



San Antonio, Zambales

Gusto Ko Healthy Ka!

24/7 Health Services and Facility of the Rural Health Unit of San Antonio, Zambales

1. SUMMARY

In line with the “Gusto Ko Healthy Ka” advocacy of the Municipality of San Antonio under the stewardship of Mayor Estela D. Antipolo, the 24/7 Health Services and Facility program was launched.

The services focuses on the improvement of the health status of the community with a total population of 34, 036 by providing health services and goods for the purpose of preventing, alleviating, healing illnesses, physical disability or injury of all San Antonians or any individual in need. The Rural Health Unit (RHU) of San Antonio under the leadership of Municipal Health Officer Dr. Edzel L. Lonzanida, along with his 17 health personnel, 48 staff and two (2) volunteer doctors embraced the flagship program of the Local Government Unit (LGU).

The RHU of San Antonio is a 4-in-1 Philhealth accredited facility that provides the community of the municipality a 24/7 health service clinic. Services accredited by Philhealth are Primary Care Benefit, Maternity Care Package, Out Patient Malaria Package and TB-DOTS while the Naimal Bite Treatment Center accreditation is on-process.

The RHU provides health services to almost 200 patients each day which includes daily out-patient, under-five check-up, emergency responses, referrals to hospitals, prenatal appointments, delivery under BEmONC (Basic Emergency Obstetric and Neonatal Care), laboratory, radiology services and TB DOTS (TB Direct Observed Treatment Short Course) clinic.

The RHU of the municipality of San Antonio is the only RHU that provides 24/7 health service in the province of Zambales.

2. PROJECT DESCRIPTION

With a long term vision to allow the community to freely enjoy physical and mental health and wellbeing which is also aligned with one of the Sustainable Development Goal agenda for health, the LGU sets out strategy and range of actions to pursue this.

The health services provided by the RHU that created a great impact are divided into five major clusters: I. Family Health Cluster, II. Infectious Disease Cluster, III. Non Communicable Diseases Cluster, IV. Health Information and IV. Governance Special Concerns.

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I. Family Health Cluster

- Family Planning Program
- Adolescent and Youth Health Program
- National Immunization Program
- Integrated Management for Childhood Disease
- Oral Health Program
- Essential Newborn Care Program
- Garantisadong Pambata
- Nutrition/IYCF
- Women's Health and Safe Motherhood Program
- Voluntary Blood Service Program

II. Infectious Diseases Cluster

- National TB Program
- Malaria Control and Elimination Program
- Dengue Prevention and Control Program
- Rabies Prevention and Control Program
- Leprosy Prevention and Control Program
- HIV, AIDs, STIs, Viral Hepatitis Prevention and Control Program
- Emerging and Re-emerging Diseases Prevention and Control Program

III. Non Communicable Disease Cluster

- HPN and DM Prevention and Control Program
- Cancer Prevention Program
- Mental Health Program
- Medicine Access Program
- Drug Abuse Prevention and Treatment Program
- Environmental and Health Program
- Health and Wellness Program for Persons with Disabilities
- Tobacco Control Program/Smoking Cessation Program
- Food and Waterborne Diseases Prevention and Control Program

IV. Health Information

- Field Health Service Information System
- Philippine Integrated Disease Surveillance and Response
- Health Education and Promotion Officer



V. Governance/Special Concerns

- Disaster Risk Reduction Management for Health
- Local Investment Plan for Health/Annual Operational Plan
- Research and Development Plan
- LGU Scorecard
- Service Delivery Network/Inter Local Health Zone
- Barangay Health Worker
- Philhealth Accreditation and Claims

These clusters are managed by different departments in the Rural Health Unit with proper coordination to the designated Program Coordinator, Focal Person and Alternate Focal Person of each department.

▪ **Out-patient Department**

The Rural Health Unit's out-patient department operates eight hours a day, five days per week. It is a unit in where walk-in patients are attended to and treated. Its primary objective is to render health service at minimal cost. The department was divided into two. One is the under-five out-patient care where children below five years old are catered; another is the main out-patient department which caters aged 5 and above.

