

ANNUAL REPORT

2019



THE RUTH FOUNDATION
for Palliative and Hospice Care

ABOUT THE FOUNDATION

Launched in 2012, actual operations of the Ruth Foundation began in January of 2013. Since then it's been seven life changing years of service with the constant goal of enhancing the quality of life for those facing advanced illness and age, through skilled and compassionate home-based care, palliative and hospice care education and advocacy.

Contact hope@ruth.ph or visit www.ruth.ph

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Message from the Executive Director

Hope itself is like a star, not to be seen in the sunshine of prosperity, and only to be discovered in the night of adversity.

– **Charles Spurgeon**

2019 was a good year for The Ruth Foundation, leveling up to the progressive needs of our community. We made positive transitions in operations and we started processing the Level 2 Accreditation for the Department of Social Welfare and Development, which is still in the pipeline. This has also created an opportunity to build more partnerships that will have a lasting and positive impact for our palliative and hospice care patients. These partnerships also brought about a sense of community, which paved a way for the 2020 launch of TRF's project called Compassionate Communities Campaign. We were able to visit and empower Local Government Units and create networks with other civic groups, which we are looking forward to working with soon. I am hopeful for what the future brings for The Ruth Foundation and I am grateful for each one who has been and is continually a part of our journey. Again, shall we never tire of doing our part in sharing care, dignity and hope to as many people as possible.

With utmost gratitude for another year of service that has passed,

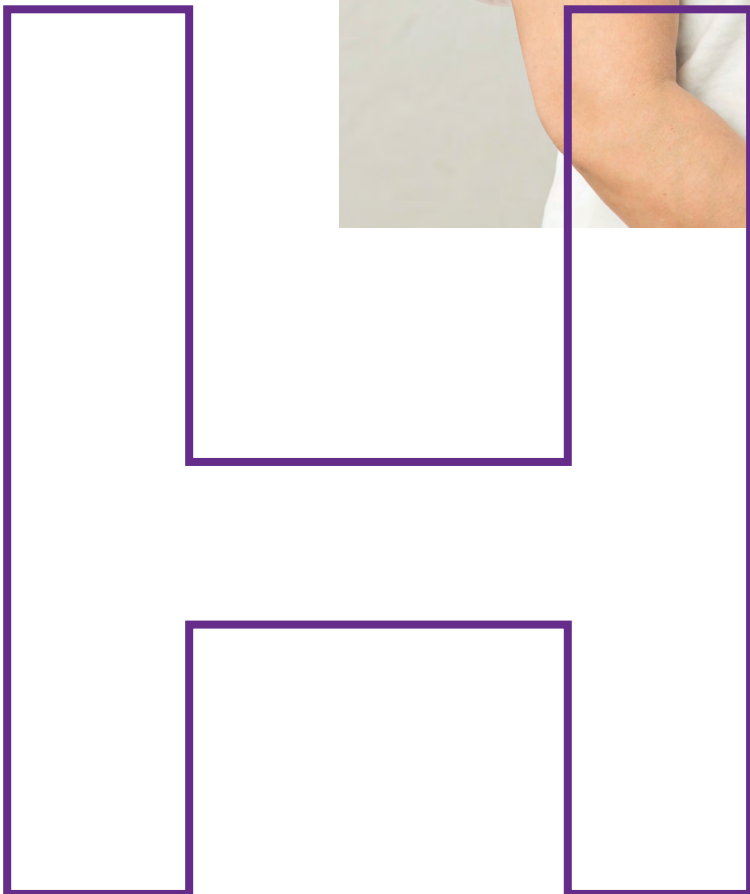


Dr. Rumalie Corvera
President/CEO

PHOTO: JAMES ONA



“Again, shall we never tire of doing our part in sharing care, dignity and passing on hope to as many people as possible.”



2

Introduction

*Economic growth slowed in the first half of 2019, driven by a rapid deceleration in investment growth due to contraction in public spending and weaker global economy. Nevertheless, the Philippines expects to sustain progress in poverty reduction. Declining inflation driven by stabilizing prices of food and energy prompted the Bangko Sentral ng Pilipinas (Central Bank of the Philippines) to adopt a more accommodative policy stance in 2019. Inflation fell to 1.7% in August 2019, the lowest in almost 3 years. The Philippine government's expansionary fiscal policies for 2019 was put on hold as the delayed passage of the 2019 public budget impacted the pace of public spending significantly in the first half of the year, resulting in substantial underspending. Nevertheless, the implementation of previous tax-policy reforms led to robust revenue, resulting in a lower than programmed fiscal deficit for the first half of 2019. Improving labor market conditions, and sustained growth in real household incomes, led to progress in poverty reduction. Amidst rising global uncertainties, the Philippine economy remains strong and is projected to grow 5.8% in 2019.**

