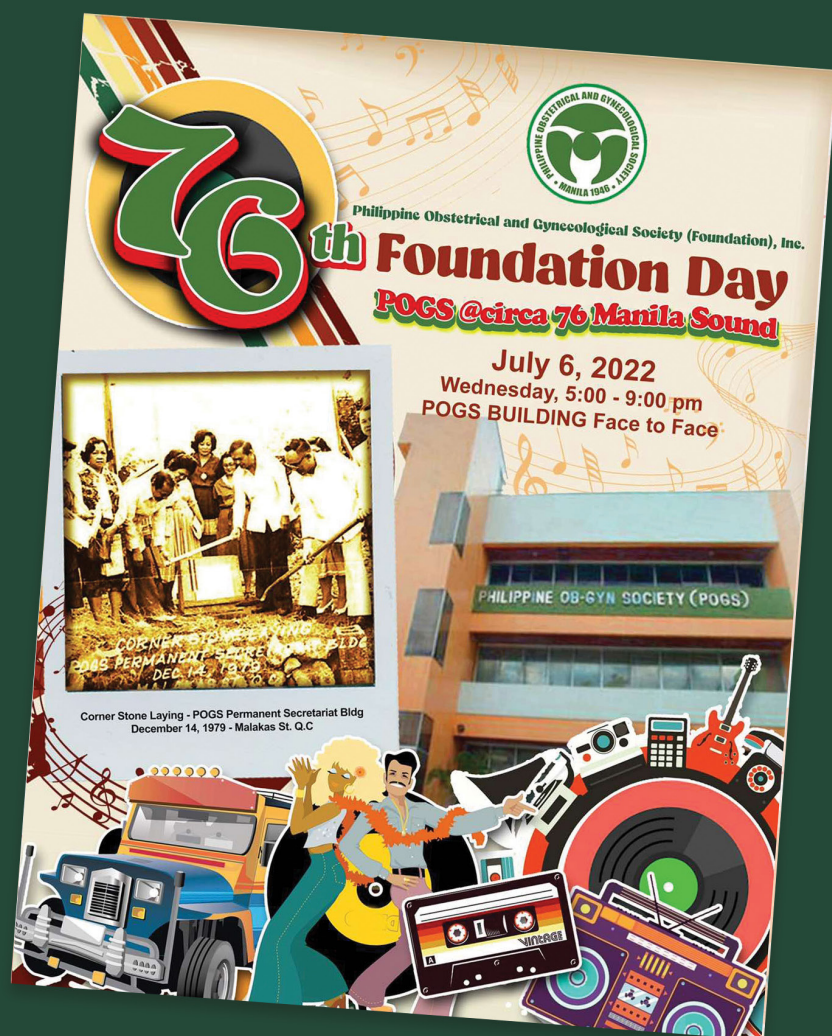


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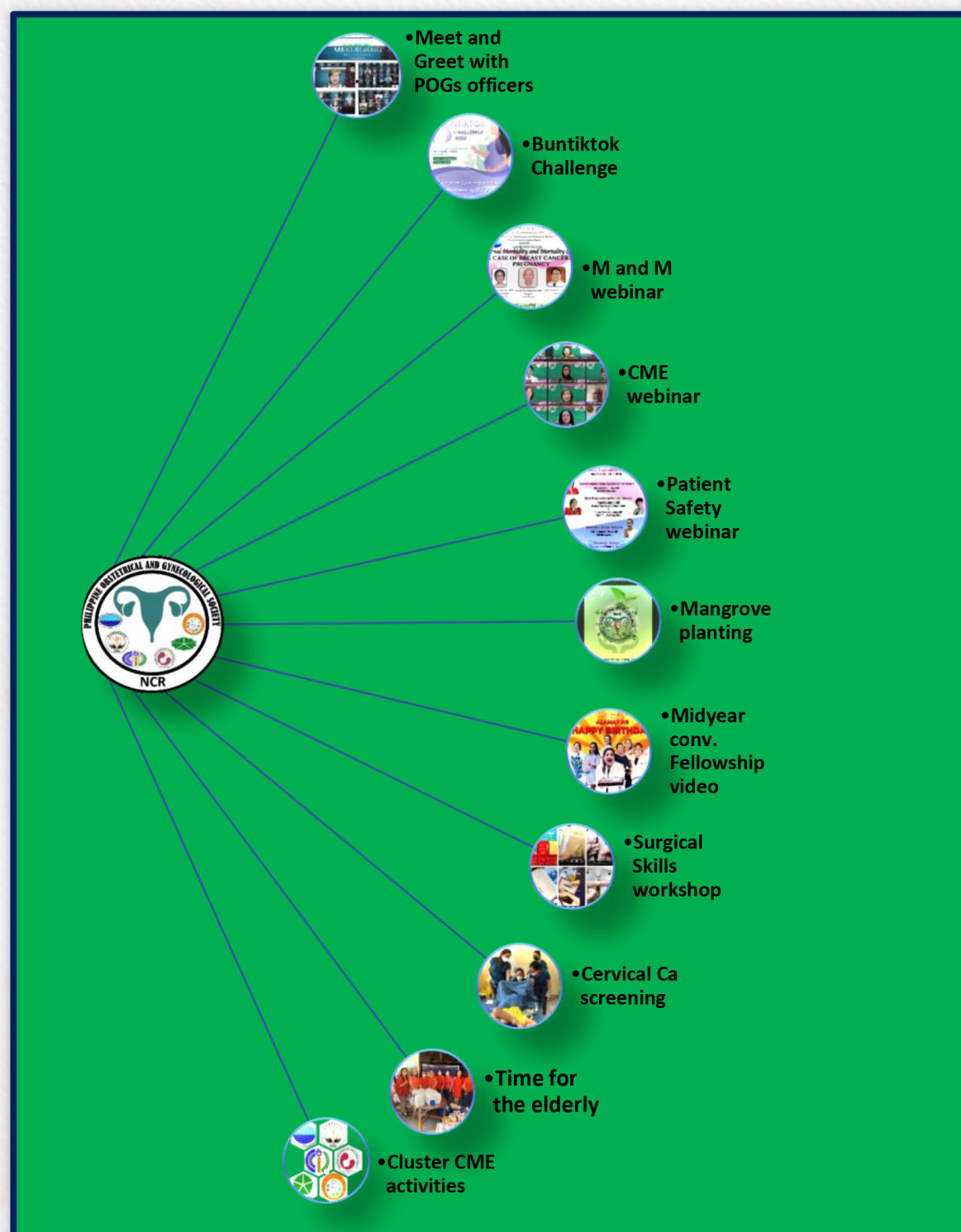
Newsletter and Foundation Day



POGS IN THE REGIONS

NATIONAL CAPITAL REGION

By Rosalie E. Junio, MD



How did NCR spend the last 5-6 months? Let me count the ways.

