

## “The Nose Never Sleeps” at the 61st PSO-HNS Annual Convention

By **Elmo R. Lago, Jr., MD, FPSO-HNS**  
Overall Convention Chair



The venue of the 61st Annual Convention of the Philippine Society of Otolaryngology - Head and Neck Surgery goes back to the historic Manila Hotel this year from November 29 to December 1. The Organizing Committee worked very hard to create one historic, one-of-a kind program for its delegates.

Jointly co-hosted by the 10th International Symposium on Recent Advances in Rhinosinusitis and Nasal Polyposis, the theme for the convention is “The Nose Never Sleeps.” It brings together world-

renowned speakers, both international and local, to speak on very interesting topics in the field of Rhinology and Sleep Medicine. What makes this historic is the sizable number of speakers who accepted our invitation and fitting them all in one cohesive program that we can all be proud of. Our utmost gratitude to Dr. Anne Marie Espiritu, Scientific Committee Head, with the able assistance of Dr. Rodante Roldan, Dr. Antonio Chua, Dr. Gil Vicente, Dr. Benjamin Campomanes, Jr.,

*continued on page 5*

## The Northern Wind: The 2017 Midyear Convention



For the first time in its 60 years of existence, the Philippine Society of Otolaryngology – Head & Neck Surgery held its Mid-Year Convention last April 7-9, 2017 in the province of Ilocos Norte.

Inspired by the first power-generating windmills in Southeast Asia, this year’s Mid-Year Convention was themed

*continued on page 6*

## Message from the President



**Melfred L. Hernandez, MD, MHA**

I joined the Board of Trustees of the PSO-HNS the first time as a wide-eyed greenhorn way back in 2013, a novice to the ways of the society then. I remember being with GJ, Mon, Elmo, Mynthia, Mon B, Howard, Armand, Neil, Kerwin during the presidency of Bates. A year into my term then, I thought I have given myself to the society enough, but Dr Ting Villafuerte thought otherwise, and I was prevailed upon to stay, and there was no looking back since. I thought being under the very noses of Presidents Bates, Howard, Armand & Charlotte would be enough to prepare me for the task at hand, but no, it proved to be a much more daunting undertaking. It is easier when you are the head of the Publicity Committee, or maybe the treasurer, or even the Vice-President, and the Overall Chair of the annual convention, but it is all together a different matter when you have the whole society on your shoulders as its president. When you get to be the symbolic head of an organization of 734 vibrant, dynamic & oftentimes headstrong & outspoken fellows, it is no easy job.

But if you have a board with members and officers and trustees as hardworking, industrious and dedicated as the one that I have been blessed to work with, then it may not be entirely a breeze, but you can definitely weather whatever storm the gods may send your way. I would first like to thank Vice-President Elmo Lago, Jr., Secretary Agnes Remulla, Treasurer Anne Marie Espiritu and Auditor Ramon Carmona, Jr., and trustees Arsenio Claro Cabungcal, Erasmo Gonzalo Llanes, Norman Medoza, Marifee Reyes, J Gabriel de Borja and Samantha Ruth Cainghug-Baillo. Thank you for the endless meetings and explosion of ideas, the out-of-the-box strategizing, the countless hours of butting heads but with the firm resolve and the final meeting of the minds to arrive at what is best for our society. Let me also sing a song of praise for the often unsung heroes and heroines of the society- Mia Filipina Mabuti, Melissa Martinez, Sharon Barraquiel, Francisco "Kiko" Tutaan and Rodolfo "Jun" Atos, Jr. for the loyalty and tireless dedication. Maraming maraming salamat.

The society's financial condition, our ability to meet both our financial and service obligations now and in the future, has been given a boost with the positive net revenues from the successful Midyear Convention and the predicted income from the forthcoming Annual Convention. And through the tireless efforts of our Treasurer and secretariat, and cooperation of our pharmaceutical industry partners, the society was able to collect and add to the coffers of our treasury a record treasure of receivables from several years and terms past dating all the way back to 2012. And for the collectibles of other parties from us, the society effected the successful settlement of monies owed to specialty groups going back to 2013 and PSO-HNS chapters going back to 2015.

We campaigned for more balanced and mutually beneficial relationships with health care industrial partners, including new collaborations with Mundipharma for the Heal Academy Impact Summit on Empowering Responsible Infection Management, Innogene Kalbiotech for the Nasopharyngeal genetic screening technology, and ADPharma for nasal hygiene and care advocacy. The renewing of our old ties and continuing support of our traditional

and new cooperators from the pharmaceutical and health industry with our activities and advocacies have tested and proven our resolve to adhere and work along the lines of these more stringent and challenging but otherwise beneficial and ethical national and international protocols.

The Board has approved an internal insurance scheme with benefits and payouts available to fellows of good standing

We have worked for a membership program to be attuned with the mandate and direction of the Philippine Medical Association to be as inclusive as possible, but at the same time still promoting our mission, vision and core values. A proposal to model PSO-HNS with the PMA such that membership to a component chapter is a prerequisite to membership in good standing to the mother society will be presented to the body for ratification. This is in answer to the call of the regional chapters as a way to encourage increased membership to and participation in their respective chapters.

The Outcome-Based Education (OBE) Curriculum for Residency Training in ORL-HNS, the result of the partnership between the PSO-HNS, the Philippine Board of Otolaryngology - Head and Neck Surgery (PBO-HNS), the sub-specialty groups, and the different training institutions, has been implemented in the beginning of 2017 across the different accredited training institutions. It aims to align the country's residency training program with our Southeast Asian neighbors. The Sub-Committee on Residency Training-OBE has been visiting the different training institutions to facilitate its implementation. Feedback is currently being obtained on how to further improve the curriculum. Simultaneously, initial steps are now being undertaken to develop the OBE Curriculum for Fellowship Training in ORL-HNS.

Digitizing of records and assurance of their privacy will follow the board's resolution and its hopefully eventual ratification of hiring a data processing officer and data privacy officer.

Our own journal PJO-HNS is in a continuous journey of improvement and development into an open access journal which will benefit our trainees, diplomats and fellows and will open our research work to be more accessible on the international scientific stage.

As I have chosen, in my career, to marry two of my greatest passions, the vocal arts and the art of medicine, I have pushed for the advocacy of voice care and avoiding the evils of smoking. Towards this end, the Philippine Academy of Laryngobronchoesophagology and Phoniatics (PALP) has initiated the Voice Caravan with voice screening of public school teachers. The PSO-HNS is also signatory to the Sin Tax Coalition, urging the government to push for higher tax on tobacco, which should decrease the current number of smokers from 13.5M to 12.5 M, reduce annual fiscal losses of at least P210B from smoking-related diseases, augment funds for universal health care and government infrastructure projects, and institute tobacco control as a preventive measure against use of illicit drugs.

The term of this BOT started with its resolve to visit more of our regional chapters from North to South. The ventures to the North were very successful, both during the trip to Legaspi City for the induction of officers of the Bicol Chapter, and the successful holding of the Midyear Convention by the Northern Luzon Chapter. We were not as successful in connecting our physical presence with our chapters in the Visayas and Mindanao, with the political climate down South further dampening and hindering our efforts. But the President's summit with the leadership of the chapters was successfully held late this year and yielded very fruitful results, and some of their most pressing concerns will be brought to light in the business meeting.



It is always no small feat to mount a convention, especially when faced with challenges of combining, soliciting and maximizing resources that have now proven to be very valuable and much more elusive to clutch, as compared to our similar efforts but in a different atmosphere altogether in conventions of years past. Which is why special thanks are also reserved for our friends and partners in the healthcare industry, they who continue to share with us and help us achieve our vision for the fellows of the society.

As we think of out-of-the-box and novel strategies to keep our organization achieve and execute its mission, vision and core values during these trying times, we are energized and invigorated by the thought that these are exactly what should inspire us more to dream on and to keep soaring high in true resilient and Filipino ENT form.

Difficult as it has been, we had an amazing and very successful Ilocos journey and "A Summit on the Difficult Airway" last May. Thanks to the Northern Luzon Chapter, letting The Northern Wind blow our way.

Middle of this year, with the fate of our midyear convention for 2018 hanging oh so precipitously in the balance, and with the uncertainties including the developments of the political landscape saw martial law being declared in Mindanao, our society was left in a quandary about a venue for the annual summer event, and about whether we would push through with one at all for next year.

But our society is never lacking in people with out-of-the-box strategies to rise up to the occasion. And that was when the Southern Tagalog ENTs, or STENTS, stepped up to the challenge. A bitter pill to swallow, perhaps, but from what we can gleam and preview from their early preparations, the chapter showed no signs of dilemmas as they directed their attention to immediately dissecting the job at hand.

So that come May 10-12, 2018 at the Citystate Asturias Hotel in Puerto Princesa, in what is probably the last bastion of nature in the Philippines that is Palawan, the Philippine Society of Otolaryngology-Head and Neck Surgery will hold its 2018 Midyear Convention with the theme- "Dissecting Dysphagia: Dilemmas, Diagnostics, Directions".

Yes, "The Nose Never Sleeps", and lose sleep the members of the Organizing Committee of this year's 61st Annual Convention of the Philippine Society of Otolaryngology-Head and Neck Surgery (PSO-HNS) have endured over the past several precious weeks and months leading up to today November 29 up to December 1, 2017, as the society proudly presents a comprehensive and robust scientific program in a historic event that would also trumpet the 10th International Symposium on Recent Advances in Rhinosinusitis and Nasal Polyposis (ISRNP).

Maintenance and development of our new PSO-HNS Building facilities continue to be underway. Early July of this year, led by the vision of our past President Charlotte Chiong, the present board worked for the operationalization of the PSO-HNS Mariano B. Caparas Skills and Simulation Center, a skills and training laboratory and center that will simulate clinical situations that will test the core competencies of our future ORLs-head and neck surgeons, or advance and enhance the skills of our fellows in the advancing technologies of our specialty.

Let me end my report with a tribute to the man and visionary of our specialty who sadly, has only just recently left us, leaving a void that would be very hard to fill. But for those whose lives he has touched and whose professional careers he has helped hone and polish, the diamonds in the rough that he saw in us, to truly honor Dr. Mariano B. Caparas is to not let that void be left empty unnecessarily for long. "Fill'er up, getdemmit," I could almost hear him say. I tip my hat off to you...no, I tip my "Cap" off to you, Sir. You will live forever in our works and in our hearts.



## A Word from the Publicity Committee Chair

By **NORMAN N. MENDOZA, MD**

The start of the year saw a new leadership take the helm at the Philippine Society of Otolaryngology- Head & Neck Surgery. **Dr. Melfred L. Hernandez**, along with his new set of Board of

Trustees, prepared to lead for a year filled with activities relevant to the Mission & Vision of the society.

As part of its mandate to reach out to the Provincial Chapters of the Society, the BOT together with the office staff visited Legazpi City for its Quarterly Chapter visit. The group was warmly accommodated by present & past officers of the **Bicol Chapter (BEST)**. In conjunction with the visit, the board also held its monthly meeting in Legazpi. And to cap off the visit, the BOT attended the Turn-Over Ceremonies of BEST, with Dr. Melvin G. Berin handing over the leadership of the chapter to Dr. Marifee U. Reyes, as President.

The first half of the year will not be complete without the holding of the **Midyear Convention**. The summer meeting was held in **Laoag City, Ilocos Norte from April 7-9 entitled "The Northern Wind: A Summit on Difficult Airway"**. Under the abled leadership of Dr. Jose B. Orosa, III, the Midyear was graced by Foreign Speakers as well as PSO-HNS Fellows with successful careers in ENT-HNS in other countries who gave valuable lectures on the theme at hand.

Last **July 9**, the **Mariano B. Caparas Skills and Simulation Center** was inaugurated at the PSO-HNS Headquarters in its own building in Quezon City. The momentous event was graced by the honoree himself, Dr. Caparas accompanied by distinguished past presidents of both the PSO-HNS and PBO-HNS. Dr. Caparas has always championed the development, improvement & refinement of the surgical skills of the residents as well as its fellows. With this initiative, it is hoped that the facility will help our doctors-in-training hone their skills as well as fellows who want to brush up on their surgical techniques.

Since the start of the year, the society has been busy preparing for its **61<sup>st</sup> Annual Convention** combined with the **10<sup>th</sup> International Symposium of Recent Advances in Rhinosinusitis & Nasal Polyposis**. With the theme **"The Nose Never Sleeps"**, the joint meeting will be held at the Manila Hotel from November 29-December 1, 2017. The Annual event promises to be packed with the latest updates on the subspecialty of Rhinology & Sleep Medicine. Distinguished speakers from around the world are expected to fill the halls of **The Manila Hotel** with hours of valuable lectures and presentations. An addition to this year's convention are the **Clinical Encounters** sessions. These are lectures done outside the hours of the regular symposia and are meant to provide a venue to discuss and demonstrate practical applications of theoretical knowledge in Rhinology/ Allergy, Laryngo-Bronchosopagology, Obstructive Sleep Apnea, & Otology. It serves to highlight difficult and specialized aspects in ENT practice and provide a venue for interactive discussion. Included are the demonstrations of office based procedures & diagnostic evaluation.

# THE GREAT MARIANO B. CAPARAS, MD, FPSO-HNS

A Tribute by Teresa Luisa "Teks" Gloria-Cruz

Dr. Mariano B. Caparas was a great man.  
He was great because of so many things.

He was an excellent Otorhinolaryngologist-Head and Neck Surgeon. There were countless, almost impossible surgical challenges that he alone could hurdle. He had a brilliant mind that could formulate the best management plans for patients, and the effective hands that delivered the cure. Hundreds of patients, maybe even thousands, owe Dr. Caparas their well-being.

He was a true patriot of his beloved country. He proved his love for our nation and the Filipino people not only through actively participating in national events for democracy, justice and progress, but even more so by being a compassionate physician to the numerous underserved patients of the University of the Philippines-Philippine General Hospital all his working days, for as long as he could.

He was a genius of an artist, creator and innovator. His talents were not limited to medical, surgical and educational researches, textbooks and innovations, but he also produced works of beautiful art.