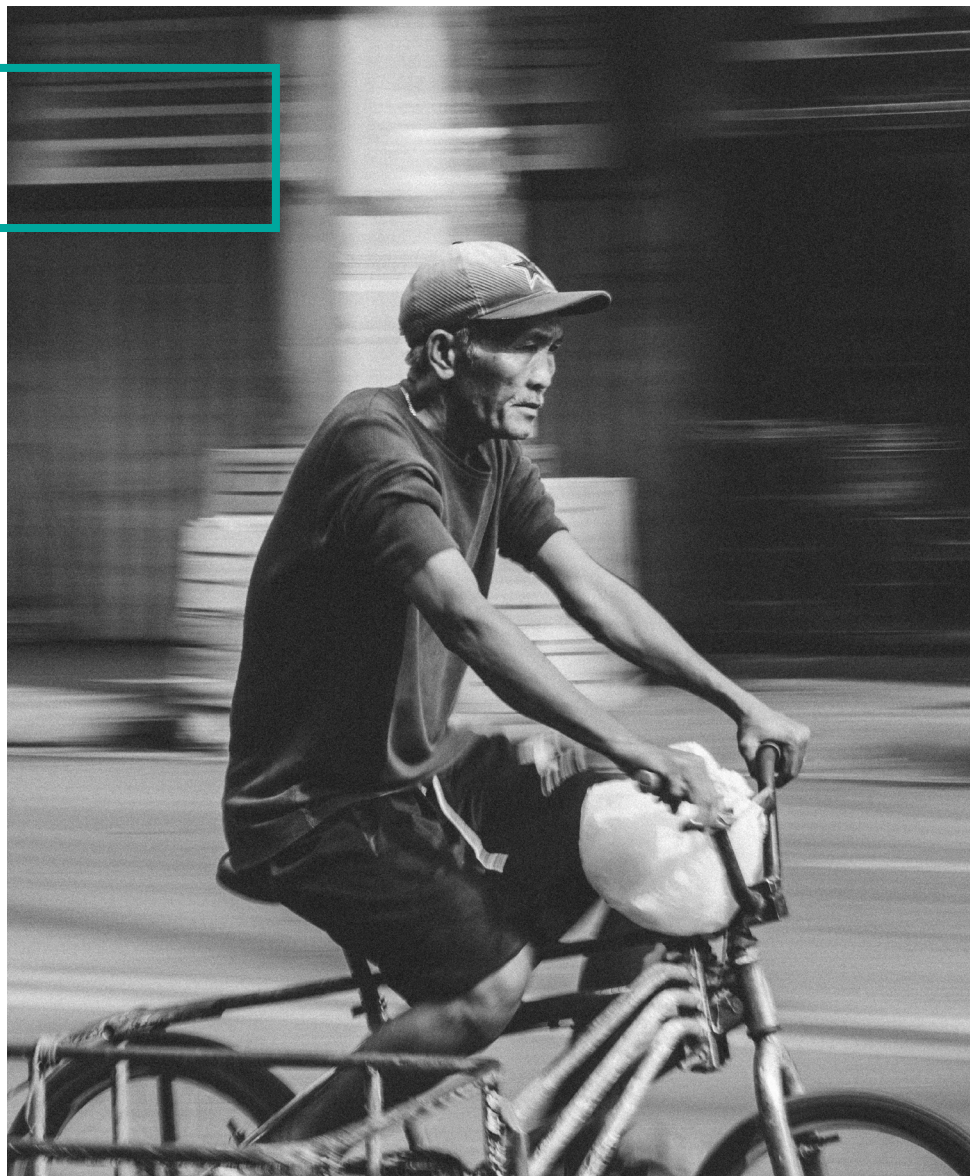
With all of these numbers and statistics in mind, what's in it for The Ruth Foundation? Does this mean that we'd need more opportunities of partnership with other agencies and corporations to deliver and achieve the 2019 goals and plans? What about the patients and beneficiaries of the foundation, will they also be affected?

***Publication Source:**

Philippines Economic Update October 2019
<https://www.worldbank.org/en/country/philippines/publication/philippines-economic-update-october-2019-edition>

**“Does this mean
that we’d need more
opportunities of partnership
with other agencies and
corporations to deliver and
achieve the 2019 goals and plans? “**

PHOTO: CHITTO CANCIO



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Overview of the Organization

VISION, MISSION & PHILOSOPHY

Vision

The Ruth Foundation for Palliative and Hospice Care, Inc. envisions competent and compassionate palliative and hospice care for individuals needing it most.

Mission

Our mission is to enhance the quality of life for those facing advanced illness and age through skilled and compassionate home-based care, palliative and hospice care education and advocacy.

