



4th Annual Medical Technology Student Congress Release

FCVPSC at ULS Savors a Zooming Success!

by Kristal Gayle P. Juan, Jeric Adamson O. Dagdagan
Bernardino P. Esteban and Jhon Kenneth C. Babaran



Magnifying the theme “Towards a Macroscopic Dreams... Onward for a Microscopic Realities”, University of La Salette (ULS) Medical Laboratory Science (MLS) Department webbed under the College of Medicine and Allied Medical Programs (CMAMP) in Santiago City, Isabela hosted the **FIRST CAGAYAN VALLEY PHISMETS STUDENT CONGRESS (FCVPSC)** at the ULS Center for Professional Development.

In vigorously strengthened by the combined efforts of the **Philippine Society of Medical Technology/Medical Laboratory Science Students (PHISMETS) La Salette Chapter**, energetic officers anchored with a close watch supervision by the ULS CMAMP

MLS faculty members a one-of-a-kind student congress embedded with a wide spectrum of programs and activities which highlighted the best of the four (4) days scheduled program of events.

Pre congress program involvement of the PHISMETS La Salette Chapter evolved with a full force participation in the recently concluded **FIRST PAMET MEDICAL TECHNOLOGY STUDENTS REGIONAL CONGRESS** hosted by Cagayan State University (CSU) in Tuguegarao City, Cagayan attuned with the theme “Trailblazing Innovations in Medical Technology “ held at CSU Auditorium last November 18 - 19, 2011 with various . . . **(continue on Page 4)**

The Highly Anticipated 2nd Year of MeTamorphosis



MeTamorphosis is a variety show presenting the skills and talents of MedTech/MLS Students through forthcoming activities geared towards their integral and holistic development building up competence and camaraderie.

Now on its 2nd year, it reverberates the theme “**MedTech Potentials in High Power Objective**”. It shall intensify the afternoon of the 4th Annual Medical Technology Student Congress on January 21, 2012 at Manila Central University through innovations such as the PHISMETS Chapter Exhibit, “SpectoPHOTome” Photography Contest and “PHISMETS Next Top Model” Shirt Design and Model Contest, with the amplified versions of “Tumbling Motility” Dance Contest, “MicroTONE” Vocal Solo Contest, and the Pageant Search for Mr. and Ms. PHISMETS National 2012.

Inside this Issue

- National News
- Local News
- Campus News
- Editorial
- Writer’s Hub

PHISMETS National Board 2011 - 2012 Took its Oath



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(University of Baguio)
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(University of Perpetual Help – Dr. Jose Tamayo Medical Foundation)
 **not present

Following the election of officers during the 2nd Annual Medical Technology Student Leadership Training and Strategic Planning last May 12-15, 2011 at Benguet State University, the elected officers of the PHISMETS National Board 2011 – 2012 took their oath officiated by the PASMETH President Dir. Magdalena Natividad on August 27, 2011 at the Far Eastern University – Dr. Nicanor Reyes Medical Foundation.

A special tribute was also given to the PHISMETS National Board 2010 – 2011 followed by the organizational meeting of the Board to embark upon the activities to be spearheaded by the organization for the school year.

LOCAL NEWS

Nueva Ecija Medical Laboratory Science Students did it TWICE!

by Maria Maida B. Perez



The 2nd Annual PHISMETS Nueva Ecija Inter-School Seminar held on September 21, 2011 at the Nueva Ecija Colleges Auditorium convened medical laboratory science students from Good Samaritan Colleges, Wesleyan University of the Philippines and Nueva Ecija Colleges. This

activity was organized in celebration of the National Medical Technology Week, with the theme “Unfolding Opportunities Through Technology Innovations”. The event was participated by 280 MLS students from the three participating schools.