I can go on and on, but my heart is so heavy. So let me just say the last, but for me the most important, reason why our beloved Dr. Caparas was great: HE LOVED US. HE LOVED ALL OF US - his students, residents and colleagues. His passion and dedication for teaching, training and mentoring are our treasures in our ORL lives. His generosity to share his knowledge and skills, and sincere desire for all of us to do well, are pillars of the institution that is Dr. Mariano B. Caparas.

Thank you for everything our dearest Sir. Rest in peace. You will live in our hearts forever.



Mariano B. Caparas, MD, FPSO-HNS  
(April 9, 1932 - November 22, 2017)

## Awardees of the 2017 Outstanding ENT Specialist



**NATIVIDAD A. ALMAZAN, MD,  
MSCLin.Epi, MHA**  
Outstanding ENT Specialist in  
Teaching 2017



**EMMANUEL TADEUS S. CRUZ, MD**  
Outstanding ENT Specialist in  
Research 2017



**ZAIDA S. URAO, MD**  
Outstanding ENT Specialist in  
Community Service 2017



**“The Nose Never Sleep...”** *continued from page 1...*

Dr. Jimmy Chang and Dr. Romulus Roberto Peter Instrella.

This year’s convention, for the first time, also boasts of having two Research Paper Contests, both held in honor of two ENT pioneers in our country and society. The first one, for all local institutional researches, is hosted by the family of the late Cesar F. Villafuerte, Sr. The second one, for all international researches, is hosted by the family of the late Dr. Antonio L. Roxas. Kudos again to the Scientific Committee for yet another historic feat.

The Clinical Encounters is a first for an Annual Convention and we give credit to the untiring efforts of Dr. Anne Marie Espiritu for conceptualizing, mothering, and making sure that everything is in order.

Our keynote speaker for this year’s convention is no less than the Philippine Congress House Speaker, Honorable Pantaleon D. Alvarez who took time from his very busy schedule at the House of Representatives to be with us at the opening ceremony.

This year also marks the start for registering, monitoring and

implementing Continuing Professional Development (CPD) rules. This is a task given only to the younger colleagues who have the know-how and perseverance to complete it. For this, we have to thank Drs. Robert Dy and Mary Aimee So-Singson.

The Annual Convention OrgCom also promises two exciting, fun-filled, senses- stimulating evenings of entertainment. The Gala Night and Fellowship Night, aptly themed “ Turn of the Century FilipiNOSE” and “ Proud to be FilipiNOSE” respectively, promise our delegates a true Filipino fiesta experience. Congratulations to Drs. Emma Guevara, Joel Romualdez, Johanna Co-Dy Lim and Rebecca Feliciano for their efforts.

Not to be outdone are other Organizing Committee Chairs and their members who, at the end of the day, accomplish their respective tasks with a smile, making sure that this convention is one truly memorable experience for every delegate. These are the Dr. Mary Aimee So-Singson of the Finance Block, Dr. Edmund Ong of

*continued on page 6*



**THE PHILIPPINE SOCIETY OF OTOLARYNGOLOGY-HEAD AND NECK SURGERY, INC.  
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## “The Nose Never Sleep...”

*continued from page 4*

Ways and Means, Dr. Kennard Felix of Booths and Exhibits, Dr. John Silva of Logistics and Promotions Block, Dr. Renato Pascual, Jr. of Documentation and Publicity, Dr. Joseph Arnold Darwin of Physical and Technical Arrangements, Dr. Gerald Singson of Registration and Invitations, Dr. Rebecca Feliciano of Social Events Block and Dr. Alberto Calderon and Dr. Maria Elaine Villanueva for the Opening Ceremonies.

Steering the OrgCom is the Board of Trustees of the Society whose leader, the indefatigable PSO-HNS President, Dr. Melfred Hernandez, provided the Committee with the much needed wisdom which he had earned from his heading the OrgCom for the past two years in a row.

I thank the Secretariat, Ms. Mia Filipina Mabuti, Ms. Sharon Barraquiel, Ms. Melissa Martinez and Mr. Francisco Tutaan, whose contribution in this convention is beyond words.

And finally, we reserve the biggest thanks for last -- for the woman whose energy contagiously affects everyone, whose wisdom is beyond question, whose relentless pursuit of all kept everyone on their toes to complete their tasks on time. We salute you, our Secretary-General, Dr. Ma. Lourdes Encilla. To you we owe an enormous debt of gratitude.

Again, to all of you unsung heroes, we thank you. You have truly made your Society proud.

## The Northern Wind... *continued from page 1*

“The Northern Wind: A Summit on Difficult Airway.” Dr. Jose B. Orosa III, the current President of the PSO-HNS North Luzon Chapter and the overall convention chairman, led the team during the five grueling months of preparation.

Eleven prominent and experienced speakers, mostly locally-based, shared their expertise in their fields related to airway during the 2 days of lectures and symposia at the Plaza del Norte Hotel & Convention Center in Laoag City.

One of the highlights of this year’s mid-year convention is the Amazing North Race, patterned after the American reality TV show. Led by the Sports Committee Head Dr. Chester Puño, the event was participated by 4 teams representing their respective chapters and hospitals from all over the country namely, Central Luzon-ENT (CeLENT), Ospital ng Maynila Medical Center (OMMC), Southern Mindanao Chapter and Ospital ng Makati. In the end, the CeLENT finished the race first, followed by the team of OMMC.

The Gala Night was held in front of the UNESCO World Heritage site, the grand & great, St. Augustine Church of Paoay. The organizing committee, in coordination with the Provincial Government of Ilocos Norte and the Municipality of Paoay, adopted the *‘Tan-Ok ni Ilocano’: Festival of Festivals*, an annual event in the province, to give every delegates and visitors not only a night of feast, spectacles and tremendous dancing but also to give a glimpse of the rich tradition, culture and history of Ilocos Norte. The event showcased 5 unique aged-old and

## MYC 2018 Goes to Palawan!

In 2005, the PSO – HNS held its midyear convention in one of the most sought after destinations in our grand archipelago -- Palawan. The Southern Tagalog Chapter (STENTS), then barely five years in existence, was faced with the daunting task of literally transporting an entire society to a venue never before reached by its members. Despite seemingly insurmountable adversity, that midyear convention proved to be one of the most memorable ones in the annals of PSO-HNS history.

Come May of 2018, chapter giant STENTS shall attempt to replicate the feat which made it famous more than a decade ago. However, unlike before, STENTS now boasts of an even bigger, more talented and creative team of intrepid members working for a more innovative and stimulating convention. Currently deep in preparations, this upcoming midyear convention is indeed shaping up to be yet another blockbuster, one that is sure to outshine its predecessor.

As a sneak peak of things to come, MYC 2018 shall dive into the rarely explored depths of dysphagia. Dubbed “Dissecting Dysphagia: Dilemmas, Diagnostics and Directions”, no expense has been spared to ensure a topnotch scientific program that will not only satisfy the academic appetites of its delegates, but their other professional needs as well. Set once again in the picturesque city of Puerto Princesa in the so-called “best island in the world”, this is an event each and every fellow should not dare miss!

contemporary festival dances from the 21 municipalities and 2 cities of the province. The night was graced by no other than the initiator of *‘Tan-Ok’*, Hon. Imee R. Marcos, the Governor of the Province of Ilocos Norte. Marcos on her speech expressed her joy and sincerest gratitude to the almost 600 delegates and visitors that night. *“It is truly our privilege and honor to welcome you [here in] Ilocos Norte, most especially in this historic and beautiful town of Paoay, Paoay Kumakaway.”*

As the culminating event of the convention, the Fellowship Night adopted one of the province’s festivals, the *‘Himala sa Buhangin’*, an annual event held in honor of La Virgen Milagrosa, the patroness of the province. The event was held at one of Ilocos Norte’s geographical wonder, the Paoay Sand Dunes. Delegates and visitors came in with their slipper, shorts, summer and casual attires to match the pure and golden sand and picturesque sunset view of Culili Point, Paoay Sand Dunes. Local band, singers, fire and belly dancers entertained the delegates and the night concluded with fireworks display, signifying success of the 2017 Midyear Convention in Ilocos Norte.

On the last day, delegates were able to get the chance to tour around the scenic spots of Ilocos Norte and Vigan City with guided tours organized by the Ilocos Norte Tourism Office.

With the success of the 2017 Midyear Convention, the ENT North Luzon Chapter boasts this great achievement. Days of meetings, legworks and preparations, all were endured for a successful midyear convention. The North Luzon Chapter will continue to pursue its mission in providing sincere & efficient service.



## SUBSPECIALTIES

### AHNOP

In head and neck surgery, the subspecialty focus and scope as well as the treatment and management techniques have evolved with the changing technology, economic forces and changing healthcare needs in the country. The population is increasing and aging with a widening doctor-to-patient ratio. The therapeutic options are increasing with advancement in technology in a society with lack of health resources.

There is a trend towards a decline in the head and neck workforce services with the implementation of new health laws promoting shorter work hours, allowing physicians increased hours in their role as parents. The increased sub-specialization in ENT adds to the problem of geographic maldistribution of ENT specialists in the Philippines.

The Academy of Head and Neck Oncologists of the Philippines has been innovative in addressing the abovementioned quandaries. The group is supportive of the increasing numbers of Cancer Centers being established nationwide by participating in head and neck grand rounds and encouraging new members to apply as active staff in these centers. Annual advocacies, like "Pasilip Ka" and the World Head and Neck Cancer Day, are now celebrated nationwide.

In a multidisciplinary management of head and neck cancer, AHNOP members have sacrificed part of their professional fees to lower the cost of the treatment. Philhealth has made surgery with postoperative concurrent chemo- radiotherapy for head and neck cancer surgery more affordable.

AHNOP has engaged its corporate partners to be more patient oriented in promoting prevention and awareness in head and neck cancer in the country. AHNOP is changing with the healthcare delivery programs of the country by contributing ways and means towards the betterment and welfare of all our patients.

### PAAud



The World Health Organization (WHO) estimates that 10% of the global population has some degree of hearing loss. Using these numbers, approximately 10 million Filipinos are hearing impaired. The Philippine Academy of Audiology (PAAud) is the specialty group designated by the Philippine Society of Otolaryngology-Head & Neck Surgery (PSO-HNS) to take care of this growing population of ours with hearing problems.

Founded in 2008, PAAud is composed of PSO-HNS fellows interested in the art and science of Audiology. Most of its members are

active in their hospital's Audiology section. Others are fellows who lead community-based programs like the annual Deafness Awareness Week which is celebrated every 2nd week of November. Other members are also into the sale and distribution of affordable yet good hearing aids and hearing instruments. Since 2008, PAAud has been headed by Dr. Howard Enriquez as President and Dr. Diosdado Uy as Vice President, both Otolaryngologists who have a degree in Clinical Audiology.

PAAud, together with the Philippine Society of Audiology, a bigger group that includes non-ENTs who have special interest in audiology as well as those employed by the various hearing aid companies in the Philippines, conducted an Annual Audiology Convention last November 25, 2017 at the New World Manila Bay Hotel in Pedro Gil, Manila. This year's theme was "Hearing Diagnosis and Intervention: Revisiting the Past, Embracing the Present, Shaping the Future".

### PACMFS

The year was marked by the Philippine Academy of Craniomaxillofacial Surgery's (PACMFS) advocacy to promote education on the proper management of craniomaxillofacial (CMF) surgery and adherence to road safety laws among different training institutions and provincial PSO-HNS chapters.

The educational activities began with an AOCMF course entitled "Advances in Computer-aided Surgery in Craniomaxillofacial Reconstruction with Anatomic Specimens and Advanced Seminar on Osteotomies: Approach and Technical Innovation" was held last June 19-21, 2017 at the University of Santo Tomas and East Avenue Medical Center. as PACMFS members, along with four international speakers from the AOCMF, shared their experiences thru lectures and cadaver dissection workshop.

This was followed by an "In-house Craniomaxillofacial Workshop" at Makati Medical Center on September 28, 2017 hosted by the Makati Medical Center, Department of ORL-HNS.

In coordination with Bicol ENT-HNS Chapter, another educational activity entitled "Maxillofacial Seminar and Workshop on Mandibular and Maxillary Fractures" was conducted at Bicol Medical Center last October 28, 2017. PACMFS members were the lecturers and workshop facilitators in both seminar-workshops.

A seminar-workshop at the East Avenue Medical Center Department of ORL-HNS "CMFAS Masterclass Manila III: Of Twists and Turns" was held November 23-24, 2017.

For the previous year, PACMFS had conducted educational lectures and lay forums for the promotion of adherence to road safety laws. This was in coordination with Central Luzon ENT-HNS Chapter (CELENT) and Baguio General Hospital and Medical Center (BGHMC) Department of ORL-HNS.

The subspecialty study group has established a Fellowship Training Program in ORL Maxillofacial Surgery (consortium) with base hospital at the Jose R. Reyes Memorial Medical Center (JRRMMC) and is now accepting qualified fellows for 2018.

The year will come to a close with PACMFS' presentation of its Clinical Practice Guideline on Management of Isolated Mandibular Body Fracture in Adults on the 61st Annual Convention of the Philippine Society of Otolaryngology-Head and Neck Surgery with an aim to be published early next year.

## PAFPRS



The Philippine Academy for Facial Plastic and Reconstructive Surgery or PAFPRS is a subspecialty group of the PSO-HNS composed of bona fide ORL-HNS fellows who are enthusiasts in the field of facial aesthetic and reconstructive surgery. It was founded in 2006 by Drs. Eutrapio Guevara Jr., Cesar Villafuerte Jr., Eduardo Yap, Joseph Amado Galvez, Alberto Calderon, Alexander Cabungcal, and Arsenio Pascual III. Its primary aim is to promote facial aesthetic and reconstructive surgery through basic and advanced post-graduate courses and advocacy programs especially among otolaryngologists.

Since its inception, PAFPRS, together with PSO-HNS and various training institutions, has conducted the annual basic facial plastic course fondly known as "pata course" for ORL-HNS residents all over the Philippines with the most recent one held in May 2017 in FEU-NRMF Hospital. The PAFPRS two-year fellowship program, started in 2013, provides an avenue for further training of ORL-HNS fellows in the field of head and neck reconstructive and facial aesthetic surgery by honing theoretical knowledge and fine-tuning surgical techniques closely guided by experts both locally and abroad.