Philosophy

The philosophy of palliative and hospice care are depicted in the values which the Foundation is grounded on:

- DIGNITY
- COMPASSION
- TRUSTWORTHINESS
- EXCELLENCE
- PARTNERSHIP

BOARD OF TRUSTEES



**Dr. Rumalie
A. Corvera**



**Atty. Peter Irving
C. Corvera**



**Napoleon
H. Vasay**



**Lt. Col. Roderick
P. Aguto Sr.**



**Angelita
J. Laborte**

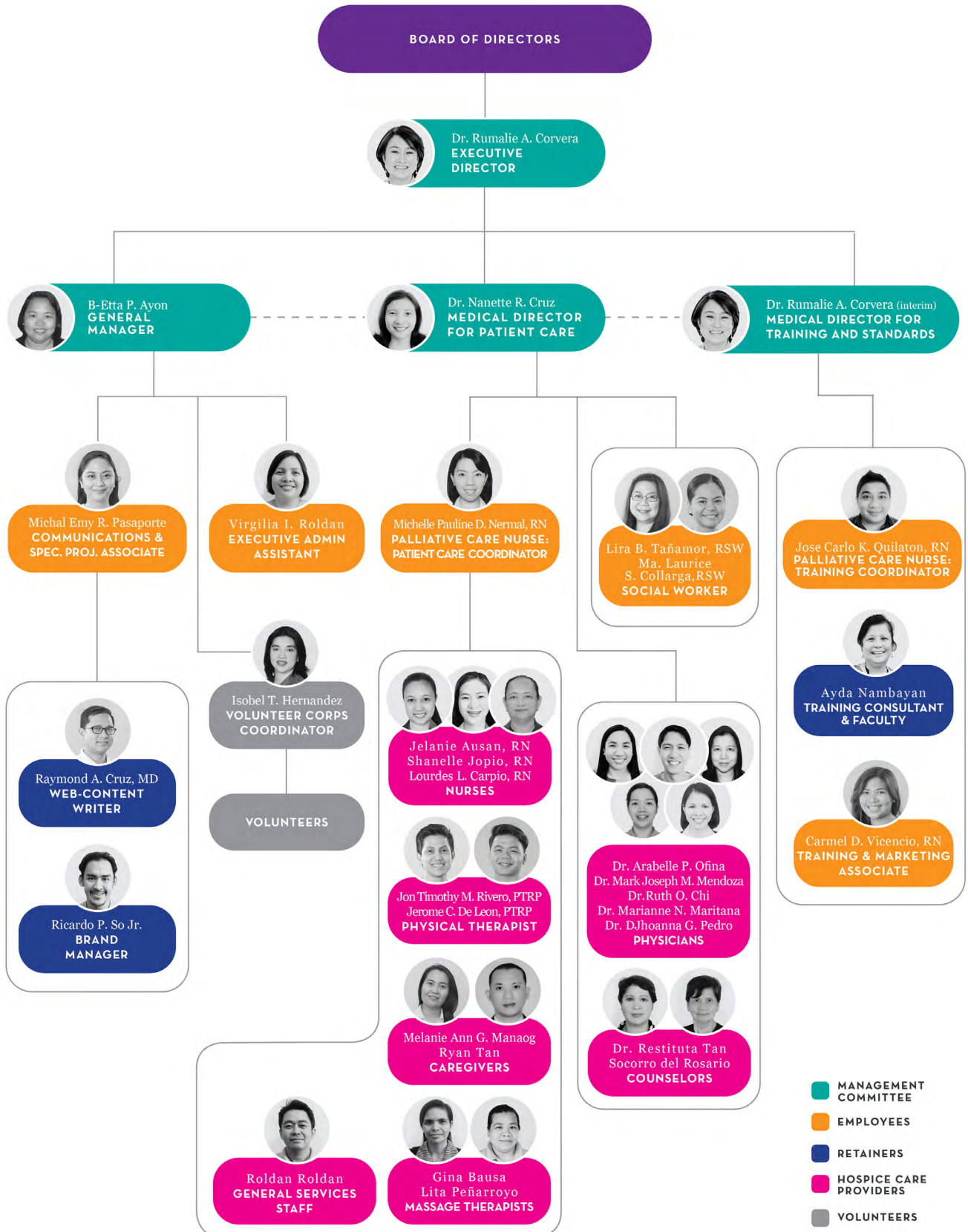


**Michael
R. Trinidad**



**Joel
R. Zobel**

ORGANIZATIONAL CHART



4

Accomplish- ments & Challenges

ACCOMPLISHMENTS AND CHALLENGES

Patient Care

Figure 1 - Summary of Patients Statistics

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	T	AVE
LIVING PATIENTS PER MONTH	84	87	91	89	96	99	101	104	105	103	106	106	-	97
ADMISSIONS	5	5	8	4	12	7	4	7	2	6	11	4	74	6
EXPIRED	2	2	4	6	5	4	1	4	1	7	5	4	45	4
DISCHARGED	0	0	0	0	0	0	1	0	0	1	3	0	5	0

The figure above shows the summary of patient statistics for the year 2019. The department was able to serve a total of 75 new patients with an average of at least 6 patients enrolled per month but lost 50 patients due to death and discharge, making the average of living patients around 98 per month.

Figure 2 - Basic Services

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	T	AVE
PHYSICIAN CONSULT	14	14	16	16	23	23	22	25	19	16	34	19	241	20
NURSING CARE	68	63	69	68	72	67	89	74	70	74	84	57	855	71
PHYSICAL THERAPY	41	51	54	30	40	26	36	31	23	37	42	11	422	35
REFERRAL TO DR. PEDRO*	1	0	1	0	2	0	0	2	2	0	0	0	8	0-1

**Dr. Djhoanna G. Pedro serves as our Palliative Care Specialist for patients we are not able to serve through face to face visits because of geographic service limitations. She directly connects with the patients in need and attends to them independently, while the foundation remains her partner in care.*

The figure above shows the number of the basic services made by the doctors, nurses, physical therapists and referrals to Dr. Pedro.