We started the year with a virtual courtesy call to the Executive Officers and Board of Trustees. It is always nice to establish a relaxed relationship with our partners in carrying out the advocacies of POGS.

CME webinars were conducted via zoom platform to benefit the membership. These are Maternal Mortality and Morbidity, Continuing Medical Education postgraduate course, Patient Blood Management and Patient Safety. Not to be outdone are cluster-initiated CME activities like postgraduate courses, Research and Interesting Case paper presentations and lectures.

Our patients and the community are always part of the equation

and initiatives highlighting women's health are the Buntiktok Challenge, a pre-national "Buntis Day" celebration and Capitol Citiwide's cervical cancer screening. Universitywide once more embraced the abandoned elderly with entertainment and gift giving after a lull of 2 years because of the pandemic.

Then we shifted gear and thought of ways to honor and preserve the environment. This we did through mangrove planting in Barangay Muzon, Malabon city. The first of a series of greening NCR for this year.

The midyear convention is a stone's throw away and what better way to prepare for this event than to have fun videotaping our entry for the fellowship night. Members from the 6 clusters trooped to Marikina where we danced our hearts out and acted like showbiz personalities.

Not to be forgotten are our resident trainees who are equally given attention to excel in knowledge and skills. We are now in the middle of preparations for the Surgical Skills workshops (on its 3rd year) and Resident's In-service examination review (on its 6th year).

So much has been done and a lot more to be accomplished moving forward. Action plans have been drafted to heed the call of our Society's advocacies on climate change and disaster preparedness; reproductive health and the environment; and adolescent's health, issues and perspective.

I will go on counting..... with gratitude in my heart for all the support from the Society, the cluster Presidents and officers and all members of NCR.



POGS Northwestern Luzon Goes All Out for 2022 POGS Midyear Convention

By Ruth Judith Gay V. Cristobal, MD

With a year of preparation in 2019 and two years of uncertainties due to pandemic, POGS North Western Luzon Chapter is ecstatic to give the entire POGS Membership the 1st one of its kind, PHYGITAL POGS MID YEAR CONVENTION.

The PHYSICAL facet of the Mid-Year Convention was done last April 26-29 with the 2022 POGS MYC Organizing Committee leading the event. This was attended by the POGS Board of Trustees and Regional Directors, headed by no other than POGS President Dr. Marlyn T. Dee. It was a stressful, time-constrained yet full of FUN 3-day shoot

in Laoag and Paoay, Ilocos Norte to cover all the social events: the Opening Ceremony, Opening of the Exhibit Hall, Fellowship Night and the Closing Ceremony.

The Sports Committee had an earlier plunge with the DIGITAL phase with it's "Kamayet", featuring two unique sports activities that the POGS Members will surely enjoy. While the Scientific Committee, chaired by Dr. Betha Fe Castillo, have meticulously picked stimulating topics that will directly impact the life and career of the OBGYN health practitioner of the pandemic era. As POGS NWL Chapter takes pride on our culture, we will be introducing

the experiential "IsTourneyhan", a cultural session that will feature five unique Ilocano cultural fingerprint as well as the technological instruments that one can utilize in order to adjust to the virtual calling brought about by the restrictions of the pandemic.

So REGISTER now at www.pogs2022midyear.com, feel and see the destinations in the Ilocos Region that combines natural beauty, world class cultural attractions, modern amenities and diverse entertainment. Save the date on July 15-17 and COME VIRTUALLY, be MESMERIZED, be EMPOWERED. Let us all "shine bright manang"!



POGS Northeastern Luzon on Environment and Women's Health

By Emma Aguada-Valdez, MD

From the peak of the COVID-variant surges during the height of the pandemic in 2021 to the present months, the members of the Northeastern Luzon (Region 2) of the Philippine Obstetrical and Gynecological Society continued to plan and implement monitoring for health risk factors in pregnant and non-pregnant women, in the form of cervical cancer screening using visual inspection with acetic acid (VIA), PAP test and HPV DNA testing, as well as free prenatal check-ups and sonographic examinations. These were done in several localities in the provinces of Cagayan, Isabela, Nueva Vizcaya, Quirino Province, Ifugao and the rest of the region. And in order to contribute to the increasing carbon-sink, as well as to help lessen the recurrence of extensive flooding in the low-lands of the region, members also increased tree-planting endeavors in barren lands and bamboos in riverbanks.

The Department of Obstetrics and Gynecology of the Cagayan Valley Medical Center (CVMC), Province of Cagayan in Region 2, was the site for the implementation of Department of Health (DOH) and Jhpiego Scale-Up Cervical Cancer Elimination with Secondary Prevention Strategy (SUCCESS) Project integrating the HPV-DNA testing and treatment of precancerous cervical cancer lesions. Clinical Skills Training (CST) Practicum was conducted last March 9-11, 2022 and Jhpiego donated loop electrosurgical excision procedure (LEEP) and thermal ablation equipment after the activities.

POGS NEL members also appeared in Radyo Pilipinas Tuguegarao (Tuguegarao City), Province of Cagayan to promote cervical cancer awareness in the province and neighboring towns.

The Department of Obstetrics and Gynecology of the Southern Isabela Medical Center in Santiago City conducts monthly visit for their "Adopt-a-Barangay" Project in Dallao, Municipality of Cordon, Isabela. Pre-natal and gynecologic check-up and counseling, cervical cancer screening using visual inspection with acetic acid and Pap Test, obstetrics and gynecologic ultrasound, feeding program and dental care, COVID-19 vaccination and counseling on breastfeeding, family planning and minimum health requirements for the prevention of COVID-19 transmission.