As medical professionals in the future, the PHISMETS Nueva Ecija Chapter Officers, together with the PAMET Nueva Ecija Officers, came up with a symposium on Dengue Updates and Discussions, as an answer to the need of the public in understanding this all-year-round disease of the Filipino society. Dengue Updates were given by Dr. Benjamin Lopez, MD., the Head of the Nueva Ecija Provincial Health Office. The participants

were refreshed by an intermission number coming from WU-P students. Subsequently, Dengue Discussions were laid down by Dr. Ma. Lourdes Magboo-Gomez, MD., Medical Officer III of Eduardo L. Joson Memorial Hospital. After which, the induction of the newly elected Board of the PHISMETS Nueva Ecija Chapter and local officers of the three participating schools was officiated by Ms. Maria Maida B. Perez, National Secretary of PHISMETS.

Again, the Medical Laboratory Science students proved that they are not just intelligent and witty but are also socially aware, active and talented.

CEU PHISMETS General Assembly and Presentation of Officers

The Philippine Society of Medical Technology Students (PHISMETS) held its General Assembly and Presentation of officers last August 2, 2011 at the Librada Avelino Auditorium.

This event was mounted jointly with the College of Medical Technology Student Council (MTSC) and the PHISMETS. The affair was staged at 11:00 am - 1:00 pm, right after the MTSC production, despite the ensuing bad weather. Spearheading the fete were Dr. Charito Bermido, Dean; Dr. Aileen Patron, Asst. to the Dean; Dr. Ma. Cristina Liwanag, PHISMETS Adviser; and Mr. Roderick Balce, MTSC Adviser.

The event kicked off with the bequeathal of the key of responsibility from Mr. John Paul Mariano to Ms. Geraldine Fajardo, the new MTSC President; followed by the presentation of the class, year level, and organization officers.

Intermission numbers by the Med-Tech Dance Troupe also breathed life to the event as they broke through the program time and again. The introduction of the MTSC and PHISMETS officers came in last - each expounding their tasks and responsibilities.

The event ended successfully and

adjourned with all its objectives hav-



Year Level Officers with Dr. Patron and Mr. Balce

Peer Tutoring Seminar

Bearing the theme: "PHISMETS Peer Facilitation: A Hand to Companionship", the organization conducted a seminar attended by selected students from all year levels on the 11th of October, 2011 in the ISC Mezzanine.

The event was a means of training future tutors on how to aid students who are not faring well academically.

Dr. Aileen Patron, in place of the dean, made the opening remarks. After which, Mr. Roderick Balce introduced the resource speaker, Mr. Alvin Sicat, a Faculty from CEU Makati.

The seminar started on Peer Tutoring and Proper Time Management. It took an invaluable 5 hours lecture, tackling topics on ways to teach fellow students in subjects which they find difficult. This is in line with the notion that student leaders must not only be active in academic terms but also in other matters outside the book. And such an activity could help tender to this cause.

The tutors are expected to teach their fellow students with mastery and altruism. However, they are not supposed to feel superior, for such impressions might cause rifts or false confidence later on which may lead to misinformation. It is a good idea to always refer to books or persons in authority when in doubt. Peer-tutors are aids, not subject masters.

This good not only for the tutees but also for the tutors themselves — a mutually benefiting enterprise, for as they teach they also improve their learning and mastery on the topic. Relationships with respect and camaraderie are also established between a tutor and a tutee, reinforcing friendly bonds and cordial liking.

At the end of the lecture a short open forum has held, followed by the awarding of certificates by Dr. Charito Bermido, Dean, assisted by Dr. Ma. Cristina Liwanag, PHISMETS adviser.



Awarding of the Certificate of Appreciation
L-R: Dr. Ma. Cristina Liwanag, Mr. Alvin Sicat, Dr. Charito Bermido

"Always refer to books or persons in authority when in doubt. Peer-tutors are aids, not subject masters."

WU - P Launches Local Chapter, Elects Pioneer Officers

by Bryan Michael Balunes



PHISMETS – Wesleyan University-Philippines Chapter was established last August 2, 2011 at the Biology Laboratory (EZE 304), College of Education Building, Wesleyan University – Philippines, Cabanatuan City, Nueva Ecija.