In a month, an average of 20 patients were visited by the doctors for the year while the nurses did an average of 71 home visits. The physical therapists were able to have an average of 35 patients per month, while referrals to Dr. Pedro only had a total of 8 patients for the year making it an average of at least 1 patient a month.

Figure 3 - Procedure Done

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	T	AVE
WOUND CARE	1	1	0	1	2	0	2	2	1	1	1	1	13	1

The figure above illustrates the procedures done by the nurses & doctors. It shows that wound care was the only procedure performed by the medical personnel for the whole year with a total of 13 procedures averaging that it is only done once a month.

Figure 4 - Complementary Services

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	T	AVE
ART THERAPY	0	0	0	0	0	0	0	0	0	0	0	0	0	0
BENEVOLENT FUND	20	17	21	21	17	25	27	21	27	29	23	30	278	23
BEREAVEMENT VISIT	2	0	0	1	1	4	2	0	0	0	0	0	10	0-1
COUNSELING	4	1	4	7	2	4	6	5	6	4	5	2	50	4
FAMILY CONFERENCE	0	0	0	3	1	1	0	3	1	2	0	1	12	1
FUNERAL VISIT	0	1	1	4	1	1	1	2	0	3	2	1	17	1
HAPPY ROOM	0	0	1	0	0	0	0	0	0	0	0	0	0	1
MASSAGE THERAPIST	48	53	46	54	53	42	46	56	36	52	46	29	561	47
MUSIC INFUSION	0	0	0	0	0	11	0	0	0	0	0	0	11	1
RESPIRE CARE	0	2	5	5	3	5	4	4	0	0	0	0	28	2
SPIRITUAL CARE	20	17	16	18	7	25	24	24	14	18	6	4	193	16

The figure above shows the complementary services given to our patients for the year 2019. It shows that therapeutic massage is the most given service to our patients with a total of 561 procedures rendered, averaging to 47 patients a month. It is followed by the benevolent fund with a monthly average of 23 patients supported with it in the form of medicines and medical supplies. The rest of the services has an average of more or less than 10 patients per month.

ACCOMPLISHMENTS AND CHALLENGES

Social Services

The Social Services Program of TRF had provided a total number of 225 services to patients. These services include 185 visits and 33 referrals and other services. Patients were provided referral services according to their needs which are mostly financial assistance to be able to buy medicine and medical supplies. Patients were referred to the offices of the Department of Social Welfare and Development that provides financial assistance.

It was the goal of this Program to spread the advocacy of TRF to every barangay of Muntinlupa as it could be a way to establish local partnership, since there are patients that TRF are catering to in those areas. This year, a courtesy call was done with the Brgy. Chairman of Sucat, Muntinlupa, Rafael T. Sevilla, to introduce TRF and its services and the referral system as well. The Social Services Program looks forward to strengthening the advocacy of TRF in 2020 by presenting its services and establishing partnerships with the barangays within the *MuntiParLas* (Muntinlupa, Parañaque, Las Piñas) area.

The year 2019 had been also challenging for the Social Services Program as it dealt with difficult cases of patients. There were 3 patients with problematic cases, in terms of neglect and abandonment, which were provided assistance. A 7 year- old blind patient who was abandoned by his parents was referred to DSWD Region 4 and was subsequently transferred to *Gentle Hands, Inc.* for proper case management. Two elderly siblings were referred to CSWD of Parañaque due to severe neglect of their family members. They were later endorsed to *Bahay Kalinga*, a shelter for the elderly of the LGU of Parañaque, which will monitor the siblings situation and provide necessary actions if they are continuously being neglected.

In this year the social workers were able to attend the following trainings and seminars:

- 1 **Seminar-Workshop on Case Management:
An Approach and Method in Social Work —Makati City.**
- 2 **ELNEC-Geria —Asian Hospital and Medical Center**
- 3 **Art Therapy Lecture activity — Asian Hospital and Medical Center**
- 4 **Grant Proposal Writing lecture — Makati City**
- 5 **SIOG Advance Course in Geriatric Oncology in the Philippines**
- 6 **Civic Society Organization Conference—Muntinlupa City**
- 7 **Orientation on Listahan Data Sharing by the DSWD**

225

SERVICES
TO PATIENTS

185

VISITS

33

REFERRALS

Aside from providing welfare services to patients, TRF Social Services were able to conduct the following:

- 1 A talk together with the TRF Marketing Officer regarding TRF services at Ospital ng Muntinlupa**
- 2 Social Worker, Lira B. Tañamor talked about the Role of the Social Worker in Palliative and Hospice Care to medical social workers held at the Philippine Children's Medical Center**
- 3 Meeting with Ms. Colorico, Social Worker in-charge for community-based home care for elderly of the DSWD Region 4, regarding TRF services and possible partnership**

ACCOMPLISHMENTS AND CHALLENGES

Training

UPOU ABC Initiatives

During the 1st and 2nd quarter of the year (2019), TRF Training Team, Dr. Mae Corvera, Dr. Ayda Nambayan, Dr. Marianne Naria, Carlo Quilaton and Mamel Vicencio were invited to participate in the module writing workshop on pediatric palliative care for the Learning Management System for health care professionals and caregivers of University of the Philippines- Open University and Philippine Heart Center.

