

DOH-NCR and DZMM Partner for 12th Buntis Congress



DOH-NCR NBS Coordinators with VYLH-NCR members. Bottom: Attendees patiently wait for the start of the 12th Buntis Congress.

The Department of Health–National Capital Region (DOH-NCR) Office once again teamed up with DZMM for the 12th Buntis Congress at the SM Megamall Megatrade Hall, Mandaluyong City, on June 7, 2014.

Buntis Congress is an annual event that gathers pregnant women and where mothers and would-be mothers listen to lectures about their health and the health of their babies.

This year, topics in the congress include family planning, breastfeeding, and essential intrapartum newborn care, including newborn screening, complications of pregnancy, and nutrition during pregnancy, among others.

Mothers were also treated to games, raffle prizes, performances of guest artists. DOH-NCR gave away newborn screening lunch bags to the raffle winners.

Members of the Volunteer Youth Leaders for Health–NCR Cluster were also present during the Buntis Congress. The youth leaders took this opportunity to educate the attendees on newborn screening and folic acid supplementation. *HEPascua*



DOH-NCR Orients NSF's on Expanded NBS

The Department of Health–National Capital Regional Office conducted an orientation on Expanded Newborn Screening for Metro Manila Newborn Screening Facilities (NSF) at the Hotel Rembrandt, Quezon City, on June 1 and 25 and July 2 and 4, 2014.

A total of 590 NSF's attended the orientation which discussed Newborn Screening Center–National Institutes of Health (NSC-NIH) Administrative Protocols, Expanded NBS Panel of Disorders, Unfit and Unsatisfactory Samples, Age of Collection and Transit Time, NBS Continuity Clinics, PhilHealth Newborn Care Package, and Licensing Requirements for Birthing Home and Hospitals.

The activity featured speakers from NSC-NIH, Newborn Screening Reference Center, DOH-LRED, and PhilHealth. It also provided opportunity for the NSF's to clarify issues and raise concerns about the NBS Program. *HEPascua*

DOH-MIMAROPA Undergoes Training on Expanded NBS



Laboratory exposure at NSC-NIH

The Department of Health–Regional Office IVB conducted newborn screening (NBS) training and orientation on Expanded NBS for hospitals and Regional Health Units with functional BEMONC and Lying-In facilities in MIMAROPA province at Fernandina 88 Suites Hotel, Cubao, Quezon City, on July 23-25, 2014.

Part of the training was a visit to Quirino Memorial Medical Center in Quezon City where participants had a practicum on heel-pricking, which is a critical skill in collecting good quality blood sample. The participants also had their laboratory exposure at the Newborn Screening Center–National Institutes of Health laboratory at UP Ayala Land Techno Hub, Quezon City.

Visayas: The Next Phase *from page 1*

Eastern Visayas: Recovery from Yolanda

One of the provinces greatly affected by super typhoon Yolanda in November 2013 was Eastern Samar. Health facilities were not spared from the havoc, but many quickly bounced back and resumed providing health services. NSC-Visayas was also quick to provide support as it conducted Newborn Screening Reorientation Program and Updates at Hotel Doña Vicenta, Borongan City, on August 5-6, 2014.



Participants of the Newborn Screening Reorientation Program and Updates in Borongan City

The activity served as a venue for the participants to refresh their knowledge on the program and for newcomers to learn about the basics of newborn screening. Representatives from the different health facilities in the province attended the event.

The NSC-Visayas Team also stopped over at Tacloban City on August 7, 2014, for a training with actual heel prick for new enrollees who want to become newborn screening facilities. The program was designed for facilities to acquire the basic knowledge about the Newborn Screening Program and to possess the necessary skills needed for blood sample collection.

The quality of dried blood is one of the key factors for the effective and reliable performance of the newborn screening test. This facilitates timely diagnosis and management of babies with positive screens which creates a significant impact in preventing the complications of inborn metabolic disorders such as mental and growth retardation, severe anemia, congenital cataract formation, and even death. Samples rejected because of insufficiency and contamination can put the patient at risk for the above mentioned complications if they are not recalled properly.

The activity was held at Asia Stars Hotel, Tacloban City, and the participants had their practicum at Eastern Visayas Regional Medical Center, a future host institution for the Newborn Screening Continuity Clinic for Region VIII.

