

Official Publication of **CAPITOL MEDICAL CENTER, INC.**  
A MOUNT GRACE PARTNER 

# the TORCH

*December 2019 Issue*

**"BUILDING HEALING  
SUCCESS, TOGETHER."**

**CMC Opens New Centers:  
Non-Invasive Cardiovascular Laboratory  
Center for Respiratory Medicine  
Diabetic Foot Center & Hyperbaric Medicine**





## Message from the Chairman

On our 50th year, it is fitting to honor and recognize the contribution that each one of us has brought to Capitol Medical Center (CMC). The last 50 years has seen CMC persevere through all kinds of challenges, while nurturing teamwork and pride in being part of its venerable organization. This strategic agility, teamwork and solidarity shall sustain CMC through the next 50 years.

I invite everyone to have meaningful conversations with colleagues and customers, revel in the duty of embodying the CMC brand and make time to recognize the members and teams that contribute to the achievement of CMC's milestones. The success of the next 50 years lies greatly in preserving your trust and commitment that has built Capitol Medical Center into the mission-centered institution it is known for.

Cheers and abundance to everyone in 2020, and I wish all of us a blessed 50th anniversary.

  
Andrew Clinton Hess



## From the President

The arrival of 2020 marks Capitol Medical Center's 50th anniversary, and brings with it a sense of excitement and celebration for all of us. In the coming months, we will begin to see the results of our recent efforts take shape, creating an even better workplace for our doctors and staff, and ever elevating the definition of patient experience for our customers today and in the future.

Let us continue to be driven and fueled by the brand of solidarity forged by the legacy of our founders as we head onward into the next chapter of our ongoing story of service as One Capitol Medical Center.

Warm greetings to all on this new year and on our 50th founding anniversary!

  
Rhais Gamboa

## THE EDITORIAL TEAM

Dr. Deborah Bernardo  
*Editor-In-Chief*

Ms. Kristyn Perez  
*Associate Editor*

Ms. Faridah Vicerra  
*Layout/Content Editor*

Mr. Lynard Longcop  
*Admin*

### Contributors

Ms. Mary Jane Cortez, PhD  
*Dean, CMC Colleges*

Dr. Jesse Noel Conjares  
*Medical Staff*

Ms. Elaine Caday  
*Asst. Chief Nurse, Nursing Service*

Dr. Vincent Benedict Sia  
*Chief Resident,  
Department of Pediatrics*

## From the Editor



Happy holidays! This time of the year provides us the chance to reflect on the year just past and be grateful for the blessings we received. Even the lessons we learned from what we initially thought were failures. May all of these fuel us to achieve even greater heights in the year ahead.

Capitol Medical Center, Inc. is looking forward to celebrating its 50th year in 2020. While those of us who have been here long enough love to regale ourselves with happy memories, let us join hands to propel Capitol even further into its next 50 years. Fifty years of touching the lives of our loyal clients is was not an easy task. Let us remember to thank those who made it happen –our leaders, our doctors and most of all, our employees.

Year 2020 – here we come!

  
Deborah Bernardo, MD



## DIABETIC FOOT CENTER & HYPERBARIC MEDICINE

By: Dr. Luinio S. Tongson

Section Head

Diabetic Foot Center & Hyperbaric Medicine

The Diabetic Foot and Hyperbaric; Center for Wound Healing of Capitol Medical Center is a state-of-the-art, multidisciplinary center that offers a comprehensive advance treatment for chronic non-healing wounds. The team composed of dedicated, compassionate, experienced physicians and nurses have the expertise to understand and treat the varied circumstances and challenges of complex wounds.

The goal of the center is not only to heal chronic wounds, but also to preserve limbs and prevent wound recurrence. The center will provide the finest treatment possible while improving the comfort and quality of life to our patients. One of the rationales of the center is early recognition of patients "at risk" of developing diabetic foot. A comprehensive foot screening will be performed and patients will be taught on the proper foot care. The aim is preventive measures to minimized and prevent lower limb amputations. Another emphasis of the center is the prevention and early treatment of pressure injury.