This event was attended by 30 freshman and sophomore students who were elected as officers of their respective blocks.

Bryan Michael N. Balunes, PHISMETS - National board director and former BSMT student president, oriented the students about PHISMETS and led the election of the pioneer set of PHISMETS – WU-P officers.

After the long election process, Sarah Eunice A. Mariano (BSMT 2) and Mark Matthew Simundac (BSMT 1) were elected as the first PHISMETS – WU-P president and vice president, respectively.

The newly elected officers were inducted during the College of Nursing and Allied Medical Science (CONAMS) Acquaintance Party held at the University Gymnasium last August 5, 2011 and during the 2nd PHISMETS – Nueva Ecija Chapter Inter - School Seminar held at Nueva Ecija Colleges Auditorium last September 21, 2011.

The newly established organization, which was composed of 15 officers, was under the supervision of Prof. Grace D. Bacalzo, Medical Technology Department head.

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(from Page 1)

scientific topics namely: The State of Medical Technology from Milestones to Innovations, Catering to Patients with Disabilities; Breaking Barriers, Job Opportunities for Medical Technologists Abroad; Clinical Specimen, Records and Results Management; Updates in Clinical Laboratory Science; Ethics in Healthcare Practitioners; Immunology Principles and Vaccination; and Soil transmitted Helminthiasis: Its Implication to the Sanitation Code of the Philippines.

Service oriented activity gleaned on the November 20, 2011 providing health package named as “**Pangkalusugan Program**” spearheaded by the ULS High School Alumni “Burning Batch” Class of 1986, being this year as Silver Jubilarian of the ULSHS Department. Depicting the idea “Eight Healthy Ways Towards Salettinian Health”, diagnostic services like blood typing, urinalysis, blood glucose and cholesterol determination and wellness diagnostics like nutritional diet counseling and health advocacy were rendered to an almost

hundred alumni recipients.

The mid morning day of November 20, 2011, the ULS MLS Family inspired this Sunday event with a celebration of the Holy Eucharist held at ULSHS Campus Chapel. A pre congress ecological tour was highlighted which the officers of the PHISMETS La Salette Chapter together with some of the PHISMETS National Officers led by the President Mark Alben B. Ponciano. Scenic landmarks within the locality were navigated in appreciating the beauty of the mother earth.

Boostered with the FCVPSC main event on November 21, 2011, the congress venue at the third floor of the ULS Center for Professional Development (CPD) was filled up by an almost around 250 congress delegates coming from schools of Medical Technology/ Medical Laboratory Science in Region 2 tagged with congress respective colors: ocean blue for Purisimo L Tiam (PLT) College in Nueva Vizcaya, valiant blue for University of La Salette (ULS) in Isabela,

nature green for St. Paul University of the Philippines (SPUP) and warrior maroon for Cagayan State University (CSU) in Tuguegarao City, Cagayan.

An artistic exclusively designed congress inspired photo station dubbed as “**SpectroPHOTome**” served as an opening salvo. A simple opening ceremony was enriched with prayers, songs, roll calling and messages. ULS Vice president for Spiritual Affairs and Student Services, Rev. Fr. Steven G. Munar, MS delivered a piece of talk for spiritual empowerment named as “PHISMETS: Faith @ Spiritual Motion”. The addressed sessions were: Congress Session A @ 5x Magnification: “MT/MLS Career and Professional Dimensions” by Dean Eugene M. Dayag, RMT, MsPH; Congress Session B @ 10x Magnification: “Safety Management in Clinical Laboratory Practice” by Prof. Cristina M. Widwidan, RMT, RN, AMT; Congress Session C @ 40x Magnification: “Learning: Paradigm and Pedagogy” by Dean Rhodora B. Balunsat, Ph.D

FCVPSC at ULS Savors a Zooming Success!