Meanwhile, NBS Reorientations were held in Cebu province on August 13-15 and in Bohol province on August 19-20, 2014. A series of Integrated Consultation Meeting was also conducted with the facilities in Western Visayas to evaluate the implementation of the program and formulate ways to improve coverage. The most recent was with the Iloilo province group held at Sarabia Manor Hotel, Iloilo City.

In Iloilo City, Newborn Screening Coordinators from Visayas met up for their regular Program Implementation Review and Planning Activity on August 28, 2014. The agenda included the evaluation of the current status of the Newborn Screening Program in the disaster-stricken areas. The team also discussed the preparation needed for the implementation of the expanded newborn screening services.

Looking Forward

The Newborn Screening Program in the Visayas has been quietly evolving. The program is transforming into a more responsive health service, while program partners are also adapting to the times.

IN FOCUS

RHU-Carmen and Cooperative Effort

Carmen is a fourth-class municipality in Agusan del Norte and subdivided politically into eight barangays engaged in agricultural, fishing, and ecotourism industries. When Newborn Screening Center–Mindanao (NSC-M) initially visited Rural Health Unit (RHU)–Carmen on March 13, 2014, its annual statistics for 2013 showed a low NBS coverage of 31.56% and an average of 22 deliveries per month.

To address the poor coverage, the NSC-M Team lined up strategic activities to help RHU-Carmen. Newborn screening (NBS) lectures were incorporated in the Pre-Marital Counseling, Mothers' Classes, and Bench Conferences. The importance of NBS was also emphasized during pre-natal visits, admissions, postpartum counseling, and infant and young child counseling. Installment payments were practiced as early as the mother's first pre-natal visits.

The initial efforts to improve NBS in RHU-Carmen paid off as an NBS coverage of 83.11% was recorder from January to April this year.

In high spirits and to improve further sample collection, Gertrudes Corazon S. Gonzales, NBS Nurse Coordinator, and Dr. Bonifacio F. Wong-Marcon, Carmen Municipal Health Officer, requested for a program orientation and sample collection training for all health personnel.

The activity, which was attended by 19 health personnel composed of nurses, midwives, medical technologists, and physicians, was conducted at Kimberry Beach Resort, Carmen, Agusan Del Norte, on May 27-28, 2014. During the training, medical technologists were taught how to collect samples for G6PD confirmatory testing so that patients with positive G6PD deficiency result will not go to Cagayan de Oro anymore but to Polymedic Medical Plaza instead, which is the nearest confirmatory testing center and just three to four hours away from Carmen.

After the two-day training, the project development officers of NSC-Mindanao conducted home visits to all babies delivered at home for free newborn screening. Sample collection was delegated to the nurses and midwives to further improve their skills. The team was divided into three groups assigned to specific barangays. RHU staff also encouraged mothers to

Continued on page 7 . . .

NBS Trainings and Refresher Courses in CARAGA and Region XI

The semi-annual national coverage result for the Newborn Screening (NBS) Program seems favorable for most regions in Mindanao. However, along with inspiring outcomes, perennial concerns such as unsatisfactory samples from both old and newly accredited newborn screening facilities (NSFs) make their way into the charts.

To address these concerns, a series of NBS trainings and refresher courses was conducted in August to selected provinces in CARAGA and Region XII by their respective Department of Health–Regional Offices and Newborn Screening Center–Mindanao.

Two of the NBS trainings and refresher courses were conducted in CARAGA—one in Socorro, Surigao del Norte, and another in Butuan City. Rural Health Unit (RHU)–Socorro held its training on August 4-5, 2014, and trained 23 nurses and midwives from RHU-Socorro and 2 nurses from Socorro District Hospital. Dr. Chrismar L. Mocoero, Socorro Municipal Health Officer, attended the training and encouraged the staff to intensify efforts to screen more babies in their area.

Meanwhile, the refresher course in Butuan was held on August 12-14, 2014, and accommodated two batches of health professionals such as doctors, nurses, midwives, and medical technologists, 24 of which came from NSF's in Surigao del Sur and 25 from NSF's in Agusan del Sur.

Continued on page 7 . . .



The Staff of RHU-Socorro, Surigao Del Norte, headed by Dr. Chismar L. Mocoero

NSC-CL Focuses on Leadership for Its Team-Strengthening Activity



Participants from NSC-CL balance on ropes during their team-strengthening activity in Angeles City, Pampanga.

Learning the ropes.

