



The Forum

The Forum is the quarterly news of the University of the Philippines International Nursing and Healthcare Forum
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The Forum: Maiden Issue

UPINHF, Sept. 2020 The University of the Philippines Nursing and Healthcare Forum is proud to present the maiden issue of *"The Forum."* This will be our quarterly publication of news briefs, posts and articles about alumni, academic updates and human interest stories. As the name suggests, we intend *"The Forum"* to be a marketplace of ideas, an exchange of information and a constructive expression of our thoughts, including news from our beloved alma mater. All members are encouraged to participate and share newsworthy experiences.

Congratulations to the editors and contributors who have made our first issue a reality.

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Live life when you have it. Life is a splendid gift – there is nothing small about it. – Florence Nightingale

Photo Credit: A lone white camelia among pink cotillion roses – from the garden of Iren Bobis Roldan BSN69

The Christmas issue of the Forum will be published on December 15, 2020. The deadline for submitting newsworthy articles will be December 1, 2020.

Summer Webinar

Connie Oliveros, BSN67, PHN

UPINHF seeks to foster multi-sectoral exchanges amongst healthcare professionals through social and scientific endeavors. In that vein, the organization held its first webinar on August 21, 2020 (6 pm US Pacific time), which was August 22, 2020 (9 am Manila time). UPINHF's Education Committee, chaired by Emy Goodrich, BSN74 sponsored the Zoom Summer Webinar, with 145+ participants from all over the globe. We awarded 46 CE certificates in conjunction with this educational event.

We had two world-class speakers. Our first speaker was Dula Faraon-Pacquaio, EdD, RN, and CTN-A. She is a specialist in Transcultural Nursing Education and Professor Emeritus Rutgers University. Her talk was on the "Consequences of Inequities in the COVID-19 Pandemic." Our second speaker was Commissioner Raymund Enriquez Liboro. He is a member of the Philippines National Privacy Commission and the current Chair of the Global Privacy Assembly COVID 19 Task Force. He is the first Asian to be elected to the Executive Committee of the Global Privacy Assembly, and is former Assistant Secretary of the Philippine Department of Science and Technology. He presented on "Reimagining Privacy in the COVID."

A lively *kamustahan* and recognition of jubilarians followed: among those recognized were Double Diamond (Class 1955) Mrs. Erlinda Moore, Golden Jubilarians (Class of 1970) coordinated by Julita Reyes, and the Sapphire Jubilarians (Class of 1975) coordinated by Pinky Chance. Dignitaries from UPCN included UPCN Deans Cecile Laurente, Araceli Balabagno, Ludy Tejero, Peng Tuazon, Sheila Bonito. Remy Fernandez, Dean of Nursing Graduate Program at Arrellano University and Linda Simunek, a former Dean at Purdue and at Florida International University.

The successful event confirms UPINHF vitality!

Quiz: What is the difference between an opinion and a conclusion? Submit answers to: Merle Borrero mernell04@yahoo.com

Dr. Sheila R. Bonito:

2020 UPINHF International Nurse



UPCN Dean SHEILA BONITO, BSN92, MAN, DrPH, RN, is the UPINHF 2020 International Nurse Awardee. She was unanimously chosen for her advocacy, development and implementation of nurse training for emergency preparedness, response and disaster management. We bestowed this award during the UPINHF Forum and Webinar on August 21, 2020. The citation and a more comprehensive article about the award and Dr Sheila Bonito's many accomplishments can be found on the UPINHF website(upinhf.org).

Dr. Sheila Bonito is the 2020 Outstanding Professional for Nursing Awardee by the Professional Regulation Commission - Board of Nursing of the Philippines.