Women's Month was celebrated in the town of Jones Isabela Community Center in collaboration with the local government



Left to Right: Dr. Shreza Nadal, Dr. Marites Butaran, Sir Kevin Sumergido, Dr. Cherry Lou Antonio, Dr. Ricky Lou, Dr. Veronica Reis, Dr. Ingrid Magnata, Dr. Llave, Dr. Scheryll Pua, Dr. Lorraine Malabonga

Left to Right: Dr. Cecilia Llave Technical Advisor of Success, JHPIEGO Philippines; Dr. Marites M. Butaran- OBGYN Dept. Chair; Dr. Cherry Lou M. Antonio CMPS & Cancer Center Head; Dr. Catherine Reis Women's Cancer Senior Technical Advisor of Jhpiego; Vincent Sumergido, Supervising Health Program; Dr. Ingrid Magnata Country manager, Jhpiego Philippines and Dr. Ricky Lu Cancer Senior Technical Advisor, Family Planning



Pammakapianan program of RPT on May 25, 2022 with guest Dr. Janet Chua (left), member of POGS NEL and consultant-staff of the Department of Obstetrics and Gynecology of the CVMC



Staff of the Department of Obstetrics and Gynecology of the Southern Isabela Medical Center conducting free prenatal and gynecologic check-up in Barangay Dallao, Town of Cordon, Isabela.

unit (LGU) of Jones, Isabela, POGS Region 2 Isabela, AHIP, Prospero G. Bello Integrated Hospital, Santiago City Medical Society Community Service.

The Department of Obstetrics and Gynecology of the Region 2 Trauma and Medical Center in Bayombong, Nueva Vizcaya also conducted cervical cancer screening using VIA and Pap Test in the Town of Quezon. On May 30, the department with the members of POGS NEL also conducted cervical cancer screening and awareness activities in the Evacuation Building of the R2TMC in collaboration with the Gender and Development (GAD) Committee of the hospital.

The POGS NEL celebrated the National Buntis Day culminating on March 10 and ended up winning the POGS contest on the most number of online pregnant participants.

Advance celebration of the Buntis Day for 2022 was observed in the Municipality of Dupax Norte in Nueva Vizcaya performing group counselling, prenatal check-ups and scheduling for free obstetric ultrasound with distribution of prenatal minerals and vitamins. Radio promotion of the Buntis Day celebration was also done by the officers of the POGS NEL.

Prenatal check-ups and counselling, obstetric ultrasound and face-to face group lectures were conducted in Region 2 Trauma and Medical Center, Southern Isabela Medical Center and Cagayan Valley Medical Center, the three regional hospitals of the DOH in Region 2 from March 7 to 10.

Environmental awareness activities were implemented in the region with bamboo planting activities along the Pinacanauan Riverbank in the Province of Cagayan, tree-planting activities in an adopted community by POGS Members in Isabela from SIMC and site allocation for tree-planting activities in the Province of Nueva Vizcaya to improve the “carbon-sink” of the region and prevent flooding in the low-lands. These were in coordination with the Department of Environment and Natural Resources of the different provinces.

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The POGS NEL members of Nueva Vizcaya in collaboration with the Department of Obstetrics and Gynecology of the R2TMC and the Provincial Integrated Health Office of the Province of Nueva Vizcaya held a town-hall meeting seminar on Cascading the Practice of Obstetrics and Gynecology in the Service Delivery Network of the Universal Healthcare for the healthcare workers of the province. This was attended by representative from all municipalities of the province including Municipal Health Officers, municipal nurses, barangay health unit midwives and Barangay Health Workers (BHWs).



Left to Right: Dr. Alice S. Casumpang, staff of the Department of OB-Gyn and President of the Nueva Vizcaya Medical Society; Dr. Emiliza S. Andres, second year resident of the department, performing cervical cancer screening on one of the patients



Orientation for the cervical cancer screening activities (May 30, 2022, Evacuation Building, R2TMC) given by the Dr. Carolyn Perez-Par, Chair, Dept. of OB-Gyn



Staff and residents (in-training) of the Dept. of OB-Gyn performing cervical cancer screening in the Evacuation Building of R2TMC (May 30, 2022)



Members of POGS NEL Regional Director Dr. Emma Aguada-Valdez (fifth from left, sitting) and staff of the Department of OB-Gyn of R2TMC headed by the department Chair, Dr. Carolyn Perez-Par (not in picture) with the healthcare workers of the Municipality of Quezon and the clients who underwent cervical cancer screening (standing row)



POGS NEL Regional Director Dr. Emma Aguada-Valdez opening the advance Buntis Day celebration (February, 2022) in Dupax del Norte, Nueva Vizcaya



Staff of the Department of Obstetrics and Gynecology of the R2TMC headed by the POGS NEL Regional Director Dr. Emma Aguada-Valdez and the Department Chair, Dr. Carolyn Perez-Par with the Municipal Health Officer of Dupax del Norte, Dr. Mary Ruth Reyes. (Dr. Aguada Valdez was born in Dupax del Norte)



POGS NEL Regional Director Dr. Emma Aguada-Valdez (second from left) promoting BUNTis Day Celbration in the radio station, DWRV in Bayombong, Nueva Vizcaya, with radio host Wilma Baliton (first, right). Dr. Carolyn Perez-Par, Chair of the Dept. of OB-Gyn, R2TMC (3rd right); Dr. Alice S. Casumpang, Nueva Vizcaya Medical Society President (4th, right) Dr. Beverly Gamiao, Chief Resident, Dept. of OB-Gyn, R2TMC (1st right)



Members of POGS NEL Regional Director Dr. Emma Aguada-Valdez and staff of the Department of OB-Gyn of R2TMC headed by the department Chair, Dr. Carolyn Perez-Par with the healthcare workers conducting three days (March 7 to 9) prenatal check-up in the Evacuation Center of the Region 2 Trauma Center



Staff of the Department of OB-Gyn of R2TMC headed by the department Chair, Dr. Carolyn Perez-Par at the end of the National Buntis Day celebrations on May 10



Members of POGS NEL Cagayan and staff of the Department of OB-Gyn of CVMC headed by the Department Chair and Regional POGS President Dr. Marites M. Butaran (sixth from right) with former Regional Directors Dr. Calire Gonzales (5th from right) and Dr. Nini Lasam (7th from right)



Dr. Marites M. Butaran, POGS NEL President (left); Dr. Claire Gonzales (former Regional Director POGS NEL)



Members of POGS NEL Isabela and staff of the Dept. of OB-Gyn of SIMC headed by the Medical Center Chief Dr. Melchor C. dela Cruz, Jr. (7th from right, standing) and Chair, Dr. Mary Jean G. Baguioen.



