

28 April 2017

Fellows' educational lunch out!

by

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“Educating yourself does not mean that you were stupid in the first place; it means that you are intelligent enough to know that there is plenty left learn.”

LUCK GARDEN



Agenda

Presentation of a brief background of the USTH Rheumatology Fellowship Training Program

Presentation of the Quarterly census (January - March 2017)

Presentation of Activity reports (January - March 2017)

Presentation of Interesting Rheumatology Cases

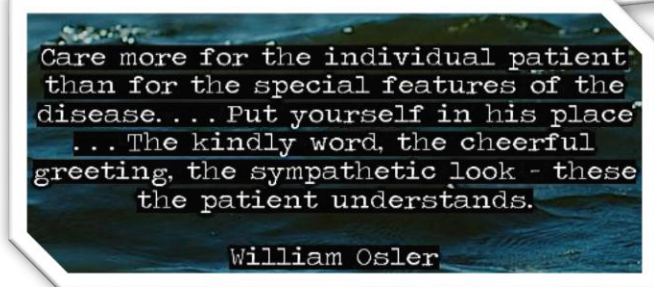
Welcoming the incoming fellows

April 28, 2017. The Department of Medicine Section of Rheumatology conducted a meeting at the *Luck Garden Seafood Restaurant in Banawe Quezon City*. It was headed by the Section Chair, Dr. Sandra Navarra and were attended by junior consultants – Drs. *Leonid Zamora, Mary Flor Joy Edar, Lorielyn Salvador, Eizelle Fernandez, and Elaine Veñegas* as well as the rheumatology fellows in training and incoming pre-fellows. The meeting commenced with the orientation of the incoming fellows with the USTH Rheumatology Fellowship training program discussed by former chief fellow *Dr. Lorielyn Salvador*. She emphasized on the need for more rheumatologists especially on the far-flung and remote areas of the provinces. There are only 157 rheumatologists nationwide that cater to the needs of the country's 103 million population. Thus, there is so much more room for a whole lot.

The good physician treats the disease; the great physician treats the patient who has the disease.

- William Osler





She also lectured on the various activities that the section especially conducted for improvement of patient care with rheumatic diseases and at the same time educating medical students of such rheumatic diseases. We had a make over session and lecture on how to improve oneself among patients with lupus entitled “*I have lupus, I am beautiful*” which was organized by Ms. Ky Malupa. There were also lectures

among the medical students and junior interns during our case conference where we invite experts on the topic being discussed. The section also conducted patient partners workshop with the patients as the teacher. “Rheuma Goes Veggie”, an activity wherein we had a one-day vegetarian diet at Café Dolce in Banawe, and was lectured by Dr. Vivian Santos where she emphasized on the importance of vegetables to

our health as well as the different types of the vegetarian diet. We invited Mr. Anthony Abaya who is the chairman of **SEED Institute of the Philippines**, as our resource person. We had also attended the PRA 23rd Annual Meeting at the Conrad Hotel with various lectures on basic topics regarding the updates and advancement on diagnosis and management of rheumatic diseases. Then on

- Training and Education
- Patient care
- Community Outreach
- Census

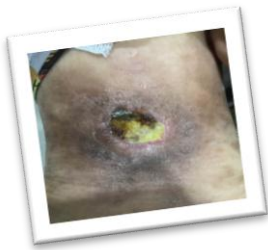


March 5, we had the quarterly People Empowerment for Arthritis and Lupus (PEARL) activity at St. Luke’s Medical Center CHBC Building in Quezon City. There were zumba and tai-chi exercises as well as lectures on how to avail PCSO and DOH assistance to our patients with arthritis and lupus. Last week

of March the Lupus Congress was held in Melbourne Australia and were attended by some rheumatology fellows and junior consultants who presented a total of 13 research papers.

The census of the first quarter of 2017 was also discussed, showing almost

two thousand patients were seen in the rheumatology clinics with 96% comprising the outpatient group (OPD) and dominated by the female population at 72%. The top three rheumatic diseases



◆ Ecthyma gangrenosum ◆ Vasculitis (PAN, EGPA) ◆ MRSA septic arthritis ◆ SLE

were systemic lupus erythematosus (SLE), followed by chronic inflammatory arthritides and other systemic autoimmune disease. Mortality during the 1st quarter was also reported and showed a total of 3 patients who died. First patient died due to septic arthritis while one SLE patient died due to sepsis from pneumonia. The patient with gout died due to renal complications and pneumonia. died from septic arthritis, the other from septic shock in a patient with SLE and the other one is a gout patient having pneumonia and renal complications.

Interesting cases were also shared by *Dr. Eizelle Fernandez* which can be of help to the incoming fellows for continuity of care as well as serve as a good material for research studies. There were two cases of ecthyma gangrenosum noted in patients with SLE which both had *Pseudomonas* as the etiologic agent. Patients with vasculitis were also were also discussed such as those with polyarteritis nodosa and eosinophilic granulomatosis with polyangiitis (EGPA).

Patient with renal vasculitis were also mentioned. Infections with *methicillin resistant staphylococcus aureus* (MRSA) septic arthritis which are not commonly seen in the clinics were also tackled briefly putting emphasis on the management and its prevention through decolonization. Other case series conducted by fellows during their training were also mentioned.

Overall, it was a productive and informative session for the fellows especially the incoming batch. It ended with a sumptuous lunch and a promise for more learning and potential researches to come.

*Medicines can cure,
but a good doctor's
inspirational words
can give the strength
to fight from within...*



Acknowledgment:
Pfizer, educational grant in the amount of Php 10,000

Attendees:

Consultants & graduate fellows: *Drs. Sandra Navarra, Leonid Zamora, Mary Flor Joy Edar, Lorielyn A. Salvador, Ma. Eizelle Fernandez.* **Fellows & pre-fellows:** *Drs. Bryan M. Paras, Richard John B. Pelo, Ma. Imee Lynne C. Esquibel, Ramon Miguel Molina, Vivian D. Santos, Richelle Bayson, Rodeo Navarroza, Francis Cuenco, Mika Ana Frio*