Annually-, and at times biannually-, held rhinoplasty and facial anatomy master classes have since evolved from didactic lectures and rhinoplasty implant carving workshops using erasers/silicone/e-PTFE blocks to live surgeries and fresh frozen cadaver dissection courses, aiding markedly in the hands-on learning experience of participants. This year, these courses were held in February 18-21, 2017 in East Avenue Medical Center and The Medical City and in September 8-9, 2017 at UP-Philippine General Hospital. Thanks to our enthusiastic mentors, courses such as these have paved the way for otolaryngologists to be renowned experts in the field of rhinoplasty.

Quarterly held scientific meetings open to ORL-HNS residents and consultants have served as platforms for chosen experts to share their expertise in managing basic and complex cases, details not usually read in books or the internet. Topics that have been tackled include the ENT's workhorse flap, the pectoralis major myocutaneous flap, by Dr. Armando Chiong Jr. and cleft lip and palate by Dr. Cesar Villafuerte Jr. On November 22, 2017, Dr. Eduardo Yap will be sharing his experience in rhinoplasty.

Next year, 2018, PAFPRS plans to continue on serving its mother society, the PSO-HNS, by providing ORL-HNS residents, fellows and consultants access to facial aesthetic and reconstructive surgery basic and advanced lecture series and cadaver workshops with live surgery demonstrations. Plans to broaden our audience base are in place by conducting some of these post-graduate courses outside of Metro Manila.

## PALP



Each year, members of the Philippine Academy of Laryngobrochoesophagology and Phoniatics lead the celebration of World Voice Day in their various institutions. For April 2017, St. Lukes Medical Center held a lay forum on Vocal Hygiene and Free Videolaryngoscopy for the participants. East Avenue Medical Center had vocal hygiene and anti-smoking lectures, along with free Videolaryngoscopy were provided for the audience.

Last March 12, 2017, in keeping with the advocacy of the PSO-HNS, the PALP members, along with ENT residents from UST and EAMC, in cooperation with the Department of Education and the local ENT's belonging to the Central Luzon ENTs (CELENT), held the very first Vocal Health Caravan for teachers in Olongapo National High School. It will hopefully be a nationwide caravan for school teachers, educating them on proper vocal hygiene and practices. It includes Videolaryngoscopy of all the teachers who participated along with medical treatment after the screening. Follow up consults were seen gratis by the local ENTs.

PALP held its Quarterly Meeting July 6, 2017 in Golden Fortune Restaurant, Kalaw. Dr. Pamela Dela Cruz talked on Transoral Microsurgery for Early Glottic Carcinoma. The next PALP quarterly meeting was held in Sentro 1771, BGC on September 29, 2017, where Dr. Virgilio de Gracia talked on Laryngopharyngeal Reflux and Dr. Lance Liu talked on the nomenclature of Benign Vocal Fold Lesions.

Future activities includes a simultaneous World Voice Day Celebration for April 2018 which will include a Laryngology Quiz Bee for all the ENT training institutions to foster learning and camaraderie.

## PANORS

It has been said that destiny is defined by the perfect alignment of stars. This has been the life-long, arduous yet stimulating commitment of the Philippine Academy of Neurotology, Otolaryngology, and Related Sciences (PANORS). For when the stars align, a new order would have been achieved, ushering in to the ultimate goal. . . the destiny.

PANORS was established as a community of otolaryngologists dedicated to its destiny - the improvement of hearing health for all Filipinos through the promotion of the highest standards of practice and science of neuro-otology, otology, audiology & other related specialties guided by noble, nationalistic, and ethical principles.

For a decade of its existence, with current chair Dr. Norberto Martinez and ex-officio chair, Dr. Charlotte Chiong at its helm, the organization actively pushed for the advancement of hearing health among Filipinos, a dream evident with the ratification of the Universal Newborn Hearing Screening Act for the prevention, early diagnosis and intervention of hearing loss among babies. In the near





future, Filipino children (< 18 years old) with hearing impairment could also benefit from PhilHealth's comprehensive evaluation and management packages, as a fruit of labor of this professional organization. Pilot studies are currently being done prior to the conferment of these benefit packages.

PANORS has always been in the forefront of hearing screening initiatives since its birthing years during the Collaboration on Newborn Hearing Screening Advocacy (CONHSCA). As part of the present-day task of outcome measure and benchmark monitoring, a certification course for audiologists was held at the UST Faculty of Medicine & Surgery on April 22, in cooperation with the Association of Clinical Audiologists of the Philippines (ACAP). The mission however, does not end with disease detection but proceeds further to intervention. Through several consultative meetings this year, PANORS has collaborated with government, other organizations, the academe, industries and the private sector for the provision of affordable hearing devices in the country.

Cognizant of the public hearing health concern and the goals of sustainable national development by 2022, PANORS, in collaboration with the Department of Health, Christoffel Blinden Mission and Better Hearing Philippines, spearheaded a consultative meeting on Ear and Hearing Health and Prevention of Hearing Disability last May 2 to 4 2017 in Clark Pampanga, which was attended by almost 60 stakeholders. The attendees carefully mapped out the national hearing health agenda for the next years using the World Health Organization's planning framework. The expert panels of this consultative assembly came up with concrete actions to ensure affordable, accessible, available, and quality services for the promotion of ear and hearing health among Filipinos, including prevention of hearing disability, and reducing by half all preventable causes of hearing impairment by the year 2025.

Advocating for patients' right to a noise-free and a healthier hearing environment has been a significant part of PANORS activities. The International Ear Care Day celebration held last March 3, with the theme "Action for hearing loss: make a sound investment", focused on the economic impact brought about by hearing loss. To this end, various educational materials were distributed by PANORS to inform the general public that prevention is the prime key for alleviating hearing loss, and its permanent effects on patients, their families, and the whole society. The 22nd International Noise Awareness Day was also celebrated by the organization on April 26, with a minute of Peace and Quiet from 2:15 to 2:16 PM. During these two occasions, various accredited institutions offered free ear examination and hearing tests to patients. Some institutions organized lay fora and utilized the power of multimedia platform to champion the cause of patients with hearing loss, including those hearing individuals who are at risk.

From its inception, PANORS has committed itself to ORL resident training and research in the subspecialty, and has been a nurturing mother to existing otology fellowship programs in both the Univer-

sity of Santo Tomas and the East Avenue Medical Center (EAMC). Recently, fellows work in partnership with St. Luke's Medical Center's Hearing & Balance Disorders Laboratory to further hone their skills on audio-vestibular evaluation, cochlear implantation, and clinical research.

As part of PANORS commitment to academic pursuit this year, its members represented the country in international meetings. Dr. Martinez and Dra. Chiong were invited as faculties for some of these scientific activities. Conventions attended by the group included the IFOS congress held in Paris in June; the World Health Organization Meeting in Geneva in March and July; the Asia Pacific Symposium on Cochlear Implantation in Cyprus and the AAO-HNS congress in Chicago both held in September; the Coalition of Global Hearing Health meeting held in Florida on October, and the ASEAN ORL-HNS November meeting in Myanmar. Members were also invited as resource speakers in various PSO-HNS certified courses – vestibular course and workshop with Professors Michel Lacour, Hermann Kingma, and Michael Strupp at the University of Santo Tomas: Basic ENT course at Makati Medical Center; Temporal Dissection course in EAMC; Philippine Pediatric Society convention and the 61st PSO-HNS annual convention, among others. From March 1 to 3, 2018, the 10th International Academic Conference in Otology, Rhinology, and Laryngology (ORLIAC), organized by University of the Philippines College of Medicine will be held at the Fairmont Hotel in Makati.

It has been a dynamic "aligning-the-stars" 2017 for PANORS and it looks forward to more exciting years ahead of reaching its destiny - making sure that all Filipinos would have a global standard of hearing health with enough competent health providers, quality services, advocacy, training, and research. In retrospect, 2017 has taught PANORS that it is not the stars themselves that hold the destiny, but rather, the collaborative efforts of all members of society making sure all resources are properly utilized and actions are in unison to achieve one particular goal, which align the stars perfectly.

## PAPO

Foreign body aspiration results in approximately 3000 deaths per year by asphyxiation, and these mostly occur before hospital intervention. More than 90 percent of deaths occur in children less than 5 years old, and 65 percent of deaths occur in infants. In 2000, foreign body aspiration in kids less than 14 years old led to 17,000 visits to the Emergency Department and 160 deaths.

Most airway foreign body aspirations occur in patients younger than 15 years of age. The condition tends to be twice as common as in boys. The highest incidence occurs between 1 and 3 years of age. Toddlers less than 3 years old account for 73 percent of cases. Up to 25 percent of patients are younger than 1 year.

Food and non-food objects commonly become lodged in the airway. Aspirated materials are more common with food than toys. Vegetative matter comprises approximately 70 percent to 80 percent of airway foreign bodies while plastic pieces comprise approximately 5 percent to 15 percent of airway foreign bodies.

Commonly aspirated foods are peanuts, raisins, seeds, pieces of meat (hot dogs and sausages), grapes and hard candies. Dried foods absorb water and swell with prolonged aspiration where some may even sprout. The percentage of aspirated metallic foreign bodies, especially safety pins, has decreased primarily because of the widespread use of disposable diapers.

Most toddler through preschool age children are susceptible to foreign body aspirations due to lack of molar teeth necessary for proper grinding of food, less-controlled coordination of swallow-

ing, age-related tendency to explore the environment by placing objects in the mouth, or, often talking, laughing, running or playing while eating.

The quick diagnosis and management of foreign body aspiration in children is very critical, especially because time is of the essence. Sudden episode of coughing or choking while eating with subsequent wheezing (sometimes on one side) in an otherwise healthy child should prompt suspicion of FB aspiration. Typically, the choking period is witnessed. This acute phase may be followed by an asymptomatic phase where the foreign body becomes lodged and the reflexes are fatigued. Most patients who arrive at the hospital with airway FB have passed the acute phase and are no longer in respiratory distress. Uncommonly, tragic cases occur with total or near-total occlusion of the airway leading to cyanosis and respiratory arrest. Complete airway obstruction resulting from a foreign body is an absolute emergency.

Without a witnessed event or history of aspiration, there can be a delay in management which may lead to complications. Most complications such as obstruction, erosion, or infection are the result of delayed diagnosis. Furthermore, foreign body aspiration may mimic conditions such as asthma, croup, or pneumonia which may contribute to late diagnosis. Suspected or known aspiration of foreign body should therefore require prompt endoscopy for removal of foreign bodies. Management is typically coordinated through the services of Pediatric otolaryngology, Pediatric anesthesiology, TCVS/General pediatric surgery, and Pediatric critical care. The team approach to management of children with foreign body aspiration through facilitation and coordination with other departments and specialties should be emphasized.

In summary, reduced mortality due to foreign body aspiration may be achieved with early recognition of the person in acute airway distress, availability of capable emergency personnel, and increased public awareness regarding the incidence and risk factors for foreign body aspiration.

Through its advocacy on 'Preventing Foreign Body Accidents in Children', the Philippine Academy of Pediatric Otolaryngology (PAPO) intends to achieve widespread attention to the problem of foreign body accidents and aims to reduce the number of infant and children morbidities and mortalities resulting from foreign body aspiration. The group is looking forward to continue promoting its advocacy in the succeeding years with the help of the PSO-HNS and local organizations.

## PAR

The Philippine Academy of Rhinology (PAR) had a busy year, it being at the forefront in the preparations for the 10th International Symposium on Recent Advances in Rhinosinusitis & Nasal Polyposis and the 61st Annual Convention of the PSO-HNS. It was tedious work balancing professional and clinical work with the demands of organizing an international meeting, against the backdrop of attending to family duties. Along with the rest of the Organizing Committee, we look forward to enjoying the fruits of our labor: seeing the smiles and nods of the attendees, as they enjoy 3 days of Academic and Social activities!

On the home front, PAR welcomed back two fellows from their overseas training. Dr. January Gelera finished her 1-year Research Fellowship at Seoul National University Bundang Hospital under Prof. Chae-Seo Rhee. Dr. Patrick Estolano concluded a 1-month Clinical Observership at the University of North Carolina Chapel Hill under Prof. Brent Senior. Patrick's next Fellowship Rotation will be in Seoul, Korea. Another young Fellow, Dr. Joman Laxamana, is



presently undergoing a 2-year Rhinology Fellowship at East Avenue Medical Center.

PAR continued to uphold its mission of providing continuing medical education with its monthly meetings. Residents joined us as we discuss diagnostic dilemma, therapeutic controversies and research possibilities. PAR also revived its Research Contest: this time with substantial rewards for the winners through the Cesar F. Villafuerte Sr. Research Contest which will be held during the annual convention.

On the international front, PAR members participated in various fora, including the ENT Summit in Kuala Lumpur, Malaysia and the Rhinology World Summit in Hong Kong.

## PASS



For the past & current year, the Philippine Academy of Sleep Surgery (PASS) was in the forefront of managing patients with obstructive sleep apnea. There was an increasing number to almost 30 enthusiastic ENTs in the membership of our group.

Our events and activities in 2017 began with our celebration of World Sleep Day last March 17, 2017 with the theme of "Sleep Soundly, Nurture Life." Our advocacy to "Adopt an ENT Training Institution or Chapter" was conceptualized to assist develop their programs for sleep surgery and OSA management.

The PBO-HNS just approved the Sleep post-graduate course as recommended for residents in training.

PASS will be participating in the 2017 Annual Convention this Nov 29-Dec 1, 2017 as it invited foreign speaker Prof Peter Catalano (USA) and Tay Hin Ngan (Singapore) to discuss sleep topics.

Currently, PASS is working on the clinical practice guidelines on Acute Tonsillitis & Pharyngitis, Recurrent tonsillopharyngitis & Obstructive adenoidal hypertrophy and another one on Surgical OSA.

PASS held a SLEEP SYMPOSIUM at the Centuria Medical, Makati on Nov. 9, 2017



## CHAPTERS

### Central Luzon



The advocacy programs of the CELENT chapter remained focused on Tree Planting, Medical Mission and Continuing Medical Education.

The incorporation of scientific lectures in every quarterly meeting of CELENT facilitated the relevant medical, surgical and academic updates for the fellows of CELENT as part of the Continuing Medical Education advocacy.