The services of the center:

### Diabetic foot screening

- ABI
- Monofilament testing
- Tuning fork
- Risk stratification

### Diabetic foot and wound care education

#### Wound care

- Using "modern dressings"
- Debridement and wound bed preparation

### Pressure injury monitoring, prevention and treatment

#### Advanced wound care

- Vacuum assisted closure
- Compression therapy
- Lymphedema therapy
- Application of growth factor
- Application of total contact cast or removable cast walkers

#### Varicose vein procedures

- Vein stripping
- Endovenous laser therapy
- Sclerotherapy
- Microphlebectomy
- Superficial laser treatment
- Varicose vein consultation

### Intermittent pneumatic compression for lymphedema and venous diseases

#### Enterostomal care

### Hyperbaric oxygen therapy indication

#### Wounds:

- Problematic, non healing wounds and ulcers (Diabetic, venous etc.)
- Infective wounds - gas gangrene, refractory osteomyelitis, necrotizing soft tissue infections
- Acute traumatic ischemias, crush injuries, compartment syndromes
- Compromised skin grafts and flaps
- Thermal burn

#### Oncology:

- Late radiation induced tissue damage and complications due to endarteritis
- Prophylactically adjunctive to therapeutic radiation, for preparation of surgery or implant procedures in previously irradiated fields

### Primary line of treatment:

- Air or gas embolism
- Decompression sickness
- Carbon monoxide poisoning
- Smoke inhalation

### Other indications:

- Acute sensorineural hearing loss
- Intracranial abscesses
- Bell's palsy
- Severe anemia

### Research indications:

- HBOT in neurological illnesses- cerebral palsy, stroke, head injury
- HBOT as a radiosensitizer in Glioblastoma multiforme and re-irradiation of squamous cell CA
- Well being

*There are other relative indications of HBOT in the research journal which can be explored by the wound center.*

### Palliative care

### Goals of the wound center

#### Clinical outcomes

#### Heal problem wounds:

- Diabetic ulcer
- Arterial ulcer
- Osteomyelitis
- Venous ulcer
- Vasculitic wound
- Radiation wound
- Osteoradionecrosis
- Decubitus and other pressure injury
- Soft tissue infections
- Other hard to heal wounds

#### Prevent diabetic foot amputation

Prevent, monitor and treat pressure injury (Pressure ulcer/ Decubitus ulcer)

#### Palliative care

The center offers easy access to the wound care services at 2nd floor, CMC 3 building.

## “NURSES: BENCHMARKING FOR EXCELLENCE”

By: Norielee Salazar – Magsingit, EdD, RN

The Capitol Nursing Service Division, in its pursuit of excellence and establishing a CMC nursing care brand, continues to benchmark with the best practices here and abroad. From July 2 to 5, 2019, CMC Director for Nursing, Dr. Norielee Salazar-Magsingit, and Department Manager of Delivery Room, Miss Susan P. Gaerlan joined the study group, who went to Osaka, Japan and visited Kobe University Hospital. The study tour provided an opportunity for the group to observe various hospital facilities and practices, particularly the proper storage and dispensing of blood.



From left to right: Dr. MATSUO Hiroya-Kobe University Professor, Ms. Susan Gaerlan, Ms. Midori Hirai, MD, PhD - Director of Hyogo Blood Center and Ms. Norielee Salazar.

## IN THE LOOP

### NURSING SERVICE DIVISION (NSD)

NSD comprises about 60% of the employees; the largest division and is a vital service in the hospital that provides direct and indirect in-patients and out-patients health services. NSD integrates, coordinates and interfaces with other support services to achieve the institutions vision, mission and quality policy.

The NSD staff are committed to deliver highest quality, safest, efficient nursing care and promote the optimum level of health and wellness of our clients regardless of diversity of culture; religion or status in the society.

### WITH GRACE UNDER TOXICITY

We continuously conduct training, seminars and education to address the pursuit of advance knowledge and skills; to help our staff gain expertise in evidence base practice and provide them with varied opportunities and experiences. We are all working hand and hand to achieve our KRA/KPI and continuously improve our services for patient’s satisfaction. Morning huddle is being done by the nurse managers to immediately address issues and concerns.



