

ISABELA STATE UNIVERSITY

University for People, Nature, Entrepreneurship and Innovation



SDG 3: **GOOD HEALTH AND WELL-BEING**



GOOD HEALTH AND WELLBEING

INTRODUCTION

Health, according to the World Health Organization (WHO) is “a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.”. Health encompasses every aspect of a person’s physiology; their physical facets, their psychological state, and their ability to socialize with others. It is vital for the general welfare of students, and most especially helps them with their studies. Conversely, it also helps the faculty be able to teach better and to be more able to impart the lessons they wish to show.

Good health has an overwhelmingly positive effect on a person’s abilities and skills. Individuals become more focused, more productive, and can take in a lot more information for a longer period of time. Health encompasses a lot of different aspects; from food and nutrition, to a person’s emotional status, to their mental capacities, to physical activity and metabolism. It could even incorporate spiritual commitment and religious beliefs. All of these are factors of health that many students and faculty alike can accomplish in a proper environment.

Isabela State University has committed to being a 100% Smoke-Free and proper conducive learning environment for its students. The university has employed strict policies that all of its personnel has to follow, students and faculty or not. Alongside that, signages have been placed in various parts around the university that are there to remind students of these guidelines and the consequences that are in place for breaking them.

That’s because the university is acutely aware of the importance of good health and has worked to provide its students and faculty with sufficient resources in its search for providing utmost wellness. The university’s many services facilitates good health, as does its promotion of health that helps to inform the students of its benefits while giving the faculty sufficient energy to help in conducive learning.

Isabela State University conducts programs in the local community that help to spread awareness on various health topics, physical or otherwise. Students actively participate in health education and feeding programs that help supply the malnourished children of the community with necessary food and knowledge of different hygiene practices. Students also conduct health teaching within schools, specifically high schools, on various topics such as drug abuse, general nutrition, and the importance of physical exercise. The university works in tandem with the municipality to facilitate fundraisers and events in the barangay in which the community themselves would have the



opportunity to participate. These events reach many people outside of the school to promote the improvement of health and wellbeing on a larger scale.

Health promotion and health education are very important to the university. Many programs are hosted inside the school that tackle a variety of subjects, especially with more stigmatized topics of health such as in regards to sex and gender, sexual education, and reproduction. Although Sex Ed (sexual education) is an important lesson to have learned in both the elementary and high-school setting, Isabela State University recognizes that, as an institution consisting of college students and young adults who are readily exercising their freedom, an important development for the proper knowledge about sex is vital. The university has not shied away from discussing these topics, and certainly promotes the students in practicing safe sex and the important risks or potential benefits that it might entail.

Isabela State University also makes use of its facilities for the purposes of promotion and activity. The university, alongside the municipality, helps manage games for its students and for the general populace during tournaments and sports festivals. Particularly, the open gym and the amphitheater have been sports facilities that the university has extensively allowed permission to make use of. It helps develop a person's physical health.

Mental health is an aspect of health that could be considered as just as important as a person's physical health. It holds a person's emotions, feelings, psychology, and mental state. Mental health impacts physical health, and in many ways it holds a higher importance for a student's studies than physical health. The same goes for the faculty, who require a strong mental fortitude in the teaching environment.

Mental health has become an important aspect of school life in the modern world. The university has adapted to these changes and have brought about its importance among the students and staff. Many events are held, and months are dedicated to the importance of mental health. The university also has guidance counselors who are always there to lend a hand to students and faculty in need, and in particular when people are struggling with personal problems that they can't afford to tell anyone else.

Isabela State University gives its students and staff all the necessary resources for good health and well-being. It marks the beginning of a new phase of accelerated progress towards sustainable development goals with a high-level guidance on transformative actions. The aim to reduce the global maternal mortality, improve the level of wellness for individuals and families, and to strengthen the prevention of diseases, starts from Isabela State University's aim to ensure access to a higher health coverage and sustainability of improved health.



ISABELA STATE UNIVERSITY

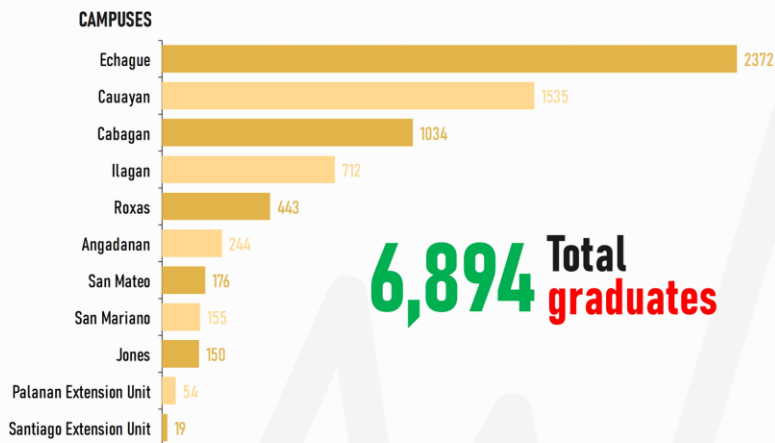
University for People, Nature, Entrepreneurship and Innovation

RELENTLESS PURSUIT OF QUALITY & EXCELLENCE: HAIL TO THE GRADUATES OF ISABELA STATE UNIVERSITY SYSTEM

The Isabela State University System is strategically situated in the heart of Isabela. It comprises 11 campuses where dreams were nurtured until they come in to fruition and where accomplishments are worth more than their accolades.

GRADUATES

S.Y. 2021-2022 & Midyear 2022

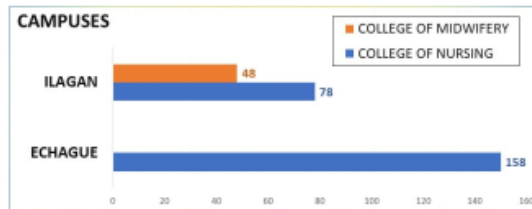


Through determination and relentless pursuit of quality and excellence, the ISU system continuously produces globally competent graduates.

During the school year 2022, there is a demonstration of vastness in the number of graduates, with a total population of 6,894; 2,372 of these graduates were from Echague Campus, 712 graduates were from Ilagan Campus, 1,535 graduates were from Cauayan Campus, 1,034 graduates were from Cabagan Campus, 443 were from Roxas Campus, 244 were from Angadanan Campus, 150 were from Jones Campus, 155 were from San Mariano Campus, 176 graduates were from San Mateo Campus, 19 graduates were from Santiago Extension Unit and 54 graduates were from Palanan Extension Unit.



GRADUATES IN HEALTH PROFESSION



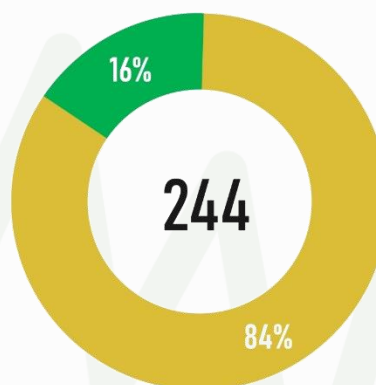
At ISU, two Campuses were committed to ensure the highest quality education and become the “choice of the world” to aspiring nurses and midwives— the Echague Campus offering Bachelor of Science in Nursing and Ilagan Campus, offering both

Bachelor of Science in Nursing and Bachelor of Science in Midwifery.

In school year 2022, the total number of graduates from these 2 programs were 284. 158 graduates were from Echague Campus and 126 graduates were from Ilagan Campus. This is 3.78% of the total number of graduates from the Isabela State University system.

PROPORTION OF GRADUATES IN HEALTH PROFESSION

3.23%
of the students
graduated in
**Health
Profession**



 Female
 Male

Moreover, the 2 programs were committed in promoting gender equality, diversity and inclusion where all can thrive, make progress and fulfill their potential. As a proof, 84% of the total graduates in the health profession are female and 16% are male.



3.3 THE UNIVERSITY'S COLLABORATION WITH DIFFERENT SECTORS IN IMPROVING GOOD HEALTH AND WELL-BEING

Nursing Education Teaching -Learning Process is composed of theoretical/didactic and practical/experiential parts, and the latter also known as the Related Learning Experience (RLE) which is subdivided in two (2) parts- the Clinical and Skills Laboratory.

Based on the Guidelines of the Commission on Higher Education (CHED) for the implementation of CHED Memorandum Order (CMO) No. 46 s. 2012, this regulating body implemented the "shift from competency-based standards to outcome-based education". In these guidelines it specifies the "core competencies" a student nurse should expect to acquire once they graduate from their Bachelor of Science in Nursing degree.

Expectations for current nursing practice competencies have increased due to the complexity of globalization, the dynamics of information technology, demographic changes, health care reforms, and growing consumer demands for high-quality nursing care. The Core Competency Standards of Nursing Practice in the Philippines were therefore adopted and issued in 2005 as a result of a significant project, according to Board of Nursing Resolution No. 112 Series Of 2005. The Nurse Licensure Examination (NLE) and nursing service as a basis for orientation, training, and performance evaluation. As required, the Board of Nursing ensured, through a monitoring and evaluation scheme, that the core competency standards are implemented and utilized effectively in nursing education, in the development of test questions for the NLE, and in nursing service.

The 2012 National Nursing Core Competency Standards based on are the following:

I. **Beginning Nurse's Role on Client Care**

Responsibility 1: Practices in accordance with legal principles and the code of ethics in making personal and professional judgment;

Responsibility 2: Utilizes the nursing process in the interdisciplinary care of clients that empowers the clients and promotes safe quality care;

Responsibility 3: Maintains complete and up to date recording and reporting system;



Responsibility 4: Establishes collaborative relationship with colleagues and other members of the team to enhance nursing and other health care services;

Responsibility 5: Promotes professional and personal growth and development.

II. BEGINNING NURSE'S ROLE ON MANAGEMENT AND LEADERSHIP

Responsibility 1: Demonstrates management and leadership skills to provide safe and quality care;

Responsibility 2: Demonstrates accountability for safe nursing practice;

Responsibility 3: Demonstrates management and leadership skills to deliver health programs and services effectively to specific client groups in the community settings;

Responsibility 4: Manages a community/village-based health facility /component of a health program or a nursing service.

Responsibility 5: Demonstrates ability to lead and supervise nursing support staff.

Responsibility 6: Utilizes appropriate mechanisms for networking, linkage building and referrals.

Related learning experience would allow student nurses to prepare them for their duties and responsibilities as a future professional nurse practitioner. In lieu of Nursing Education, Related Learning Experience (RLE) is a teaching-learning opportunity designed to develop and advance the competencies of the student nurses in utilizing different methods of nursing care in various medical situations.

RLE's can be obtained in different medical facilities such lying-in clinics, community health facilities and locations (e.g. Barangays and/or adopted communities), medical and specialty facilities.

An utmost objective of RLE's is for the student nurses to provide direct care to well and ill clients and the opportunity for the student nurses to practice what has been taught and learned in the College of Nursing. With the clinical experiences of the students, they could learn to identify different relationships in various medical situations, recognize the context of the actual situation as based to their theoretical foundations taught in school, anticipate



and any potential problems of the client through the initiation of nursing assessment which could be very helpful in developing nursing plans to each client that could perceive the situation as a whole.

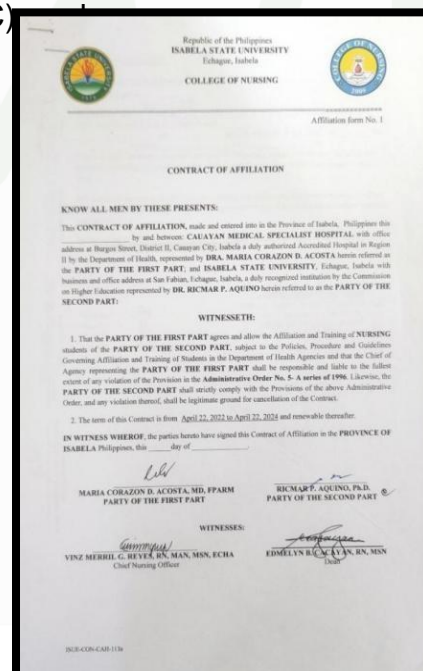
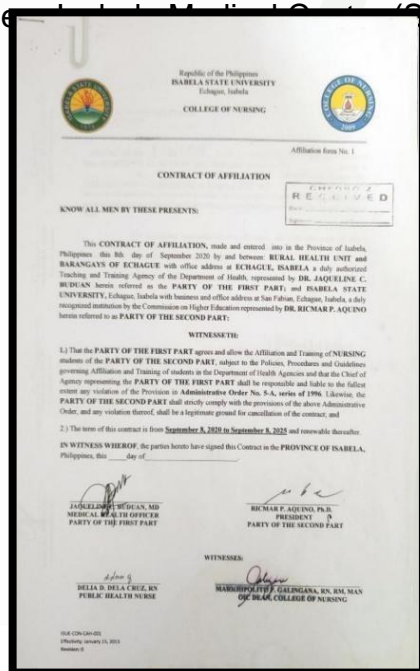
3.3.1. LOCAL COLLABORATION IN IMPROVING GOOD HEALTH AND WELLBEING

The College of Nursing of Isabela State University adopted a curriculum of competency-based nursing as theoretical or a book-based learning in nursing is not enough, thus each nursing should be accompanied by thorough understanding and interest.