The Vocal Hygiene Caravan for Teachers Medical Mission was accomplished in partnership with PALP last March 12, 2017 at Olongapo City. A lecture on vocal hygiene awareness was also imparted to the teachers.

Another Medical Mission was done in Baler, Aurora thru the efforts of Dr. HR Aujero and Dra. Carly Aujero in observance of the Head and Neck Cancer Detection Consciousness Week (HANDCOW). Dr. HR Aujero was a guest resource doctor at the Catholic Media Network 101.7 MHZ Spirit FM - a local radio program in Baler, Quezon.

The CELENT Team, represented by Dr. Dennis Mangoba, Dr. Jefferson Alamani, Dr. HR Aujero and Dr. Carly Aujero, showed its spirit in competition and became the Champion in the Amazing Race during the PSOHNS Midyear Convention held last April 6, 2017 in Laoag, Ilocos Norte.

The tree planting activity was held at Dona Remedios Trinidad, Bulacan last August 12, 2017.

The election for the new set of CELENT officers is scheduled in November 2017. The new leaders will continue to pursue the CELENT advocacies.

### Central Eastern Visayas

The Central Eastern Visayas Chapter retained the same set of officers for another year. Continuing the goals of promoting Otolaryngology-Head and Neck surgery in our region, the Chapter held the following activities.

In February, the Chapter participated in the first Head and Neck Interhospital Grand Rounds held in Cebu. This event was attended by residents from the Visayas and Mindanao training institutions who presented cases to a panel composed of a Head and Neck surgeon, medical oncologist, radiation oncologist, oncology nutritionist and rehabilitation physician.

Last March, the Newborn Hearing Screening Reference Center and Department of Health held a Newborn Hearing Screening Per-



sonnel Certifying Course in Cebu, with the cooperation of the Chapter. The event was well attended by delegates from the Visayas and Mindanao region.

In celebration of the Head and Neck Diseases and Cancer Awareness Week, *Libreng Pasilip* was done last April in both Vicente Sotto Memorial Medical Center (Cebu City) and the Eastern Visayas Regional Medical Center (Tacloban City). Lectures were given to patients in the outpatient department as well as screening nasal endoscopy and laryngoscopy.

To continue the Chapter's commitment to the preservation of the environment, the Chapter held simultaneous mangrove planting in Danao City, Cebu and tree planting in Tacloban City. This was in cooperation with the Department of Environment and Natural Resources, and Getz Pharma.

Continuing last year's goal to strengthen the relationship among the fellows of the chapter, we held our 2nd Team building at Shangri-la, Mactan Cebu. Fellows from Cebu, Tacloban, Bohol and Dumaguete brought their competitive spirit and participated in the games. This was also a joint activity with the Vicente Sotto Memorial Medical Center ORL-HNS Department.

Indeed, our teamwork was key to the success of our 2<sup>nd</sup> Postgraduate Course on Common ENT and Head and Neck Ailments last September. Held in Dumaguete City, Negros Oriental, the activity was well attended with 81 participants. This course was also awarded 4 PRC units. Course evaluation gave our event excellent reviews and we are planning to give the same basic ENT course in Bohol next year.

Upcoming activities are the Deafness Awareness Week, to be celebrated in VSMMC and EVRMC in November. The induction of new chapter officers and fellows, as well as the Chapter Christmas party will be in December.

This year was filled with many Chapter activities. Although challenging because of everyone's busy schedule and being geographically separated, we have managed to achieve our goals by doing simultaneous activities in different locations and giving time from our practice to travel to attend an event. With team work, cooperation and good leadership, I would say this year was the most fruitful for our Chapter.

### Southern Tagalog

The Philippines Society of ENT-HNS Southern Tagalog Chapter, STENTS for short, entered another landmark year in its proud history with the induction of a fresh batch of officers, oozing with renewed vigor and enthusiasm, the trademark of a true – blue "Stentsonian".



Formally inducted in modest ceremonies at the Acacia Hotel in Alabang were JR Suan (President), Olma Carpiso (Vice President), Ces Duran (Secretary), Ruth Estimar (Treasurer) and Roy Arceo (Auditor). Aside from the usual quarterly meetings, the chapter members resolved to hold monthly meetings as fora for scientific and bonding purposes, with each of the member provinces alternately serving as host.

In April of this year, STENTS savored the sumptuous “Bagnet” and “Vigan Longganiza”, as the chapter was treated to the hospitality of our Ilocano counterparts when they took part in the highly successful Laoag Midyear Convention. As a sidebar to this activity, STENTS also held its own Second Quarter Meet.

Once more, the chapter was confronted with a new challenge. In July of this year, it was asked by the mother society to host the 2018 Midyear Convention, as the Mindanao and Central Visayas components, although willing, were beset with difficulties that prevented them from doing so. Though pressed for time, undaunted STENTS rose up to the challenge and readily accepted. And just like the other midyear conventions that STENTS has so far hosted, the organizing committee has once more selected a topic not typically explored in our previous scientific outings; this time, MYC 2018 shall dig deep into “Dysphagia”. From that time forward, the chapter began its typical blistering pace of preparing for the event, something to look forward to, as it will be held again in picturesque Palawan.

In line with its continuing thrust of maintaining well-rounded members, the chapter held its traditional Strategic Planning Meet and Team Building during its Third Quarter Meeting. Interestingly, the chapter was treated to a timely and relevant discussion on “HIV in ENT”. To support the only accredited training institution in the Southern Tagalog Region, an interesting case was presented by a resident trainee of the DLSU Department of ENT – HNS. As the chapter was already knee-deep in preparations for MYC 2018, the team building became the backdrop of a video shoot that would serve as a teaser for the Palawan Midyear. Watch for it in our upcoming annual convention!

While the year nears its end, the chapter’s legacy continues, as a new set of equally dynamic and able officers are installed come the Fourth Quarter Meeting. Watch out for a bolder, more robust and responsive STENTS!

## Bicol

It had been a very productive year for the Bicol Chapter (**Bicol ENT SpecialistS**). A new set of officers, headed by Chapter President Dr. Marifee Reyes, was inducted in March when the PSO-HNS Board of Trustees came to visit Legazpi City. PSO-HNS President Dr. Melfred Hernandez led the oath taking. The rest of the officers



are Dr. Archimedes Bagnes, Vice President; Dr. Melanie Marino-De Leon, Secretary; Dr. Rosebe Nacion-Lauraya, Treasurer, and Dr. Francis Dabu, PIO. Dr. Karen Adiel Rances, a graduate of Quezon City General Hospital and new diplomate was inducted as member. Dr. Rances practices in Legazpi City.

The Chapter is happy to announce that in August, the Bicol Medical Center Department of ENT-HNS was granted accreditation by the PBO-HNS to open the first ENT Residency Training Program in the region. Bicol Medical Center is a 500 bed capacity training institution in Naga City. PBO President Francisco Victoria led the group visit. Dr. Diosdado Uy, Chair of the Dept. of ENT-HNS presented the proposed Residency Training Program to the Board. This was followed by an inspection of the hospital’s facilities and equipment. The newly accredited program is now accepting pre-residency applicants.

One of the Bicol Chapter’s goals is to be 100% certified in the Category-A Newborn Hearing Screening Personnel Certifying Course. On October 26, the National Hearing Screening Reference Center, in partnership with the Department of Health, conducted an Integrated Orientation and Updates to RA 9709 and Category-A Newborn Hearing Screening Personnel Certifying Course at Villa Caceres Hotel in Naga City. This was the second Course held in Region V. The first Course was in 2015 coinciding with the “Halo-Halo in Bicol” Midyear Convention. Only 1 remaining member is yet to be certified.

Culminating the calendar year was a visit from the Philippine Academy of Craniomaxillofacial Surgery, headed by its President Dr. Joselito David. PACMFS conducted a series of lectures and workshop with chapter members at the Bicol Medical Center on October 27, 2017. It was a productive day of updates for consultants as well as an introduction to cranio-maxillofacial surgery for the interns and pre-resident.

The Bicol Chapter continuously campaigns for its advocacies thru various programs in each province. It is committed to promoting harmony among its members and providing the best care for Bicolanos. One of its main activities for next year is the bi-annual ENT Made Easy Postgraduate Course in April, aimed at empowering general practitioners with basic knowledge in Otolaryngology.

## Southern Mindanao

Like so many institutions belonging to the PSO-HNS, the Mindanao Chapter struggles to widen its reach to serve many communities across the island of Mindanao. With a total population of about





21,968,174 (as of 2015), six regions, twenty seven (27) cites, and at least ten (10) native ethnic groups, including the Moros in ARMM and Socsargen, it is a feat for the Mindanao Chapter to embrace this challenge. The Southern Mindanao Chapter has grown to over 50 ENTs, practicing all over Region 9, 11, 12. 13 and ARMM. The chapter is happy to report the number of fellows in their respective areas/cities/ provinces of Mindanao: 22 in the Davao group; 10 in the South Cotabato group, 10 in the North Central Cotabato group and 9 in the Zamboanga group.

Early this year, Dr. Mohammad Ariff Baguindali, the newly inductee president of the PSO-HNS Southern Mindanao Chapter with the new line of officers, planned for a lecture series in all major cities of Southern Mindanao. Like the tradition of the vinta, the journey started in Zamboanga City with a successful postgraduate course entitled OREHAS, NARIS, GARGANTA: ENT for General Practitioners on October 7, 2017 and will proceed to Cotabato City, General Santos City, Digos, then Butuan City, Surigao, Agusan, Davao and Cotabato provinces in 2018.

The Project Vinta: lecture series aim to promote awareness of the ENT-Head and Neck Surgery specialty and to foster camaraderie and fellowship among fellow Mindanaoan physicians. The lectures will tackle common ENT-Head and Neck conditions and a peek into the specialty in the new and technology driven world. The lecture caravan will target GPs, family physicians, medical students, internists and pediatricians. The chapter was optimistic that attendance to such rare PSO-HNS event will draw attention in communities especially.

The greatest news of the Project Vinta is that the PSO-HNS Southern Mindanao Chapter, welcomed the newest addition to the society -- a four year Accredited Department of Otolaryngology-Head and Neck Surgery of the Zamboanga City Medical Center, with Dr. Justin Paber as its chairman and Dr. Jerome Ho as the training Officer, presently with three (3) residents. The department was accredited this year August 2017.

Moreover, the Project Vinta will revive the ENT Bangka Clinic Project spear headed by Dr. Jerome Ho from Zamboanga City to serve the community in Tawi Tawi and nearby coastal areas. The Chapter will visit Tawi Tawi in summer of 2018 to relaunch the project.

Despite the vast coverage of the island of Mindanao, the next years of the chapter will prove that we will overcome prejudice and armed struggle. Hope and peace in diversity in the south will prevail especially because we will pave the way for such. The ENTs of the south have pledged to work together towards bettering Otolaryngology practice and reaching communities with the PSO-HNS traveling Project Vinta.

## INSTITUTIONS

### Amang Rodriguez Memorial Medical Center



The 'Amang' Rodriguez Memorial Medical Center Department of ORL-HNS is the newest Training Program to be accredited by the PBO-HNS having been granted full accreditation January of 2017. As of 2017 the department is composed of 9 Active Consultants, 5 Residents-in-Training, and an audiologist. It is currently headed by Dr. Rene Lacanilao (Chairman) and Dr. January Gelera (Training Officer). Aside from imparting the necessary skills and knowledge the residency program instills in its trainees professionalism, excellence in service, outstanding education, honor, integrity, nationalism, and solidarity.

The department is equipped with some of the best instruments and equipment for diagnosing and managing ORL-HNS patients. As the youngest ORL-HNS training program in the country, the department has a lot to prove as it strives to live up to the accreditation it was granted and which it struggled so hard to achieve. As it looks up and emulates the training programs of the other hospitals that are several decades its senior, it hopes to produce quality graduates as exemplary as the senior Fellows of the PSO-HNS.

### AFP Health Service Command - V. Luna Medical Center



The Department of ORL-HNS of the Armed Forces of the Philippines Medical Center, now known as AFP Health Service Command-Victoriano Luna Medical Center, continues to deliver comprehensive medical care in the field of Otolaryngology to military personnel and their dependents and be a training ground for future specialists. This year 2017 was highlighted by several achievements.

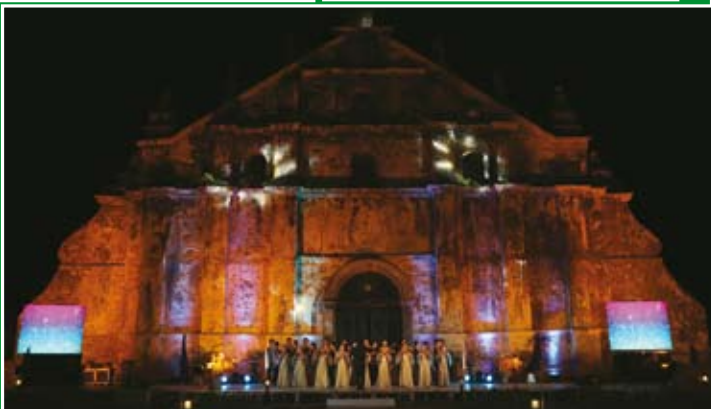
Dr. Julius France P. Garimbao successfully passing the PBO-HNS Diplomate Exam in June 2017. In addition, Cpt. Maria Kathleen L Orong MC, Dr. Rhome Palma and Dr. Mia Angeli Goyenechea will be inducted as Fellows of the PSO-HNS.

We have successfully conducted our 7th Post-Graduate Course entitled "Head and Neck Surgery: Back to Basics" last October 5, *continued on page 16*



# PHOTO-SPREAD:

Midyear Convention 2017 - April 7-9, 2017 at Plaza del Norte Hotel & Convention Center, Laoag City, Ilocos Norte







07-09-17 MBC INAUGURATION



11-10-17 ANNUAL PRESIDENT'S SUMMIT



08-10-17 DESCRIPTIVE RESEARCH CONTEST



8-30-17 INTERHOSPITAL GRANDROUNDS



9-1-2-17 RESEARCH TECHNICAL REVIEW WORKSHOP



11-9-17 ANALYTICAL RESEARCH CONTEST



continued from page 13

2017 which was attended by doctors from different hospitals and training institutions.