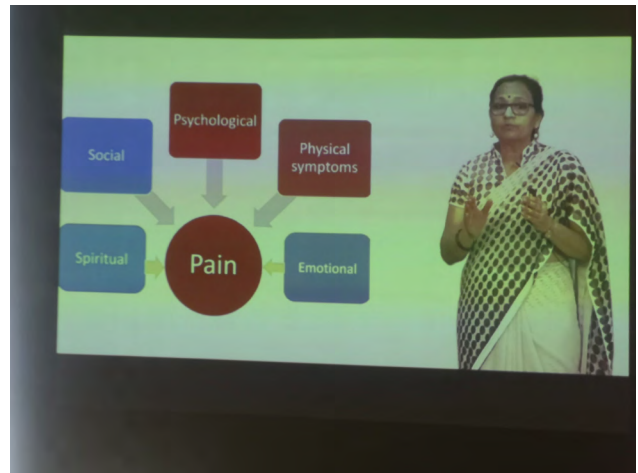


Department of Information & Communications
Technology shoot for online Learning
Management System



Webinars

Throughout the year, webinars have been attended. Asia Pacific Hospice Network (APHN) webinar online educational sessions provides specific topics within the palliative care realm. As an active member of APHN, TRF becomes a venue for these webinars that are open to employees and other allied health care professionals.



OSMUN Orientations

This is an all-year-round orientation upon invitation since the institution is a partner of TRF. The orientation is provided to existing and new patients of Ospital ng Muntinlupa who are possibly referable to TRF and its services. The orientation consists of an introduction to what palliative and hospice care is all about and the services of The Ruth Foundation.



End-of-Life Nursing Education Consortium (ELNEC)

This initiative is rendered upon invitation which includes a Memorandum of Agreement between requesting organizations. The ELNEC, is a 2-day course that provides comprehensive basic training in the care of patients and their families who experience life threatening and life-limiting illness.

May 15-16, 2019 | Baguio General Medical Center
ELNEC CORE



September 25-26, 2019 | Ilocos Training and Regional Medical Center
ELNEC CORE



November 25-26, 2019 | Asian Hospital and Medical Center
ELNEC Geriatric

Grateful for two speakers who came all the way from Veterans Hospital in San Diego, California, to share their expertise and work experience in relation to Palliative Care in geriatrics.



Preceptorship Program

These are scheduled throughout the year, with a Memorandum of Agreement with the partner institutions. These are individual learning methods which involve coming alongside palliative and hospice care specialists, physicians and nurses during actual patient visits. Case-based learning, mentoring, and objective structured clinical examination are utilized.

Interns of this program are:

- 1 University of Perpetual Help - Dalta, Las Piñas City
- 2 De La Salle Medical Health Sciences Institute, Dasmariñas, Cavite - Chinese MAN Students
- 3 Troy High School - Fullerton, California, USA
- 4 Southville International School Cohort - Las Piñas City
- 5 Trimex Colle - Biñan, Laguna

1 University of Perpetual Help - Dalta, Las Piñas City



2 De La Salle Medical Health Sciences Institute, Dasmariñas, Cavite - Chinese MAN Students



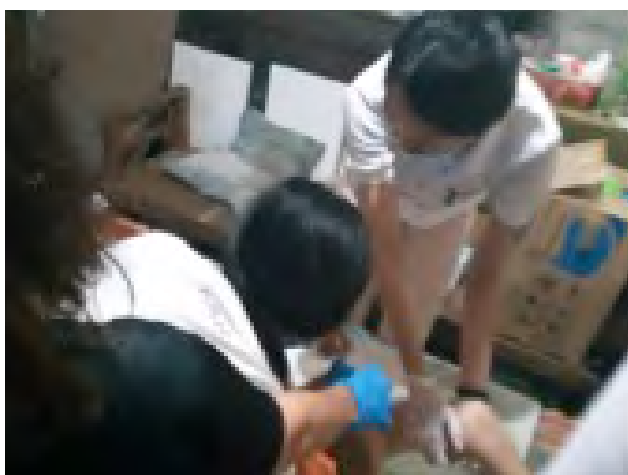
3 Troy High School, Fullerton, California, USA



4 SouthVille International School College of Nursing - Las Piñas City



5 TRIMEX College - Biñan, Laguna



Internal Training

Talk on Government Policies Related to Palliative Care, the Universal Health Care Act, National Integrated Cancer Control Act, PWD Magna Carta Amendment, and Comprehensive Dangerous Drug Act, all done with the goal to make TRF staff aware of the upcoming benefits, health outcomes and coverage of the aforementioned policies and that these may be shared to patients and their families for transparency.