The University and the College of Nursing tied-up with different local, and national facilities/hospital to thoroughly enhanced the curriculum in nursing, and with the integration of RLE in various nursing care, the University and College of Nursing have Contract of Agreement COA to the following Local Government Units and facilities within the province of Isabela:

Local Government and Rural Health Units: Rural Health Unit of Echague, Isabela; Local Government Units of Echague, Isabela and Angadanan, Isabela

Local facilities: Paguila-Lucas Hospital (PLH); Manango Hospital (MH); Cauayan Medical Specialists Hospital (CMSH); Adventist Hospital Santiago City Inc. (AHSCI); Flores Memorial Medical Center Inc. (FMMCI); De Vera Medical Center Inc. (DVMCI); Santiago City Renal Care Services Inc.; Southern Luzon Medical Center (SLMC);





ISABELA STATE UNIVERSITY

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MEMORANDUM OF AGREEMENT

KNOW ALL MEN BY THESE PRESENTS:

This Memorandum of Agreement entered into by and between:

The **SOUTHERN ISABELA MEDICAL CENTER**, a DOH-retained training and research hospital with address at Rosario, Santiago City represented herein by its Medical Center Chief II, **MELCHOR C. DELA CRUZ, JR., MD, MBA, FPOGS**, hereinafter referred to as the **FIRST PARTY**;

and

ISABELA STATE UNIVERSITY, a domestic educational institution organized and existing under the laws of the Republic of the Philippines with address at San Fabian, Echague, Isabela represented herein by President **RICMAR P. AQUINO, PhD**, hereinafter referred to as the **SECOND PARTY**;

Witnesseth:

WHEREAS, the Southern Isabela Medical Center (SIMC) is a Level III tertiary care hospital retained and operated by the Department of Health (DOH);

WHEREAS, the Isabela State University (ISU) is a learning institution which accepts enrollees/students under the duly authorized and recognized Health Science and related programs of the Commission on Higher Education (CHED);

WHEREAS, DOH facilities have been used for training affiliation and learning exposure of students pursuing health science courses to hone the knowledge, skills, and behavior acquired at health science schools/colleges/universities;

WHEREAS, SIMC allows the affiliation and training of the nursing students of the Isabela State University as its BASE HOSPITAL.

NOW, THEREFORE, for and in consideration of the foregoing premises, the parties hereby agree as follows:

1. The affiliation and training of the students of the **SECOND PARTY** with the **FIRST PARTY** shall be subject to the policies, procedures, and guidelines governing the affiliation and training of students in the Department of Health Hospitals/Rural Health Units and other health agencies pursuant to the Joint Administrative Order No. 2013-0034 of the Department of Health and Memorandum Order No. 35 s. 2013 of the Commission on Higher Education;
2. Any violation of the provisions of said Joint Administrative Order shall be a ground for the revocation and/or cancellation of this agreement;
3. The **SECOND PARTY** shall pay to the **FIRST PARTY** an affiliation fee of Five Pesos (P5.00) per hour per student. Provided, that the prescribed fees shall be paid before the commencement of the training of the students of the **SECOND PARTY**;
4. The students of the **SECOND PARTY** shall always observe honesty, integrity, and courtesy when rendering services inside the premises of the **FIRST PARTY**. Any conduct unbecoming of a student shall be dealt with accordingly and may serve as basis to suspend his/her training;

ISABELA STATE UNIVERSITY RECEIVED
OFFICE OF THE VICE PRESIDENT FOR ADMINISTRATIVE AND FINANCIAL SERVICES
BY: 02-06-2022
NO: 2022-06-02

Republic of the Philippines
ISABELA STATE UNIVERSITY
Echague, Isabela

COLLEGE OF NURSING

Affiliation Form No. 1

CONTRACT OF AFFILIATION

KNOW ALL MEN BY THESE PRESENTS:

The **CONTRACT OF AFFILIATION**, made and entered into in the Province of Isabela, Philippines this _____ by and between: **DE VERA MEDICAL CENTER, INC.**, with office address at City Road, Calao East, Santiago City a duly authorized Accredited Level 2 Hospital in Region II by the Department of Health, represented by **ADRIAN SALVADOR M. DE VERA, M.D.** herein referred as the **PARTY OF THE FIRST PART**; and **ISABELA STATE UNIVERSITY**, Echague, Isabela with business and office address at San Fabian, Echague, Isabela, a duly recognized institution by the Commission on Higher Education represented by **DR. RICMAR P. AQUINO** herein referred to as the **PARTY OF THE SECOND PART**;

WITNESSETH:

1. That the **PARTY OF THE FIRST PART** agrees and allow the Affiliation and Training of **NURSING** students of the **PARTY OF THE SECOND PART**, subject to the Policies, Procedure and Guidelines Governing Affiliation and Training of Students in the Department of Health Agencies and that the Chief of Agency representing the **PARTY OF THE FIRST PART** shall be responsible and liable to the fullest extent of any violation of the Provision in the **Administrative Order No. 5-A series of 1996**. Likewise, the **PARTY OF THE SECOND PART** shall strictly comply with the Provision of the above Administrative Order, and any violation therefore, shall be legitimate ground for cancellation of the Contract.
2. The term of this Contract is from **JANUARY 2022 to JANUARY 2024** and renewable thereafter.

IN WITNESS WHEREOF, the parties hereto have signed this Contract of Affiliation in the PROVINCE OF ISABELA Philippines, this _____ day of _____

ADRIAN SALVADOR M. DE VERA, MD
CHIEF OPERATING OFFICER
PARTY OF THE FIRST PART

RICMAR P. AQUINO, PH.D.
PRESIDENT
PARTY OF THE SECOND PART

WITNESSES:

IRENE KATHLEEN A. IBASCO
DIRECTOR, HUMAN RESOURCES
Doc. No. 10-687
Page No. 24
OUTCOME 2022-06-02
Serial of 2022

JAMELYN B. CACAYAN, RN, MSN
DEAN, COLLEGE OF NURSING

NOTARY PUBLIC
Until **JUN 30 2022**
ROLL of Attorney's No. 82758
IBP OR No. 6161092350
CTR No. 4662211

NATIONAL COLLABORATION IN IMPROVING GOOD HEALTH AND WELLBEING

For the national health-based facilities, Isabela State University and the College of Nursing – Echague tied-up with National Center for Mental Health (NCMH), Philippine Orthopedic Center (POC), and San Lazaro Hospital (SLH) for the RLE of the Nursing Students.

As a defense against the 2019 coronavirus disease (COVID-19), the majority of educational systems around the world have switched to remote learning methods. Students have expressed that this phenomenon is quite problematic, particularly in the context of developing nations. This essay attempts to depict the challenges faced by university students in the Philippines who are attempting to learn remotely in the wake of the COVID-19 controversy.

Clinical practice in all nursing schools is being tested by the COVID-19 pandemic. Students still need to get practice in a hospital setting despite being infection-aware.



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On July 9, 2022, San Lazaro Hospital opted to re-open its doors for Nursing Schools to accept nursing students for their RLE. Pres. Ricmar P. Aquino, PhD of Isabela State University and Prof. Edmelyn B. Cacayan, RN, MSN the Dean are present during the Ceremonial Signing of Memorandum of Agreement. Also present during the MOA signing are Dr. Edmundo B. Lopez, MD, MPH, MHA, the Medical Center Chief II.





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MEMORANDUM OF AGREEMENT OF AFFILIATING HOSPITAL

KNOWN ALL MEN BY THESE PRESENTS:

This MEMORANDUM OF AGREEMENT as AFFILIATING HOSPITAL, made and entered into Quezon City, Philippines, this 4th day of April 2023, by and between;

PHILIPPINE ORTHOPEDIC CENTER with office address, Ma. Clara Cor. Benavides St.

Quezon City, a duly authorized tertiary care-capable hospital, represented by **JOSE S. PUJALTE JR., MD, MHA, CEBE** herein referred to as **PARTY OF THE FIRST**

PART.

AND

ISABELA STATE UNIVERSITY with office address at San Fabian, Echague, Isabela

(Name of School/College/University/Institution)

a duly registered educational institution by the Securities and Exchange Commission (SEC) and Commission on Higher Education (CHED) represented by **DR. RICMAR P. AQUINO** herein referred to as the **PARTY OF THE SECOND PART**.

WITNESSETH

WHEREAS, the **PARTY OF THE FIRST PART** is a licensed tertiary care capable hospital of at least 100-beds capacity and 80% annual occupancy rate per month.

WHEREAS, the **PARTY OF THE SECOND PART** is a tertiary level learning institution who accepts enrollees under the duly authorized and recognized Health Science and related programs of the Commission on Higher Education (CHED).

WHEREAS, there is an increasing demand for health professionals in the global market that led to a growing number of health science programs and health workers;

WHEREAS, health workers outflow contributed to the deterioration of health services and health sciences education;

WHEREAS, concerned agencies such as the Department of Health (DOH), Commission on Higher Education (CHED), Professional Regulation Commission (PRC) and other professional organizations are exerting concerted action to halt further deterioration in health service delivery and science education;

WHEREAS, quality health sciences education require ample and appropriate opportunities for the health science students to acquire and/or enhance skills in the chosen discipline.

HTA-FR-001 REV.1

CONTRACT OF AFFILIATION

KNOW ALL MEN BY THESE PRESENTS:

This Contract, made and entered into in Isabela, this NOV 04 2022 by and between:

The **NATIONAL CENTER FOR MENTAL HEALTH** with office address at Nueve de Febrero Street, Mandaluyong City, a duly authorized teaching and training agency of the Department of Health, represented by its Medical Center Chief II, **NOEL V. REYES, MD, FPPA, MMHA**, and hereinafter referred to as the **CENTER**;

-and-

The **ISABELA STATE UNIVERSITY**, College of Nursing, with business and postal address at San Fabian, Echague, Isabela, a duly recognized educational institution by the Commission on Higher Education, hereinafter referred to as the **COLLEGE**, represented by **RICMAR P. AQUINO**, President, Filipino, of legal age and with office address at ISABELA STATE UNIVERSITY, ECHAGUE ISABELA;

WITNESSETH:

WHEREAS, the **COLLEGE** has manifested its intention to affiliate its students with the **CENTER**, and the latter agrees and allows the affiliation and training of **NURSING** students, subject to existing DOH Policies, Procedures & Guidelines governing Affiliation and Training of Students in the Department of Health/Rural Health Units and other Health Agencies, which the **COLLEGE** commits to strictly comply with;

NOW THEREFORE, the parties hereby agree to stipulate as follows:

- Depending on the number of affiliates sent to the **CENTER** for each training period, the **COLLEGE** shall, before the start of each training period, pay in full the corresponding affiliation and users fees;
- a. The **COLLEGE** shall by virtue of this contract, adhere to the **CENTER'S** policy of "NO PAYMENT OF AFFILIATION/USERS FEES, NO TRAINING/AFFILIATION OF STUDENTS";
- b. In case of deficient payment of the foregoing fees, the same shall constitute a good ground for the **CENTER** to withhold the issuance of Training Certificates/grades of the affiliating students, until such time that the fees are settled by the **COLLEGE**;
2. Affiliating students must wear their prescribed school uniform during their rotation/training with the **CENTER**;
3. The **COLLEGE** is strictly enjoined to observe the zero waste management program of the **CENTER**;
4. It is understood that the **CENTER** shall not be liable for any injury or damages that may be sustained or caused by the affiliating students during the training period;
5. The **COLLEGE** hereby obliges itself to strictly comply with the provisions of this Contract including the existing DOH Policies, Procedures & Guidelines governing the Affiliation and Training of Students in the Department of Health/Rural Health Units and other Health Agencies, and such other rules and regulations that the Department of Health and the **CENTER** may issue from time to time.

MEMORANDUM OF AGREEMENT (Hospital Affiliation)

KNOWN ALL MEN BY THESE PRESENTS:

This MEMORANDUM OF AGREEMENT (this "Agreement") made and entered into Manila, Philippines, this _____ day of _____ by and between;

SAN LAZARO HOSPITAL, a tertiary hospital under the Department of Health, with office address at Quincoada St., Sta. Cruz, Manila, represented by **EDMUNDO B. LOPEZ, MD, MPH, MHA**, Medical Center Chief II, herein referred to as the **FIRST PARTY**.

-and-

ISABELA STATE UNIVERSITY, a duly existing educational institution under the laws of the Republic of the Philippines, with office address at **San Fabian, Echague Isabela**, represented by **DR. RICMAR P. AQUINO**, President, herein referred to as the **SECOND PARTY**.

WITNESSETH

WHEREAS, the **FIRST PARTY** is a licensed tertiary hospital under the Department of Health with an authorized bed capacity of 500;

WHEREAS, the **SECOND PARTY** is a tertiary level learning institution duly authorized to accept enrollees for Health Education related programs of the Commission on Higher Education (CHED);

WHEREAS, quality health sciences education require ample and appropriate opportunities for the **Nursing** students to acquire knowledge, enhance the skills and develop proper attitude in the practice of the chosen discipline;

WHEREAS, there is limited number of health facilities that can provide adequate and suitable learning opportunities for health science students;

WHEREAS, DOH facilities are capable and have been used for training affiliation and learning exposure of students pursuing health science courses;

NOW, THEREFORE, the parties mutually agree to the following:

- The **FIRST PARTY** shall be the **AFFILIATING HOSPITAL** for the **SECOND PARTY** and therefore agrees and allows the duly enrolled **Nursing** students to use the affiliating hospital's facility for related learning experiences in the hospital, subject to the policies, procedures and guidelines for affiliation of **FIRST PARTY** in so far as consistent with existing issuances of DOH and CHED.
- In consideration of the use of the facilities of the affiliating hospital, the **SECOND PARTY** shall pay the **FIRST PARTY** the fees based on existing guidelines.



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It was August of 2023 that these specialty facilities finally opened its doors for the students of different nursing schools for their RLE after many years of not accepting students' during the pandemic time.

The National Center for Mental Health is dedicated to delivering preventive, curative and rehabilitative mental health care services. It has been categorized as a Special Research Training Center and Hospital under the Department of Health since January 30, 1987. It has an authorized bed capacity of 4,200 inpatients and serves an average of 56,000 outpatients per year.



The San Lazaro Hospital is a tertiary health facility in Manila, Philippines. It is a referral facility for communicable diseases and is one of the retained special tertiary hospitals of the Department of Health and is funded by subsidy from the Philippine national government. It has a bed-capacity of 500.



The Philippine Orthopedic Center is a 700-bed tertiary special hospital under the Department of Health of the Philippines, specializing in treatment of musculoskeletal disorders and serves as a center for trauma and orthopedics.