With lots of outdoor games and rope activities, 40 staff from the Newborn Screening Center–Central Luzon (NSC-CL) underwent team-strengthening activities at the Angeles University Foundation, Sta. Barbara Campus, Angeles City, Pampanga, on July 25, 2014.

Learning from the first team-building activity in 2013, NSC-CL focused this year's program on enhancing leadership and commitment values for NSC-CL staff and Newborn Screening (NBS) Coordinators and NBS Continuity Clinic nurses from Regions I, II, III, and CAR.

Whereas 2013's activity zoomed in on the building blocks of team effectiveness, this year's program highlighted the five fundamental steps of exemplary leadership: (1) challenge the process, (2) inspire the vision, (3) enable others to act, (4) model the way, and (5) encourage the heart. These principles were later simulated through different "challenge by choice" activities such as Defusion, A-Frame, Mohawk Walk, Electric Fence, and Multi-Vine Traverse.

Besides outdoor challenges, participants also underwent group reflections where they discussed the circumstances and barriers that hinder the complete implementation of the program. The activity closed with a challenge presented to the participants: "How do we apply the practices of exemplary leadership in our workplace and everyday lives?"

The activity was facilitated by Learning and Understanding Behaviors and Insights for Development (Lubid, Inc.). *MCMReyes*

DOH-CAR Conducts NBS Implementation Review

To update the different stakeholders of newborn screening (NBS) on the status of the program in the national and regional level, the Department of Health–Cordillera Administrative Regional Office (DOH-CARO) spearheaded the Newborn Screening (NBS) Program Implementation Review at Pangil Beach Resort, Currimaog, Ilocos Norte, on July 2-3, 2014.

Attended by representatives from Newborn Screening Reference Center (NSRC) and Newborn Screening Center Central Luzon (NSC-CL), DOH-CARO NBS Team, and coordinators from different Newborn Screening Facilities (NSFs) in CAR, the two-day review also reiterated the implementation of new protocols, discussed strategies to increase coverage, and encouraged good working relationship and close coordination between institutions.

Dr. Florencio Dizon, NSC-CL Unit Head, opened the event by giving some words of inspiration and later on discussed Expanded NBS and the factors that affect the success of the program such as coverage, unsatisfactory rate, NSF activity status, and specimen transit time.

Meanwhile, Dr. Virginia Narciso, DOH-CARO Child and Adolescent Health and Development

Continued on page 7 . . .



Participants of the Program Implementation Review join in both icebreakers and workshops.

VOLUNTEER YOUTH LEADERS FOR HEALTH

Mindanao Cluster Celebrates VYLH 5th Anniversary

The streets of Davao City on July 12, 2014, were host to the Street Fashion Photo Shoot, the kick off activity of the 5th Founding Anniversary of the Volunteer Youth Leaders for Health Philippines (VYLH) in Mindanao.

Organized by Mindanao young volunteers, the photo shoot showcased a collection of VYLH-Philippines apparel and other souvenir items given throughout the different conferences and congresses since 2009. The rest of the activities were slated on July 14-18.



Volunteers and students and partners dance during the Zumba Sinco.

Anchored on the slogan "VYLH High Five: Educate, Empower, Engage and Experience," the anniversary celebration was set to encourage every VYLH member to be updated with the current trends of being a volunteer youth. Coincidentally, July was also VYLH's Organizational Orientation Month, a time when all member organizations are requested to reorient their members about VYLH-Philippines. Orientation sessions were held during the anniversary week and all of July.

Together with the Newborn Screening Center-Mindanao, the volunteer youth leaders spearheaded the highlight of the celebration, the Zumba Sinco for Health, a Zumba dance exercise open to all healthy lifestyle enthusiasts in Davao City. The event was held at People's Park, Davao City, from 5:30 to 6:30 in the morning and was attended by 142 joggers, youth volunteers, and students from University of Southeastern Philippines and Mindanao University.

A brief presentation about the VYLH network and its advocacies was also conducted before the program started. A free blood pressure checkup booth was also installed near the activity grounds. Free water and bananas were also given to the participants.

Activities during the one-week celebration were not confined to the grounds, social media activity was also launched. The VYLH anniversary celebration used the official hashtags #HighFiveVYLH and #VYLH5thAnniversary, which volunteers could use on Facebook and Twitter.