For the 24/7 health service, Mayor Antipolo tap two (2) doctors as volunteers. Dra. Fely Falorin and Dr. Arturo Arcala extended their social responsibility being the volunteer doctors for more than 3 years at the Rural Health Unit. Through this, the LGU was able to keep up the 24/7 services program with a limited allocated fund.

The department also caters dental appointments which includes services such as dental check-ups and tooth extraction through the supervision of the Rural Health Dentist Dra. Santos. The Municipal Health Officer, Dr. Edzel Lonzanida schedule in the facility is Monday until Friday from 8:00 am until 5:00 pm and under his supervision there are the health professionals called "Officer of the Day", which are the Public Health Nurse and the Rural Health Midwives. They assist the MHO in catering patients seeking for medical check-up. To assist the Officers of the day, the nurse job-orders are on duty for 24 hours. These job orders work shift starts at 7am-7pm, then 7pm until 7am. They are highly competent and are knowledgeable enough to provide health service for the community. Services offered are wound dressing, nebulization and oxygen supplementation, intravenous and catheter insertion, hospital referrals and pick-up and other health and medical services that can be accomplished in the RHU.

Another health facility under the out-patient department is the TB-DOTS clinic or the Tuberculosis Directly Observed Treatment Short Course. It is a way of helping people during their treatment for TB. It is a recommended strategy for TB control that has been recognized as a highly efficient and cost-effective strategy. The TB nurse is a trained health specialist that handles clients

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with TB either with probable or clinical manifestations. The nurse is capable of referring clients to the MHO for radiology or laboratory requests. They could also administer oral and intravenous treatment medications, and are in charge of referred patients with long duration cough or with treatment relapses undergone TB medication. Medicines and medical supplies are also provided for free.

- **Radiology Department**

The Compact Radiographer Unit used in the Radiology Department is the complement of the Digital X-ray System. It is an all-in-one workstation which can process the image by controlling the exposure of each image in real time, to make images darker or lighter on demand. Images can also be enhanced to improve Radiologist's ability to detect diseases and its current state. Through this service, the progression of diseases such as Bronchitis & Upper Respiratory Infection which are considered as the two leading causes of morbidity in the Municipality can be detected, prevented and treated early on.

- **Laboratory Department**

The department supervised by the Rural Health Medical Technologist Mark Yambao, provides clinical data used by the MHO to diagnose and treat diseases and monitor patient's health and wellness. Common tests done in the laboratory department is the Complete Blood Count (CBC), Urinalysis, Cholesterol and Glucose levels. With the newly acquired Laboratory equipment, tests results are available in less than 30 minutes which is very beneficial especially if there are plenty of laboratory requests.

For patients under the TB-DOTS care facility, Direct Sputum Smear Microscopy test is done. It is the most important method in the diagnosis of tuberculosis. Direct microscopy is simple and inexpensive, and detects most of the infectious form of pulmonary tuberculosis. It is also performed to assess the response to treatment and to establish cure or failure at the end of treatment.

Additional laboratory equipment which was acquired recently is the GeneXpert Test, a TB diagnosis and resistance Testing. The GeneXpert test is a molecular test for TB which diagnoses TB by detecting the presence of TB bacteria, as well as testing for resistance to the drug Rifampicin. Some TB patients are drug resistant due to their incompliance of taking the prescribed TB medications. Usually when a multi-resistant TB patient enters the facility, he/she was referred to Iba, Zambales RHU or Olongapo City to undergo the GeneXpert test.

Due to distance and financial constraints of some TB patients, they are unable to continue with their medications which then resulted into series of complications that leads to death. In this present day drug-resistant TB patients will be able to complete their follow-up care now because of the availability of the GeneXpert Test in the municipality of San Antonio.



- **BEmONC Facility**

The Basic Emergency Obstetric Neonatal Care (BEmONC) is a facility that provides essential newborn care that includes newborn immunization and newborn screening and resuscitation, manual removal of the placenta and products of conception and parenteral administration of antibiotics, anticonvulsion and uterotonics. Family Planning Services are also provided through counseling and contraceptives provision.