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Level III nursing students of Isabela State University - Echague Campus in their first week of the month-long Manila Summer Affiliation at the San Lazaro Hospital, National Center for Mental Health, and Philippine Orthopedic Center.

Throughout the three (3) weeks of RLE, the students were exposed to different aspects of nursing practices in various healthcare settings, helping them to broaden their knowledge and skills in patient care and medical services.

In addition to their exposure to diverse healthcare settings, the nursing students also had the opportunity to interact with experienced healthcare professionals, observe medical procedures, actively participate in patient care, and experience nurse-patient interaction under proper supervision. This hands-on experience further deepened their theoretical knowledge of real-life situations, allowing them to better understand the nursing profession.





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SAN LAZARO HOSPITAL



NATIONAL CENTER FOR MENTAL HEALTH



ISABELA STATE UNIVERSITY

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INTERNATIONAL COLLABORATION IN IMPROVING GOOD HEALTH AND WELLBEING

In an international scale, Isabela State University also embark into global innovations

Discover the Future: Smart Sustainable Cities and Communities”

Step into a world where innovation meets sustainability. Uncover the marvels of Smart Sustainable Cities and Communities and explore a vision that's reshaping rural-urban living, aligned with the 17 United Nations Sustainable Development Goals (UN-SDGs).

From awe-inspiring ideas to cutting-edge technologies, we're diving into the realm of possibilities. Let's embark on a journey to learn, be inspired, and envision the rural-urban landscape of tomorrow.



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Visual Representation of a Smart Sustainable City.



What is a Smart Sustainable City?

A **Smart Sustainable City** is an innovative city that uses Information and Communication Technologies that **improve quality of life, efficiency in operation and services, and competitiveness** while ensuring that it meets the needs of present and future generations with respect to **economic, social, environmental as well as cultural aspects**.

~United Nations Economic Commission for Europe

IDEA
TECH
2023

What are the envisioned outcomes of a Smart and Sustainable City?



Government Efficiency

Governance effectiveness and ease of doing Business



Quality of Life

Welfare and Protection from Crime hazard and Crimes



Health and Wellness

Mental, Physical and Social care and Well-being



Economic Development

Business, Employment and Productivity



Sustainability

Environmental, energy, Water and Air quality Management



Public Safety

Welfare and Protection from Crime hazard and Crimes

SOURCE: DOST PCIEERD

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<https://www.facebook.com/isabelastateuniversity/posts/pfbid0q6njqvjwWxtP2YV7mJMQ3Ufxo4RDjSEBRA5iN3QYibfoiLyAgQp5xcxQUCVwxUnGI>



With different local and international breakthroughs.

After Artificial Insemination, here comes Embryo Transfer! | ISU Small Ruminants Center introduces breakthrough technology on Embryo Transfer for Goats

The Embryo Transfer undertaking at ISU-Cagayan Valley Small Ruminants Research Center (ISU-CVSRRC) is a project of DOST Balik Scientist Program (BSP) under DOST-PCAARRD support. Earlier this year, Dr. Miguel Mervin Pajate, a veterinarian and ET expert who is currently residing in Dubbo, Australia was tapped to serve as the expert to train ISU researchers on the technology.

Led by Dr. Jonathan N. Nayga, the team was trained on selection and preparation of donor and recipient does, superovulation of embryo donors and synchronization of recipient does, and embryo collection, grading, storage, and thawing. | with University President Dr. Ric Aquino

The screenshot shows the ISU website with a navigation bar (GOVPH, Home, About Us, Administration, Academics, Research, Extension, Global, Campuses) and a search bar. The main banner features the ISU logo and the headline: "After Artificial Insemination, here comes Embryo Transfer | ISU Small Ruminants Center introduces breakthrough technology on Embryo Transfer for Goats". Below the headline, the date "Wednesday, July 12, 2023" is displayed. The article content includes a photo of a person milking a goat, a quote from Dr. Jonathan Nayga, and text about the center's work on artificial insemination and embryo transfer. To the right, there is a portrait of Dr. Ricmar P. Aquino, President of ISU, and a banner for "ISU FOR SUSTAINABILITY". At the bottom right, there is a logo for "ISO 9001:2015".

GOVPH Home About Us Administration Academics Research Extension Global Campuses Search ...

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After Artificial Insemination, here comes Embryo Transfer | ISU Small Ruminants Center introduces breakthrough technology on Embryo Transfer for Goats

Wednesday, July 12, 2023

Embryo Transfer Success! | Dr. Jonathan Nayga, Center Director of the Cagayan Valley Small Ruminants Research Center, leads the newly born kid for its first milk suckling to its nanny.

News Feature | Livestock sector is one of the priority fields of Isabela State University's Research & Extension thrust. Through the years, the university continuously provides new options to facilitate the upgrading of stocks under the supervision of Cagayan Valley Small Ruminants Research Center using artificial breeding technologies.

Since 2009, the center started to develop protocols on artificial insemination (AI) for small ruminant. With AI, the superiority of the male breeder is maximized, allowing faster upgrading of stocks.

In 2017, with the completion of the laboratory and other support facilities, the university, under the new leadership of Dr. Ricmar P. Aquino proposed to explore the possibility of embryo transfer technology application. Embryo transfer or ET is a technique where embryos are collected from a superior donor female and

OFFICE OF THE PRESIDENT
DR. RICMAR P. AQUINO

ISU FOR SUSTAINABILITY
#Sustain

ISO 9001:2015

https://isu.edu.ph/after-artificial-insemination-here-comes-embryo-transfer-isu-small-ruminants-center-introduces-breakthrough-technology-on-embryo-transfer-for-goats/?fbclid=IwAR1Xpra-nDWsT4dc4u5U4ttRA4FZUkelbgQ-J-T7J_ON_Twok14HYesGJE



ISABELA STATE UNIVERSITY

University for People, Nature, Entrepreneurship and Innovation

With the high demands in medical practitioners locally and internationally, Isabela State University launched the Doctor of Medicine Program.

Isabela Vice Governor Faustino "Bojie" Dy III and Southern Isabela Medical Center Chief Dr. Bong Dela Cruz visited the newly established College of Medicine and Allied Health Professions.

University President Dr. Ric Aquino and Vice President Atty Romano P. Cammayo toured Vice Governor Dy and Dr. Dela Cruz to the facilities and laboratories being set for the upcoming launching of the Doctor of Medicine Program.



<https://www.facebook.com/isabelastateuniversity/posts/pfbid02SJ31qzVVg8csycYfC7V4KLny6w3ketPdY8iFxFtRHUu6UghMQZ3uRzRMxMf6bTJEI>



3.3.2. OUTREACH PROGRAMMES AND PROJECTS IN THE LOCAL COMMUNITY

To clinch healthy lives and advocate well-being for all at all ages

Isabela State University is dedicated to create a healthcare system in a nearby barangay that is accessible, affordable and sustainable through strong alliance and public health leadership. This is part of the University's College of Nursing program to train student's nurses inclined towards community service. Through the designated organization of College of Nursing, they...

Feature the following:



In line with one of the pillars of the University Extension and Training Modalities Program, "Adopt-a-Barangay Program," the College of Nursing was active in raising awareness regarding malnutrition. The said program was held last February 16, 2022 at Barangay Salvacion, Echague. It was an Inter-College Extension Strategy and Approach towards transforming a selected Barangay into a self-reliant, empowered, and progressive community.



One of the challenges of living conditions in a third world country like the Philippines is to address the problem of malnutrition in the most sustainable way possible. It is not enough to just feed them all the time, it is also essential to instill in them the importance of the value of food and nutrition in every meal, so that when they decide to prepare their own food, no matter how cheap and simple the preparation is, the nutritive value is what counts.

A series of feeding program activities and fun games was conducted to promote community's involvement in establishing a better foundation of children's health in the community. The student nurses involved started the program with health teaching regarding proper handling and preparation of food. It involves washing hands repeatedly, usage of safe and clean water, storing foods carefully, avoiding contact with raw and cooked food, and most importantly cooking food thoroughly.

They also stressed the importance of including fresh fruits and vegetables, like green leafy vegetables, tomatoes, and eggplants. These could be grown in the backyard, and the inclusion of these vegetables and fruits in the nutrition of the community is one of the vital solutions in combating malnutrition. Additional weighing activities were also incorporated in the program for the monitoring of the health improvement among the target population. The changes in the weight of the children indicates the effectiveness of the feeding program, and it also gives an idea to the College of Nursing group whether their choices of meal prepared were really beneficial.

This program is a two-way accomplishment, both of the parties benefitted from the said activity. When we have healthy youngsters, we are assured of a healthier future in the coming generations. In line with this belief, the College of Nursing, and the Isabela State University in general, is filled with enthusiasm to continue to the pursuit of a healthier, stronger and self-reliant nation!



Overcoming the Bouts of the Pandemic

A sea of smiling faces met the Isabela State University, College of nursing-Echague Campus' Dean, Faculty and Nursing students on the morning of April 04, 2022 in one of its adopted barangays in Isabela. It is evident that both the community people and the healthcare team members are full of excitement to meet each other again after the bouts of the pandemic.

It is undeniable that as an end result of the panic and stress that this unfortunate event has dealt upon the communities, a drastic shift in the healthcare delivery service highlights the importance of effective management and sustainable partnerships. Hence, revisiting the communities where the College has launched programs for the delivery of training, health and wellness services, was the focal point of this years' extension program activities.

Various studies on the impact of the pandemic showed the decline in the number of visits to the different healthcare facilities due to the restrictions being imposed, as well as fear as a contributing factor. As a result, maternal and child visits, hypertension monitoring, tuberculosis adherence to treatment has declined which resulted in a number of cases being reported.

One of the programs launched by the college, the "Bantay Presyon", in partnership with the Rural Health Unit, the barangay health officials, the faculty members and the student nurses, among others, have been revisited. The training that was given to the barangay health workers, which includes the blood pressure monitoring, has helped a lot of the community people especially during the lockdown where the ailing individuals no longer need to travel to the town just to have their blood pressure checked. It just proves that such programs are essential to the survival of the far-fetched barangays. Moreover, the provision of such services, coupled with the delivery of health teachings and education created a self-sustaining community which is in-line to one of the goals of the community extension services of this University.

A health teaching about Hypertension, causes and its management and the presentation about Pulmonary tuberculosis, its causes, prevention and treatment were conducted. These two topics were given emphasis because they were recognized by the barangay health workers as the most prevalent and on the rise at these times. The people were given a chance to ask questions about what bothers them, what concerns them and what



hinders them to seek medical care. An interactive discussion took place and the individuals who have voiced out their problems have received satisfying answers, thereby resulting in renewed hope and interest in seeking health evaluation and checkups.

The link between the College and the rural health unit was reignited once more, as the student nurses again are now safely deployed to the different healthcare settings as part of their related learning experiences. It is timely that all the concerns that the people have voiced out were delivered to the RHU, the effective delivery of the most important maintenance treatment, was given their needed attention. The identified individuals who are exposed to Pulmonary Tuberculosis were also endorsed, and instructions were given to them on how to proceed to the proper agencies for diagnostic procedures and treatment as well.

This activity was a perfect training ground for our student nurses to impart their knowledge and skills that were taught. As these students render healthcare services to the community, they have also gained much more knowledge in exchange through their interaction with the people. Actual experiences were gained and they had the chance to hear real problems from the grassroots level and not just from textbooks. It was a win-win meeting where both parties benefited.



Barangay Malitao, Echague, Isabela. The ISU-E College of Nursing, revisiting one of their adopted barangays, fostering and renewing their partnership in the delivery of the essential healthcare services last April 04, 2022.



Student Nurse Volunteers during the blood pressure measurement and monitoring in Barangay Malitao, Echague, Isabela

The college of nursing will continue its efforts to provide healthcare services to the different adopted barangays, hoping to expand and extend to new communities who are in need. A dream of establishing a proactive citizen and a self-sustaining community will come into fruition. As new students will come to study nursing, more and more of them need to experience interacting with the community. A readily available workforce will be an advantage. Through this, an unending cycle of learning and service provision will be an asset to our university.



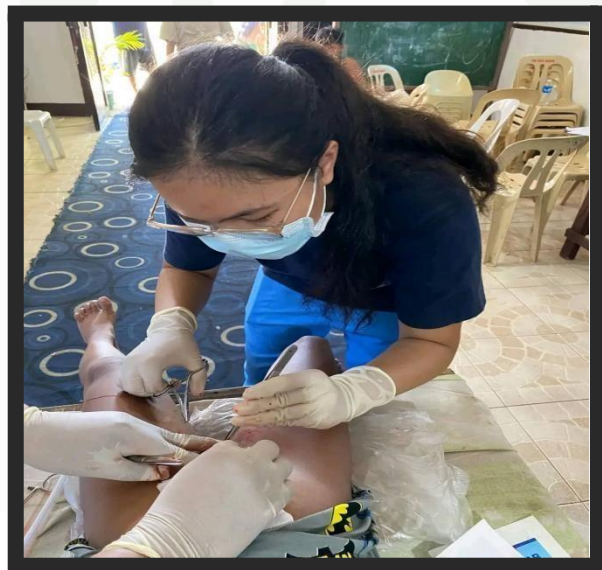
Pagbibinata : “Operation Tuli”



In line with the endeavor to enhance the health and well-being of the residents of one of the adopted barangays, Barangay Buneg, Echague; the College of Nursing conducted an “Operation Tuli” and Health Education in partnership with local barangay officials at the Barangay Multi-Purpose Hall, last May 07, 2022.

Traditionally, circumcision is a covenant between God and Abraham. For us in the health care system, this is done for hygienic purposes and most importantly, for the prevention of future infections and diseases. Children who are excited to have their circumcision believe that this is a commencement of “pagbibinata”, a sign of coming of age, it is vital to couple such excitement and belief with the health teachings from our student nurses. The opportune time to hold their attention and focus, which will then reap its benefits, making the health education a success.