## MEDICAL SERVICE IN FOCUS

### Minimally Invasive Spine Surgery (MISS)

In the photo: Dr. Alfred Tan, Dr. Edmund Oreta, Ms. Sheree Velasco, RN and Dr. Elmer Jose Maceda

Capitol Medical Center has recently piloted its Minimally-Invasive Spine Surgery (MISS) under its Neurosurgery wing, to bridge the gap for over 15,000 Filipino patients needing spine procedure every year due to pain, congenital deformity or paralysis acquired from trauma, infection, neoplasm and degeneration of the spine.

In contrast to open-spine surgery, MIS and other minimally-invasive surgical approaches provide faster and safer recovery due to reduced trauma to muscles and soft tissues.

Better cosmetic results from smaller skin incisions and less blood loss from surgery are some of its potential benefits. Furthermore, some MISS cases are performed as outpatient procedure and applies only local anesthesia.

Capitol Medical Center is now serving patients who needs to undergo MISS through our Neurosurgery Unit under the leadership of Dr. Elmer Jose Meceda, local endoscopic spine surgery expert. For details regarding MISS surgery procedure you can reach our Neurosurgery Unit at local 1214 for details.

## Congratulations!



**DR. FRANKLIN P. ATENCIO, FOGS**  
Consultant, Dept. of Obstetrics and Gynecology

Recipient of 2019 Presidential Citation Award in recognition of being “The Moving Spirit Behind Advanced Pelvic Surgery Training” given by Asia & Oceania Federation of Obstetrics & Gynecology (AOFOG) 2019



**DR. CHRISTIA S. PADOLINA, FOGS**  
Consultant, Dept. of Obstetrics and Gynecology

elected as President Philippine Obstetrical and Gynecological Society (POGS) and Overall Chair 26th Asia and Oceania Federation of Obstetrics and Gynecology Congress





## CMC Consultants Graduate with Masters of Hospital Administration Degrees

Last June 18, 2019, members of the Capitol Medical Center medical staff through the Philippine Christian University Graduate School of Business and Management Off-campus Extension Program graduated with a degree in Master in Management, Major in Hospital Administration (MMHoA) at the PICC. This program specifically catering to working professionals provided management and hospital administration training tailored to the busy schedules of the students. Classes were held every Friday afternoon in-house at the Capitol Medical Center and completed in 18 months. Included in the 2019 class are CMC consultants Drs. Jesse Noel Conjares (Orthopedics), Thelma Conjares (Anesthesiology), Victor De Los Reyes (Surgery), Roger De Venecia (Radiology), Dianne Garcia (Radiology), Liza Henson (Pediatrics), Jorge Logarta (Surgery), Elaine Lopez (Anesthesiology), Pia Mendiola (Pediatrics), Bambang Nepomuceno (Pediatrics), Benigno Santi II (Radiology), Reina Soriano (Anesthesiology), Sybillie Thimm (Anesthesiology), and Luin Tongson (Surgery). The class also included Drs. Earl Ryan Cruz (Anesthesiology), Carmelo Lopez (Anesthesiology), Ann Sy (OB) and Henry Echiverri. Congratulations to the newly grads!



## Capping, Pinning & Candle Lightning Ceremonies

*By Dean Mary Jane Cortez*

The College of Nursing celebrated its 15th Capping, Pinning & Candlelighting Ceremonies last August 29, 2019 held at the Capitol Medical Center Auditorium.

A thanksgiving mass was celebrated followed by the program of the event.

The ceremonies heralded the beginning of the clinical nursing experiences of the students starting . They received the symbols of the nursing profession – the cap, pin and lamp with candle. Ms. Florence Nightingale was represented this year by one of CMCC's graduates, Ms. Joy Ysabel Cuevas-Cifra of BSN Class 2012. Ms. Cifra is currently working as a staff nurse at Capitol Medical Center.