Certain benefits of having a BEmONC facility is the availability of a greater access of quality services within the locality, both public and private, as well as, public health and curative; provision of quality Maternal Neonatal Child Health and Nutrition services, improved referral system and capable and skilled health professionals. The Rural Health Midwives that are BEmONC trained provides a 24-hour duty in the facility, and as a result, the number of facility-based deliveries increased ever since the availability of the BEmONC health service. The purpose of availing a BEmONC facility is to lessen the number of home-based deliveries in the municipality. Even though health information advocacies are being implemented through Mother's class in the birthing facility every "Buntis Day", pregnant mothers still prefer giving birth in their homes through the service provided by traditional birth attendants or "hilot". Home birth deliveries are not advised due to multiple health risks not just for the mother but also for the baby, which is why the BEmONC health facility strongly advocates the increase of facility-based deliveries and discouraging of homebirths because of certain distinct disadvantages.

Another noble program of the LGU this year is the organization of a Mother's Club in every barangay and Mother's Club Federation. Also, for the patient who has hypertension and diabetes, a Hypertension Diabetes Club in every barangay and a Hypertension Diabetes Club Federation was also organized. Through this, the LGU will be able to sustain the health services to be provided for the mother, diabetes and who have hypertension.

3. IMPLEMENTATION PROCEDURES

The Municipal Mayor Estela D. Antipolo, MD prioritizes the upgrading and improvement of the Municipality's social services specifically the Rural Health Facility. In relation to that, a battle cry was rendered year 2014 "Gusto Ko Healthy Ka!"

The local government unit hired 17 regular/permanent health personnel and 48 job orders: Doctor with 1 regular personnel and 2 job orders, 1 dentist, 1 regular medtech and 1 job order, 2 regular nurses and 16 job orders, 7 regular midwife and 3 job orders, 1 RSI, 1 Admin Aide, 2 Ambulance Driver, 7 Non Medical Staff job orders, 1 Radtech and 14 DOH Human Resource for Health job orders. Worth to mention are the two (2) volunteer doctors who help to sustain the 24/7 health services of the lgu.



As part of the innovation for improving the services, through social media, the LGU created facebook page ruralhealthunit saz and a Hotline number 09086917171 for easy access in case of emergency and serves as a venue for the information education campaign on health related programs.

4. PROJECT RESULT/ IMPACT

Reinvention of the health care program such as outpatient services for short and long term treatments creates lower occupancy in many hospitals. The lower costs for this service instead of in-patient with the same quality of health service is an effective, convenient and meet the lifestyle needs of the patients. This program embraced the change in shaping the fabric of the communities and how San Antonian live and work.

Many pregnant mothers are now availing the health services provided by the BEmONC facility. Because of the BEmONC trained Rural Health Midwives, the advocacy of promoting facility-based deliveries are provided through the implementation of the “Paradigm Shift”. It is an approach that aims to identify high risk pregnancies for referral during the prenatal period and then shifting to the BEmONC approach which is considering ALL pregnant women are at risk of complications at childbirth.

Through the MNCHN (Maternal Newborn Child Health and Nutrition) strategy, pregnant mothers are advocated that every pregnancy is wanted, planned and supported. Every pregnancy and delivery is appropriately managed in health facilities and by skilled health professionals and every mother and newborn pair secures proper postnatal care. It also ensures safe pregnancy and childbirth and enables couples to attain their desired spacing and number of children. Through proper service delivery network from Barangay Health Stations to the RHU and from the RHU to preferred hospitals, there is improvement of maternal health outcomes and the risk of the Municipality’s maternal and neonatal mortality rate decreases.