The five-month long Marawi Siege in Mindanao saw an increase in the number of battle-related injuries to our soldiers. We are proud to have contributed to the success of the campaign by giving the best medical care to our wounded heroes.

Our beloved past Department Head, Col. Maria Sheila P Jardiolin (MC) GSC, was recently installed as the Commanding Officer of the Army General Hospital after serving the same capacity at Fort Del Pilar Station Hospital.

The Department of ORL-HNS of AFPHSC-VLMC is committed to giving its best effort in contributing to the AFP 2028 Vision of a "World-class Armed Forces, Source of National Pride"

### Baguio General Hospital and Medical Center



The Department of ORL-HNS of the Baguio General Hospital is now steered by the formidable team of Dr. Frederick Mars Untalan as department chairman and Dr. Bernice Padalla-Adaci as the training officer. It was the first accredited ORL-HNS training institution north of Manila. Since then, it has produced 25 graduates, now practicing in various parts of Northern Luzon. At present, we have 10 plantilla consultants, 1 honorary consultant, and 1 visiting consultant. We also have 1 senior resident and 8 residents in training.

The department held a post-graduate course last April 10, 2017 in Baguio Country Club, entitled "Surgical Imaging in ENT: Case Based Approach." Dr. Emilio Supsupin Jr., an assistant professor from the University of Texas McGovern Medical School, was the key note speaker.

Also, the consultant staff of the department continues its quarterly lecture series for nurses entitled *CELFN (Craniomaxillofacial and ENT-HNS Lectures for Nurses)*. For 2017, "Do's and Don'ts of ENT Nursing Care" was held in April 20, 2017; while "Newborn Hearing Screening" last August 24, 2017.

Furthermore, part of the department advocacy is our *B.E.S.T. (Bisita Eskwela, Silip Tenga, Silip Throat, Sinus Tsek)* Program. This was held last January 20, 2017 in Taloy Sur Elementary School in Tuba, Benguet. ENT consultations and health lectures, including proper handwashing and hygiene, were provided to at least sixty (60) Grades 1-4 students. The children were provided dental kits and free medications for their specific ENT conditions. Another B.E.S.T. program was held on January 29, 2017 in Bethesda Children's Home in Tuba, Benguet where an outreach program with activities that include feeding and free ENT consultations.

Our department continues to take longer and better strides in promoting self-development to upgrade the surgical competencies and health management skills of its staff. The BGHMC ORL-HNS Department affirms its future role as the ENT health care center of the North, keeping in mind that Learning & Development, Patient Care & Safety, and Research Development are the cornerstones in designing a competent ENT Surgeon of the future.

### Cagayan de Oro Consortium



The Northern Mindanao ORL-HNS Consortium tree planting and team building activities were held last February 26, 2017 at Jasaan, Misamis Oriental. The aim of the said activity was to promote environmental awareness and camaraderie among ENT-HNS consultants and residents in Northern Mindanao Chapter.

The department's annual Goiter and Head & Neck Cancer awareness week was still as a success this year. A lecture on diagnostic evaluation of dizziness was re-echoed by our training officer, Dr. Vincent Mark Jardin last April 2017 to update us on the latest armamentarium in the diagnostic management of dizziness.

The consortium is grateful and honoured of our dear graduate, Dr. Deziree R. Caayupan for successfully passing her diplomate exam last June 2017. It is indeed a testament to our consultants' hard work and dedication in molding competent residents. The department is sad to announce that two of our residents, Dr. Gary Tabios (3rd year resident) and Dr. Ian Christian Gonzales (1st year resident), left the training program for personal reasons. However, we cheerfully welcomed our upcoming 1st year resident, Dr. Sherri Tidoy.

Last September 30, 2017, four members of the Philippine Board of Otorhinolaryngology – Head and Neck Surgery: Dr. Natividad Almazan, Dr. Francisco Victoria, Dr. William Lim, and Dr. Jacob Matubis, paid their yearly visit to our department. They also observed the practical exam of Dr. Ann Christie Lluisma-Alovera, our 4th year resident. It was a successful and fruitful event, which was concluded with a sumptuous dinner.

Lastly, the department is proud to announce that one of our residents, Dr. Wilhema Villan, who is an outgoing 4th year resident, will present her paper entitled "Multiple Bone Metastases in Papillary Thyroid Carcinoma: A Case Report" in the 2nd Congress of Asia-Pacific Society of Thyroid Surgery at Okinawa, Japan this coming November 1-3, 2017. In line with this, the department is inspired to produce more quality research and case reports in the upcoming years.



## Cagayan Valley Medical Center



The Department of ORL-HNS of Cagayan Valley Medical Center (CVMC), Region 2, had undergone its First Level Accreditation last May 27, 2017 evaluated by the PBO-HNS. The aforementioned body conducted the accreditation process through series of rounds at the Out Patient (OPD), Emergency Room, Pay Wards and ENT ward which was facilitated by the ORL-HNS team of CVMC headed by Dr. Omar Ramos.

With the collaborative efforts of the team comprised of proficient and competent ENT physicians, they were able to defend and at the same time discuss the up-to-date and quality procedures offered, showing the over-all contexture of the department.

The CVMC ORL-HNS team consists of the following: Dr. Omar Ramos (Chairman) and Dr. Kathleen Bagausan (Training Officer). Drs. Enouel Steve Battung and Jake Lapuz round up the consultant staff. There are now three residents: Drs. Christian Vion Guzman, Drazen Taguba and Iverson Cruz.

Remarkably, the said department was able to surpass the accreditation requirements, thus, was given the privilege to prepare for the upcoming accreditation next year. The PBO-HNS voted unanimously to give the department one year probation period (June 01, 2017- May 31, 2018). This accomplishment by the department and the hospital as a whole will ultimately benefit the people of the province and the neighbouring provinces of the region as well, especially knowing that the services rendered fulfill the standards of the PBO-HNS.

As a young department, there are a number of matters of concern that still need to be addressed. Additional consultant staff is needed to support and teach residents in doing proper ENT assessment and procedures. Recently, Dr. Paul Christian Pacquing joined the team of consultants, expanding the roster. There should be an ENT chair at the Emergency Room, four ENT units and ENT instruments at the OPD. The following instruments are needed for the OR: bronchoscope, suspension system for laryngoscopes, suction tips for esophagoscopy, sickle knife for FESS and Belucci scissors for ear. There should be an online subscription to foreign journals. There should be weekly grand rounds, journal club, morbidity and mortality conferences.

The team is currently on its way to address these deficiencies and inadequacies with the support of the staff as well as the entire institution in pursuing excellence in the department of ENT-HNS. The department is aiming to achieve this with the ultimate goal of betterment of health services rendered for the people of Cagayan and the Region.

## Corazon Locsin Montelibano Memorial Regional Hospital



The Department of ORL-HNS of Corazon Locsin Montelibano Memorial Regional Hospital is proud to actively take part in the upgrade of the institution's certification to ISO 9001:2015 for both Patient Care Management and Residency Training Program. The Department is also celebrating its 21st year anniversary since it became a separate training program from the Western Visayas Consortium in 1996.

Located in the only government tertiary healthcare facility in Bacolod City, Negros Occidental, the Department caters to most of the ORL-HNS patients of the 4.4M (and rapidly growing) population of the province, and nearby towns and municipalities of Negros Oriental. To meet this demand, the hospital offers outpatient department services from 8am to 8pm, 6 days a week; and inpatient elective surgeries 7 days a week with no "cut-off time". The increasing patient census (from a total of roughly 7,400 patient services in 2014, to a little more than 11,500 in 2016) has challenged the Department to expand its services, especially in terms of manpower and technology. As of 2017, the staff is composed of 8 active consultants and 6 residents.

For this year, in addition to the ORL-HNS room in the Operating Room Complex of the old Heritage Building, the Department was given access to the new West Tower OR theatre, allowing for simultaneous surgeries. Furthermore, private elective cases can now be performed any day of the week, as compared to just 3 days weekly previously. To allow for a dedicated ORL minor procedure room in the OPD, a new room for audiometry and newborn hearing screening was constructed beside the Department office. A new operating microscope with observerscope and HD monitor output, a new electric surgical drill, new and updated instruments for microlaryngeal surgery and bronchoscopy, and a Harmonic Scalpel machine with shears for head and neck, and oral/oropharyngeal procedures were acquired. The ORL-HNS OPD Clinic has been equipped with new wall-mounted otoscopes.

Aside from the regular grand rounds, preoperative/postoperative, and mortality/morbidity conferences, didactic lectures, journal clubs, and CME, the staff actively participates in DOH-led and Department-initiated surgical missions like the DOH Surgical Cara-

van, Thyroid Awareness Week, Persons with Disabilities Week, and Head and Neck and advocacies like the Department's long-time partnership with the local NGO for the deaf and mute, as well as in PSO-HNS Western Visayas Chapter meetings, conferences and other activities.

### De La Salle University Medical Center



Several activities and events were held this 2017 in the De La Salle University Medical Center – Department of ORL-HNS. Highlights include the In-House Temporal Bone Course, Deafness Awareness Week, World Head and Neck Cancer Day, and Head & Neck Cancer Awareness Week. More details of these affairs are discussed below.

On February 17-18, 2017, the Department conducted a 2-day in-house temporal bone course as part of the training for the residents, with lectures on the first day and temporal bone dissection on the second day. Consultants Dr. Ramon Ramos III, Dr. Joseph Umali, and Dr. William Billones actively guided the participants on the proper way of using the instruments and doing the procedure.

During Deafness Awareness Week, on March 8, 2017, the Department held a lecture forum at the out-patient clinic emphasizing the epidemiology, causes, effects, and impacts to the community of hearing loss. Patients were taught about the misconceptions regarding hearing loss. Free pure tone audiometry was also offered to volunteer patients.

As part of the Head and Neck Cancer Awareness Week, April 23-29 2017, free endoscopy was offered at the ENT OPD. Many of our patrons at the OPD grabbed the opportunity to have their nose and throat checked by the resident physicians. Most of the concerns of the patients were sore throat and difficulty in swallowing. It was noted that many cases seen were laryngopharyngeal reflux and were managed accordingly.

The World Head and Neck Cancer Day was celebrated on July 27, 2017, in cooperation with the Academy for Head and Neck Oncology of the Philippines. Lectures regarding risk factors, prevention, screening, and public education were given at the Out-patient department clinics. Free nasal endoscopy and laryngoscopy were offered to the participants as well.

### Dr. Paulino J. Garcia Memorial Research Medical Center



The year 2017 will be marked as a year of firsts for the Department of ORL-HNS of the Dr. Paulino J. Garcia Memorial Research Medical Center in Cabanatuan City, Nueva Ecija.

After years of existing as merely a section of the Department of Surgery in this institution, the ORL-HNS Department began to take shape in January 2017 with its pioneer residents and appointment of fellows and diplomates as Medical Officer IV consultants. Completing the roster was the easy task, but actual separation from the mother department was more complicated. Nevertheless, by April 2017, the ORL-HNS team was finally separated from the Department of Surgery to exist and function as an independent department.

In June, the department's first activity was a surgical mission to Aurora province. The team participated in the ongoing Department of Health Surgical Caravan that took place in Baler. The 5-day medical and surgical mission was held at the Aurora Memorial Hospital which catered to more than 500 patients. They finished ten surgical cases in the one-day allotment at the operating room. Unfinished cases were then transported to and operated at DPJGMRMC in the weeks to follow. To this day, the Department of ORL-HNS allocated Thursday as a Surgical Caravan day.

This year also marked the department's accreditation from the Philippine Board of Otolaryngology Head and Neck Surgery in August. The teams' effort wasn't for naught as the PBOHNS awarded a 4-year accreditation for two (2) residents per year, with yearly inspection. This accomplishment made the ORL-HNS Department of DPJGMRMC as the first board-accredited training institution in Central Luzon. The feat was borne out of hard work and determination of both the resident and consultant staff of the department, coupled with the support and encouragement of the Medical Center Chief, Dr. Huberto Lapuz and the Chief of Medical Professional Staff, Dr. Jose Ravinar Austria.

With Christmas fast approaching, the ORL-HNS Department inked its first Memorandum of Agreement with a leading institution in healthcare. This MOA signed with the ORL-HNS Department of St. Luke's Medical Center will allow residents of both institutions further training enhancement. The partnership will expose the trainees to the best of both worlds. One is a private institution complete with the latest technology available for training, while the other is a government institution with a wide-ranging array of ENT cases.

The future looks optimistic for this young Department. Deeds are aplenty to forward to in the years to come. May this be the beginning where graduates from this institution make a decent impact wherever their practice will carry them.



## East Avenue Medical Center



The East Avenue Medical Center Department of ORL-HNS soared to great heights in the year 2017 with the advent of new leadership, development of the department's training, research and continuing medical education, continued development of subspecialty centers and infrastructures.

19 years of strong leadership by our former Chairman, Dr. Felix P. Nolasco was concluded with succession of Dr. Armando Chiong Jr. This continues his great vision to make EAMC ORL-HNS the primary DOH referral center in the field of ORL-HNS. From the department's humble beginnings, the Department now boasts of its established subspecialty centers – Newborn Hearing Center, Dizziness and Hearing Center, Snoring Center and the newly established Sinus, Voice and Swallowing Center and ORL-HNS OPD and Diagnostic Center.

The future looks toward the development of our Prosthesis Center, Luzon DOH Collaborating Center for Ear and Hearing and the Otolaryngologic Maxillofacial and Aesthetics Center. The OMASC plans to provide services to patients with Orthognatic, Congenital and Acquired Maxillofacial Deformities, and Aesthetic concerns – the first in all DOH hospitals in the Philippines.

This year, our department spearheaded numerous postgraduate courses. On February 18-19, 2017, the **"Rhinoplasty Masterclass Manila 2017"** featured live rhinoplasty surgery demonstration of internationally-renowned ENT and aesthetic surgeons, headed by Dr. Eduardo Yap. This was followed by the **"Temporal Bone Dissection and Basic Audiology Course"** last May 3 – 7, 2017 headed by Dra. Natividad Almazan. On October 18 and 19, there was a back-to-back live surgery demonstration and workshop featuring Dr. Benjamin Campomanes (**"FESS and the Furious"**); and Dr. Charlotte Chiong (**"Cochlear Implant Surgery Course"**), which opened a new opportunity to start Cochlear Implantation in our institution. Numerous in-house workshops, including Basic Audiology, Vestibular, Diagnostic Flexible Nasopharyngoscopy, Stroboscopy and FEES, were also conducted.