The program is a part of the Institute-wide project of Community Extension and it offers safe and free circumcision to young boys. College of Nursing-Echague Campus, Clinical Instructors, together with the student nurses along with the barangay officials participated. The activity went successfully which benefited eighty (80) clients for circumcision.





To help facilitate the healing and prevent any complications, free medication (Paracetamol for pain relief and Amoxicillin for prevention of infection) were also prescribed and given to the clients.. The significant others accompanying the clients were given instructions on the prescribed dosage of the medication with pertinent health teachings on post-circumcision care. They were instructed to refer to the barangay health center for any inquiries or complaints thereafter.

After the program, there were no reported incidents of post-operative infection or any complications. The collaborative effort of the College of Nursing and the Barangay Officials of the Barangay of Buneg had successfully contributed in the achievement of the health and wellness of its citizenry as a whole.



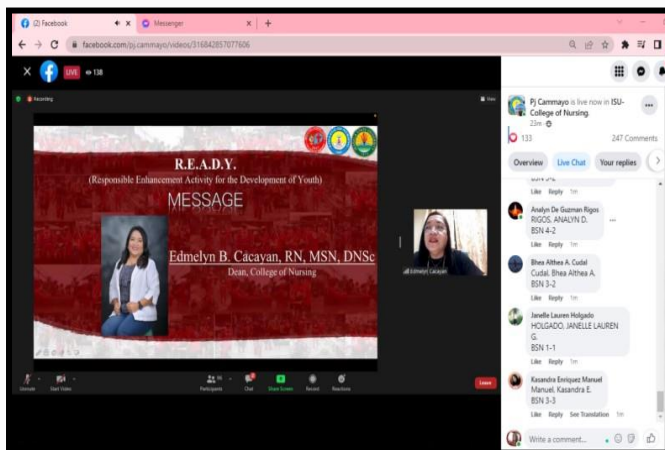


PROJECT R.E.A.D.Y.

(Responsible Enhancement Activity for the Development of Youth) “Disaster Awareness and Standard First Aid Training for Youth Leaders and Volunteers”

Preserving Life, Preventing Injury, Promoting Recovery

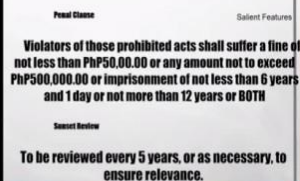
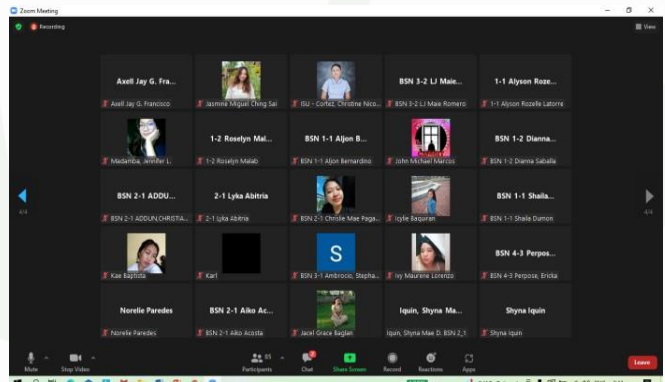
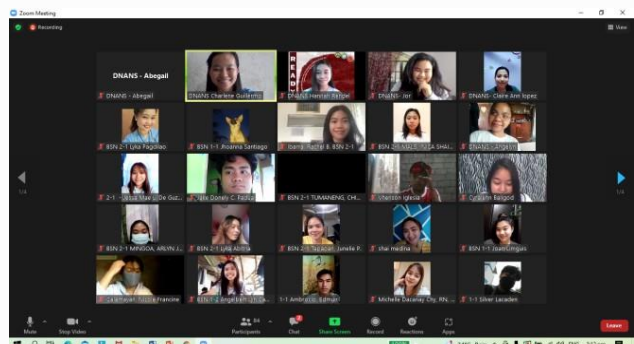
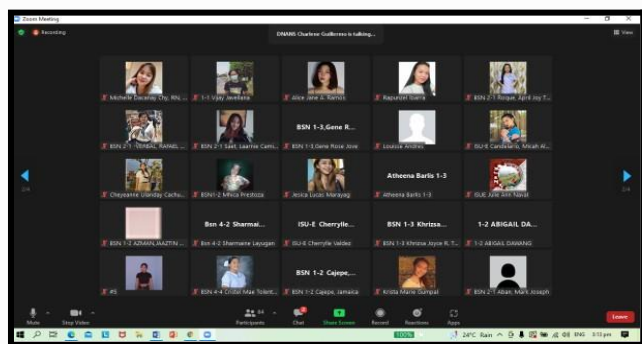
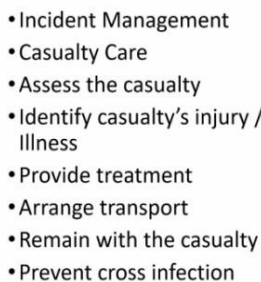
Every learner receives high-quality education from the College of Nursing. The Disaster and Nutrition Alliance of Nursing Students conducted a webinar that offers learners a range of possibilities for overall development and improvement. Various programs, activities, and projects are carried out, each learner's abilities and talents are developed. Additionally, students who wish to improve their skills in administering first aid are encouraged to participate in this training to ensure that they will provide sincere service during their work, to help them become a more well- rounded individual and effective and selfless leaders in their own area of responsibility.



The webinar was conducted via zoom meeting and publicized at the College of Nursing's Group Page on February 22, 2022. It started at exactly 8:30 am and concluded at 3:00 pm. The webinar was attended by a total number of 260 student nurses ranging from first year to fourth year level. It started with an opening prayer followed by an opening

remarks from one of the DNANS' advisers, and a message from the College Dean, Edmelyn B. Cacayan, RN, MSN.

The speaker was invited from PDRRMO- Quirino, the Local Disaster Risk Reduction and Management Assistant on Administration and Training, Benjamin V. Viray, a Registered Nurse, and Emergency Medical Technician. The concept of this project is immensely beneficial in facing this 21st century era wherein fast-growing learners are considered digital natives who have the tendencies to embrace either positive or negative repercussions perpetuated by the digital world, and it will help them enhance their capabilities in applying essential life skills, specifically through performing first aid techniques.





Embracing Alternative Treatments to Modern Medicines: CON Extension leads the way to Utilization of Traditional Healing practices and Herbal Remedies

Access to quality healthcare remains a major conundrum of remote communities due to a combination of factors such as limited infrastructure, inadequate healthcare resources, and remote geographical position. By fortifying the existing knowledge about traditional healing practices and herbal remedies to far-flung areas, issues like these can be effectively resolved.

On July 11-12, 2022, the College of Nursing Extension, under the leadership of Michelle D. Chy, RN, MSN, in partnership with the Philippine Nurses Association (PNA), CVHPP- Philippine Institute of Traditional and Alternative Health Care (PITAHC), and the Disaster and Nutrition Alliance of Nursing Students (DNANS), initiated a health program titled, ***“Patnubay sa Paggamit ng Alternatibong Gamutan”***, at Brgy. Mabuhay, Echague, Isabela.

The program objective was to increase awareness of the potential for traditional and herbal medicine as alternative to modern treatments for remote communities lacking immediate access to healthcare.

To strengthen the knowledge about herbal medicines that can be used effectively to treat illnesses, Mrs. Nenita Agustin, a lecturer from the (PITAHC), discussed the various approved herbal medicines from the Department of Health (DOH) to the folks of the community.

Agustin also taught the community members how to make anti-bacterial soap using the extract of kamias and an ointment for treating skin diseases from the acapulko plant.

On the other hand, Mr. Bernard S. Collado from PITAHC, one of the resource speakers, gave a lecture and demonstration on the different traditional alternative health care modalities like acupressure for common ailments and Ventosa (Cupping Therapy) on the 2nd day of the health seminar.

To increase their awareness in reducing the transmission of microorganisms, the DNANS Officers also demonstrated proper hand-washing techniques and provided training to the children in the community on how to correctly do it.

The two-day event took place in the mentioned Barangay Mabuhay due to the lack of access to quality healthcare, as it is one of the adopted barangays of the College of Nursing Extension.



Through the implementation of a healthcare symposium, the persistent challenge of limited access to quality healthcare in far-flung barangays of Echague, Isabela can be successfully addressed. Strengthening the knowledge of traditional healing practices and herbal medicine in the adopted communities offers the potential to bring about real benefits and solutions to these pressing issues, ultimately leading to the improved well-being of these communities and ensuring a healthier future for them.

DOCUMENTATION





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Dental Health Awareness

Dental health awareness is critical for living a healthy and joyful life, yet it is a topic that is rarely mentioned in modern times. On May 1, 2022, a group decided to launch a "Dental Health Awareness" initiative in the Barangay Viga Angadanan. This group was divided into three groups of four people each. The first group planned the dental operation, the second prepared the required supplies, while the third controlled the budget for purchasing prizes, tokens, and meals.

On May 3, 2022, the group asked permission from the Captain of Viga, and the letter was authorized. On the same day, the group was separated and assigned responsibilities such as packing the pricing and tokens, setting up the site, and distributing flyers as invites. As a token of appreciation, we brought dippers, alcohol, face masks, toothpaste, toothbrushes, soap containers, and hair brushes. To make the diapers more attractive, the group also created stickers. A total of 25 token sets were made, each with a mask, alcohol, toothpaste, and brush. The soap bottle was the game's prize.

On May 4, 2022 Fliers were handed to attendees to inform them about the program and to acquaint them with the event. In the afternoon, the stage was set up by cleaning the area, installing chairs, and draping it with fabric and printed decorations.

On May 5, 2022 at exactly 8:00 am the program started. The aim of the program was to teach youngsters about the significance of dental health. The program began with an introductory prayer, followed by an intermission number performed by one of the group members before the program proper began.

The first presenter defined oral health, while the second covered the anatomy and physiology of the mouth. The next lecturer discussed dental diseases, including cavities, which develop into tiny openings or holes; gingivitis, a gum disease that causes irritation, redness, and swelling of the gum around the base of teeth; and periodontitis, a gum disease that damages soft tissue and can destroy the bone that supports teeth. After the discussion, we had games where the winners received a diaper and a container of soap as prizes. As a conclusion, certificates were given to individuals who helped with the program's implementation at the end of the program.

We experienced several hurdles in implementing the program in Barangay Viga Angadanan, putting our teamwork to the test. Teamwork is essential for bringing together people with diverse experiences and knowledge. We feel that the existence of cooperation expands the possibilities and efficiency with which we may implement our program in the selected barrio. It also improves the program's performance flow, which leads to the higher outcomes that we seek.



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“Fostering Proper Nutrition Literacy: Seminar and Feeding Program”

On April 27, 2022, at the NUR 222-Community Health Nursing RLE class, we are given the final task of making a program proposal, which we will implement in our chosen community during our finals.

As a group consisting of eleven members, we started to plan on May 2, 2022 about how we would complete and finish the task on time. At first, we planned for the delegation of tasks among group members to provide the best output and give the best performance. We also established our group's guidelines, monitored our attendance during program preparation, and made sure that everyone had their contributions. Starting on May 9, 2022, every day after class, we brainstormed to create ideas, finalized our plans, and systematically completed all the tasks given. Considering the timeline for our project, we made sure that the venue and location, project cost, program goals and objectives, program flow, PowerPoint presentation, and activities were already prepared and organized ahead of time.

On May 16, 2022, we went to Gucab Elementary School and asked the number of children who were severely wasted or malnourished to serve as our participants. Then, from the three proposed titles, "Fostering Proper Nutrition Literacy of Selected Pupils at Gucab Elementary School" was our chosen title since our goal was to promote health and nutrition and then conduct a feeding program. The day after, we processed our letters of invitation to be submitted to the barangay captain of Gucab, Echague, Isabela, and the school principal of Gucab Elementary School. Then, after a week, on May 23, 2022, we prepared our tarpaulin, including our certificates, tokens, and rewards to be given during the seminar. The school principal and barangay captain agreed to the proposed date of program implementation on June 7, 2022. Furthermore, as our final preparation, we arranged the venue, packed our tokens, printed the certificates, and bought food for the feeding program.

During the program, student nurses of Isabela State University-Echague (ISU-E) College of Nursing (CON) spearheaded a seminar and feeding program with the theme "Kalusugan ay ingatan upang sakit ay maiwasan". Nursing students provided participants in the community with the necessary knowledge to accomplish and maintain a healthy diet, modify their habits that lead to poor health by reinforcing certain nutrition-related activities or behaviors, and encourage the children to engage in health-promoting actions and become a role model to others.

The program started at 9:00 in the morning and ended with a feeding program at 12:00 pm. It was held at Gucab Elementary School and was attended by school children, from kindergarten to grade 6, whose BMIs are



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below normal range. The program revolved around defining nutrition, making healthy food choices, practicing proper hand hygiene, and conducting a feeding program. The seminar started with an opening prayer, followed by the national anthem, a short introduction, morning exercise, and then the seminar proper. Health educators also made an activity for every topic for the children to practice what they were learning, which made provision for queries among the participants and also made the atmosphere of the program lively and spirited. Closing remarks were followed by the giving of certificates and tokens and awarding, which ended with the feeding.

As a conclusion, with our efforts combined, we are able to produce an utterly fruitful and successful output. Above all, our passionate gratitude is given to our Almighty God for bestowing wisdom, strength, and guidance to make this output a success. The group of people whose dedication and perseverance to achieve the demands of this output are exceptional.





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3.3.3. ISABELA STATE UNIVERSITY SERVE AS A SPORTS FACILITY WITHIN THE LOCAL COMMUNITY

Sports have always played a vital role in society, acting as a platform for individuals to showcase their physical prowess, cultivate important life skills, foster social cohesion, and promote good health and well-being.

Sustainable Development Goals No.3—Good Health and Wellbeing—encompasses sports as an active form of well-being enhancement. The Isabela State University is committed to promote this aspect as it shares its sports facilities with the local schools and the general public.