Staff of the Dept. of OB-Gyn of SIMC headed by the Medical Center Chief Dr. Melchor C. dela Cruz, Jr. (2nd top) planting mahogany sapling tree.



Members of the POGS NEL of Nueva Vizcaya cascading the Practice of Obstetrics and Gynecology in the SDN of the UHC to the healthcare workers of the province (May 27, Vinluan Hall, R2TMC)



Members of POGS NEL Nueva Vizcaya and Staff of the Dept. of OB-Gyn of R2TMC headed by the POGS NEL Regional Director Dr. Emma Aguada-Valdez and Department Chair Dr. Carolyn Par site ocular inspection in Bangaan, Solano Nueva Vizcaya for future tree-planting activities.

Cervical Cancer Prevention Mission in Cavite

By Rebecca Ann Gabor, MD

The POGS – Southern Tagalog Chapter, in collaboration with the local government unit of General Trias, Cavite held a Cervical Cancer Prevention Mission at General Trias Cultural and Convention Center last May 24, 2022. Dr. Divina Rojas gave a lecture about cervical cancer screening and prevention, after which 140 ladies received free Quadrivalent Anti Cervical Cancer Vaccine. The three doses of the vaccine will be covered by the LGU of General Trias, Cavite, as part of its advocacy for the prevention of cervical cancer.



Breastfeeding mothers last March 3, 2022 at SM City Daet, Camarines Norte



POGS BICOL Camarines Sur celebrated Buntis Day last March 12, 2022 at Robinsons Mall Naga City



POGSBICOL RINCONADA celebrated Buntis day last March 7-10. The members provided discounted prenatal check up and ultra- sound with short lectures on breastfeeding, vaccination, nutrition



POGS BICOL MASBATE conducted free prenatal check up at MMG Hospital, Masbate, City



Sarimanok continue spreading its wings

By Dr. Ann Carmel Buaquina

REGION 10

Our ever dynamic region, POGS Northern Mindanao is presently spreading its wings just like our symbol, the legendary Sarimanok, as we continue to rise up with the new normal and make valuable contributions to improve women's healthcare and provide quality prenatal services to the women in our locality.

In line with POGS National Buntis day, POGS Northern Mindanao Chapter conducted its own Regional Buntis Day Celebration last March 2, 2022 in coordination with the POGS National Buntis Day Theme: "Pagmamahal at pag-aalaga kay pregnant mommy para sa masaya at malusog na baby". This was spearheaded by Dr. Sittienor Casib, our Buntis Day Regional Committee Head. It was in virtual platform via Zoom and broadcasted live in FB social media with 774 total number of participants. It was started with a video showing our colleagues from the different areas within Northern Mindanao distributing gift packs to their pregnant patients in their respective areas. This was followed by enlightening lectures given by Dr. Lora Abella-Del Rosario entitled, "Coping Mechanism of Pregnant Mothers in this Covid Pandemic" and Dr. Judith Faye Montecillo-Montero entitled, "Frequently Asked Questions Re: COVID-19 in pregnancy". To make the event more exciting, raffle prizes were given to the the lucky pregnant patients tuned to the event.

On May 11, 2022, the POGS Committee on Patient Safety, Subcommittee on Patient Blood Management, chaired by Dr. Virginia Abalos collaborated with POGS Region 10 in conducting the Patient Blood Management Workshop, with the Theme: PBM is the New Standard of Care. Very informative lectures were given by our well-respected and distinguished speakers: Dr. Delfin A. Tan, Dr. Elisa O. Tiu, and Maria Antonia E. Habana. Moderators of the program were: Dr. Madonna Victoria C. Domingo, Dr. Maria Carmen H. Quevedo and Dr. Maria Virginia S. Abalos. PBM committee members, Dr. Maria Lourdes K. Otaiza and Dr. Amelia A. Vega also facilitated the event. A total of 193 healthcare professionals together with our guest specialists from the different areas of the region attended the activity.

Cagayan de Oro's monthly Cervical Cancer Screening also commenced its 1st face to face activity last May 14, 2022 at JR Borja Hospital in Cagayan de Oro City. This was led by our very active members namely, Dr. Christine Abuso, Dr. Judith Montero, Dr. Soraya Muti, Dr. Orpha Alonsabe, Dr. Maria Lourdes Felise Gonzales. A total of 2 Pap smears and 19 VIAs were done. This community service activity is scheduled every 1st Saturday of the month through the help of CDO POGS 10 Members.

Last May 28, 2022, the first Maternal and Mortality Regional

conference was a success. The discussion revolved around "Breast Cancer in Pregnancy". This was thoroughly discussed by Dr. Rovi Concepcion R. Laranjo. Our different reactors from their respective fields gave their valuable insights and comments regarding the case. We were very grateful to our local brilliant speakers Dr. Rose Belle Rahon-Sucgang (Surgical Oncologist), Dr. Leah A. Florendo (Adult Hematologist) and Dr. Shiela Gay Barberan-Bragat (Perinatologist). The discussion was moderated by Dr. Sharon Jane P. Galagnara (Perinatologist), the head of Region 10 Maternal Perinatology Welfare, and the program emceed by Dr. Bea Elise A. Tauli (Perinatologist).

Currently, the region is very busy and excited in preparing for next year's POGS Midyear Convention. In behalf of the society, our Regional director, Dr. Maria Imelda P. Carbajal accepted the challenge in hosting the POGS Midyear Convention in 2023. This project will be headed by our previous Regional Director, and one of the pillars of POGS 10, Dr. Ma. Melissa F. Diawatan. The executive committee is currently having several virtual as well as face to face meetings regarding preparations for the upcoming convention which will be in hybrid platform. We look forward to seeing our fellow colleagues virtually next year in this momentous event.

