

PEARL 06 DECEMBER 2015

the LIVING WELL WORKSHOP And CHRISTMAS PARTY

It's the most wonderful time of the year...

By: Lorieilyn Abello-Salvador, MD



The guest speaker was Dr. Marthony Basco, a pediatrician from FEU-NRMF Medical Center, and main author of the Living Well module. The workshop aimed to:

- Enlighten patients and caregivers in the **deeper meaning of the illness** that affects their lives
- Provide an opportunity for patients and caregivers to be **in - control** of the situations affected by their chronic condition
- Establish an atmosphere of **support and camaraderie** among those afflicted by a chronic illness

Living Well Workshop for SLE and RA patients: a success

On Sunday December 6, 2015, the People Empowerment for Arthritis and Lupus (PEARL) forum was held at St. Luke's Medical Center, E. Rodriguez, Quezon City, headed by its prime mover Dr. Sandra Navarra. There were 146 participants: 55 SLE, 40 Rheumatoid arthritis and 50 caregivers. A lively & dynamic "Living Well" conversations was also conducted among the patients and caregivers.

Attendees and Participants

CAREGIVERS

[50]

Family members or friends supporting the patients in all aspects of care

SLE

[55]

Both SLE and RA patients that were previously and newly

RA

[40]

diagnosed at UST Hospital and St. Luke's Medical Center



RA patients, caregivers and facilitators

The workshop was divided into four major aspects of chronic illness: physical, psycho-emotional, social and spiritual. The patients and caregivers were given activity worksheets by the facilitators who also guided them in answering the worksheets. The facilitators were consultants or rheumatology fellows of

University of Santo Tomas Hospital and Saint Luke's Medical Center. The physical aspect focused on self, home, work and community before and after the disease, including the different strategies to live well. The psycho-emotional aspect focus was more on the impact of the disease before, during, after and in the future. On the other hand, the spiritual aspect

was centered to faith, hope, and trust, including the sources and steps to strengthen spirituality. Lastly, the social aspect of chronic illness was about qualities of the persons these patients trust, believed and which needed focus and improvement. The workshop's output through sharing and dialogue was written in worksheets and manila paper, where they can express their thoughts. Patients and caregivers actively participated.



SLE patients, caregivers and facilitators



Dr. Aime Fabila, Dr. Bryan Paras, and Dr. Maria Eizelle Fernandez as facilitators to patients with Rheumatoid arthritis. Dr. Paolo Garcia, a pre-resident from Internal Medicine also assisted in transcribing the workshop output



Dr. Joenavin Ngo, Dr. Marian Velasco, Dr. Sorrah Fiel Briones, Dr. Melissa Villamin and staff who made the program possible



Patients' output from the living well workshop



The children of Rheumatology Fellows of UST Hospital enjoying the Christmas party

*Let us show our love and mercy
With true kindness and humility
For God loves the weak and needy
Just like you and me
We are all God's children
We are all the same*

Jamie Rivera

It's Christmas party!

Games! Games! Games!

SLE patients versus RA patients enjoying game.



Dance

Despite rheumatoid arthritis, these patients were able to show and share their skills in dancing, proving that even with chronic arthritis, life will go on and pain is just part of their condition. Staff and doctors also joined the dance number.



Dr. Navarra and participants

Truly this event was successful; patients concerns were addressed physically, emotionally, socially and spiritually. It was also a reunion for doctors and patients.



Acknowledgment

Rheumatology
Educational Trust
Foundation Inc. (RETFII)
Lupus Inspired Advocacy
(LUISA)