For years, as a welcoming ground for institutions, the University has been serving as a venue for sports events of schools, such as the Secondary and Elementary Interschool Athletic Municipal Meet and recently, the Department of Health's Regional Friendship Games.





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Unfortunately, due to the emergence of the COVID-19 pandemic in the latter part of 2019, public activities such as the conducting of sports events have been halted. Consequently, sports facilities of the campus have not been utilized according to its use.

Nonetheless, it was repurposed; various sports facilities of the university were able to accommodate Vaccination and Bloodletting events. The Ilagan Campus' served as the venue of Vaccination led by medical staff of the City of Ilagan Medical Center. Meanwhile, the Philippine Red Cross utilized the Echague Campuses' Abaya Hall for a bloodletting activity titled: Dugong Buhay, Dugtong Buhay as part of their Mobile Blood Donation activities.

<https://www.facebook.com/groups/696572360860483/permalink/853102728540778/>





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Requirements for OJT



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After almost two years of being restricted from conducting public activities during the COVID-19 pandemic, Isabela State University System reinstated and once again embraced outside institutions to utilize its sports facilities.

During the pandemic, the sports facilities of the university went beyond its original purpose and were able to cater various activities aimed at contributing a positive effect on the attainment of SDG 3, such as vaccination and bloodletting activities.

This signifies that the ISU System is not only an institution that offers students with quality education but it is also a conducive venue for priming students' athletic skills, and remarkably transitioned from catering the sports events to offering venues for public events of outside institutions.



3.3.4. ISABELA STATE UNIVERSITY PROVIDE STUDENTS ACCESS TO SEXUAL HEALTH AND REPRODUCTIVE HEALTHCARE SERVICES

Sexual and reproductive healthcare services, along with information and education, play a vital role in the lives of students. They empower individuals to make informed decisions about their sexual health, fostering responsible behavior and preventing unintended pregnancies and sexually transmitted infections. These services also promote gender equality, ensuring that students have equal access to healthcare, regardless of their gender or sexual orientation. Comprehensive sexual and reproductive education equips students with essential life skills, nurturing healthy relationships and communication.

Republic of the Philippines
ISABELA STATE UNIVERSITY
Iligan, Isabela
UNIVERSITY HEALTH SERVICES
MEDICAL CERTIFICATE

Date: 8/27/2023

TO WHOM IT MAY CONCERN:

THIS IS TO CERTIFY that NAME: BOBANG
Age 21 Sex Male Civil Status Single, a student/employee of BOBANG
with employee/student number 20-1079 was examined in this clinic on 8/27/2023
for the following:

DIAGNOSIS: Physically fit of the body. Physical examination

Remarks: He failed PA-GYN examination/duck up doc. CPPT

Given this 27 day of August, 2023.

NICOLAS H. AGAN, M.D., FPMSC
University Physician & Director, Health Services
Lic. # 72916

N.B. Not for medico-legal purposes.
ISUE-UNS-MCR-007
Revised 31 June 2021

REQUIREMENTS	PROOFS
a.1.4 Consent of the Parents or Student's Guardian	Duly notarized/subscribed consent
a.1.5 Medical Clearance of the Students	Medical clearance of the students, if appropriate duly signed by the HEI or government Physician
a.1.6 Personnel-in-Charge	<ul style="list-style-type: none"> Designation or order from the Administration indicating personnel-in-charge's role and responsibilities before, during and after the off-campus activities Relevant certificate on first-aid training
a.1.7 First Aid Kit	First-aid kit
a.1.8 Fees/Fund Source	Duly approved schedule of fees
There should be a breakdown of fund sources and other resources properly secured and accounted for.	Appropriate report

Conforming with the rules highlighted under the CHED-CMO-No-63-s.-2017, specifically those that were outlined in Section 11 on page 6, the institution has established a protocol for students engaging in off-campus activities such as on-the-job training and hospital duties. This protocol mandates that students must undergo specific laboratory procedures to assess their physical fitness.

Republic of the Philippines
ISABELA STATE UNIVERSITY
Iligan, Isabela
UNIVERSITY HEALTH SERVICES

February 08, 2023

TO: AS I. FRANS AND PROGRAM CHAIRS OF ISU SYSTEM
FROM: SUBSISTE PHYSICIAN AND DIRECTOR FOR HEALTH SERVICES

In this day and age when COVID-19 is rampant and continues to affect the lives of everyone, especially in the schools where temporary suspension has been implemented, we recommend our students undergoing COVID-19 test regularly and follow (using) medical certificate for or to protect them especially they are out in our campus. Those students with positive results must get clearance from the CHED-CMO before.

Thank you!

Respectfully,
NICOLAS H. AGAN, M.D., FPMSC
University Physician & Director, Health Services

Recommending approval:
PROF. SONDE BATANG, Ph.D.
VP Academic Affairs

ISABELA STATE UNIVERSITY
RECORDS OFFICE
RECEIVED
FEB 08 2023

ISUE-UNS-MCR-007
February Date: February 08, 2023

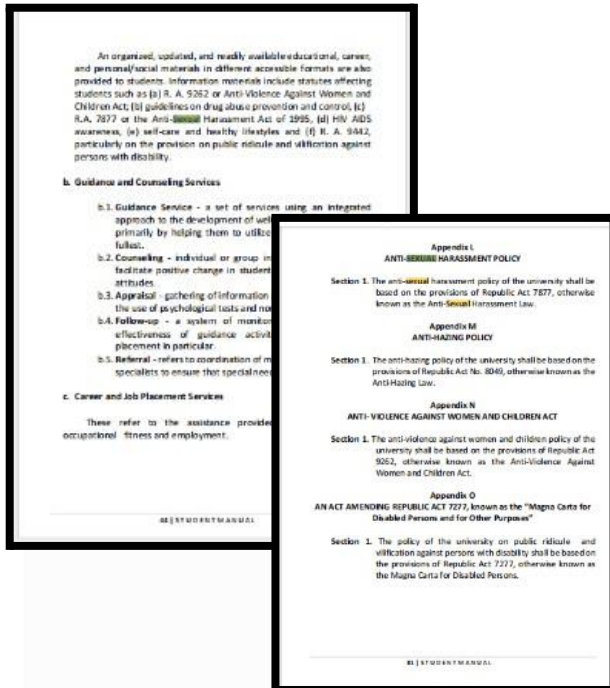
As a result, the institution follows the memorandum's directives and makes it mandatory for students to obtain a medical clearance that is duly signed by either a Higher Education Institution (HEI) or a government physician. The medical clearance process includes a comprehensive set of laboratory procedures and a physical examination. For male students. The laboratory procedures involve urinalysis, fecalysis, X-ray, and a complete blood count. Female students, in

addition to the aforementioned tests, are also subject to a pregnancy test as part of their medical clearance.



Memorandum Order from the Infirmary

Anti-Sexual Harassment Policy



Isabela State University also adhere to the policies that protect sexual and reproductive health of students which was included in their own student handbook. On page 44 of the manual, the educational institution demonstrates a commitment to providing students with valuable resources. The institution maintains a well-organized and up-to-date collection of educational, career, and personal/social materials in various accessible formats. These materials encompass crucial information on legal aspects impacting students, such as RA 7877, or the Anti-Sexual Harassment Act of 1995, and awareness about HIV/AIDS. In fact, on page 81, the manual establishes the legal foundation for the Anti-Sexual Harassment Policy, offering a comprehensive reference for addressing and preventing sexual harassment within the institution. By outlining this legal basis, the manual equips staff and stakeholders with a clear understanding of their responsibilities in maintaining a safe and respectful environment for all.

The manual, in its entirety, serves as a valuable resource for school-based health service providers, offering insights and strategies to better address the sexual and reproductive healthcare needs of students. It underscores the institution's dedication to fostering a supportive and inclusive educational environment that prioritizes students' well-being and safety.

Webinar for Comprehensive Sex Education

The webinar conducted by Isabela State University on June 3, 2022, entitled "The Impact of Comprehensive Sex Education on the Growing Rate of Teenage Pregnancy," had a profound objective. It sought to equip participants with a multifaceted set of knowledge, skills, attitudes, and values, all with the ultimate aim of empowering them to take control of their health, well-being, and dignity. Through this educational endeavor, the attendees were provided with tools to develop respectful social and sexual relationships, and to critically consider how their choices in the realm of sexual and reproductive health can affect not only themselves but also the well-being of others. Comprehensive sexuality education, as highlighted in the webinar, has been shown to yield several essential outcomes. It encourages learners to delay the initiation of sexual activity, promoting a responsible approach to their own sexuality. Moreover, it increases the likelihood of young people using condoms and other contraceptives when they do become sexually active, thus contributing to safer sexual practices and a reduction in unintended pregnancies and sexually transmitted infections. Additionally, it enhances their understanding of their own bodies and the dynamics of relationships, facilitating more informed decisions. This comprehensive education further serves to reduce risk-taking behaviors and decrease the frequency of unprotected sex, contributing to healthier lives and lower rates of teenage pregnancy. In essence, the webinar underscored the invaluable role that comprehensive sex education plays in shaping a healthier, more responsible, and better-informed youth.



A memo from the University Physician and Director of Health Services specifies that female students embarking on OJT must undergo a pregnancy test before being issued a medical certificate. This thorough medical screening process ensures the safety and well-being of all students participating in off-campus activities and aligns with the institution's commitment to student health and compliance with relevant regulations.



Health Education for Sexually Transmitted Diseases

Bachelor of Science in Nursing program organized a health education event on June 23, 2022, with a crucial focus on addressing sexually transmitted infections (STIs). This initiative served as a vital platform for raising awareness among students about the implications of STIs on their lives and the broader community. By shedding light on the physical, emotional, and social consequences of STIs, it aimed to reduce the stigma, fear, and discrimination often associated with these infections. This is a significant step toward creating a more compassionate and understanding environment for individuals affected by STIs. In addition, the event offered valuable insights on how to prevent the acquisition of STIs, emphasizing the importance of safe sexual practices, regular testing, and the availability of effective treatment options. It equips students with the knowledge and skills necessary to protect themselves and their partners, promoting responsible sexual behavior and overall well-being. In essence, this health education initiative extends beyond academic learning, playing a pivotal role in safeguarding the health and dignity of the student community and contributing to the broader public health effort to combat STIs.



Monitoring Teenage Pregnancy

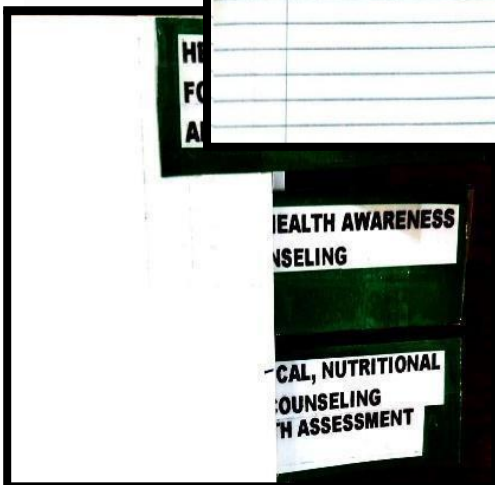
School clinics can play a significant role in monitoring and educating students about adolescent pregnancy. The Isabela State University-Infirmary takes a proactive role in overseeing and educating students to prevent adolescent pregnancy. Through regular monitoring and informative sessions, the university promotes responsible sexual behavior and empowers students with the knowledge and resources needed to avoid unintended pregnancies during their academic journey.

101

DATE	NAME	UNUS/MA	PH	CIP	Sig
Jun 23/2022	Markelene V. Valera	Psychology I	202564	1935607609	
	Princess I. Dizon	Genetic/Pharmacology			
	Maribel / Maribel				

MENTAL HEALTH AWARENESS AND COUNSELING

CAL, NUTRITIONAL COUNSELING AND ASSESSMENT

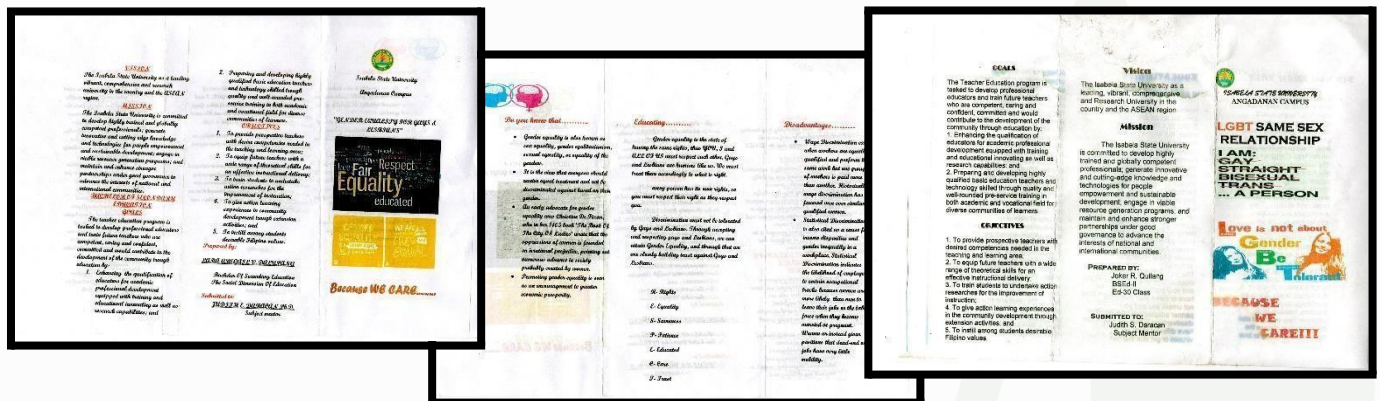


PLAN : SAFE SEX AND STD PREVENTION					
RATIONALE	LEARNING CONTENT	STRATEGIES	TIME ALLOTMENT	RESOURCES	EVALUATION
participants will be able to:	Safe sex is any sexual contact that protects you and your sexual partner's against sexually transmitted diseases (STDs) and unplanned pregnancy. It doesn't involve the exchange of body fluids like semen, vaginal fluids or blood with anyone you have sex with.	POWERPOINT PRESENTATION VISUAL IMAGES POST-DISCUSSION QUESTIONNAIRES	30 MINUTES TARGET POPULATION Students from AGE GROUP Adolescents; DATE AND VENUE June 23, 2022 Institute of Fisheries	TV MONITOR (WITH HDMI) FOR THE POWERPOINT PRESENTATION BUDGETING	After 30 minutes of health teaching, the participants will be able to answer: • What is safe sex? And what are the reasons it should be practiced? • What are the risks of unprotected sex or unsafe sex? • What are the different sexually transmitted infections? • What should be done to treat and/or prevent STDs?
1. Define what is safe sex and why it should be practiced.	1. Practicing safe sex or protected sex reduces the chance of contracting an STI and helps to keep you and your partner(s) healthy and safe.	Unsafe sex may put you or your sexual partner's at risk of STDs. This does not just mean genital sex but any form of sexual contact.			
2. Determine the risks of unprotected sex.	2. Being mindful of the possible risks enables us to protect our health, as well as our partner's.	<ul style="list-style-type: none"> Common Types of Sexually Transmitted Diseases: Syphilis Gonorrhea Hepatitis Genital Warts or Human Papilloma Virus AIDS 			
3. Identify and have knowledge about different types sexually transmitted diseases.	3. Having knowledge and be able to identify types of STD will helps	<ul style="list-style-type: none"> Treatment and Prevention 			



ISU continues to strive to attain its vision to be a leading research university in the ASEAN Region. Research is also very vital to the continuous attainment of the Sustainable Development Goal #3. A research entitled “FACTORS ASSOCIATED WITH MATERNAL MORTALITY IN CAGAYAN VALLEY PHILIPPINES: BASIS FOR IMPROVING MATERNAL HEALTH POLICY,” was conducted by the ISU Ilagan Campus. Understanding the related causes causing maternal death instances in the Cagayan Valley region is the goal of this study, and it is crucial to think about potential remedies for the problem at hand.