UPINHF Nursing Profile

Maggie L. Ongkiko, BSN, MSN, RN, CCRN



MARIA LOURDES ("Lulu") ALTAMIRANO VAN DER MEER, BSN '70, of Tilburg, The Netherlands, a UPINHF life member, is one of this year's recipients of the UPCN Distinguished Alumni Award for Public Service. The recognition for her public service efforts is very apropos for a woman who spent a lifetime caring and serving her fellowmen. It started many years ago with an inspiring life-changing experience while working on "a medico-surgical case study of an indigent young man from Laguna who underwent a life-saving open heart surgery." While focused on the operation she thought of the circumstances surrounding the patient's situation, like: bedside care, the family's socio-economic background, resources of the community for patient's recovery and rehab, and how he can live an independent and productive life. By these, she was far ahead practicing the emerging concept of "*Transcultural Nursing*", now a curriculum component in many nursing colleges. After a short stint in New York, she moved to The Netherlands where she studied Law at Tilburg University.

A wife, a mother, Lulu was active on women's issues. She participated in forums such as the UN Women's Conference in Nairobi, the UN Women's World Conference in Beijing, international development projects funded by The Netherlands, Belgium and the Philippines. She also supported projects of UPCN, and other UP facilities, including UP Los Banos Rural High School, UP Visayas, and the UP Tacloban Library. She credits the success of her endeavors first to God, her husband and children, her UPCN'70 classmates, and her alma mater. The UP Hymn rings true: "Far tho' we wander, o'er islands yonder, loyal thy sons we will ever be...loyal thy sons we will ever be."

Call to Action

Maggie Ongkiko, BSN73, MSN

The COVID pandemic spans six continents and 216 countries. As of September 7, 2020, the WHO had counted 27,032,617 confirmed cases and 881,464 deaths, while the Philippine Department of Health had recorded 27,338,727 confirmed case with 184,906 confirmed recoveries and 3,890 deaths.

Scholarship Assistance

In response to the pandemic The University of the Philippines College of Nursing is going virtual, effective with the start of the school year on September 10. Dean Sheila Bonito is asking for funds to assist students who need internet access. UPINHF responded quickly, and within less than a week sent US\$ 2,700.00 to the UPCN Foundation to assist sophomore students with their internet needs. Kudos to PGHSN Class '75, for donating \$2,700.00 of that amount. UPINHF members are stepping up to align with our founding purpose, including providing scholastic and professional assistance to healthcare students. After a year, UPINHF will evaluate this project. Incoming funds are being earmarked for internet access needs currently in the amount of US \$ 2,450.00.

UP students are groomed to be true builders of the future. May these students be protagonists of a more just, fraternal, harmonious, mutually supportive world!

Respirators Need

A surge in hospital admissions was inevitable, especially ICU admissions. UPINHF's compassion is focused on the needs of Philippine General Hospital (PGH), a vital health institution with huge challenges. PGH is in great need of ventilators. UPINHF is responding to the call for charitable service by raising funds to purchase an adult ventilator. The project is headed by Zayda Aberin, GN67. We now have \$4,965, but with one unit costing \$10,000, we still need over \$5,000 more. If you wish to donate for student virtual needs or for a ventilator please go the website: upinhf.org.

Magnificent '67 Supports UPINHF Fundraising

Merle Borrero BSN67:

UPCN Class '67 alumni join hands in support of UPINHF's fundraising effort to assist frontline staff at UP-PGH. From the goodness of their hearts, the alumni members donated the amount of \$1,015 to the UPINHF common fund towards the purchase of the much needed ventilator at the hospital. In addition, the class helped the surviving family of a frontline staff who passed away from the coronavirus. Ambie Oafallas was an employee of UPCN for 37 years till she caught the dreadful disease. Their classmate, former UPCN Dean Cecile Laurente, spearheaded the initiative.