New Training Exams

New exams have been created with Dr. Ayda; an additional attitudinal exam has been made to determine the efficacy of our educational offerings and also to help us plan content for future offerings.

NAME: _____ DATE: _____
 INSTITUTION: _____

Nurses' Palliative Care Attitudinal Exam

Please circle the number that best match how you feel about the statements given

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

1. I believe that only actively dying patients should be enrolled in palliative care.
 1 2 3 4 5
2. As a patient nears death, it is okay for the nurse to detach herself emotionally from the patient and his family.
 1 2 3 4 5
3. I am frustrated by the amount of time required to provide nursing care for a dying patient.
 1 2 3 4 5
4. I would listen carefully when a chronically ill patient starts verbalizing his/her feelings because I believe that it is beneficial for them.
 1 2 3 4 5
5. The family should maintain as normal an environment as possible for the sake of the dying relative.
 1 2 3 4 5
6. The family should be allowed to be involved in the care of their dying patient.
 1 2 3 4 5
7. I should keep my distance or boundary from family members because close relationships with them is unethical and unprofessional.
 1 2 3 4 5
8. As nurses, we should continue to care for the survivors through the period of grief and bereavement.
 1 2 3 4 5
9. To promote hope, the nurse should talk to patients and families about cheerful things.
 1 2 3 4 5
10. I have difficulties in managing loss, so I maintain a certain limit in my relationship with dying patients and families.
 1 2 3 4 5

NAME: _____ DATE: _____
 INSTITUTION: _____

PRE – TEST
 Palliative Care Quiz for Nurses
 The Ruth Foundation for Palliative and Hospice Care
 Muntinlupa, Metro Manila

There are 2 parts in this quiz. Data that are collected will be used solely by The Ruth Foundation to determine the efficacy of our educational offerings and also to help us plan content for future offerings.

Please answer the questions below according to what you currently know or learned about palliative care nursing. We appreciate your completion of this quiz.

Part I – Encircle your answer.

1. Palliative care is appropriate only in situations where there is evidence of a downhill trajectory or deterioration of patient's situation.
 True False Don't Know
2. The provision of palliative care requires emotional detachment.
 True False Don't Know
3. The extent of the disease determines the method of pain treatment.
 True False Don't Know
4. Morphine is the standard drug used to compare the analgesic effect of other opioids.
 True False Don't Know
5. Adjuvant therapies are important in managing pain.
 True False Don't Know
6. It is crucial for family members to remain at bedside until death occurs
 True False Don't Know
7. Drug addiction is a major problem when morphine is used on a long-term basis for the management of pain.
 True False Don't Know

LIFT Workshop

LIFT (*Living In Faith Together*) is a workshop that helps people care for those in their communities who are elderly and terminally or chronically ill. It is compassionate care that is practical, intentional, sustainable, and educational.

December 14, 2019 | Baguio City



ACCOMPLISHMENTS AND CHALLENGES

Events, Advocacy and Communication Activities

Art Kulay Exhibit

A fundraising art event featuring the work of the children from Kulay (Cancer patients) and known artists, for the benefit of Kulay Kids and TRF, led by Dr. Marianne Maritana



Instagram Opening of Account

TRF has registered an account on InstaGram for marketing purposes; reaching out to wider audiences, like the millennials and Gen Y, among those who share essential posts to social media for their friends, colleagues, and families. This account has also been opened to be a venue for patients' heartwarming stories, 'at the moment' events, and to encourage new volunteers.

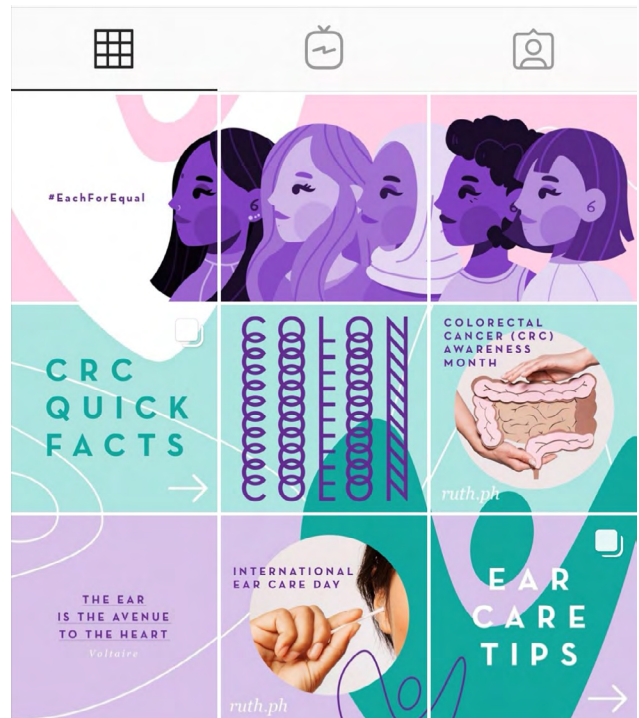
theruthfoundation

254 Posts 171 Followers 248 Following

The Ruth Foundation
Nonprofit Organization
Since 2012:
Providing competent and compassionate Palliative and Hospice Care for individuals needing it most.
fb.me/theruthfoundation
Followed by [itsnotforvanity](#), [heinesschanel](#) and 5 others

Followi... Message Email add...