REGION 11

Region 11: Amidst the New Normalcy

Prepared by Nurlinda P. Arumpac, MD - 2022 Region 11 PRO

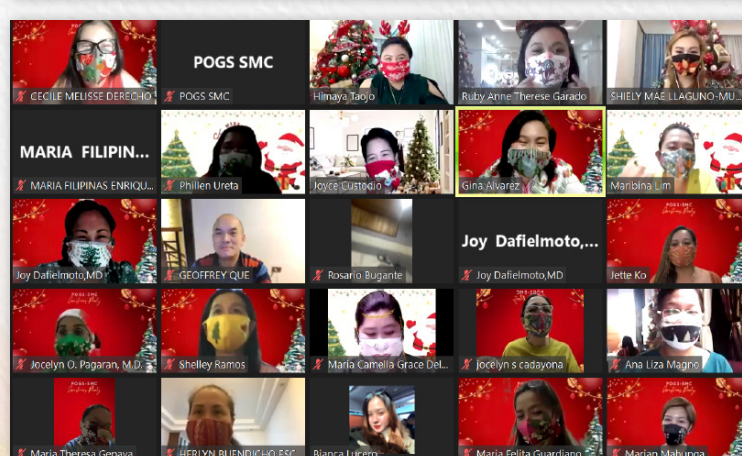
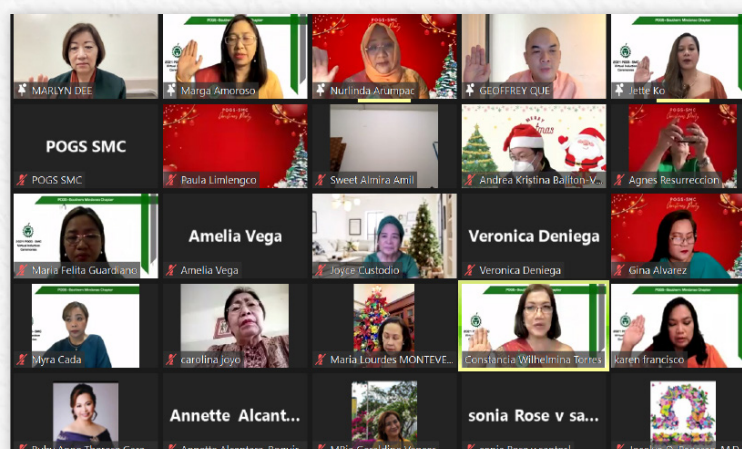
Edited by: Veronica M. Deniega, MD - Regional Director

As COVID-19 pandemic ran its course, Region 11-POGS-Southern Mindanao Chapter went on with its activities and continued to rise as ONE with POGS.

Increasing the Tribe

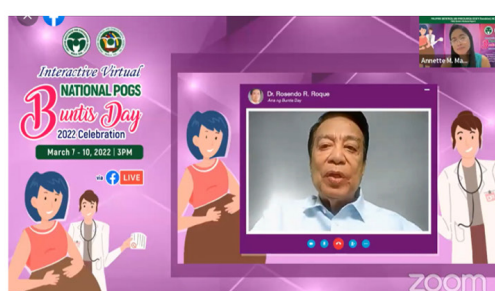
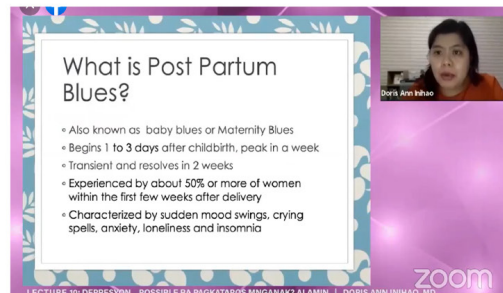
It was in December 4, 2021 when our 2022 National POGS President Dr. Marlyn T. Dee, inducted the new set of officers led by Dr. Karen S. Francisco as President and presented her nine (9) point program. After which, POGS-SMC Regional Director Dr. Veronica M. Deniega inducted 22 Fellows, 30 Diplomates and six Junior Members. The day ended with a virtual Christmas party where members wore Christmas colored top and the craziest and most creative face mask and showcased their dancing and singing of Christmas carols.

In February 5, 2022, POGS-SMC conducted its first hybrid General Assembly at the Seda Hotel in Davao. Out of 278 members, 256 attended via Zoom to listen to the chapter's accomplishments and plans for 2022.



Uniting with POGS Forever

The month of March ushered in the annual celebration of the national Buntis Day. Despite the restrictions, POGS SMC went on to engage with pregnant women and health care providers for safe motherhood. Last May 18, 2022, Sultan Kudarat area hosted the 2nd Maternal and Morbidity Conference with Dr. Rica Adrienne Evangelista as the Discussant, Drs. Alona Manangan, Rachelle Suarez-Uy and Mark Donn Andres as the reactors. Their stellar performance in simplifying the discussion on such a complex topic impressed the Committee on Maternal and Perinatal Welfare headed by Dr. Annette Macayaon and made POGS SMC proud.



Continue Serving the Community

Despite the pandemic, POGS SMC continues to serve its community from whatever ways possible by members from different areas of Region 11. A face to face workshop on Family Planning was conducted on 2 separate occasions by the Committee on Community Service to the indigenous women in Marahan, Calinan on April 28, 2022 sponsored by DKT and Lorega, Kitaotao, Bukidnon on May 26, 2022 sponsored by Davao Chamber of Commerce Inc and New Zealand Aid Program. Speakers and facilitators were Dr. Diji Ann Hernaez, Dr. Gene de la Cruz and Dr. Karen Francisco and Dr. Gina Batoto.