First Global UPCNAA Virtual Reunion

Iren B. Roldan, BSN69/UPCN Facebook

The University of the Philippines College of Nursing Alumni Association (UPCNAA) held its first GLOBAL Virtual Reunion on August 30, 2020. This year's theme was *"Pagsaludo sa mga UPCN Nars: Una sa Husay at Tapang sa Gitna nang Pandemya."* It was heart-warming to watch the video presentation featuring the dedication and commitment of our UPCN Alumni frontline health workers. Special recognitions were given to several Jubilarian classes, including the Golden (Class of 1970), Ruby (Class of 1980), and Silver (Class of 1995).

Dr. Bethel Buena Vallarta, UPCNAA President, and Mrs. Chit Benedicto Bulanadi, Vice President, presented the UPCNAA Outstanding Awards to the following:

Ma. Lourdes Altamirano-Van der Meer, BSN 1970 for Public Service, particularly for her work promoting gender equality and women's empowerment and her involvement in international development cooperation projects in Europe and the Asia Pacific from 1996 to 2004. (See her [UPINHF Nursing Profile](#).)

Ms. Faye Marie Luna Palafox, BSN 1995 Posthumous award for Nursing Service, she passed away on April 16, 2020. She spent her last working days at Philippine General Hospital ensuring fellow nurses are wearing their PPEs correctly. She lived the true essence of *"IskolNars para sa Bayan"* having served at the Philippine General Hospital as a staff nurse a year after graduation and later became a Head Nurse. Her life is characterized by "unwavering dedication and commitment to serve the Filipino people."

Assoc. Prof. Luz Barbara Pambid-Dones, BSN 1980 for Nursing Education as a testament to her exemplary performance and outstanding academic leadership in Nursing. Her rich experience, credibility and expertise, Luz Barbara Pambid-Dones demonstrated leadership, integrity, and an orientation to service with an impact on community health nursing.

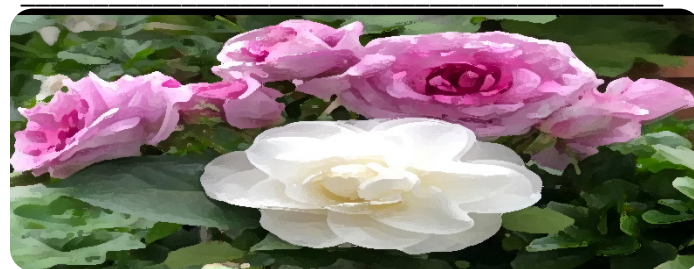
IFNAH JOURNAL, A Compelling Read

This year's issue of the **IFNAH Journal** --- SARS-CoV-2 aka COVID-19: **The Pandemic** --- is very relevant to the current health crises, a global phenomenon. Published by UPINHF, the 2020 issue of IFNAH Journal is timely, powerful and compelling as it focuses on the dreadful pandemic. Thanks to the competent Editorial Board headed by Josephine Villanueva, BSN, MA, RN-BC, NE-BC, Chairman, for this important publication and for allowing the IFNAH Journal to be downloaded for free from the UPINHF Website. Please share the information with colleagues and friends, the journal can be accessed worldwide through UPINHF Website.



UPCN receives prestigious designation as WHO Collaborating Center for Leadership in Nursing Development 2020-2024.

Did you know? For the past four years, UPINHF has sponsored the annual membership fees of \$500.00 of the UP College of Nursing to the World Health Organization.



UP-PGHSN Class '75 Responds to Students Online Needs A Vibrant Success!

Marlene Cataylo Chance, GN75, BSN, FNP, PhD, EJD, FAANP

UP-PGHSN Class '75 is amazing! Dean Sheila Bonito presented a priority need to the UPINHF Board of Directors for nursing students needing internet access for a year. An appeal to my classmates for donations resulted in an immediate and an overwhelming response. In only a matter of days, Class '75 with our class advisor Mrs. Erlinda Aragoness Moore raised \$2,700.00 in collaboration with UPINHF. This amount allowed 25 Sophomore students at UPCN to have access to the internet for their virtual classes, research, and academic work. In less than a week the funds were sent as classes began on September 10, 2020. Class '75 indeed rose to the occasion!