Insta Gran 2 Trainings (LF... There is HOPE Advocacy CIN



#InstaGranGoals

They did it for us, we do it for them!

Lolo & Lola, this month, I promise to...

- tell your story.
- tell you a thank you note to the people you love.
- to give you flowers, write you a letter, or bring your favorite food.
- thank you for my papa/mama.
- duplicate your acts of love (making cards, praying, etc.).
- tell you how much I love you.
- give you a hug or kiss!
- remember our best moments together.

Lolo Mac
Lola Purita
Lola Laura

Liked by [_mariaamihan_](#) and 10 others

theruthfoundation Photo Credit @vmams
Come and visit our Photo Exhibit at the Festival Mall Activity Center and participate in this interactive art... more

September 9, 2019

CINE HOPE

CINE HOPE is a fundraising block screening event for the benefit of TRF patients and a platform to develop caring and compassionate communities.

March 8 | Captain Marvel



April 26 – Avengers Endgame



July 5 – SpiderMan: Far From Home 2

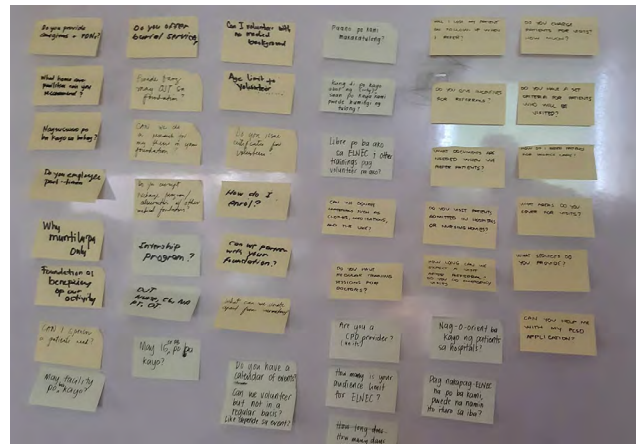



November 22 – Frozen



TRF Website Revamp

The TRF Team, spearheaded by the Communications Team, has discussed thoughts and ways as to how to improve the website in terms of the look, feel, updates, and even cost.





THE RUTH FOUNDATION
for Palliative and Hospice Care


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Stories

UPDATES

THE MEDICAL PHILOSOPHER

The Medical Philosopher
by Dr. Raymond Oliver A. Cruz



Who is the Medical Philosopher?

Raymond Oliver A. Cruz is a Diplomate and Fellow of the Philippine Academy of Family Physicians. He acquired his medical degree from the Pamantasan ng Lungsod ng Maynila (PLM) and had his residency training at the University of the Philippines-Philippine General Hospital (UP-PGH). Dr. Cruz also teaches Biochemistry and Nutrition at the **San Beda College of Medicine** and the University of Perpetual Help-Dr. Jose G. Tamayo Medical University. He has held various positions as a medical marketing officer, health services administrator, medical copywriter and content developer, industrial clinic physician, and community health care volunteer.

Dr. Cruz currently practices **Family Medicine** at the **University of Perpetual Help Delta Medical Center (UPHDMC)** in Las Pinas City, visiting patients at home through the Home Care Program of the Department of Family Medicine.

CLOVERSENSE Activities

The CloverSense group has continued to partner with the TRF team and for this year pledged to financially support the patients of the foundation. TRF and their CSR conducted a list of activities – orientations to Therapeutic Art Activities – where their own employees can join to be able to share hope with the patients of TRF, at the same time, be able to self-actualize and destress.



PROJECT HOPE

ABOUT
PROJECT HOPE is a CSR initiative of CloverSense in partnership with The Ruth Foundation. The Ruth Foundation for Palliative and Hospice Care (TRF) is a non-government, non-stock, non-profit organization which brings dignity and hope to the marginalized elderly and to those who need continuity of care in the comforts of their homes.

TRF is giving you the opportunity to share hope with these patients by attending the following activities:

- 1 Volunteer Orientation 29 July 2019 (Monday, 2 to 5PM)**
Volunteers are the lifeblood of our Compassionate Communities.
 Attend the orientation to learn how you can make a difference and give the gift of hope.
- 2 Home Visits August to September 2019 (Saturdays, exact times TBA)**
Just being there matters.
 Join and assist the team during home visits to different patients across Manila. You can extend help by sharing lovely tunes with them, encouraging self-expression through art, compassionately communicating, and forming their rooms into places they can call home (Happy Room Project).
- 3 Art Therapy 12 October 2019 (Saturday)**
When you don't know the right words to say... ART may communicate.
 Be part of the World Hospice Day and learn to colorfully express yourself through the Kalay Project.