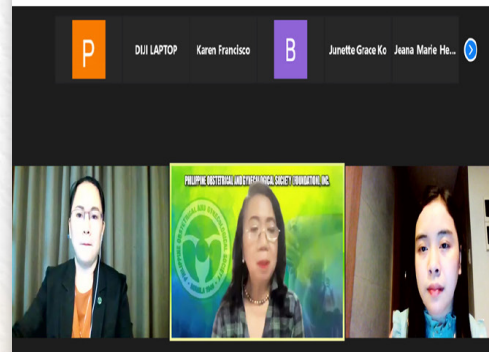
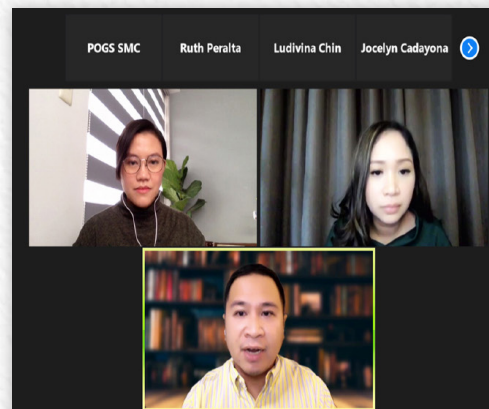


Learning and Being Together Face to Face and On-Line

As soon as Region 11 was declared as Level 1 by IATF, there was no stopping members from meeting and learning together. The first face-to-face activity was held last March 26, 2022 at the Acacia Hotel, Davao City on Progestin Subdermal Implant Workshop sponsored by Organon with Dr. Eileen Grace Tancinco and Dr. Bernabe Marinduque as speakers and facilitators, participated by twenty-five (25) members and four (4) POGS-SMC officers. This was followed by another face-to-face workshop last April 23, 2022 on Manual Vacuum Aspiration at Tsuru Japanese Restaurant in Davao City, sponsored by DKT Health with Dr. Rommel Z. Duenas as speaker and facilitator. Thirty-one (31) excited members and five (5) POGS-SMC officers attended the session.



Addressing mental health among members is both national POGS President Marlyn Dee's and POGS SMC President Karen Francisco's flagship project and concern. The Committee on Reproductive Health hosted a series of webinars on this topic. The first of the series entitled "Don't Bottle it Up! Mental Health on the Frontline" last April 30, 2022. Dr. Abigail Laganao spoke on "Health Care Workers' Mental Issues During the Pandemic" while Dr. Allen Gibeon Tan delivered a lecture on "COC's and PMS/PMDD". The second of the series held last May 28, 2022 discussed "Mental Health Issues in Pregnancy and Postpartum" by Drs. Aisa Katrina Masacupan and Maria Virginia Abalos.



The Pride of POGS

Congratulations!

DR. CHRISTIA S. PADOLINA

Recipient of the 9th Philippine Federation of Professional Associations (PFPA) Distinction Award for the Medical Profession in Government Service

We are proud of you ❤️




Dr. Christia S. Padolina
POGS 2020 President








Congratulations!

DR. LILIA PAGTAKHAN-LUNA

Recipient for this year's Philippine Medical Association (PMA) Dr. Hermogenes A. Santos Memorial Award for Continuing Medical Education

The Pride of POGS ❤️

Congratulations!




DR. MELCHOR C. DELA CRUZ, JR.
Santiago City

DR. MARIA LOURDES K. OTAYZA
Ilocos Norte

Recipients of the 2021 JCI Senate Philippines and the Philippine Medical Association

Outstanding Filipino Physicians 2021

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Recipient of the Philippine Medical Association *Most Outstanding Physicians*

Annette M. Macayaon, MD
Trustee, POGS Board of Trustees 2022
Marinduque Medical Society

Ruth Judith Gay V. Cristobal, MD
Region 1, POGS Regional Director
Ilocos Sur Medical Society

Miriam Ruth D. Dela Calzada, MD
Bukidnon Medical Society

Stella Marie Legaspi-Jose, MD
Las Piñas Medical Society

Genevieve D. Magno-Velasco, MD
Aklan Medical Society

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 **PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**
Specialty recognized by **PHILIPPINE MEDICAL ASSOCIATION** 

Congratulations!



 

MA. STEPHANIE FAY S. CAGAYAN, MD
AWARDEE



Filipino Physicians of Distinction 2022

 **31ST DR. JOSE P. RIZAL MEMORIAL AWARDS in RESEARCH**

Pride of POGS 


 **PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**
Specialty recognized by **PHILIPPINE MEDICAL ASSOCIATION** 


Congratulations!

MA. CORAZON ZAIDA N. GAMILLA, MD
POGS President 2008
AWARDEE

Filipino Physicians of Distinction 2022

 **31ST DR. JOSE P. RIZAL MEMORIAL AWARDS in Clinical Practice**

Pride of POGS 

 **PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**
Specialty recognized by **PHILIPPINE MEDICAL ASSOCIATION** 

Congratulations!

RAUL M. QUILLAMOR, MD
POGS President 2013
AWARDEE

Filipino Physicians of Distinction 2022

 **31ST DR. JOSE P. RIZAL MEMORIAL AWARDS in Community Leadership**

Pride of POGS 

The Pride of POGS

*Congratulations to our beloved
POGS and our dear President,
Dr. Marlyn T. Dee!*



Recipient of the PHILIPPINE MEDICAL ASSOCIATION

**AWARD FOR THE SPECIALTY WITH THE MOST OUTSTANDING PROJECT
AND
FOR THE EXEMPLARY LEADERSHIP IN THE IMPLEMENTATION OF PMA ACTIVITIES AND
COMPLIANCE IN ADMINISTRATIVE AND ORGANIZATIONAL REQUIREMENTS**

POGS rises as ONE ❤️

*Congratulations to our
beloved Society, POGS!*



Recipient of the PHILIPPINE MEDICAL ASSOCIATION

**Certificate of Merit to the Specialty Society with complete progress reports
and Testimonial of Merit to the President for their Leadership**

POGS rises as ONE ❤️



**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.
Specialty recognized by the PHILIPPINE MEDICAL ASSOCIATION**



*Congratulations to all our
Awardees and Finalists!!
Filipino Physicians of Distinction 2022*



**31ST DR. JOSE P. RIZAL
MEMORIAL AWARDS**



**CORAZON ZAIDA N.
GAMILA, MD
Clinical Practice**



**RAUL M. QUILLAMOR, MD
Community Leadership**



**MA. STEPHANIE FAY S.
CAGAYAN, MD
Research**



**EFREN J. DOMINGO, MD
Academe**



**MELCHOR C. DELA CRUZ, MD
Government Service**



**CECILIA M. LLAVE, MD
Research**

Pride of POGS ❤️

The Pride of POGS

Congratulations!