This study investigates the contributing factors to maternal death over the previous five years (2014–2018) in the Cagayan Valley, Philippines. In the long term, this research will help save lives and make sure that Cagayan Valley women have access to safe, high-quality maternity care, which is in line with the larger global objective of lowering maternal mortality.



Isabela State University emerges as a manifestation of progress and growth as it prides noteworthy as a school that values a holistic approach to health, which includes sexual and reproductive health. Given the various programs and activities implemented, the institution has proven its dedication to making sure that students have unhindered access to sexual and reproductive health-care services, including information and instruction. Through instruction and proper health education, students are able to craft infographic materials and brochures. These compact pamphlets provide comprehensive and inclusive reference that enables students to make informed decisions regarding their sexual health. Gender Equality and Teenage Pregnancy are among the topics that has been discussed in this visual material. These materials are also conversation starters. They can include discussion questions and prompts to encourage students to have meaningful conversations with their peers, educators, and, if desired, their parents or guardians. This activity goes above and beyond the call of duty; they serve as an embodiment of ISU's relentless dedication to its students and to empowering them for a life of informed choices and self-assured decisions.

FACTORS ASSOCIATED WITH MATERNAL MORTALITY IN CAGAYAN VALLEY PHILIPPINES: BASIS FOR IMPROVING MATERNAL HEALTH POLICY

Jolo R. Galabay
Rebecca S. Dela Cruz

ABSTRACT

INTRODUCTION: Maternal Mortality is a preventable phenomenon through appropriate delivery of quality maternal healthcare services towards expectant mothers. The Philippines is among the developing countries struggling to meet the target goal of reducing the number of maternal death cases despite implementing the comprehensive Maternal Newborn Child Health and Nutrition (MNCN) program by the Department of Health. Identifying the associated factors that directly or indirectly cause maternal death may help deliver quality maternal healthcare services and improve other components of maternal health programs. This study aims to understand the associated factors contributing to maternal death cases in the Cagayan Valley region, and it is essential to consider potential solutions to the said phenomenon. This study explores the associated factors of maternal mortality in Cagayan Valley, Philippines, for the past five years (2014-2018).

METHODS: This study used a convergent parallel mixed method design. The researchers used a semistructured guided questionnaire and document review from multiple sources during the in-depth interview of the 102 immediate family members of the Maternal death cases and fifty (50) public health administrators and medical doctors in the Cagayan Valley Region from January 2020 to November 2021. Qualitative data were collected using purposive sampling using an in-depth interview with the health administrators in the community and hospital setting. The researchers used a descriptive and correlational statistical analysis for the quantitative data using IBM SPSS statistics 23.




Psychosocial Intervention Program for Teenage Pregnancy and Teenage Mothers Recuperations

Motherhood is undeniably one of the most noble and demanding roles in society, requiring qualities like selflessness, instincts, boundless patience, and a willingness to make profound sacrifices to ensure the proper upbringing of children. The impact of a mother's influence on her children's personalities and dispositions is immeasurable, underlining the vital role mothers play in shaping our communities.

However, a challenging question arises when the mother is herself a child.

Teenage pregnancy, defined as girls between the ages of 13 to 19 becoming pregnant, presents a critical issue. According to UNICEF (2008), approximately 16 million girls aged 15 to 19 and 2.5 million girls under 16 give birth annually in developing regions, including the Philippines. The World Health Organization (WHO, 2017) reports that complications during pregnancy and childbirth are the leading causes of death for 15 to 19-year-old girls worldwide. Shockingly, the Philippines, as per the 2013 Young Adult Fertility and Sexuality Study, reports that one in ten Filipino teens aged 15 to 19 is already a mother, with 2.6% pregnant with their first child and 13.6% already engaging in childbearing. The rate of teenage pregnancy in the Philippines is alarmingly high, with approximately 500 babies born to teenage mothers each day (Jolly, 2017). This issue not only affects the teenage mothers but also has profound consequences for their families and society as a whole.


Notably, the Cagayan Valley Region has the highest reported cases of teenage pregnancy among all the regions in the Philippines, with 1.2% of teenage girls aged 15 to 19 being pregnant (Manila Times, 2013), and this problem continues to escalate. The causes of teenage pregnancy are

	
ISABELA STATE UNIVERSITY Jones, Isabela	
EXTENSION AND TRAINING SERVICES	
<hr/>	
EXTENSION PROJECT PROPOSAL	
A. BASIC INFORMATION	
1. Project Title:	Psychosocial Intervention Program for Teenage Pregnancy and Teenage Mothers Recuperations
Project Leader:	Marris R. Reyes
2. Project Component Titles:	
a. Understanding Teenage Pregnancy: Increasing Community Awareness on Dynamics and Effects of the Phenomenon	Marris R. Reyes
b. "Inay Nene": Strengthening and Capacitating teenage parents towards Responsible Parenthood	Benilda M. Hangdaan
c. "Pagbangon": Livelihood Training Program and Back-to-School Program for Teenage Mothers	Yzzel T. Agorilla
3. Implementing Campus:	Isabela State University – Jones Campus
a. Local/Unit:	ISU-Jones Extension & Training Unit Education Department
b. Cooperating Unit:	Guidance Office, OSAS, Jones, Isabela SK Federation
c. Study Site:	Municipality of Jones
4. Duration:	
a. Date Started:	January 2022
b. Date Completed:	December 2022
c. Status:	New



multifaceted and complex. Globally, the WHO (2017) and UNICEF (2008) have identified several factors contributing to teenage pregnancy. These include customs and traditions that encourage early marriage, especially in developing countries, adolescent sexual behavior influenced by alcohol and drugs, inadequate education and information about reproductive sexual health, as well as limited access to contraception.

Peer pressure, sexual abuse leading to rape, poverty, exposure to abuse, violence, and family discord at home, low self-esteem, and diminished educational aspirations all play a role in this issue. Nevertheless, it's essential to recognize that the specific causes may vary based on the local context and cultural norms (Cook, 2015). The battle against teenage pregnancy necessitates a comprehensive understanding of these causes and a commitment to implementing effective solutions to address this critical social concern.


ISABELA STATE UNIVERSITY
Ilagan, Isabela

Completed Extension Program/Project/Terminal Report Format

A. BASIC INFORMATION

1. Program Title: SOM BHEST (Strengthening Obstetric care for Mothers in the Barangay for Healthcare Enhancement and Sustenance)
2. Project Component Title 2: Enhancing physical assessment of pregnant mothers
Project Component Leader: Ruth S. Malayao
3. Implementing Campus:
 - a. Lead Unit/College: School of Midwifery
 - b. Cooperating Unit/College: Midwifery Civic Action Society (MCAS)
 - c. Project Site: Barangay San Ignacio, City of Ilagan, Isabela (Adopted Community of SOM)
4. Duration:
 - a. Date Started: January 2022
 - b. Date Completed: September 2022
 - c. Status: (Completed)
5. Project Beneficiaries:
 - a. Pregnant women of Barangay San Ignacio
2. Funding Agencies:
 - a. ISUI Budget GAA: 20,000.00
 - b. Budget Requirement/ Budget

ITEM	Total
1. Maintenance and Operating Expenses	
a. Transportation	500
b. Supplies and Materials	16,500
c. Communication	200
d. Other Services (Food Expenses, and other technical needs)	2,800
Total	20,000

SOM BHEST (Strengthening Obstetric care for Mothers in the Barangay for Healthcare Enhancement and Sustenance)

Barangay San Ignacio in the City of Ilagan is a community that the School of Midwifery has adopted, and our involvement led to a community outreach program in November 2020. During our visit, I had the opportunity to engage with the Rural Health Midwife and a few barangay officials. The discussion centered on how the pandemic was affecting their community. The midwife revealed the direct impact of COVID-19, particularly on men, including its prevalence, fatalities, and the compounding effects

of vices and coexisting conditions leading to severe respiratory disorders. However, what truly struck me was the revelation that COVID-19 had various indirect effects on women, particularly pregnant women, disproportionately burdening nearly all expectant mothers within the community.



With a population of approximately 3,500 people, this barangay consists of 52% males and 48% females. A substantial portion of the females, around 40%, are pregnant. Sadly, many pregnant women do not receive timely and adequate prenatal care. Missing scheduled check-ups, especially laboratory exams, is common due to the unavailability of these services in the community, which significantly disrupts healthcare. Lockdown measures, travel restrictions, and fears of contracting the virus while seeking care further contribute to these missed appointments.

Addressing this issue is an urgent priority that cannot be ignored. It is crucial to support expectant mothers during the COVID-19 pandemic by ensuring they receive proper care and can adhere to their birth plans. Helping them recover from the direct and indirect health consequences of the virus is of utmost importance.

Additionally, a majority of expectant mothers we interviewed expressed a strong desire for online access to health resources and services. It is essential to make healthcare services accessible to them, possibly in a nearby location, to reduce their risk of contracting COVID-19 by minimizing exposure to crowded healthcare facilities. We verified this information with the barangay's designated rural health midwife, who emphasized the critical need to sustain and improve obstetrical care in the barangay.

Our project's objective is to assist expectant mothers by providing essential obstetrical services, including prenatal, intranatal, and postnatal care, directly in their homes. We also plan to offer online lectures conducted by reputable healthcare professionals to impart timely information on high-quality obstetrical care that expectant mothers can implement at home. This initiative aims to address the pressing healthcare needs of pregnant women in Barangay San Ignacio and promote the health and well-being of both mothers and their families.

3.3.5. ISABELA STATE UNIVERSITY PROVIDE STUDENTS AND STAFF WITH ACCESS TO MENTAL HEALTH SUPPORT

In the quiet corners of the human mind, where thoughts weave a complex tapestry of emotions, there exists a profound journey that often goes unnoticed—the journey of mental health. It's a realm where courage battles fear, where resilience confronts despair, and where the strength of the human spirit is tested and forged.



Mental Health is a crucial aspect of the overall well-being and is essential for leading a fulfilling and meaningful life. And when it comes to raising awareness for mental health, it's the little things that make a big difference in people's lives.

Here in Isabela State University Echague, we encounter stories that are both fragile and resilient, tales of triumph over adversity, and moments of

vulnerability that lead to unparalleled strength. As we peel back the layers of societal stigma and misconception, we discover the raw, authentic narratives of individuals who have faced the shadows of mental health challenges. Their stories are not just accounts of struggle, but also testaments to the power of empathy, understanding, and the unwavering human spirit.

Without higher education, the seventeen SDGs will not be met. We hope that this insight, will allow you to learn about working with sustainable development and SDGs at universities and encouraging many to take action, including transforming higher education. Challenges persist locally, regionally and globally, yet higher education and policy-makers have the opportunity to work towards a common goal to develop a more sustainable and just future for all. This includes the mental health as a key to a better future for students.

This report presents the current data and puts it into context. A trend with the data from 2022 shows more substantial institutional commitment, more actors involved, and increasingly holistic approaches at the whole institution. Besides collaboration with other HEIs or involvement in networks working for sustainable development, engagement with the public and private sectors and key stakeholders such as schools, NGOs and community organizations are essential for HEIs to build partnerships and promote collaboration.

Students have the potential to become leaders of the future, This trend makes the provision of higher education even more crucial, with access and equity playing a predominant role in the discussions of mental health and counseling, confirms a need for strong engagement in the discussion and activities related to Sustainable Development. HEIs could facilitate the integration of student and youth voices by creating student offices and other supporting mechanisms, when addressing student participation.

The role of higher education might be apparent to those within the sector. However, this message must be conveyed to governments and through international organizations, to be reflected in policy and subsequent initiatives with transformative action to build a new social contract for education.



To mention another example, the Independent Expert Group on the Universities and the 2030 Agenda set up by UNESCO in 2020, identified the following three main areas of action for higher education institutions to contribute to the 2030 Agenda:

- The need to move towards inter- and transdisciplinary modes of producing and circulating knowledge;
- The imperative of becoming open institutions, fostering epistemic dialogue and integrating diverse ways of knowing; and
- The demand for a more influential presence in society through proactive engagement and partnering with other societal actors.