As a part of our growing family, we welcomed to our department new Visiting Consultants – Dra. Charlotte Chiong, Dr. Juan Ramon Perez de Tagle, Dr. Rolando Reyes, Dr. Levi Lansangan, and Dr. Jay Galvez giving better stronghold for our subspecialty sections and centers. Truly, the Department has come a long way continuing to create a strong foundation with its goal towards providing one of the best training and service in the field of Otorhinolaryngology – Head and Neck Surgery.

## Far Eastern University-NRMF Medical Center

The FEU-NRMF Department of Otolaryngology – Head and Neck Surgery remains firm in its resolve to continue the tradition of quality health care. We aspire to be among the top centers of excellence



in Service, Training and Research in our field of specialty in the Philippines.

The FEU-NRMF Medical Center is currently undergoing renovation and expansion of its facilities to assist the needs of the community. The 22-storey tower building has been fully operational which houses state of the art rooms for lectures, conferences and post-graduate courses.

The department hosted its post-graduate course on Basic Facial Plastic Surgery and Workshop and Basic ENT Maxillofacial Surgery Course last May 2017.

The department has a new Assistant Professor, Romulus Roberto Peter A. Instrella, MD, FPSO-HNS, FPSSM, MHA, who specializes on Sleep Medicine. He is the current chairman of the Philippine Academy of Sleep Surgery. In partnership with Dr. Instrella, the department is in the process of establishing a sleep laboratory in the institution.

Dr. Charles Malapit, a recent product of the Department training program, is currently undergoing a 2-year subspecialty training in Head and Neck Surgery at East Avenue Medical Center.

## Ilocos Training and Regional Medical Center



The Department of ORL-HNS of Ilocos Training and Regional Medical Center (ITRMC) joins its mother institution in its thrust for medical excellence. Having been inspired by its accreditation, the department pursued its programs with renewed vigor. Aside from the basic academic and clinical programs, services and activities required of an ENT accredited department, it has pursued programs that will give its graduates a broader view of their specialty and a greater appreciation of Otorhinolaryngology Head and Neck Surgery in a

provincial setting. As part of the EAR CARE PROGRAM, we have an OPERATION LINIS TENGA, an in-house and outreach ear screening program, especially for the school children, in cooperation with the Department of Education, and in the remote areas of the region. The department also adopted a community in Agoo (Home for the Girls) and Bauang (Regional Rehabilitation Center for Youth), La Union as pilot areas of collaborating with community groups where regular ear screening, workshop seminars on primary ear care are done not only to members of the community but also for the barangay health workers and other interested participants in the community. This is in line with our vision of becoming the EAR CENTER OF THE NORTH. Another program is its "OPERATION SIBUL" (*operation silip bunganga at lalamunan*), a cancer-screening program for the head and neck as the department prepares to spearhead the HEAD AND NECK CANCER COLLABORATING CENTER OF NORTH – a program of the Department of Health. In addition, the department has been doing for the past several years now, "OPERATION GUSING", a regular monthly in-house mission surgery for cleft lip and palate.

Indeed, the ITRMC is one of the growing rosters of accredited institutions in the country. Its academic pursuits include conferences and scientific sessions with other institutions in the area such as Baguio General Hospital and Medical Center in Baguio City, Mariano Marcos Memorial Medical Center in Batac, Ilocos Norte, and Cagayan Valley Medical Center in Tuguegarao, Cagayan, conducting quarterly Northern Luzon Interhospital ENT Grandrounds, making northern Luzon residents enjoy tutelage not only from their regular staff members but also from other diplomates in Northern Luzon under the auspices of the Northern Luzon Chapter of the Philippine Society of Otolaryngology – Head and Neck Surgery. The highlight of this year's activities was the successful Midyear Convention hosted by the chapter in Laoag City, Ilocos Norte. Future activities include the conduction of a post-graduate course entitled "Common ENT Emergencies" on April 13, 2018 at Hotel Ariana, Bauang, La Union, a one-day course that will cover topics that are most commonly encountered by primary health care providers.

### Jose R. Reyes Memorial Medical Center



Now on its thirty-sixth year, the Department has maintained its mission as a leader and a prime cultivator of innovativeness, hard work, and excellence in service, training and research. With Dr. Joselito F. David at the helm, the Department has been steadily working towards its vision, with the acquisition of new instruments and equipment, the launching of the ENT-HNS Center, and the addi-

tion of bright, young consultants to its staff roster.

The department held its general ENT-HNS surgical mission last April 29, 2017 at the JRRMMC OR Complex where 6 indigent patients benefited from the said mission.

As part of the wellness program of the hospital, the department has been very active in the promotion of the otolaryngologic welfare of the patients. In celebration of the International Ear Care Day, a lay forum and free hearing screening was conducted at the outpatient department. Approximately 120 patients participated in the said activity.

In celebration of the Head and Neck Cancer Detection and Consciousness Week (HANDACOW), an advocacy of our consultant Dr. Gil M. Vicente, lectures and lay forums were conducted, along with free head and neck screening through the "Pasilip Ka" program.

Last April 22-23, the department held its first In-house Temporal Bone Course and Dissection Workshop at the Multipurpose Hall of our institution. Our new Otology consultant, Dr. Cristopher Gloria, spearheaded this activity.

Despite the heavy rains, the Department successfully held the first post-graduate course on Silicone Implant: Basic Augmentation Rhinoplasty Workshop for Beginners and Experienced Surgeons last August 26, 2017 at the OPD Conference Room with Dr. Konrad Aguila as the course coordinator. The event was well-attended, with attendees coming from the various aesthetic surgery groups and ENT-HNS institutions.

Dr. Laurence Michael Vera Cruz won 1st place during the PSO-HNS Interesting Case Contest held in Laoag at the Midyear Convention with his paper entitled "Proboscis Lateralis with Rhinosinusitis: a Case for Multidisciplinary Management".

We continue to innovate and provide quality service for the patients. With the opening of our ENT-HNS Diagnostic Center (ENT-HNS Center), we can perform diagnostic procedures (videoendoscopy, audiometry, fine needle aspiration biopsy, etc) in a systematic and more organized manner. We are also expecting the renovation and expansion of the ENT-HNS ward, and creation of the Basic Prosthesis and Skills workshop. With these, we can offer a full range of diagnostic and therapeutic audiologic, otologic, rhinologic, laryngologic and plastic services, making the JRRMMC Department of ENT-HNS a true "one-stop", world-class, state-of-the-art institution and a fertile ground for highly competent ENT-HNS Surgeons.

### Manila Central University-FDTMF

Manila Central University's Department of ORL-HNS has been in existence since 1957. Since then, it has continued the tradition of providing a training program that is based on currently accepted principles and standards that is responsive to the needs of patients from the CAMANAVA area.

Being a tertiary Teaching Hospital, the department participates in both the academe and hospital affairs. As part of its Continuing Medical Education, it offers post-graduate courses that are free of charge.

Since 2016, the hospital has been under construction to provide better services for patients. With the establishment of the new hospital wing, the ENT OPD will be upgraded in terms of facilities and medical equipment. Likewise, ensuring an increase in ENT patient





accommodation and services.

On February 7, 2017, the department headed by Dr. Rosalie Ramirez celebrated its 60th anniversary at Gazebo Royale, Quezon City, together with the past & present members of the department staff and MCU administrative officials. This became an avenue for the department's previous chairmen, their representatives, as well as for alumni and administrative guests to meet and reminisce the department's 60 years of existence.

In July of this year, the department, in line with the hospital's foundation day, again held a free consultation day in which patients received free consultation on various ENT, head and neck complaints. Aside from consultation, hearing screening and endoscopic procedures were also offered.

During the Teacher's Day celebration held last October 5, 2017 in MCU, the department prided itself in Drs. Natividad Almazan, Emmanuel Cruz, Angelo Reyes, Rosalie Ramirez and Edgardo Lazaro who were recognized for their excellent performances as faculty members in the College of Medicine, while Drs. Emmanuel Samson, Arthur Magboo, Keithley Bryan Perez and Ryan Cabance were recognized for very satisfactory service as Faculty member.

At the present time, the department is fully accredited for 4 years until 2019 and hopes to continue the pursuit of excellence until the foreseeable future.

### Manila Doctors Hospital

We started the year by conducting the 8th Chairmans Cup Golf headed by Dr. Virgilio de Gracia, held at Southlinks Golf Club, Alabang last March 2, 2017. The tournament primarily aims to raise funds for the benefit of our Head and Neck cancer service patients and the same time camaraderie. Also, the MDH ORL department, in cooperation with the MDH Corporate Social Service (CSR) and staff of Senator Win Gatchalian, held a surgical and medical mission at Lorma Medical Center, La Union last March 9-11, 2017. The mission involved ORL consultants and residents which catered 11 major surgeries including thyroidectomy, parotidectomy, ORIF and 6 minor surgeries.

Every year the Manila Doctors Hospital through the support of the MDH CSR and Metrobank Foundation holds an in-house "Bridging the Gap" mission, which aims of providing free help to Cleft Lip and Palate patients. This year, the mission catered 4 surgeries including 1 palatoplasty, 2 cheiloplasty, 1 cleft rhinoplasty at the MDH



OR last April 23, 2017. This in-house mission is still ongoing, with a current total of 18 patients served and counting in 2017.

This year, the Department conducted its yearly post-graduate course entitled 10th Annual Microbiology and Pharmacology in ENT held at the MDH MBFI Hall last May 26-27, 2017, headed by Dr. Joseph Arnold Darwin. The event showcased prominent speakers in the field who are also MDH ORL Consultants, such as Dr. Cesar V. Villafuerte, Jr., Dr. Alfredo Q. Y. Pontejos, Jr., and Dr. Charlotte Chiong.

For the first time, the Department was chosen to host as one of the PBO-HNS Annual Diplomate Exam Test Center last June 3, 2017.

In preparation for the implementation of the Outcome Based Education of PBO-HNS, the department held its OBE workshop at Club Balai Isabel Talisay, Batangas last August 20-21, 2017 facilitated by Dr. Virgilio de Gracia. The OBE manual was discussed and reviewed to refine the guidelines of the program for its application for training.

A hallmark event for the department was the Blessing of the new Hearing, Dizziness, Voice and ORL Endoscopy Center last September 28, 2017, headed by ORL Services Chairman Dr. Joseph Arnold Darwin. The event highlighted the progress and advancements in the services that the Department can offer its patients. The center is now located at the Level 3 Norberto Ty Medical Tower 2 Building of Manila Doctors Hospital.

Every year the MDH ORL family continues to grow and improve. With the support that we receive from the PBO – HNS, MDH Medical Directors Office, MDH CSR Department, we look forward to a fruitful and exciting 2018 and a bigger, better, and brighter future for the department.

### Mariano Marcos Memorial Hospital & Medical Center

The Mariano Marcos Memorial Hospital and Medical Center- Department of ORL-HNS continues to improve in line with its vision to be a premier center of advanced patient-care, training, and research. Headed by Dr Tennessee R. Huyaban, the department chair, and Dr Jose B. Orosa III, the training officer, the department was able to accomplish important and note-worthy achievements.

The department was the main force behind the highly successful midyear convention held at Ilocos Norte entitled "The Northern Wind", noted to have the highest number of participants in a mid-



year convention outside Metro Manila.

Dr. Ja Malvar's research paper, entitled "Efficacy of Mandibular Advancement Device in the Treatment of Obstructive Sleep Apnea Syndrome among Filipinos Seen in a DOH Tertiary Hospital: A Pilot Study," won 2nd place in Poster competition, professional division during the Philippine National Health Research Week Celebration awarded by the Philippine Council Health Research Development at the PICC Manila. Dr Joy Alvarez, a 2nd year resident won 3rd place during the annual hospital rare case presentation with her paper "Juvenile Nasopharyngeal Angiofibroma: A Management Dilemma". Additional residents and personnel were given category

A certification on Newborn Hearing Screening was awarded to our institution this year. New equipment were also purchased for improvement of patient service such as the Karl Storz adult and pediatric esophagoscopy set.

Last July, 2017, PBO-HNS accreditation committee conducted a visit to check our compliance regarding the committee's recommendations which were strictly followed. Residents were invited to conduct various medical missions by LGUs of Ilocos Norte and Cagayan province. They are also part of the DOH Caravan Surgical missions conducted in areas of Ilocos Norte, Ilocos Sur and Abra. This year must also be noted with the addition of two junior residents as part of the ENT-HNS family.

### Ospital ng Makati



The Department of ORL-HNS of the Ospital ng Makati was established 26 years ago initially headed by 2 consultants, namely Dr. Eduardo C. Yap and Dr. Alberto F. Calderon. Over the years, the department staff gradually grew in number, and was eventually able

to produce competent graduates. Now, we have 14 active consultants, 31 graduates, and 7 residents in training.

This year, Dr. Howard M. Enriquez was appointed as the new chairman of the department. Three new consultants were welcomed into the fold, namely, Dr. Kathrina Diaz, Dr. Cristina Nieves and Dr. Maria Santos. The training program was recently re-accredited for another 4 years by the Philippine board of Otolaryngology-Head and Neck Surgery. We aim to continue the tradition of producing skilled and qualified Otolaryngologist in our society.

### Ospital ng Maynila Medical Center



This year, the Department of ORL-HNS of Ospital ng Maynila Medical Center (OMMC ENT-HNS) carried on with its legacy of being a leading institution for training of this specialization. The department underwent major changes and developments to further improve and uphold its mission and vision.

Dr. Francisco A. Victoria (incoming PBO-HNS President) passed the chairmanship of the department to Dr. Joseph Amado C. Galvez (outgoing RTO and FACES founder). Additional changes in the officer roster of the department include the appointment of Drs. Ramon V. Alcira and Elpidio Jesus Dominguez as Department Academic Training Officer and Department Training Officer for Service, respectively.

OMMC ENT-HNS organized a number of major post-graduate courses. One of which was on Sleep Surgery which was headed by former Chairman and PSO-HNS President, Dr. Edgardo C. Rodriguez. Another was about Good Clinical Research Practice which was facilitated by Dr. Fidela Moreno, who had extensive experience in the said field.