Volunteers were also invited to participate in social media campaigns such as the July 14 High Five!, the July 15 VYLH Five-rites, the July 16 I Volunteer, and flashback days on July 17 and 18. *ADTadlas*



High Fives

Continued from page 7 . . .



Street Fashion Photos

RHU-Carmen . . . from p. 4

enroll for PhilHealth membership since newborn screening is included in the Newborn Care Package.

On August 13, 2014, a follow-up visit was conducted by NSC-Mindanao to evaluate the outcomes of the activity as well as the barriers on the program implementation. *RAguilar*

NBS Trainings . . . from p. 4

In Region XI, the last training for 2014 was held on August 19-20, 2014, at the Ritz Hotel, Garden Oases, Davao City. A total of 30 health personnel from different provinces of Region XI attended the activity, and they observed the daily routines and activities inside the Newborn Screening Center-Mindanao. A practicum also followed at the NBS Room of Southern Philippines Medical Center. *RAguilar*

DOH-CAR . . . from p. 5

Cluster Head, presented the NBS accomplishments in 2013 and facilitated workshops to determine problems and solutions relevant to the program. The workshop outputs were presented by provincial representatives.

During the second day, Juan Carlo Remulla, Project Development Officer of NSRC, discussed the functions of the Newborn Screening Continuity Clinics, while clinical dietitians Elizabeth M. Limos and Aster Lynn Sur presented recommended diet for patients with metabolic and endocrinologic disorders and explained the formation of parent support groups. Later that day, Nikki Dela Cruz, NSC-CL Project Development Officer, presented the summary of agreements during the whole activity.

The review culminated in Dr. Dizon posing a challenge to all participants to achieve the 100 percent NBS coverage in the region, to strengthen team commitment, and to support the upcoming implementation of Expanded NBS. *NDelaCruz*

EDITORIAL STAFF

Executive Editor: Riza Concordia N. Suarez
 Managing Editor: Vina G. Mendoza
 Associate Editor: Emerson Kim J. Lineses
 Layout Artist: Emerson Kim J. Lineses
 Contributors: Ronald Aguilar, Perly Bermudez, Nikki Dela Cruz, Nanette Montilla, Hermes Pascua, Mary Agnes Panton, Myca Camille Reyes, Apple Dowannie Tadlas, Richard Alipasa, Marjorie Dimaano, Susan Jalad, Juvelyn Lumabas, Mary Grace Opon, Girlie Villaruel, Carmencita D. Padilla, MD, MAHPS

Comments and questions may be sent to:
 Newborn Screening Reference Center
 National Institutes of Health
 University of the Philippines Manila
 Unit 104, Building Alpha, UP Ayala Land Technohub, Brgy. UP Campus Diliman, Quezon City

or email us at: info@newbornscreening.ph
 Website: www.newbornscreening.ph
 Follow us on Twitter: [@newbornscreening](https://twitter.com/newbornscreening)

ANNOUNCEMENT



Republic of the Philippines
 Department of Health
 OFFICE OF THE SECRETARY

June 27, 2014

DEPARTMENT MEMORANDUM
 No. 2014- 0200

FOR: REGIONAL OFFICES DIRECTORS, NEWBORN SCREENING CENTERS AND SPECIALTY HOSPITALS, CHIEFS OF MEDICAL CENTERS & HOSPITALS AND NEWBORN SCREENING COORDINATORS

SUBJECT: PROTOCOL ON COLLECTING BLOOD SAMPLES FOR NEWBORN SCREENING

Maple syrup urine disease (MSUD) is an autosomal recessive inborn error of metabolism caused by the deficiency or absence of the branched-chain ketoacid dehydrogenase (BCKAD) enzyme. Patients with MSUD may present with poor suck, lethargy, vomiting, irritability, seizures and coma. If left untreated, patients may have serious brain damage and possible mental retardation.

The high incidence of MSUD and its often progressive clinical course, including overwhelming neonatal illness and eventually death, led to its inclusion in the Newborn Screening Panel of Disorders in 2012.

Since its inclusion in the NBS Panel, high morbidity and mortality rates for the MSUD positive screened patients were noted. Upon review of the cases, the observation was attributed to the delay in the screening time and/or newborn screening turn around time, defined as the time from sample collection to testing and eventually to recall of patient for proper management. These patients need urgent diet modification as further delay will lead to irreversible complications. For patients recalled beyond 5-7 days, urgent peritoneal dialysis may be required to save the patient.