ATTENDANCE OF PARTICIPANTS

SLE

1. Zyra Mae Causapin
2. Janna Mayka Causapin
3. Mercy Frias
4. Abegail Calamaya
5. Cecille Luna
6. Aida May Picorro
7. Glenda Balbin
8. Gladys Regala
9. Dina Ofrancia
10. Marisol Penaflorida
11. Trisha May Eliyas
12. Gennelyn Listana
13. Marjorie Inumerable
14. Beverlyn Pascua
15. Karen Flores
16. Janet Capote
17. Jacqueline Balagtas
18. Marites Gutchon
19. Mama Lubong
20. Roselyn Cachuela
21. Elvira Nuque
22. Leia De Mesa
23. Christine Zarate
24. Evelyn Caronan
25. Leah Enriquez
26. Beverly lasam
27. Catalina Toledo
28. Racquel Mangalapus
29. Aileen Manago
30. Rosylor Atanacio
31. Gina Cajatol
32. Michelle Polanco
33. Jessica Barras
34. Reynalda Ancheta
35. Cherry Lynn Fernando
36. Annalyn Maddela
37. Mary Rose Ruyeras
38. Melinda Dulay
39. Danica Pablo
40. Michelle Lugtu
41. Rhegielyn Palana
42. Vanessa Abejay
43. Pia Villaruz
44. Mary Grace Favila
45. Jenneth Salningo
46. Ma. Socorro Blas
47. Chrisitne Banares
48. Julie mape
49. Joann Boyles
50. Arlene May Gautin
51. Melba Nllasca
52. Milanie Merina
53. Aileen Nabor
54. Mary Bianca Catuncan
55. Sherelle Cabotaje

RA

1. Eloisa Aguinaldo
2. Hermie Manalac
3. Remedios Soriano
4. Tazoila Dela Pena
5. Sonia Tavate
6. Ceferina Emata
7. Ofelia Fernandez
8. Alvin Mil
9. Mirna Guerra
10. Connie Lim
11. Analiza Carcole
12. Maria Fe Minian
13. Rita Mendoza
14. Winnie samonte
15. Zenaida Estrada
16. Rowena Espino
17. Rose Ancajas
18. Herminia ong
19. Arlene Garais
20. Alejandra Francisco
21. Rosemarie Villasis
22. Hermenigilda Ola
23. Menchie Ganigan
24. Ver Ganigan
25. Bebs Manangul
26. Teresita Sambo
27. Gloria Agir
28. Gloria Quiambao
29. Gloria Marcelo
30. Nenita Ancog
31. Romiegen Jueta
32. Vincent Trinidad
33. Connie Santos
34. Be Tin See
35. Valentino Boyles
36. Filipina Bulala
37. Gloria Cruz
38. Elyn Centeno
39. Daisy Cabugao
40. Gemma Son
41. Marian San Mateo

CAREGIVERS

1. Thelma Causapin
2. Letty Frias
3. Sol Aguinaldo
4. Barry Dones
5. Lita Luna
6. Maria Mercedes Regala
7. Myrna Ofrancia
8. Norma Eliyas
9. Virginia Pabena
10. Johnjed Pascua
11. Victor Manalac
12. Marvin Lubong
13. Arnee Abril Fernnadez
14. Raul Mercader
15. Lorelie Balagtas
16. Maricris Fuentes
17. Verlyn Samonte
18. Charmae Espino
19. Andrei Ancajas
20. Evelyn Bermudez
21. Shaira Kim Garais
22. Rose Ann Enriquez
23. Gabriel John Enriquez
24. Enjad Conde
25. William Manglapus
26. Bayani Mandago
27. Alberta Trinidad
28. Emily Cajatol
29. Emily Sapanan
30. Bianca Bravante
31. Maryglo Marcelo
32. Red Juerra
33. Rheggie Juerra
34. Alicia Barron
35. Lerine Avancena
36. Grace Paracino
37. Mags Lugtu
38. Danny Lugtu
39. Angel Ruth Avancena
40. Jon Rabaya
41. Alvey Tyler Rabaya
42. Cassie Michaela Oracion
43. Victor Santos
44. Gianne Ganotisis
45. Tomokazu Suzuki
46. Angeline Onchobillo
47. Fe Buising
48. Marilou Catuncan
49. Reynaldo San Mateo
50. Jomel Cabotaje

Living well....

The (lupus and RA) patient **WARRIOR**...tattered and torn... but not broken

Living life to the fullest despite a debilitating condition...

Merry Christmas