The section of Head and Neck organized the biennial "F4: Four Flaps" post-graduate course. This was a two-day course which tackled on the different flaps commonly used in head and neck reconstructive surgeries via lectures and hands-on cadaver dissection under the tutelage of Drs. Armando M. Chiong and Emmanuel S. Samson.

OMMC ENT-HNS had an in-house post graduate course for FESS and Rhinoplasty using fresh frozen cadavers which were spearheaded by Drs. Alberto F. Calderon and Joseph Amado Galvez, respectively. This was held at The Medical City and was also attended by residents from Quezon City General Hospital and Ospital ng Makati. The department also held a post graduate course on Otology which focused on the surgical anatomy of the ear, as well as frozen cadaver temporal bone dissection course. The facilitators of the said event included Drs. Edgardo C. Rodriguez, Howard M. Enriquez and Kathrina Aquino-Diaz.



The accomplishments of the department also include the production of two new diplomates of the society. Dr. Dan Valeriano Dafon and Dr. Eduardo Dizon passed their diplomate board exam this year. This brings much honor and pride to this institution.

For the coming year, OMMC ENT-HNS had a strategic planning last October 5, 2017 at the Orchid Garden Suites. This was attended by the consultant staff wherein they discussed the plans for the upcoming fiscal year. This makes 2018 a very promising year for the department.

### Quezon City General Hospital



Year 2017 is a busy year for the department especially with the preparations for the requirements for ISO accreditation of the hospital which was initiated last year.

On March 29, 2017, the new Hearing Center of the department was formally inaugurated equipped with Tympanometer MT10 Interacoustics & Clinical Audiometer AC40 Interacoustics at the ENT ward. A separate room for newborn hearing test equipped with AABR Titan Interacoustics at the second floor was also opened at the same time. Mayor Herbert Bautista cut the ribbon and administrative officials attended the event.

The department served as PBOHNS testing center for the diplomate oral board examination held last August 2017.

In research, Dr. Almia Pazon presented her paper "Regression of a large nodular goiter (Hashimoto's thyroiditis w/ Marginal B cell lymphoma) after intake of Metformin: Fact or Fiction" during the QCGH Resident's Interesting Case Contest held in SB Hall last August 30, 2017. While Dr. Galen Clark Perez won 3rd place with his paper "Comparison of nasal packing impregnated with hemodialysate (solcoseryl) ointment versus mupirocin ointment among patients post endoscopic sinus surgery in a tertiary hospital" during the QCGH Analytical Contest held last November 2016.

Just recently, the department staff, in cooperation with RSO, successfully held a Halloween Party dubbed as "Bata sa Bintana III" for the third time at the old QCGH building last October 30, 2017. It was a fun-filled event that showcased the different talents of the residents and hospital employees.

In preparation for the fort-coming 50th Anniversary of QCGH, a coffee table book will be published and a grand celebration and alumni homecoming will be held on August 14, 2018.

### Quirino Memorial Medical Center



The Department of ORL-HNS of Quirino Memorial Medical Center has been in service for almost two decades. Its mission is to serve the people of Metro Manila and adjoining areas, especially the less privileged members of the society and provide quality tertiary health care, excellent education, comprehensive training, and astute research in the field of Otorhinolaryngology Head and Neck Surgery and develop public health promotion and prevention activities among the people.

This year 2017, the department participated in a surgical mission last January in Virac, Catanduanes to continue extending its service to provinces in need. The department also went to the society's mid-year convention in Ilocos Norte during the first quarter of the year to refresh knowledge, learn innovations and update on existing management. Then a Strat Planning was held during the 2nd quarter of this year to discuss future plans for the department.

During the second half of the year, we hosted the hospital's monthly institutional conference and one of our consultants became the lecturer about Vertigo where participants included consultants, residents and nurses from different departments of the institution. Our graduate, Dr. Jose Z. Fernando, passed the ORL-HNS board exam and became diplomate of the Philippine Board of Otolaryngology-Head and Neck Surgery last June 2017.

The department values holistic care for every patient whom we encounter. As a government institution, we do encounter patients of different cases and classes, thus the primary goal is to be able to provide the medical services they need in spite of the limitations. Other than our doctor-patient encounters, our exposure to other valuable learning media is also necessary to be the physician our patient needs.

### Rizal Medical Center

In a few weeks, 2017 will come to an end. Looking back, we can say our humble department had done well. The Department of ORL-HNS of the Rizal Medical Center had had another productive year.

The year 2017 took off with the annual "ENT sa Barangay: 21ST ENT Updates for Primary Health Care Workers and Medical Mission." Held in Odiongan, Romblon on April 2017, the department visited the hometown of RMC graduate Dr. Lian Samio – the only otolaryngologist in the island community. Endorsed by Governor Eduardo C. Firmalo and Mayor Trina Firmalo-Fabic at the Romblon

Provincial Hospital, the 5-day program was participated by numerous barangay wealth workers, allied health professionals, and primary care physicians from the various municipalities of Romblon. The approach to common ENT conditions were discussed to the attendees, spreading awareness and insight regarding these diseases. Fulfilling its social responsibility and engaging in public health programs throughout the years, the department continues to build ties with different communities by fostering a sense of health and social awareness among all tiers of health service delivery.

A milestone of the department was the first Cochlear Implantation Procedure in Rizal Medical Center. Headed by Dr. Erasmo Gonzalo Llanes on May 23, 2017, the operating team was able to successfully restore the hearing of a patient.

On June 10, 2017, the department also conducted its post-graduate course entitled "Comprehensive Management of Oral Cavity Cancers." The event was well attended by ENT residents and consultants from different institutions, as well as a number of general practitioners and doctors from other specialties.

From 2016 to 2017, the residents of the department, guided by consultants, have constantly been performing very well. Dr. Eugene Agustin, Dr. Alvin Javierto, and Dr. Joan Dimacuha passed the ENT Board exams. All residents who took the 2016 in-service exam also passed – serving proof that the program has maintained its high level of quality over the years. The research arm of the training has also kept abreast, with Dr. Gerard Lapiña getting the 1st prize in the Descriptive Paper Contest of PSO-HNS and Dr. Benedick Borbe bagging the 1st prize in the Interesting Case Contest of RMC.

The consultant staff remains steadfast in training the residents and making sure that it produces Board-certified ENTs. It is headed by Dr. Michael Alexis Sarte as the Chairman, and Dr. Samantha Soriano-Castañeda as the Training Officer. In 2017, it welcomed Dr. Elton Sherman Po, Dr. Giancarla Ambrocio, and Dr. Maria Margarita Taningco to the consultant staff. With the upcoming completion of its Hearing Unit, Sleep Laboratory, and Voice & Swallowing Unit, the department is looking forward to its continual growth in 2018. Our department is more than ready for 2018.

## St. Luke's Medical Center



This momentous year marks the 30th anniversary of the St. Luke's Medical Center Department of ENT-HNS since its inception in 1987. The department has been committed to its vision in being a premiere center for patient care, education, innovation and research in the field of otorhinolaryngology, head and neck surgery. At the forefront of care in the specialty of rhinology and laryngology is the Voice, Swallowing and Sinus Center, which is now in its 13th year of operation. The center has recently acquired state-of-the-art equip-

ment, brand new flexible and rigid endoscopy units complete with narrow band imaging and digital stroboscopy.

The year 2017 witnessed a transition into new leadership, as the department is now under the guiding hands of a new Chairman, Dr. Gretchen Navarro-Locsin. She had served as vice-chairman under the chairmanship of Dr. Ray Casile, who had led the department since 2008 and is now the Medical Staff Secretary of St. Luke's Medical Center Quezon City. Last July 2017, Dr. Locsin was also awarded as "Researcher of the Year" at the 22nd anniversary of the Dept. of Research-Biotechnology in SLMC-QC.

Among the highlights of 2017 was a weeklong celebration of World Voice Day, which began with a mini-concert featuring our very own residents, Dr. Derrick Fuentes (2nd yr), and Dr. Tomas Mendez (3rd yr). They serenaded the crowd with Broadway songs, embodying this year's theme - "Share your voice". The event was held at the main lobby where a multi-media exhibit on voice care was also on display for the whole week. A lay forum by Dr. Arlene Bongosia was also held, aiming to educate singers, teachers, call center agents, and other professionals at risk for voice problems. A yearly free clinic, entitled "Oplan Silip," offered free consultation, rigid and flexible endoscopy and stroboscopy for patients with problems on speech or swallowing.

Dr. Francezca Padua represented our department at the 10th Annual Congress on Pediatrics in Orlando, USA, delivering a case report entitled "Venolymphatic Malformation in a 4 year old male, treated with Picibanil (PK-432) with Systemic Inflammatory Response Syndrome as a Complication." Another paper entitled "Primary leiomyosarcoma in a 23 year old patient: A Case Report", was presented by Dr. Myron Uy at the Midyear Convention in Laoag City, Ilocos Norte.

The Department hosted this year's PSO-HNS inter-hospital grand rounds, and this was moderated by Dr. Joseph Arañas. The panel of reactors was composed of Dr. Gretchen Navarro-Locsin, Dr. Gracia Macias, and Dr. Ricardo Ramirez, who shared their knowledge and expertise on a number of challenging cases in pediatric otolaryngology. Dr. Steve Cambe, our first year resident, reported a "Case of Left hemifacial lymphatic malformation," which was followed by an open forum moderated by Dr. Kirt Delovino. It was indeed a productive day of intellectual discussion and learning, which cultivated interest in the dynamic field of research.

Dr. Michaelsam Econ, a senior resident, attended the Kyung Hee International Rhinologic Symposium at the Kyung Hee Medical Center, South Korea. He participated in a one-week course in endoscopic sinus surgery headed by leaders in rhinology from different parts of the globe.

A number of yearly in-house workshops were held for the benefit of our residents-in-training, including courses on temporal bone dissection, tracheostomy, coblator and radiofrequency turbinoplasty, and basic plastic surgery. A new addition to this year's list of training workshops was a Fresh Cadaver Dissection course, held at the Advanced Surgical Training and Simulation Laboratory (ASTSL) of St. Luke's Medical Center Global City, wherein the residents were able to refine and apply their skills on endoscopic sinus surgery, temporal bone dissection, and parotidectomy.

Together with the academic medical center, the department produces medical students and residents with an appreciation for



research through a rigorous program and hands-on training using state-of-the-art technology. Built by leaders and experts in different subspecialties in ENT-HNS, the department continues to fulfill its mission to provide quality care to patients from all regions of the Philippines and the world.

### Southern Philippines Medical Center



Two postgraduate courses were conducted by the Southern Philippines Medical Center (SPMC) Department of ORL-HNS last August 2017. These courses focused on learning the fundamental principles and basic instructions, incorporating also hands-on workshop.

*“Kailangan Mo Bang Closure?”: A Basic Wound Suturing Workshop* was conducted by the department’s Subspecialty Group Facial and Plastic Reconstructive Surgery last August 5, 2017. It was an open-house course that was attended by physicians, dentists, midwives, nurses, and even medical students.

The speakers were Dr. Arthur Samuel Salvado, Dr. Gilnore Samonte, and Dr. Homer Matias, who shared their expertise through lectures on the anatomy and physiology of the skin, wound healing, types of wound, and surgical techniques of wound closure. The participants then actively participated during the supervised workshop in the afternoon, developing their skills in handtying and suturing.

An in-house Basic Temporal Bone Dissection Course and Vestibular Workshop was conducted last August 18-19, 2017 headed by the Subspecialty Group Otology, Neuro-otology, and Audiology. Invited guest speakers were Dr. Natividad Almazan, Dr. Erasmo Llanes, Dr. Chris Robinson Laganao, Dr. Melanie Grace Cruz, and Dr. Jona Minitte Ligon. The basic temporal bone dissection course included lectures on the radiologic and surgical anatomy of temporal bone, mastoidectomy classification and techniques, tympanoplasty principles and techniques and post-operative complications and rehabilitation. The vestibular workshop included lectures on how to assess and manage patients with dizziness, including demonstration on the different maneuvers and videonystagmography. Then on the second day of workshop, the residents were supervised on cadaver temporal bone dissection techniques.

Overall, both postgraduate courses had positive reviews wherein the participants can apply the acquired basics in honing further their practice in order to provide optimal management to their patients.

### The Medical City



The Medical City (TMC) Department of ENT – HNS continues its commitment to foster excellence in education and skills training for its residents and consultant staff. The department continues to provide avenues for clinical updates, and hands-on skills training with weekly conferences and in house specialty courses.

The in-house temporal bone, larynx dissection, laryngobronchoesophagology and functional endoscopic sinus surgery (FESS) course allowed residents a hands-on dissection on fresh frozen cadavers. These were supplemented with didactic lectures and conducted at TMC’s Center for Advanced Skills, Simulation and Training Innovation (CASSTI), a state-of-the-art facility dedicated to skills training and improving surgical expertise. The center boasts of simulation centers, complete with Full-HD laparoscopic and endoscopic towers, a virtual reality room, conference and lecture rooms and a specimen preparation room.

TMC also continues to provide global standards in the local setting by re-launching its Robotic Surgery Program with its new robot, the Da Vinci Si Surgical System which allows for a less traumatic, more precise approach, and faster patient recovery time.

In order to create more meaningful, innovative and research based health practices, TMC has established the Clinical and Translational Research Institute (CTRI). With TMC’s Institutional Review Board (IRB) reaching Level III accreditation, it aims to foster an environment of advanced learning through research and innovation in partnership with the medical training programs and other clinical centers such as the Institute of Personalized Molecular Medicine, Liver Center and Cancer Institute.

This venture is in line with TMC’s advocacy of 1TMC, which aims to provide complete, centralized, and standardized services throughout a multitude of communities to uplift and improve the standards of patient care.

TMC continues to expand and provide greater healthcare. It currently boasts of 4 provincial hospitals and 40 satellite clinics throughout Metro Manila and in selected provinces. It has also crossed the global market with Guam Regional Medical City and ambulatory clinics in the Gulf Cooperation Council (GCC) countries.

## University of the East Ramon Magsaysay Memorial Medical Center



The UERMMMCI Department of ORL-HNS continues to produce well-rounded and competent specialists. The Department envisions itself as the premiere ORL-HNS referral center in the country, providing the highest quality service to the needs of the people and responsive to advances in sciences and education.