To help ensure a better prognosis for MSUD patients, a change in the protocol in collecting blood samples for NBS shall be made. The current document states "NBS is ideally done on the 48th - 72 hours from birth". This will be replaced with the statement "Newborn screening should be ideally done immediately after 24 hours from birth and the blood sample should be in the laboratory not later than 4 days old."

In this connection, NBS information materials relevant to blood sample collection shall reflect the said message. In addition, all Department of Health - Regional Health Offices and Newborn Screening Centers are directed to inform all Newborn Screening Facilities and other concerned agencies under their area of coverage of this new protocol.

By Authority of the Secretary of Health:

JANETTE L. CARIN, MD, MBA-H
 Undersecretary
 Women, Children and Family Health Cluster

Building 1, San Lazaro Compound, Rizal Avenue, Sta. Cruz, 1003 Manila • Trunk Line 651-7800 Direct Line: 711-8501
 Fax: 743-1829; 743-1786 • URL: <http://www.doh.gov.ph> • e-mail: sec@do.gov.ph



Newborn Screening Reference Center
 National Institutes of Health
 University of the Philippines Manila
 Unit 104, Bldg. A, UP Ayala Land Technohub
 Diliman, Quezon City 1101

Every baby born must have the opportunity to be spared from the heritable conditions that can lead to mental retardation and death.

- RA 9288



ASK FOR NEWBORN SCREENING

www.newbornscreening.ph



Newborn screening is covered by PhilHealth

Training to 28 Divisions

Your Feedback Is Important to Us!

Thank you for reading our newsletters!

We would love to hear your feedback. Please let us know how we can improve our bimonthly newsletters by answering the feedback form at www.newbornscreening.ph.

If you would like to write an article, please contact us at info@newbornscreening.ph. We will do our best to keep you informed about current and relevant newborn screening issues.

VOLUME 18
 ISSUE
04
 JULY-AUGUST
 2014



newborn screening

Bimonthly Publication of the Newborn Screening Reference Center
 National Institutes of Health, University of the Philippines Manila

What's Inside

Cover Story
Visayas: The Next Phase 1

DOH-NCR and DZMM Partner
 for 12th Buntis Congress **2**

DOH-NCR Orients NSF's on
 Expanded NBS **2**

DOH-MIMAROPA
 Undergoes Training on
 Expanded NBS **2**

IN FOCUS: RHU-Carmen and
 Cooperative Effort **4**

NBS Trainings and Refresher
 Courses in CARAGA and
 Region XI **4**

NSC-CL Focuses on
 Leadership for Its Team-
 Strengthening Activity **5**

DOH-CAR Conducts NBS
 Implementation Review **5**

Mindanao Cluster Celebrates
 VYLH 5th Anniversary **6**

Announcement **8**



Health services in the Visayas region resumed normal operations almost a year after the 7.2 magnitude earthquake on October 15, 2013.

Visayas: The Next Phase

Bohol Aftershock

It has been 10 months since the devastating magnitude 7.2 tectonic earthquake hit Region VII, specifically Tagbilaran City, Bohol, and Cebu City, at about 8:12 a.m. on October 15, 2013. Believed to be strongest to hit Bohol in the past 25 years, the earthquake caused landslides and brought extensive damage to houses, hospitals, schools, infrastructure, and utilities.

To determine the condition of newborn screening facilities in Bohol, the Newborn Screening Center (NSC)-Visayas, Department of Health-Regional Office VII, and Bohol Provincial Health Office conducted a quick visit to 22 facilities on July 21-25, 2014.

At the time of the visit, almost all were already back to normal operations, while some were temporarily relocated or a temporary structure was built in the original area. Almost 95% percent of the roads and bridges that had been destroyed by the earthquake had also been restored and passable to vehicles once again.

The ruins of the collapsed and abandoned facilities were a saddening sight, but it was uplifting to see Boholanos picking themselves up and rebuilding after the disaster. NSC-Visayas gathered that samples coming from Bohol were not greatly affected in the months that followed the earthquake in spite of the logistics and recall issues encountered due to the interruption in communications lines and impassable roads.

The past and the current scenario in Bohol remind us that we Filipinos are indeed a resilient people. Strong earthquakes and typhoons may pass and wreak havoc, but we still remain, determined to move on and continue living our lives.

Continued on page 3 . . .

Number of Babies Screened as of August 2014

COUNTER: 5,766,116