(continuation)

and Congress Session D @ 100x Magnification: "Think Tank: Competency Standards in MT / MLS Profession" by PAMET Chapter President Perlita M. Bautista, RMT, MAED. A fellowship lunch spiced to intensify the social acquaintances and camaraderie held at the CPD First Floor. The morning event was anchored with the emceeding prowess of ULS MLS Academic Coordinator, Joel G. Matamis, RMT, RN, MsPH.

FCVPSC degree of excitement was triggered in the afternoon's program named as " **Extra-Action 2011** " hosted by Kristal Gayle P. Juan, BMLS 3 and Jeric Adamson O. Dagdagan, BMLS 2. Wide spectrum and unique editions of inter school competitions were arrayed namely Creativity & Innovation: "Micro Computer Generated Poster Design", LabSci Got Talent: "Tagisan ng Talento (TnT)", Impromptu Oratorical: "Say what you Mean and Mean what you say", Quiz Bowl: "Who Wants to be a Laboratory Scientist (WWTBLS)" and the Regional Search for Mr. and Ms. PHISMETS Personality 2011.

Masterpieces of the product labored with hard works and dynamic dedications were realistically painted with the **FCVPSC BULLETIN** and **LABSCOPE MAGAZINE** collectively written by Kristal Gayle P. Juan as Editor in-chief; Jeric Adamson O. Dagdagan as Assistant Editor and Staff Contributors Jhon Kenneth C. Babaran, Gracielle C. Manuel, Bernardino P. Esteban, Charmagne M. Galarce and Maraiiah Sweet Novenia L. Bautista with Ralliegh F. Vizcarra, RMT, MBM, MSPH as adviser.

FCVPSC truly magnified the veracity in bringing closer fellowship learning affinity among MT/MLS students and faculty in the region. **FCVPSC** emanated the spurts of youthfulness in inducing to effect change, manifested creative and critical thought and exhibited genuine solicitude for the prosperi-

ty towards a macroscopic dreams and onward to a microscopic realities. **FCVPSC** has indeed set an alpha dream as SPUP will be hosting the Second Cagayan Valley PHISMETS Student Congress (SCVPSC) calendared on the fourth quarter of 2012.



Pre - Congress at Cagayan State University



FCVPSC at the University of La Salette



Mr. & Ms. CV PHISMETS Personality 2011

Strong, Weak and Missing Links

by Mark Alben Ponciano



Being eager to achieve its goals, PHISMETS through the Student Development Committee of PASMETH is strengthening its links to various Medical Technology/Medical Laboratory Science Schools nationwide with the creation and recognition of school and regional chapters, and the continuous innovation of activities leading to student growth and development.

The objectives of PHISMETS are promoted by the Annual Medical Technology Student Congress and the yearly Medical Technology Student Leadership Training and Strategic Planning at the national scene. Regional Chapters also structured activities such as the

2nd Annual PHISMETS Nueva Ecija Inter – School Seminar on September 21, 2011 at the Nueva Ecija Colleges Auditorium participated by Good Samaritan Colleges, Wesleyan University – Philippines and Nueva Ecija Colleges and the 1st Cagayan Valley PHISMETS Regional Congress on November 21, 2011 thru the initiative of the University of La Salette and participated by Cagayan State University Purisima L. Tiam College and St. Paul University of the Philippines. Furthermore, enriching co – curricular activities were also spearheaded by the school chapters. All in all, the continuous success of PHISMETS is very much credited to the core of the organization – integrated endeavour and invaluable effort of the schools, advisers, officers and members. Truly, PHISMETS is reinforcing the strong link of means geared towards the integral and holistic development of Medical Technology/Medical Laboratory Science students. *Kudos!*

However, weak links in an organization are very much inevitable. PHISMETS are challenged by the link of information and communication. Hence, it is responded by the appropriate channels of news publication

(“Lab Dubb” referring to the aim of PHISMETS to significantly inform and creatively entertain its society), social networking thru Facebook and the free domain website <http://phismets-national.weebly.com> as information and update portal. Formation of links is also hindered by the geographical and financial conditions, yet planning and working out various means to attend to current and upcoming concerns are always on hand. Furthermore, there were criticisms, failures and short falls but proper management and identification of solutions are very much preferred. Unity in diversity – this is how to deal with it, creating ideas and conceptualizing means of responding to the needs and objectives of the organization.