Last July, 2017, Dr. Lily L Sia-Vargas handed the reins of chairmanship to Dr. Elmo R. Lago Jr.. Also, Dr. Adrian F. Fernando was appointed the new residency training officer of the department. With this recent change in leadership, the department aims to provide improvement in the medical and surgical treatment, pursue relevant medical research of international standards, to train resident physicians intensively in ORL-HNS, and to teach medical undergraduates the basic practical knowledge of Otorhinolaryngology and to equip them with necessary skills to be able to render primary care of ENT cases.

The Department boasts with activities that provides our less fortunate brothers and sisters with medical and surgical treatment they need. Last May, 2017, our residents went to Isabela for a medical and surgical mission which lasted for three days. Our residents held several medical missions in local barangays such as in Taytay and San Juan. The department also held lay forums during the Head and Neck Cancer awareness week. This upcoming November, 2017, we will be holding the Dr. Macario G. Tan Memorial Lecture which will be held at the UERM College of Medicine.

The Institution has at its disposal the latest equipment and instruments to provide the best service possible for our patients. Our Endoscopy unit is complete with rigid telescopes and a flexible endoscope. The operating room is complete with a microscope, drill, bronchoscopy set, esophagoscopy set, laryngoscopy set, Storz tower and rigid telescopes. The department aims to acquire more state of the art equipment to compete with the fast advances in technology in the field of ORL-HNS.

The UERMMMCI Department of ORL-HNS is one of the earliest independent ORL – HNS training program in the country. The department has always lived up to the prestige ever since its birth 30 years ago. Throughout the years, the department continues to grow and improve to become the most reputable ORL-HNS institution in the Philippines.

## University of the Philippines-Phil. General Hospital

Now on the tail end of its 56th year, the Department of ORL-HNS of the Philippine General Hospital remains to be a forerunner in training, research and service.

This 2017, at the helm of the outstanding display of excellence are our senior consultants themselves, who through their tireless efforts have garnered various awards from different recognizing bodies.



Our very own Chairman, Dr. Alfred Q. Y. Pontejos, Jr., was named Most Outstanding Oncologist 2017 by the Philippine Society of Oncologists, Inc. Past PSO-HNS President Dr. Charlotte M. Chiong was given the opportunity to speak at the United Nations Ear Care and Hearing Health Conference in New York last September. Dr. Jose Florencio F. Lapeña, Jr., current Editor-in-Chief of Philippine Journal of Otolaryngology Head and Neck Surgery received the Star Reviewer Award from the American Academy of Otolaryngology – Head and Neck Surgery. He was also recognized as the 5th Top Handling Editor in the Publons Peer Review Awards 2017.

The department has also continued to promote continuing medical education by hosting a number of post-graduate courses, including the annual Functional Endoscopic Sinus Surgery course and Functional Septorhinoplasty Cadaver Dissection Course. Last August the department pioneered its first Basic Head and Neck Course, a two-day series of lectures given by only the best in the fields of head and neck oncology and reconstructive surgery. With a successful debut attendance of 142 resident trainees and consultants, the event joins the roster of biennial courses, which include Images in Head and Neck Surgery (an interactive course on temporal bone and paranasal sinus imaging) and the International Temporal Bone Dissection Course.

A milestone for service delivery was the recent re-opening of our upgraded video-stroboscopy unit. This timely renovation was set to coincide with the procurement of our new Nuolas CO2/KTP laser, which made its debut at the operating theater last October. To date, there have been more than twenty procedures performed. These include micro-laryngeal laser surgery for benign vocal fold lesions, as well as ablation of glomus tumors in the ear. The increasing utilization of the laser unit holds as a promising prospect in providing better access to state-of-the-art care for private and charity patients alike.

We aim to cap the year with the launching the department's very first Atlas of Operative Techniques. This full-color manual includes high-resolution pictures and hand-drawn illustrations describing various ENT surgical procedures, with special emphasis on important pearls and pitfalls accumulated through our consultants' own experience. This publication envisions to promote the sharing of knowledge and technical expertise among all those who strive to be excellent in the field.



With the health needs of the Filipino as its primary impetus and goal, the Department of ORL-HNS pushes on in relentless pursuit of both distinction and relevance. It continues to break barriers and set the standard, upholding its legacy of excellence.

### University of Santo Tomas Hospital



In the past years, the Department of Otorhinolaryngology – Head and Neck Surgery of the University of Santo Tomas Hospital has continued to be an excellent provider of continuing medical education to its resident and consultant staff. Rooted in its Catholic tradition, it has also been an active contributor to society, providing quality healthcare service to those in need. In the year of our Lord 2017, the department aims to continue this tradition thru various activities.

To start the year, in February, Drs. Giselle Gotamco, Veronica Mendoza and Dann Joel Caro joined the annual medical and surgical mission with the Medical Missions of Mercy USA in Isabela to serve cleft lip and palate patients, along with various other head and neck surgical cases. This same month, the department celebrated the feast of its patron saint, St. Blaise. During the celebration, the department offered free endoscopies to its patients in the Clinical Division.

The department also hosted the AO-CMF Course - Advances in Computer Aided Surgery in Craniomaxillofacial Reconstruction with Anatomical Specimens last June 19 & 20, 2017. Knowledge and expertise were shared by international faculty (Drs. Nils Gellrich and Neal Futran), regional faculty (Liqun Xu and Jonathan Clark), and of course our local faculty (Drs. Francis Roasa, Ferdinand Pamintuan, Jose Florencio Lapena, Joselito David, Irene Tango, Jehan Maglaya, Rene Louie Gutierrez, Cristina Nieves, and Adrian Fernando). This was attended by surgeons from various fields such as Otolaryngology, Plastic Surgery, Oromaxillofacial surgery and Dentistry. Undoubtedly, this course fulfills AO's mission to set standards in postgraduate medical education and to improve patient care through sharing of information and expertise.

The following month, the department held the Hands-on Workshop on the Diagnosis, Management and Rehabilitation of Patients with Dizziness. Thru the initiative of Dr. Norberto Martinez, renowned international speakers Drs. Michel Lacour, Michael Strupp, and Herman Kingma taught the medical students, residents and consultants on the basics of evaluating dizzy patients. This was attended by several other residents and practitioners from other institutions and disciplines such as neurology, audiology, pediatrics and internal medicine. Later in the day, workshops were conducted by Neuroequilibrium and Cyclops, Inc., where the participants had hands-on experience in performing vestibular testing using state-of-the-art videonystagmography equipment.

To keep the pace up, more activities were held by the department. On the first week of October, the department had an In-house Ultrasound Workshop headed by Dr. Ma. Karen Capuz with the

special attendance of one of its alumni, Dr. Daniel Alonzo. The following week, the department also had an Inhouse Botulinum Toxin Workshop wherein the residents witnessed a live demonstration of how to do botulinum toxin injection both for cosmetic purposes and to treat diseases such as facial tic. The residents were in full learning mode as Drs. Michael Loo and Henry Claravall shared their expertise on the facial anatomy and the application of botulinum toxin.

Truly, it has been a fruitful year for the department, its consultant and resident staff. The department is truly blessed to have implemented its purpose. And is looking forward to its numerous other activities planned ahead.

### Veterans Memorial Medical Center



This year, the Department of ORL-HNS of Veterans Memorial Medical Center (VMMC) together with the Philippine Laryngectomee Foundation, is celebrating its 20th Anniversary of unyielding service to the Filipino Veterans and Civilians as well. In line with this, the department has launched series of activities for the year.

The Department hosted a successful 9th Laryngeal Post-Graduate Course series entitled "Management of Laryngeal Malignancy and Workshop on Voice Reconstruction after Total Laryngectomy" last June 16 - 17, 2017. It was a 2-day event which covered a discussion on the latest updates in managing Laryngeal Cancers and a workshop series on the surgical techniques for the Voice Reconstruction after Total Laryngectomy.

The VMMC Head and Neck Cancer Survivor support group, also celebrating its 20th year Anniversary, has launched a training program for our cancer survivors as Community Health Care Providers, specializing in ENT- Head and Neck diseases. This is a year – long program which includes lectures, and workshops in ENT – Head and Neck diseases.

The Department also held an out-reach program last September 11, 13 and 15, 2017 entitled "Libreng Silip" which provided free Endoscopic-guided viewing of the Ears, Nose and Throat catering all patients -- veterans and civilians alike. Also, this year the Department is proud to launch its 6th edition of Archives, which is a compilation of all the researches, made by our very own Department Head, consultants, graduates and residents.

The PBO-HNS granted the Department of ORL-HNS another 4 years of accredited training program, last July 10, 2017. Another teaching event was also held last July 18, 2017, when the Department hosted a Dizziness In-House Lecture entitled "Overcoming Challenges in Managing Patients with Dizziness", to discuss the latest updates in evaluating and managing dizzy patients.

This year, two residents of the department recently graduated namely, Dr. Eleanor P. Bernas and Dr. Ma. Melizza S. Villalon – Ignacio, and we are currently welcoming two new residents, Dr. Geoffrey John S. Hizon and Dr. Kathleen D. Agito, as first year trainees.

In the coming year, the Department proposed the following activities: a Post-Graduate Course on Geriatrics Otorhinolaryngology

in February 2018, a Post-Graduate Course on Dizziness among Geriatrics in April 2018, an In-House Course on Fiberoptic Endoscopic Evaluation of Swallowing in August 2018 and an In-House Course on Temporal Bone Dissection in October

### Western Visayas Medical Center



The Western Visayas Medical Center and St. Paul's Hospital in Iloilo Residency Training Consortium of ORL-HNS just celebrated the twentieth (20th) anniversary of our first accreditation last January 2017. The residency training consortium was first accredited by the PBO-HNS with the help of Dr. Mariano Caparas and Dr. Remigio Jarin. It began first as a consortium with Corazon Locsin Montelibano Memorial Medical Center in Bacolod City, then with St. Paul's Hospital Iloilo and the base hospital- Western Visayas Medical Center in Iloilo City. Therefore, the department now has two (2) independent training programs- one in Bacolod City and one in Iloilo City.

Dr. Rodolfo Dela Cruz (the first Otolaryngologist of Iloilo) and Dr. Teodoro Jardeleza (the first and only diplomate of both PBO-HNS and PB Ophthalmology in the country), along with the President of the Visayas Chapter that time, Dr. Marida Arend Arugay, convinced the officers of the PSO-HNS headed by Dr. Edgardo Rodriguez to hold the first ever Annual Convention of the PSOHNS (its 45th) to be held outside of Metro Manila. It was held in Sarabia Manor Convention Center, Iloilo City last Dec 1-3, 2001.

The highlight of the year 2017 for the consortium, aside from its 20th anniversary, was the establishment of the EAR Unit at WVMC, complete with Otoacoustic Emission (OAE), Pure Tone Audiometry, and the acquisition of their new Auditory Brainstem Response (ABR), Auditory Steady State Response (ASSR) diagnostic instruments.

Furthermore, this year, the annual 18th Post-Graduate Course, entitled "Talk to Me", was held at Hotel del Rio, Iloilo City last August 24, 2017. The annual post graduate course is being held by the consortium to raise funds for the Dulilan Foundation, a first of its kind in the city of Iloilo. The Dulilan Foundation (Dulungan, Ilong, Tutunlan) sponsors the medicines and surgery of some ENT patients (especially cleft lip and palate cases), as well as research and training of the Department of ORL-HNS. We also had our regular "linis tenga" mission and surgical caravan mission in Roxas City in Capiz Province and Kalibo in Aklan, sponsored by the Department of Health, last July and September 2017.

To foster camaraderie and manage the grueling stress of hospital duties, the Consortium also held an overnight Team Building Activity at La Puerta El Paraiso Resort in San Lorenzo, Guimaras Island last August 26 to 27, 2017.

We look forward to the coming 2018 with enthusiasm for more accomplishments that will benefit more people in these islands.

### Zamboanga City Medical Center



In 2013, two fellows of the PSO-HNS started working for the Zamboanga City Medical Center (ZCMC) as ORLs under the Department of Surgery, Section of ORL-HNS. In September of 2013, the Zamboanga Siege wrecked havoc to the city crippling the services of the medical center which was located right in the middle of the battle grounds. The Section of ORL-HNS continued to provide its services to the City of Zamboanga and the victims of the siege through makeshift facilities at the Western Mindanao State University Gymnasium throughout this entire period. With the end of the siege, the Medical center slowly returned to its home and began the rebuilding process. It was also during this time that the section's plan to form its own department began.

In 2014, the section slowly developed its own out-patient department called the ONG (Orehas, Naris, Garganta) Clinic, in honor of Dr. Romeo Ong, ZCMC Chief and the section's main supporter. Weekly ORL-HNS operations and Maxillo-Facial trauma surgeries were also started, as well as a Cleft Lip and Palate program.

In 2015 the section accepted its first Resident Medical Officer, Dr. Mark Edward V. Ong. The ORL-HNS service this time finally separated from the Department of Surgery. A designated ORL-HNS operating room was developed, as well as the use of an five-bed ward. Two more ORL-HNS medical specialists, Dr. Emely W. Tsang-Ramos and Dr. Nurhada A. Israel, were recruited to further augment the developing department.

In the start of 2016, the Department of ORL-HNS was officially recognized by the ZCMC, with Dr. Justin Elfred Lan B. Paber as its first chairman and Dr. Jerome R. Ho as the Training Officer. Continuous improvement of the department as well as progressive increase in patient census and services were offered. The department likewise participated in multiple surgical missions doing charity thyroid surgeries and other head and neck surgical cases in other medical facilities in the region as far as Ipil, Zamboanga Sibugay to Dapitan City, Zamboanga del Norte and to Bongao, Tawi-Tawi.

By 2017, the department accepted its second Resident Medical Officer, Dr. Joni Anne C. Wee. A memorandum of agreement with Southern Philippines Medical Center in Davao City also brought to the department the service of Head and Neck Oncology Surgical specialist Dr. Joseph E. Cachuela.

The youngest department of Zamboanga City Medical Center continues its trailblazing ways and achieved the accreditation of its Residency Training Program under the Philippine Board of Otorhinolaryngology-Head and Neck Surgery, Inc this year.