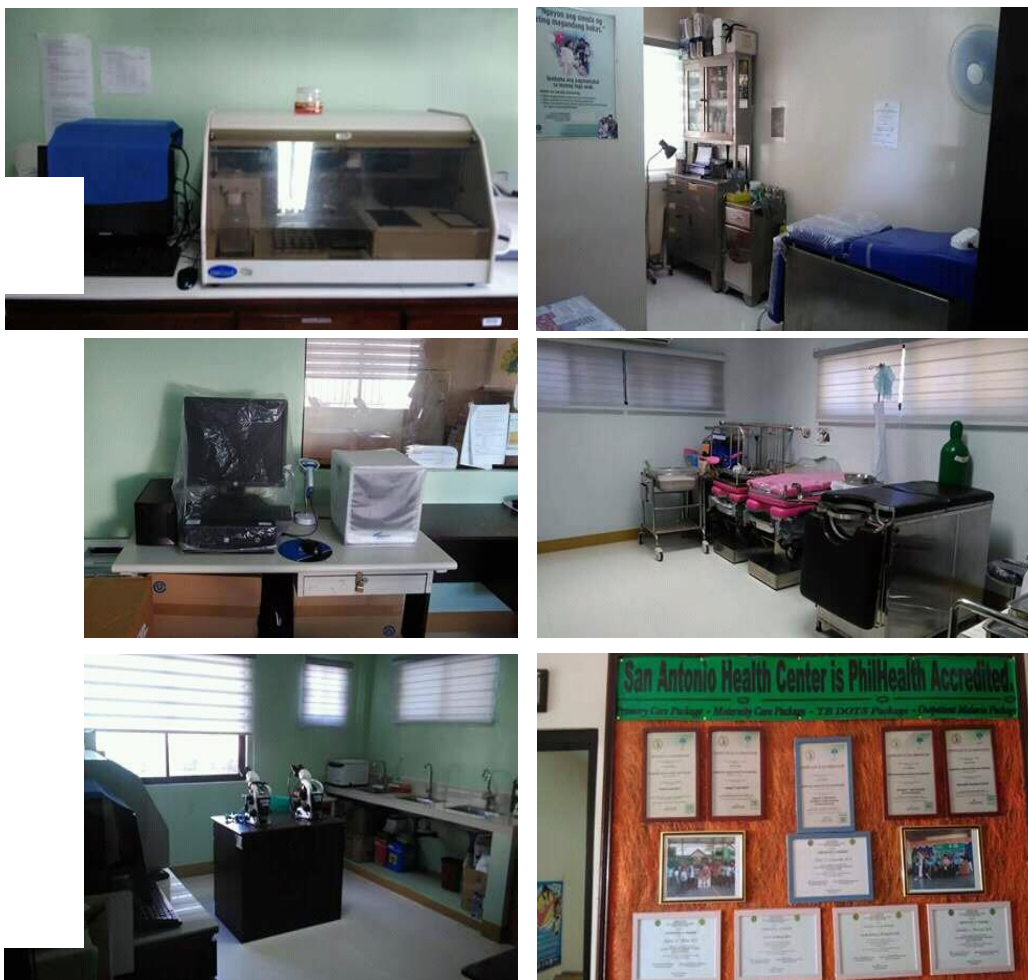
According to the Municipal Health Profile of San Antonio, the top 1 cause of morbidity rate of the community for the year 2016 was Bronchitis with more than 3,000 cases recorded. While the second most common cause of morbidity rate in the municipality is upper respiratory infection with more than 2,000 cases. Majority of individuals involved are under-five children and the elderly. It’s almost impossible to avoid viruses and bacteria, but certain risk factors increase an individual’s chances of developing acute respiratory infection. The immune systems of children and older adults are more prone to being affected by viruses. Children are especially at risk because of their constant contact with other kids who could be virus carriers. Children often don’t wash their hands regularly. They are also more likely to rub their eyes and put their fingers in their mouths, resulting in the spread of viruses. People with heart disease or other lung problems are more likely to contract an acute respiratory infection. Anyone whose immune system might be weakened by another disease is at risk. Smokers also are at high risk and have more trouble recovering.



The Health objective to cater all clients with X-ray requests and referrals was met which is evident from the health data as of August 2017. The RHU Radiology Department conducted laboratory tests to approximately 1,218 patients. With the availability of these health services in the Municipality, many clients in the community can easily access and experience the benefits of improving their health status by availing the service free of charge.

In addition, it is also cost-efficient because in comparison to the conventional film-processed X-ray machines used from the past that would take several hours to get test results, this modern technology provides X-ray images that can be instantly stored and viewed on the computer. The immediate visuals for compelling patient education results to faster diagnosis and greater treatment plan acceptance.

Providing all patients in the municipality of San Antonio with a 24/7 health service in the province of Zambales is a great contribution in social service and will serve as a lifelong legacy of the “Gusto Ko Healthy Ka! Program.





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