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### Exploring Pediatrics in the Philippines

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# Exploring Pediatrics in the Philippines

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## Why global health?

### Why Philippines?

- Gain a global perspective on NICU and Pediatrics
- Experience methods used in low resource settings
- Work in different clinics and hospitals in order to fully experience the countries medical system
- Return with new insight on different practices and how to integrate this knowledge into my own future
- Rotated in Talisay, Philippine Children's and Jose Fabella



### Jose Fabella Memorial Milk Bank

- established in 1999 in order to promote human milk vs formula
- medical staff round in wards and collect human milk from donor by mechanical or electrical pump
- screening process performed and eligibility determined
- specifically aids in the Kangaroo ward
- Collected milk is mixed for homogeneity and then pasteurized in 2L batches
- Separated in to milk obtained for premature babies vs term
- On average collects 40-60L per month
- Milk is given to women unable to produce or provide enough:
  - prematurity
  - intolerance
  - medical indications
  - malabsorption
  - ill/deceased/or adoptive mother



### Fabella's Kangaroo Mother Care Unit

- Ward for premature and underweight babies
- Mothers serve as incubators for their infants, keeping their infants strapped to their chest for approx. 18 hours a day
- Mothers sleep 2-3 a bed
- Promotes survival in neonates unable to regulate their own temperature and helps sustain breast feeding
- Step down unit from the NICU, weight gain is monitored closely, and when sufficient growth has been observed mother and baby can be discharged
- For those infants who are high risk follow ups are made to their own homes to ensure appropriate growth is being obtained
- Good option where resources are low, incubators are scarce, and nosocomial infections are rampant
- Fathers can participate
- Delivers high quality care at a fraction of the cost
- NICU is crowded and sepsis is a common cause of mortality



### Talisay Health Center

- Provides free health care to the city of Talisay and surrounding areas
- Offer free immunizations and physicals to the population of Taal volcano
- One physician who is pediatric boarded serves entire population from birth to death
- Midwives present and on call for births
- Pharmacy and TB ward on site



### Reflection/Future directions

- Learned how to function in a medical setting with low resources
- Witnessed the medical system reach same diagnoses without innovative equipment
- Better manage expectations from Asian families due to cultural differences
- Will cherish my medical experiences and the people I worked with and incorporate into my everyday practice