PHISMETS links are still on the go. The good thing is drawing out of solutions and learning experiences from the weak links signifies the establishment of better and more effective strong links for PHISMETS to continue its advocacy of progress. Let us not be the missing link, but be an individual of identity and achievement for, as Vince Lombardi said, “The success of an organization is the result of the combined efforts of each individual.”



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ANNOUNCEMENT

3rd Annual Medical Technology Student



Leadership Training & Strategic Planning

on May 2012



WRITER'S HUB

medtEChLIPSE

by Erwine Ang



Where were you when the calendar dated June 16, 2011, and the clock pointed at 1:24 am? For those who may not recall this was the moment that a lunar eclipse came about that lasted from 1:24 am, peaked at 3:00 am and ended around 7:00 am. Lunar eclipses are said to be rare but special astrological events where the Earth is between the Sun and the Moon, causing the blockage of the light emitted by the Sun then casting a red light upon the Moon. A lot of people stayed awake for this occasion while some didn't even know what was happening as they slumbered through the night. People who were aware of the eclipse were prepared to see this astounding phenomenon yet failed to see it. A

friend of mine told me how prepared she was to witness this episode, in her house on the mountainside, in crystal clear night sky, over a cup of coffee on a cozy bed where she could lucidly see through her wide window this unusual eclipse. Excitement was on until her eye lids blocked her view... And yes, she fell asleep.

So where in the world am I going with this?

The average eye lid measures about...I honestly do not know how thick our eye lids are...some millimeters I guess? It's relatively thin is safe to say. This small increment of our body was enough to block something that my friend eagerly wanted to see. It got me thinking, what and how things could be so small that it affects what I yearn so much?

In our chosen career, there are a lot of small things that may serve as inevitable obstacles in our race to success. It may be the waking up and coming to the lab and classroom late, resulting to demerits or missed quizzes. It could be a simple erasure on a

test paper and NOT FOLLOWING INSTRUCTIONS resulting into a missed 0.01 for a 74.99 grade, a decimal point deficit for a 75 passing grade. It could also come as cramming therefore missing out the last paragraph of a Histopathology book which was worth a huge deal in the exam. Forgetting that anti-A is BLUE and anti-B is Yellow, refrigerating cultures that are supposed to be incubated, and the like...just so many minute details that need a full-scale **a t t e n t i o n**.

What we do now will always affect what's next. If we tolerate irrelevant behaviors and matters to obstruct what we want and work hard for, it might lead to not being able to achieve what we want all along.

The next lunar eclipse will occur on December this year. I know my friend will be ready to see it this time. It may not decide how successful she is but she's determined to catch it no matter what. So what about you? What are you going to do the day a life changing and once in a lifetime eclipse happens in your life? Will you let eyelids block your way?

The DON'TS to REMEMBER

Don't wait for TIME,
MAKE it.

Don't wait for LOVE,
FEEL it.

Don't wait for MONEY,
EARN it.

Don't wait for the PATH,
FIND it.

Don't wait for OPPORTUNITY,
CREATE it.

Don't GO for LESS,
GET the BEST.

Don't COMPARE,
Be UNIQUE.

Don't avoid FAILURE,
USE it.

Don't dwell on MISTAKES,
LEARN from them.

Don't BACK DOWN,
Go AROUND.

Don't CLOSE your EYES,
OPEN your MIND.

Don't RUN for LIFE,
EMBRACE and Enjoy it!

PHISMETS

THE PHILIPPINE SOCIETY OF MEDICAL TECHNOLOGY STUDENTS

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