One of the highlights of the program was the inspirational message delivered by Dr. Norilee S. Magsingit, the Chief Nurse of CMC- Nursing Division. Dr. Magsingit motivated the students to soar high like the eagle as nurses with caring, compassion and commitment.

To witness the program were the faculty members led by Dean Mary Jane L. Cortez, parents and guardians of the students.



## Medical Technology Students Place 9th in PAMET Quiz Show

CMCC – College of Medical Technology participated in an Inter-School Quiz Show organized by the Philippine Association of Medical Technologists (PAMET) Philippine Association of Schools of Medical Technology (PASMETH) last September 18, 2019 held at the Philippine International Convention Center (PICC).

Remarkably, CMCC ranked No. 9 out of 47 participating Colleges and Universities. The students who represented the college were Mr. Jules Simon Angcaco, Ms. Cyril Lois Amongol, Ms. Hovelyn Lou Diaz, Mr. Ryan Pierre Mugas. They were accompanied by Prof. Marco Oliver Flores.

CMCC continues to strive for the academic development of its students.

## “ALL AROUND THE WORLD”

An annual event awaited by both new and old students is the acquaintance party. This year, the theme was “All Around the World” which led students to wear costumes of a country they were able to visit or still wish to travel in the future. Students came as Ninjas, Maria Clara, European Fashionista, among others.

The program featured the singing talents of students who joined the Duet Singing Competition and the dance moves of the different groups of students. The champion for the duet were two second year nursing students, Ms. Denise Nicole Celestino and Ms. Charisa Morales. A band entertained the participants composed of RT students led by Prof. Marlon Marcelo.

The party was held last September 26, 2019 at Cowboy Grill & Restaurant, Quezon City.





# TRAINING PROGRAMS UPDATES

By: Dr. Vincent Benedict S. Sia, Chief Resident - Department of Pediatrics

## 100% Board Exams Passing Rates

2019 is a banner year for the medical trainees of Capitol Medical Center. All graduate of the Residency and Fellowship Training of Capitol Medical Center programs passed the certifying board exams of their respective specialty societies held in 2019.

Dr. Celina Pia Patricia Oliveros-De Guzman from the Department of Pediatrics heads the list for being the Topnotcher of the Philippine Pediatrics Society's Written Diplomate Examination given March 2019. She is joined by her colleagues, Dr. Kimberly Claire Dumayac, Dr. Jamaica Fueconcillo, Dr. Gem Minnie Mae Gaw, Dr. Genevieve Garcia.

The Department of Medicine graduates, Dr. Archangel Manuel, Dr. Julius Miranda, Dr. Wilbert Tarun, and Dr. Simeon Villangca also passed the Philippine Specialty Board in Internal Medicine given March 2019.

Dr. Vincent Joya and Dr. Scarlett Macalalad from the Department of Radiology likewise passed their Specialty Board Exams.

Dr. Federico A. Peralta IV, a graduate of the CMC Medical Internship program topped the Physician Licensure Examination. CMC interns also had a 100% passing rate.

## Pediatrics in Tune



The Department of Pediatrics recently conducted its 24th Scientific Symposium entitled "PEDia@SOCialMEDia" last June 19, 2019, in Novotel Manila, Araneta Center. The symposium aimed to increase the awareness of the different social media sites and their effects on child health.

Topics such as cyberbullying, digital flirting, sexting and depression discussed. It is hoped the symposium sparked awareness on the issue and that health care providers should continue to watch out for and monitors in their patients

## Transcatheter Aortic Valve Repair - The Revolutionary Catheter Technique for the Heart Valve Disease



Last July 23, 2019 CMC performed its first case of Transcatheter Aortic Valve Repair (TAVR) in our Cardiac Catheterization Laboratory. The TAVR team was headed by Dr. Romeo Nelson Lee (Thoracic Cardiovascular Surgeon) together with Dr. Timothy Dy (Interventional Cardiologist), Dr. Melissa Co-Sia (Interventional Cardiologist), Dr. Aristides Panlilio (Echocardiographer) and Dr. Theresa Menor (Anesthesiologist).

The three-hour procedure was successfully completed through the combined efforts from the different ancillary units such as TCVS-OR and Non-Invasive Cardiovascular Laboratory.