Due to the ongoing Corona Virus pandemic, all clinical rotations, skills laboratory and classroom instruction have been put on hold. Covid-19 has had and continues to have a profound impact on everyone in so many different ways. Paying forward and giving back to our alma mater, donating to the less fortunate, and making a difference in whatever way possible no matter how small during this unprecedented global health crisis, can bring about a life changing sense of fulfillment and gratitude for both the donor and the recipient. Class '75 is grateful for the opportunity and thanks everyone for their generosity, compassion and unselfish caring. Our hope is to inspire others to contribute to the success of future nurses. And in so doing strengthen collaborative relationships, improve self-esteem, boost morale, and enhance personal and professional development. **Mabuhay ang Class '75!**



Perla Cadiente, BSN70

Congratulations, UPINHF, on your Summer Webinar and thank you for allowing us to participate. Dr. Dula Faraon Pacquiao has inspired us since our undergrad days as a Student Clinical Instructor; Dr. Liboro's presentation was an eye opener on a topic relevant during the pandemic and beyond.

We recently had a Zoom photoshoot, donning our Golden Jubilee shirts proudly displaying the UPCN logo, and declaring ourselves "Seventy Onward Friends ad Infinitum", preserving the SOFI name which we carried for several years, as we fund raised and donated to projects benefiting our beloved College of Nursing.



The pandemic ruined plans for a fun get together to commemorate our Golden Jubilee, but undaunted, we turned to the internet to connect and support one another. We Zoom every day to pray for the victims of Covid-19. Life's day to day challenges become more intense because of the difficulties posed by lockdowns and social issues unique to the times. Sharing, listening, praying and laughing at the strange life we now lead, gives us hope that we can conquer fears and anxiety, emerging stronger in mind and spirit. Someday, we will look back, and thank God, for the kindness and friendship that carried us through these difficult times.



*Fall is upon us,
Splashing color all around;
Cool and refreshing*



FLORESINDA SISON CASTELO

The Spark That Lit The Torch

Nelson C. Borrero

The UPINHF family salutes one of its founders, Floresinda Sison Castelo, GN 50, RN, for her enduring fealty to her alma mater, to the nursing organizations she helped built, and for the lasting friendship she nurtured amongst colleagues. 2020 marks another milestone of her life and career---she is a triple Diamond Jubilarian---an awe-inspiring rare achievement.

It all began on a warm and bright summer day on July 15, 1979 during the UP nurses picnic at the verdant Cerritos Park. Guests, classmates, and friends unanimously elected Flor Castelo the first president of the nascent UP-PGHSN Alumni Association. That was the spark that lit the torch which was carried and passed on to a succession of leaders. Through the years the association evolved from UP-PGHSNAA, to UPNAAC, to UPNAAI; from a local association, it grew to a national entity, and now an international organization. She is one of the founders of UPINHF, a nursing and healthcare entity that has risen to prominence in no time. It is now an international institution in its own right that the founding members and certainly Flor Castelo are proud to behold.

Flor was unrelenting in her pursuit of a dream to form a more lasting society of UP nurses, that after confronting early tasks, many years thereafter she stayed on to this day, she didn't leave the scene nor fade into oblivion. She continues to be part of the group and participates in most activities and promises that after the lifting of the COVID restrictions, she will be at the next Forum and reunion. She paved the path for the upcoming leaders, and in that path are her footprints of loyalty, simplicity, humility, compassion and love. Her greatness resides in them.

Editor's note: Mama Floresinda Castelo, GN50, is a very special individual to many of us graduates of PGHSN and UPCN. Now in her 90's, she continues to inspire us all with her wit, good humor, smile, humility, and elegance. Let's keep her in our prayers.

In Memoriam

Lupe Abarquez BSN59, MPH73, MHPed
Faculty, UPCN 1975-84
Faculty, National Teaching Training Center for the
Health Professions 1985 – 1990