In the future, this might lead to a re-focus primarily on sustainability rather than just the SDGs. This is also reflected in the responses to the survey. Many recognize mental health status as a critical area of action and the SDGs as a tool within an extended investment towards successfully transforming education to address sustainability, in pursuit of transforming education at all levels towards a more sustainable future.

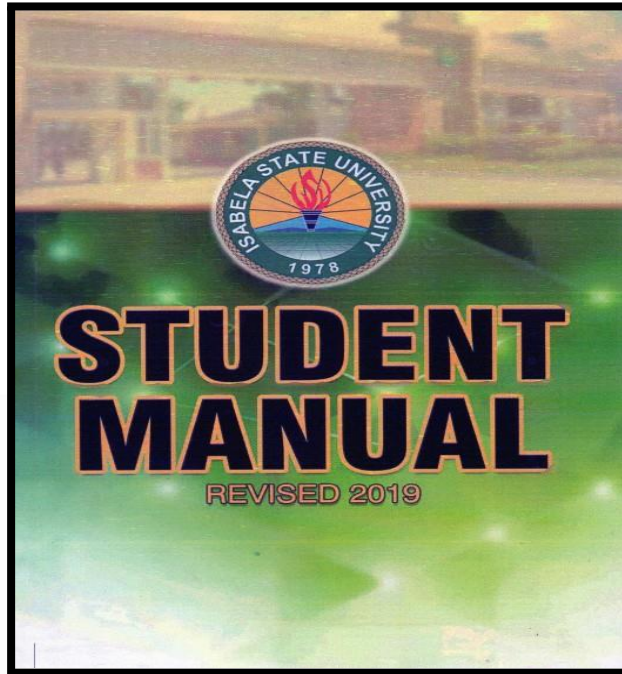
Leadership is key to advancing universities' engagement with the promise of a better mental health status for students and its staff. The ability to move on and cope after an adversity plays an important role on what is done across all sectors. Subsequently, this would lead to a better understanding of the future. Translating engagement into action's, and network initiatives to maximize its goals and ensures a more enduring impact.

Differences are exacerbated when it comes to engaging with SDGs. This resonates with the need to respond better to student needs and expectations yet also calls for comparative approaches to SD across campuses and at the university level. This stresses that showcasing examples of good practice and increasing the visibility of HEI actions to policy-makers is critical.

Consequently, policy-makers and governments need to better recognize the potential of universities as fundamental stakeholders to help address the global challenges the world faces today.



Guidance Counseling Services provided by the University



The ISU Student Manual as a first book every ISUAN must read includes the services provided for students and the guidance counseling they can avail free of charge.

The manual serves the crucial purpose of informing and guiding ISU students about the various services that are available to them, as well as the opportunities for guidance and counseling that they can access without incurring any additional costs. It implies that reading the manual is a fundamental step for students.

b. Guidance and Counseling Services

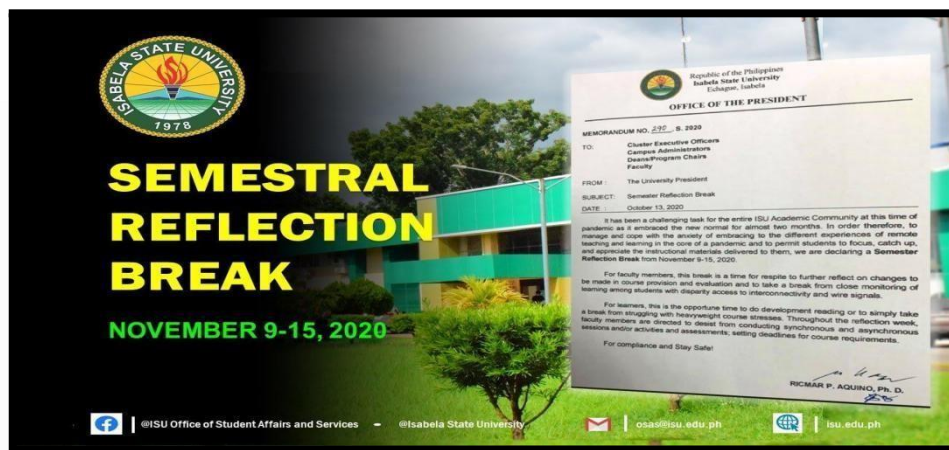
- b.1. **Guidance Service** - a set of services using an integrated approach to the development of well-functioning individuals primarily by helping them to utilize their potentials to the fullest.
- b.2. **Counseling** - individual or group intervention designed to facilitate positive change in student behavior, feelings and attitudes.
- b.3. **Appraisal** - gathering of information about students through the use of psychological tests and non-psychometric devices.
- b.4. **Follow-up** - a system of monitoring to determine the effectiveness of guidance activities, in general, and placement in particular.
- b.5. **Referral** - refers to coordination of multi-disciplinary team of specialists to ensure that special needs of students are met.



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The Student Manual stipulates the procedure for raising concerns and consultation including follow up services for students as the needs arise. It outlines a structured process for addressing and managing problems encountered by students. This manual also includes provisions for follow-up services when they are required.

Facilitation and Implementation of Semestral Breaks becomes a part of alleviating emotional burden to students and staff.



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A Semestral reflection break, has been given to students, its faculty and staff since the Pandemic in 2020, it is continuously being observed into the succeeding years up to this date. The University is aware of the challenges that the students and faculty has been facing hence the break gives everyone the time to be with family, lighten up, be refreshed and renewed.

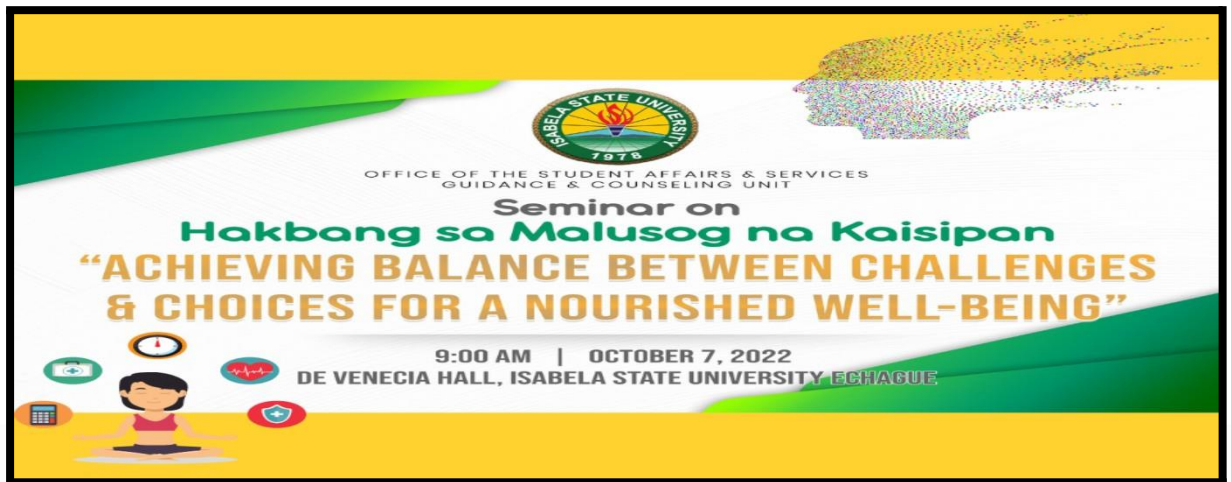
The central purpose of this break is to allow students, faculty, and staff the opportunity to step away from their academic and professional commitments temporarily. It offers them a vital interlude to reconnect with their families, regain their strength, and rejuvenate their spirits. It serves as a crucial period for reflection and self-care, enabling individuals to return to their academic and professional responsibilities with a recharged outlook and revitalized vigor.

In sum, the reflection break, instituted in response to the ongoing challenges of the pandemic, symbolizes the university's commitment to the holistic well-being of its community members. It is an essential practice that continues to offer respite, reflection, and rejuvenation in the face of adversity, ensuring that all stakeholders can navigate their academic and personal journeys with resilience and enthusiasm.



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In the tranquil embrace of October's golden hues, Isabela State University Echague reminded the significance of mental health awareness, a cause that illuminates the path toward understanding, empathy, and support. Featured Ms. Adeline M. De Guzman, RGC, Rpm., discussing "Achieving Balance between Challenges and Choices."

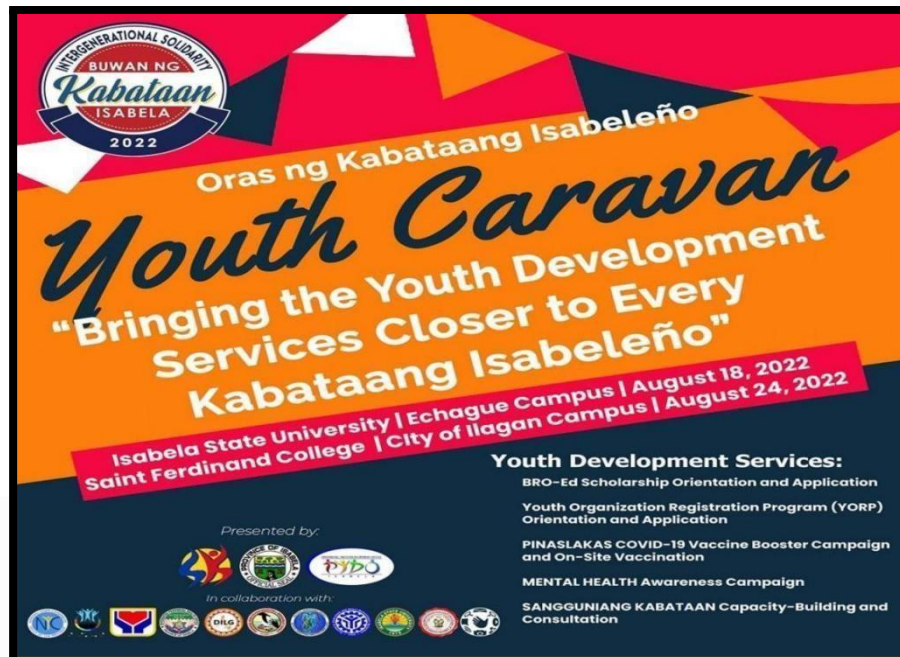
In a world where the echoes of silent battles are often drowned out by the noise of everyday life, October stands as a beacon, urging us to acknowledge the struggles faced by countless souls. It calls upon us to break the stigma surrounding mental health, encouraging open conversations and genuine connections. Together, we can create a sanctuary where individuals feel safe to share their stories, where empathy flows freely, and where understanding paves the way for healing and hope. Each conversation, each shared story, becomes a building block in the foundation of understanding, reminding us that compassion is the key to unlocking a world where mental health is valued, respected, and prioritized.

In the heart of October, it serves as a reminder that no one is alone in their struggles, and by embracing empathy, we can provide a lifeline to those who need it most. Together, let's create a tapestry of understanding, acceptance, and support, where the strength of the human spirit is celebrated, and the shadows of stigma are banished. This October, and every month thereafter, let our actions and words echo the sentiment that mental health matters, and everyone deserves a life filled with hope, healing, and the warmth of human connection.



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A Youth Caravan was also conducted on August 2022 which organized a mental health awareness campaign that made it a mission to educate the Isabeliños youth when it comes to young people's mental state and how it affects them.

With the vibrant tapestry of Isabeleno youth, there lies an incredible power waiting to be harnessed – the power to unite, to empathize, and to bring about transformative change. As we navigate the complexities of the modern world, the youth stand at the forefront of a battle against mental health problems, armed not just with resilience but also with compassion and understanding. Together, they form a formidable force, breaking down the barriers of stigma and silence, and embracing those struggling with mental health issues.

In this shared journey, the youth are not merely passive observers; they are the architects of a compassionate future. By fostering open conversations, promoting mental health education, and supporting one another, they create a safe space where every voice is heard and every emotion is validated. This unity is a testament to the strength of empathy, demonstrating that when the youth stand together, they become a glimmer of hope, inspiring others to join the fight against mental health problems. Through their collective efforts, they pave the way for a world where understanding triumphs over ignorance, kindness conquers cruelty, and no one battles mental health issues alone.



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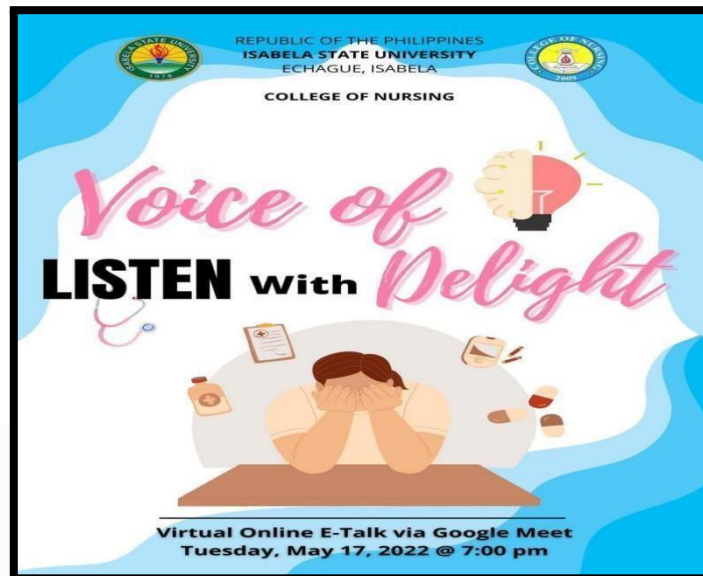
A helpline has been launched in Feb. 16, 2022, to help students, faculty and staff with an easy access to booking their appointments and can have an online consult for a more private and confidential discussion about their concerns.