DR. CHRISTIA S. PADOLINA

POGS PRESIDENT 2020



ASIA & OCEANIA FEDERATION
OF OBSTETRICS & GYNAECOLOGY

NEWLY ELECTED IN THE AFOG EXECUTIVE
BOARD AS THE COUNCIL REPRESENTATIVE

Pride of POGS ❤️

Congratulations!



DR. MARK Q. ANTONIO

SS RATNAM YOUNG GYNECOLOGIST AWARDEE
(YGA) 2022

HIS PAPER WAS SELECTED AS ONE OF THE 10 BEST
PAPERS IN THE AFOG CONGRESS 2022



DR. MIKAELA ERLINDA G. MARTINEZ-BUCU

SS RATNAM YOUNG GYNECOLOGIST AWARDEE
(YGA) 2022



DR. JIMMY A. BILLOD

SS RATNAM YOUNG GYNECOLOGIST AWARDEE
(YGA) 2022

The Pride of POGS ❤️

FIRST ANNOUNCEMENT

DIPLOMATES TO BE INVITED FOR FELLOW INDUCTION

The Committee on Credentials and Membership announces the list of Diplomates to be invited to become Fellow Members of the Society. We will entertain comments or complaints regarding the names listed below. Any concerns must be made in writing addressed to the Chair of the Committee. The official invitation will be sent to the qualified candidates after the deliberation.