Our patient is a 60-year-old male diagnosed with secondary Cardiogenic Shock to Severe Aortic Stenosis, Valvular Heart Disease, Acute Coronary Syndrome - NSTEMI S/P Coronary Angiogram under the care of Dr. Joselito Atabug. To learn more about TAVR procedure and packages please call our Cardiac Catheterization Laboratory at local 4260 to 64.

# KAPUSO MO, JESSICA SOHO

As part of our continuing service in providing quality care to our community, Capitol Medical Center, Inc. (CMCI) partnered with GMA7's, Kapuso Mo Jessica Soho (KMJS) as the episode "Dakilang Lahi" tackle the issues and dangers of injecting petroleum jelly and baby oil into external male genitalia because of peer pressure. The topic has already gained 1,516,166 views as of this writing. It was aired last November 3, 2019 (Sunday).

The removal of foreign body procedure or Penile Surgery was headed by Department of Surgery and in coordination with Business Development & Marketing under the supervision of Dr. Maximo Elgar (Assistant Medical Director). Dr. Nelson Patron lead the surgery procedure along with other esteemed Urologist of CMC; Dr. Reginald Bautista, Dr. Joben Chua, Dr. Victor Philip Delos Reyes and Dr. Paul Sunga.

## TNC WEEK CELEBRATION: Keeping the TLC Legacy Spirit Alive

In celebration of its founder Dr. Thelma N. Clemente's death anniversary, CMC invited Mr. Francis Kong as guest speaker during the 2nd Memorial Lecture last October 8, 2019 to be the guest speaker. He talked about the importance of legacy: The Right Pursuits in Life.

Present during the event were the daughter of Dr. TNC - Ms. Carmina Desales, Vice Chairman together with Mr. Rhais Gamoboa, President; Ms. Girlie Tan, COO; Dr. Lilia Luna, Medical Director; CMC Management and employees



Another part of the celebration was the opening of the Gallery. On October 11 This is the former office of Dr. TNC which was renovated to house her most valued collection of paintings and awards and opened to the public. It was followed by a solemn mass and get-together party dedicated to TNC. Former employees of CMC shed good memories in sharing some nostalgic stories remembering TNC.



Jessica Soho and the patients of Dakilang Lahi episode.



Dr. Reginald Bautista preparing for the patient assessment.



A photo of Dr. Victor Philip Delos Reyes and team during the operation.



## CORPORATE SNAP-SHOTS

### CMC Celebrated its 49<sup>th</sup> Anniversary

A spectacular evening cocktail reception was organized on Friday 21st of June to celebrate CMCI's 49th Year Anniversary, dubbed as Grande Royale - held at Eton Centris. It was a festive event that had employee from different divisions performing production numbers.

The Employees Recognition ceremony was the main highlight of the occasions. Ms. Carmina C. Desales led the awardees for her 40 Years of service to the company. She currently serves as the Vice Chairman of the Board of Directors.

All Service Awardees were recognized for their contributions for making Capitol Medical Center your home for Excellent Healthcare.

### ONE FAMILY! ONE CAPITOL!

Mr. Rhais Gamboa, the President and CEO of CMC, Inc. led the hospital's first Town Hall Meeting on July 10, 2019. It was well-attended by the employees who got first-hand updates on the institution's directions and the administration's plans on how to get there.



### Strategic Planning 2020:

CMCI Management and Medical Service, engaged in a strategic session at Seda Hotel, Vertis North last October 10, 2019. Having everyone in the same room fostered collegiality and created a milieu in which everyone focused on the direction of each department's practices, away from patient care and duties. It promoted openness, creative ideas, and working out effective solutions.

### Blessing & Opening of the New Patient Wing:

Capitol Medical Center opened its newly renovated patient wing located at the 9th floor of CMC 5 last September 20, 2019. Present during the blessing and opening were CMCI's Chairman Mr. Andrew Clinton Hess and Vice Chairman Ms. Carmina Desales, together with the Board of Directors, Management and CMCI Employees.