Embracing Hope, One Call at a Time: Our Guidance Center Helpline serves as a support and solace for those navigating the labyrinth of mental health challenges. At the heart of our mission lies a dedicated team of compassionate listeners, offering a lifeline to individuals in their darkest hours. Anonymous, confidential, and available 24/7, our helpline is more than just a number; it's a safe space where courage finds its voice, where fears are met with understanding, and where every conversation is woven with empathy. Whether you're grappling with anxiety, depression, or simply seeking a listening ear, our helpline stands as a steadfast companion. Together, we foster a community where no one walks alone, and where every call signifies a step towards mental health awareness, acceptance, and recovery.



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https://www.facebook.com/Drich0898/videos/549866799986901/?idorv_anity=176008625754851

Last May 17, 2022, The College of Nursing, Echague Campus Held an open E-talk activity that would allow students to voice their concerns, reasons for stress. The program was implemented with online activities such as interview using the JOHARI window and other social online workshop that would lighten the participants emotional and mental load.

The E-talk was an innovative and thoughtful approach to addressing the emotional and mental health needs of students. By utilizing online tools and methodologies, it provided a platform for students to voice their concerns, engage in self-reflection, and participate in social workshops, ultimately aiming to alleviate the emotional and mental stress that can often accompany academic life and personal challenges.

In the gentle whispers of our conversations about mental health awareness, we discover the profound power of the 'Voice of Light'. It is a voice that emanates compassion and understanding, cutting through the darkness of ignorance. As we engage in the discussions, we listen not just with our ears but with our hearts, allowing the stories of resilience and struggle to touch us profoundly. We find ourselves wrapped in the embrace of empathy, understanding that within the realms of mental health, each tale is unique, yet deeply universal. Listening with delight, we unlock the potential to heal, to uplift, and to empower.



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With the symphony of mental health awareness, we find harmony in the art of active listening. Listening with delight transforms every story into a melody, where each note resonates with the shared humanity of our experiences. The 'Voice of Light' becomes a chorus, reminding us that within the challenges lie incredible strength, and within the struggles exist unwavering courage. Let us continue these talks with open hearts and eager ears, nurturing a culture where listening becomes an act of love and understanding.



Isabela State University
Cabagan Campus

MENTAL HEALTH AWARENESS WEBINAR
For First Year Students, Grade 11 students and
SSC Officers


*"Make your mental health
a priority."*

11 NOV 2022
8:00 AM to
12:00 NN


Meeting ID: 485 078 1365
Passcode: mhaw2022


Isabela State University-Cabagan Campus FB Page

DOMINIC B. AGOOT, Rpm, RPsy



<https://www.facebook.com/ISUCabaganAdmissionandGuidanceService/posts/pfbid02bMLW1J3ep4oHcYDXNM25S9uL572fSRxE8Ehw6C886P29HHzQU8fh1A7MXULifXBI>



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Mental health awareness means acceptance and love, rather than judgement and shame; it means an end to the stigma and the beginning of hope. - Annie Slease.

In support of mental health, Isabela State University continues to look after the mental health welfare of the students and its faculty by conducting a seminar on November of 2022 to shine a light on the mental struggles people face today, as well as to encourage to unbox the negative stigma towards it, and provide help in ways to cope and lighten the battle of mental health issues in this day and age.



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In the bustling landscape of the digital age, where screens illuminate our lives and connectivity knows no bounds, the concept of self-care takes on a new and vital significance. Amidst the constant flow of information, social media interactions, and digital demands, it becomes increasingly essential to carve out moments of respite for our mental, emotional, and physical well-being.

Self-care in the digital age begins with mindfulness. It urges us to be aware of the balance between our online and offline lives. It encourages us to unplug, allowing ourselves the freedom from the constant notifications and alerts. Amid the cacophony of digital noise, self-care means cultivating moments of silence where we can reconnect with our inner selves, reflect on our thoughts, and nurture our creativity.



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<https://www.facebook.com/TheForumPublication/posts/pfbid024BoMmhnhXQH7RbcZHxdBYoNDtxWJUJuQg2aUQQB26XAtLGgPVCX7p76CemKGqzbfI>

It is about embracing technology as a tool for connection and knowledge while also recognizing the importance of disconnecting to foster genuine connections with ourselves and others. By practicing digital detox, limiting screen time, and prioritizing real-life experiences, we reclaim our time, energy, and mental space, fostering a healthier relationship with the digital world and, most importantly, with ourselves.

A detailed Action Plan for the year 2021-2022 clearly states that, the services provided by the Office of Students Affairs and Services includes counseling and follow up counseling for students. By implementing this action plan, the Office of Student Affairs and Services aims to ensure that students have access to the support they need to thrive academically and personally during the 2021-2022 academic year and beyond.

In the end through programs, a continues webinars and symposiums, events, even through simple Facebook and social media posts, The Isabela State University delves into the heart of mental health awareness—a movement that advocates not only for acknowledgment but also for profound acceptance. It's a journey that invites us to stand in solidarity, to listen without judgment, and to extend our hands in compassion. We unravel the threads of awareness, education, and support, weaving a tapestry of understanding that spans across cultures, backgrounds, and experiences.



ISABELA STATE UNIVERSITY

University for People, Nature, Entrepreneurship and Innovation

Republic of the Philippines
Isabela State University
Echague, Isabela

OFFICE OF STUDENT AFFAIRS & SERVICES-ECHAGUE CAMPUS ACTION PLAN SCHOOL YEAR 2021-2022

SCHOOL YEAR 2021-2022							
Strategic Goals	Strategic Objectives	Activities	Expected Outcomes		Person (s) Responsible	Budget	Source of Funds
			Description Targets	Performance Indicators (Targets)			
STUDENT WELFARE							
To disseminate academic and non-academic concerns through information services. To improve the students' academic, personal and social aspects through gaining relevant information.	To provide a comprehensive, reliable and accessible information related to academic, personal and social development of students.	Orientation Program, Homeroom Guidance, Seminars & Regular Updating of Bulletin Boards for Announcements, Advertisements etc.	No. of Activities	1 / semester	OSAS Personnel	10,000.00	OSAS Fund
GUIDANCE AND COUNSELING SERVICES							
To acquire all relevant skills necessary for developmental learning process, being independent and wiser in their decisions especially at moments of personal crisis.	To assist the students gain necessary skills to make decisions, solve problems, change behaviours and resolve issues in their lives.	Individual / Group Counseling, Homeroom / Classroom Guidance, Seminars and Workshops	No. of Counselees	25 students	Guidance Counselors	25, 000.00	Guidance & Testing
To accomplished a comprehensive and relevant data on students personal, educational, social background that provide support information for self-development activities for students	To provide a systematic Individual Inventory of all students	Regular updating of Student Cumulative Records	No. of Student Cumulative Filed	1,000	Guidance Counselors	10, 000.00	Guidance & Testing
To determine whether the guidance intervention answered the needs of the students.	To assist the students who were already counseled and referred to determine whether further assistance is necessary.	Individual Counseling, Follow - up	No. of Follow Ups	5 student	Guidance Counselors	None	Guidance & Testing

ISUE-QSS-APO-061d
Effectivity: January 10, 2014
Revision: 0



3.3.6. ISABELA STATE UNIVERSITY AS A “SMOKE-FREE” UNIVERSITY

In adherence to national policies, the University President issued Memorandum No. 170, s. 2018 reiterating the Memorandum Circular NO. 17, s. 2009 of the Civil Service Commission on adoption and promulgation of the Smoking Prohibition based on 100% Smoke Free Policy in all areas of the government premises, buildings and grounds in order to ensure a healthy and productive workforce as reinforced by Executive Order No. 16 of President Rodrigo R. Duterte.

Republic of the Philippines
ISABELA STATE UNIVERSITY
Echague, Isabela
07435-0010

OFFICE OF THE PRESIDENT

MEMORANDUM No. 115, s. 2018

TO : ALL VICE PRESIDENTS
ALL EXECUTIVE OFFICERS
ALL CAMPUS ADMINISTRATORS
ALL CAMPUS COORDINATORS
ALL UNIVERSITY DIRECTORS

FROM : The University President

DATE : 01 April 2018

SUBJECT : Smoking Prohibition based on 100% Smoke Free - Environment Policy

This is to reiterate Memorandum Circular No. 17, s. 2009 of the Civil Service Commission on adoption and promulgation of the 100% Smoke Free Policy and the Smoking Prohibition in all areas of government premises, buildings and grounds in order to ensure a healthy and productive workforce as reinforced by Executive Order No. 26 of President Rodrigo R. Duterte.

Executive Order No. 26 from the Office of the President, has the purpose of "Providing for the Establishment of Smoke-Free Environments in Public and Enclosed Places."

Relative thereto, you are hereby enjoined to ensure that all students, faculty and staff are aware of this Memorandum Circular and Executive Order and to strictly prohibit smoking within the premises of your respective areas of jurisdiction.

In addition, you are hereby directed to assign responsible person to:

- Ensure the implementation and compliance with this policy;
- Establish procedures for reporting and dealing with violation; and
- Monitor and report on rates of compliance and effectiveness of the policy.

"No Smoking" signages should be posted in conspicuous places within the premises of your areas of jurisdiction.

Attached is the Memorandum Circular and Executive Order for your information and guidance.

For strict compliance.

RICMAR P. AQUINO, Ph.D.
University President

For the President:
ATTY. ROMANO P. CAMAYO
Vice President for Administrative and Finance Services and OIC Team Member, Office of the President

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Office of the President
Records Office
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Republic of the Philippines
ISABELA STATE UNIVERSITY
Echague, Isabela

OFFICE OF THE PRESIDENT

MEMORANDUM No. 170, s. 2018

TO : ALL EXECUTIVE OFFICERS
ALL CAMPUS ADMINISTRATORS
ALL CAMPUS COORDINATORS
ALL DEANS
ALL HEADS OF OFFICES

FROM : University President

SUBJECT : Smoking Prohibition based on 100% Smoke-Free Environment Policy

DATE : 13 June 2018

This is to reiterate Memorandum Circular No. 17, s. 2009 of the Civil Service Commission on adoption and promulgation of the 100% Smoke Free Policy and the Smoking Prohibition in all areas of government premises, buildings and grounds, except for open spaces designated as smoking area, in order to ensure a healthy and productive workforce as reinforced by Executive Order No. 16 of President Rodrigo R. Duterte.

Relative thereto, you are hereby enjoined to ensure that all students, faculty and staff are aware of this Memorandum Circular and the prohibition on smoking except in designated outdoors areas.

You are likewise reminded of Executive Order No. 26 from the Office of the President, re: Providing for the Establishment of Smoke-Free Environments in Public and Enclosed Places.

In addition, you are hereby directed to assign responsible person to:

- Ensure the implementation and compliance with this policy;
- Establish procedures for reporting and dealing with violation; and
- Monitoring and reporting on rates of compliance and effectiveness of the policy.

Attached is the Memorandum Circular and the Executive Order No. 26 for your information and guidance.

RICMAR P. AQUINO, Ph.D. e
University President

Copy furnished:
Records
File

ISUE OPR-Mem-021
Effectivity: August 10, 2015
Revision:0

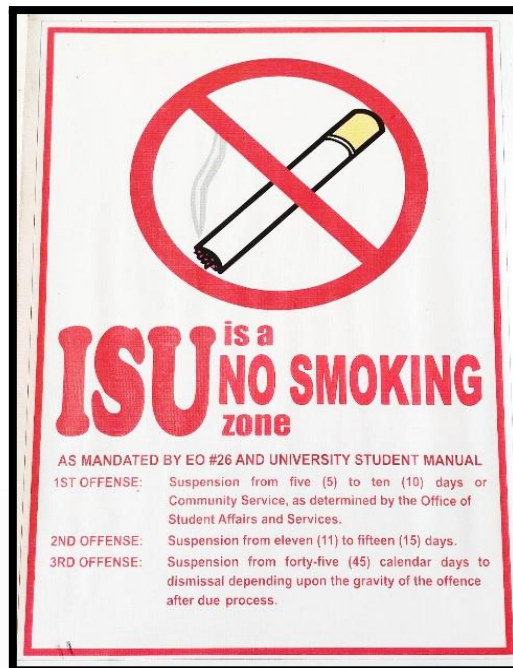
MASTER COPY

The policy finds legal basis from the Tobacco Regulation Act of 2003 (Republic Act 9211) and the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC), Article 8 and its guidelines.

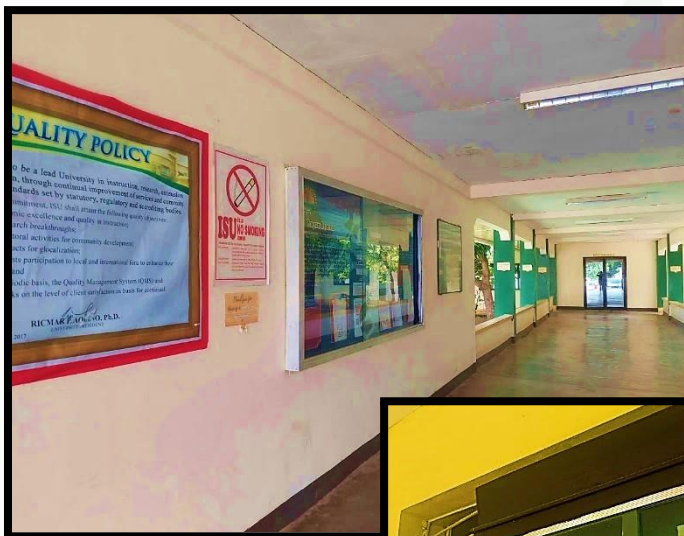
The law was reiterated in 2019 (Memorandum 115 s. 2019) with the purpose of "Providing for the Establishment of Smoke-Free Environments in Public and Enclosed Places." Health promotion and health education were emphasized in this reiteration, and clarified that the policy extended to all individuals visiting, working, or operating within the campus.



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As a result, “No Smoking Policy” signages were posted in conspicuous places in all ISU campuses to show the University’s commitment to develop students holistically and instill values and disciplines.





In addition, No Smoking Policy was stipulated in the Student Manual under Appendix G Code of Conduct Article 1 Section 15 which states “All student shall not be allowed to smoke within the university premises”.