	NAME	REGION		NAME	REGION		NAME	REGION
1	Almera Gajo-Abapo, M.D.	REG-6	54	Lennybeth S. Latido-Engay, M.D.	REG-4	107	Sheryl D. Balmeo-Ocampo, M.D.	NCR
2	Mary Menuro F. Acda, M.D.	NCR	55	Melissa Anne C. Enriquez, M.D.	NCR	108	Nor-ayin A. Salik-Omar, M.D.	REG-11
3	Leanne C. Acosta, M.D.	REG-1	56	Muriel L. España, M.D.	NCR	109	Vicar U. Ong, M.D.	NCR
4	Ma. Theresa S. Acosta, M.D.	NCR	57	Patricia Ann A. Factor, M.D.	NCR	110	Romelyn April P. Imperio-Onglao, M.D.	NCR
5	Genalyne T. Alavado, M.D.	NCR	58	Ana Joy Miranda-Farne, M.D.	REG-3	111	Arianne Marisse A. Onilla, M.D.	NCR
6	Charissa Armyna A. Alcalde, M.D.	REG-4	59	Rona Liza Yuson-Faustino, M.D.	REG-3	112	Ma. Nina Veda D. Castillo-Palafox, M.D.	NCR
7	Haziel Mae L. Ramos-Alicando, M.D.	NCR	60	Ma. Elizabeth F. Fontanilla, M.D.	NCR	113	Janice D. Parcon, M.D.	REG-11
8	Kristine I. Alvaro, M.D.	NCR	61	Kathrine Abegail P. Galang, M.D.	NCR	114	Felix Arnold B. Pasiwat, M.D.	REG-1
9	Cecilia P. Senado-Amoroto, M.D.	REG-8	62	Lesley M. Gallardo, M.D.	NCR	115	Rose Zennery C. Peñamante, M.D.	REG-11
10	Christi Ann Rose C. Aningalan, M.D.	REG-4	63	Maria Ines A. Garcia, M.D.	REG-6	116	Joyce Mae B. Osorio - Peralta, M.D.	NCR
11	Blitzel V. Go-Añover, M.D.	REG-8	64	Isabelle Reyna G. Geraldoy, M.D.	REG-6	117	Maria Estrella S. Pineda, M.D.	REG-4
12	Jediza Jessa B. Balcita-Avendula, M.D.	REG-7	65	Mary Jacqueline T. Chua-Gerardo, M.D.	NCR	118	Mae Ann P. Pinunggan, M.D.	REG-7
13	Grethel N. Bacal, M.D.	NCR	66	Maria Kristine C. German, M.D.	NCR	119	Karyl Sabrina I. Javellana-Porras, M.D.	REG-6
14	Carolina Villanueva-Balangay, M.D.	REG-1	67	Eloisa A. Glovasa, M.D.	REG-7	120	Kamille Angeli A. Rivera, M.D.	NCR
15	Jermaine P. Battung, M.D.	NCR	68	Gillian Patrick C. Gonzalez, M.D.	REG-4	121	Laura Andrea B. Rivera, M.D.	NCR
16	Julienne Katrina B. Beltran, M.D.	NCR	69	Roma R. Guevara, M.D.	NCR	122	Mary Abigail T. Ty-Roque, M.D.	NCR
17	Joeima D. Bernardino, M.D.	REG-4	70	Ann F. Guevarra, M.D.	REG-7	123	Maria Adesita Binalay-Sagario, M.D.	NCR
18	Andrew M. Buenviaje, M.D.	NCR	71	Sunshine M. Guillermo, M.D.	REG-2	124	Gay M. Sagun-Manalastas, M.D.	NCR
19	Ponchiel Julom-Cabrera, M.D.	REG-7	72	Jeana Marie Ang-Hernandez, M.D.	REG-11	125	Marla Charissa E. Salcedo, M.D.	NCR
20	Ricca Mae G. Cagalawan, M.D.	REG-7	73	Reya Andrea H. Hurtado, M.D.	NCR	126	Tessa Mae J. Bonguyan-San Jose, M.D.	REG-11
21	Sharen Joy Alivio - Cagang, M.D.	REG-10	74	Ma. Corazon Absin-Isidto, M.D.	REG-7	127	Jessanit S. Santacruz, M.D.	NCR
22	Ma. Aimee I. Cagas, M.D.	REG-7	75	Rachel D. Jalog, M.D.	REG-1	128	Kharla D. Santos, M.D.	REG-4
23	Mylene P. Villanueva-Cajara, M.D.	NCR	76	Maybelle P. Montarde-Joaquin, M.D.	REG-4	129	Kristine S. Sasuca, M.D.	REG-4
24	Niña Lou C. Cajucom, M.D.	REG-4	77	Irish May B. Leabres-Joson, M.D.	REG-5	130	Maria Arika R. Sepacio, M.D.	NCR
25	Krystle R. Calimbas, M.D.	NCR	78	Carissa Mae M. Pascua-Lanante, M.D.	NCR	131	Khristine Mae T. Serrano, M.D.	REG-4
26	Katrina Belle Q. Camacho, M.D.	NCR	79	Maria Katricia G. Langit, M.D.	NCR	132	Leona Carmen R. Sisante, M.D.	REG-4
27	Katrina G. Cañaverl, M.D.	NCR	80	Eloise Anne O. Laron, M.D.	NCR	133	Jennifer M. Tabajonda, M.D.	NCR
28	Shara Antonette Z. Cañero, M.D.	REG-1	81	Diana Leslie M. Lazaro, M.D.	NCR	134	April C. Tagayona, M.D.	NCR
29	Santi Rex G. Cang, M.D.	NCR	82	Jo Anne V. Lemence, M.D.	NCR	135	Maria Josefina V. Taleon, M.D.	REG-10
30	Ma. Lourdes H. Carabaña, M.D.	REG-7	83	Michelle L. Malabanan-Lipana, M.D.	NCR	136	Jennifer Joyce L. Gochan-Tan, M.D.	REG-7
31	Ma. Angelica Martha Martinez-Carballo, M.D.	REG-7	84	Jacqueline V. Lipardo, M.D.	REG-7	137	Jonie C. Tan, M.D.	NCR
32	Carmela D. Cho, M.D.	NCR	85	Monica Anna C. Martinez-Locsin, M.D.	REG-6	138	Sheila Lim Cheng-Tañada, M.D.	NCR
33	Catherine Blanche C.L. Lee-Chua, M.D.	NCR	86	Hannah M. Macarambon, M.D.	REG-10	139	Maria Patricia Angelica M. Tanchuling, M.D.	NCR
34	Charmaine Kirstie D. Chua, M.D.	NCR	87	Romina Grizelda O. Mallari, M.D.	REG-3	140	Methence N. Tayuba, M.D.	REG-6
35	Janet Mahor-Chua, M.D.	REG-2	88	Noranihar D. Mamari, M.D.	REG-11	141	Lorenne Ian P. Tiu, M.D.	NCR
36	Nikita Valerie C. Chua, M.D.	NCR	89	Nadhira L. Mangondato, M.D.	NCR	142	Joan Marice C. Toh, M.D.	NCR
37	Camille-Marie B. Corpus, M.D.	REG-11	90	Sonia Santos-Marcelo, M.D.	REG-3	143	Diana Marie T. Tolentino, M.D.	NCR
38	Arianne M. Cortez, M.D.	NCR	91	Maria Socorro R. Martin, M.D.	NCR	144	Ma. Elizabeth E. Loria-Torres, M.D.	REG-5
39	Feliza Vida D. Cortez, M.D.	REG-4	92	Isabela Alexa A. Martinez, M.D.	NCR	145	Maria Luchie A. Cantolino-Tuazon, M.D.	REG-3
40	Jackie Lou Capili-Crisostomo, M.D.	REG-4	93	Danivie L. Massalang, M.D.	NCR	146	Raissa Marie M. Tud, M.D.	NCR
41	Micaela Marie M. Cruz, M.D.	REG-3	94	Renee Riza C. Medalla, M.D.	NCR	147	Ana Tanya Y. Tullao, M.D.	REG-4
42	Christine Nicole N. Dacanay, M.D.	NCR	95	Kimberly Christine B. Melchor, M.D.	NCR	148	Myda Norreen A. Tumulak, M.D.	REG-7
43	Shayne Mabai D. Datumanong, M.D.	REG-11	96	Irish V. Tangco-Mendoza, M.D.	REG-1	149	Donna Jill Alferez -Tungol, M.D.	NCR
44	Linabelle R. Panopio - De Chavez, M.D.	REG-4	97	Jean Hansel A. Mendoza, M.D.	REG-4	150	Jessica Antoinette S. Uera, M.D.	REG-3
45	Katrina Immaculada F. Decena, M.D.	REG-1	98	Stella Mae Feliprada-Millendez, M.D.	REG-11	151	Danica Ana R. Pilapil-Uy, M.D.	NCR
46	Mary Ann F. Altuna-Dela Cruz, M.D.	REG-1	99	Naomae C. Mondia, M.D.	REG-11	152	Maeh Shargelyn L. Edulan-Valmoria, M.D.	REG-7
47	Florence B. Delos Angeles, M.D.	REG-10	100	Gladys L. Mones, M.D.	NCR	153	Roma-Myka Q. Velasquez, M.D.	REG-3
48	Sheryl M. Deterala, M.D.	REG-5	101	Mello Dee P. Monte, M.D.	REG-7	154	Kamyll Anne N. Yu-Victoria, M.D.	REG-3
49	Karen P. Diaz, M.D.	REG-5	102	Noelle Angeli Imperial-Moratalla, M.D.	NCR	155	Beverly B. Viernes, M.D.	REG-1
50	Chambarlaine L. Dionisio, M.D.	REG-2	103	Teodelle Joy V. Nadal, M.D.	REG-4	156	Mary Grace M. Villafuerte, M.D.	NCR
51	Marivic P. Dublas, M.D.	REG-11	104	Jessellee Dizon - Naguit, M.D.	REG-3	157	Vianca Kamille G. Villarica, M.D.	NCR
52	Anna Liza C. Eleccion, M.D.	REG-1	105	Fatima Marie Avanceña- Navarro, M.D.	REG-4	158	Marjorie Anne Martin-Yao, M.D.	NCR
53	Marie Rose D. Cagurangan-Elizaga, M.D.	NCR	106	Krizelda V. Timbang-Ng, M.D.	NCR	159	Marites E. Zamayla, M.D.	REG-10
						160	Jezza Mae Lim Zetazate, M.D.	NCR