Share HOPE alongside The Ruth Foundation.
Sign up today!
 Your time, compassion, and commitment can help further the foundation's mission, while bringing a ray of hope to those whose time is limited.

PRESENTED BY **CLOVERSENSE** IN PARTNERSHIP WITH **THE RUTH FOUNDATION** **Compassionate Communities**
CloverSense Technology Inc. for Palliative and Hospice Care Care to Progress

The Ruth Foundation in partnership with the Supportive & Integrative Services of Asian Cancer Institute PRESENTS

ART HEALS

An Art Therapy Workshop for health care professionals, volunteers and family members of patients facing cancer and chronic illness.



12 OCTOBER 2019
 Saturday | 8AM to 3PM
 Conference Facility Unit, Lower Ground
 Asian Hospital and Medical Center

PRESENTED BY **CLOVERSENSE** IN PARTNERSHIP WITH **THE RUTH FOUNDATION** **Compassionate Communities** **ASIAN HOSPITAL AND MEDICAL CENTER**
CloverSense Technology Inc. for Palliative and Hospice Care Care to Progress Global Expertise. Filipino Heart.

Cloversense Orientation of TRF Services



Therapeutic Art Session and Art Materials Gift-Giving with CloverSense



INSTAGRAN 2 (in partnership with Festival Mall)

Instagran 2, a second-year grandparents' day installation, is an exhibit or collection of portraits and stories, and advice lovingly put together by The Ruth Foundation, through the lens of different photography enthusiasts. The exhibit was an interactive installment and was an avenue to spread awareness about palliative care, which also encouraged people to both appreciate their own grandparents and opened opportunities for them to volunteer at the foundation.





Christmas Gift Giving

December 19, Gift-giving; two groups went to different households of our patients. As a continuous supporter of TRF activities and patients, Capital Power Global Ltd. pledged to support the Christmas giveaways for our pediatric patients. Aside from funding the baskets full of Christmas goodies, they went with the TRF team to give these gifts and share smiles and stories with the patients and their families.



Aside from activities, internal and external trainings, we also upgraded the forms used in the office for the Patient Care Team and for external resources, brochure inserts for people to know how to avail services, how to be involved and how to advocate by joining or hosting trainings to educate and empower health care providers.

AVAIL OUR SERVICES

WHY
The Ruth Foundation provides the marginalized elderly and patients with life-limiting illnesses with scheduled FREE patient check-ups, home-based nursing care, and available supplies. In addition, we also offer other services that include physical & emotional relief, grief & spiritual counselling, and social welfare.

WHO

- City of Muntinlupa resident, preferably indigent
- Parañaque & Las Piñas (ParLas) resident, referred by a Philippine General Hospital (PGH)-affiliated doctor
- Patients (of any age) with active, progressive, life-limiting illness:
 - Advanced Cancer
 - Acquired Immune Deficiency Syndrome (AIDS)
 - End-stage Organ Failure
 - End Stage of Inherited Disorders of Metabolism
 - Progressive Neurological Conditions
 - Advance age (90 years old +++)

WHAT
Will you or a loved one benefit from our patient care services? Prepare the following documents:

1. Birth certificate
2. Recent PWD ID (if available)
3. Medical certificate (from Doctor)
4. Medical abstract (from Doctor)
5. Goals of Care (from Doctor)
6. Recent laboratory results (if available)
7. Discharge summary (if available)

WHERE
Complete with your requirements? Give us a call!

Landline +63 (02) 808 6079 Address Unit 2709, Entrata Tower, Civic Drive, Filinvest City Alabang, Muntinlupa City, 1780 Philippines
 Mobile +63 906 314 1421
 Email hope@ruth.ph

THE RUTH FOUNDATION for Palliative and Hospice Care *ruth.ph*

GET INVOLVED

SHARE YOUR RESOURCES

- Medicine
- Medical Supplies/Equipment
- Monetary

You may deposit to

ACCOUNT NO. **660-3-66072169-0** BANK **Metrobank Filinvest Branch**

ACCOUNT NAME **The Ruth Foundation for Palliative and Hospice Care, Inc.**

SHARE OUR ADVOCACY

- Become a TRF corporate partner (CSR):
 - Sponsor patients
This includes medication, supplies and/or equipment.
 - Take part in our "Happy Room"
This may include, but is not limited to thorough cleaning, minor repairs, repainting of room walls, the installation of new and cheerful curtains and often times even bathing and grooming of the patient.

SHARE YOUR TIME & SKILLS

- Become a TRF volunteer:
 - Doctor
 - Counsellor
 - Nurse
 - Writer
 - Caregiver
 - Photographer
 - Therapist
 - Others _____

Share HOPE alongside us.

Office Address
Unit 2709, Entrata Tower, Civic Drive, Filinvest City Alabang, Muntinlupa City, 1780 Philippines

Landline +63 (02) 808 6079 | Office +63 906 314 1421 Mobile +63 906 314 1421 Email hope@ruth.ph
 +63 (02) 938 0059 | Training

THE RUTH FOUNDATION for Palliative and Hospice Care *ruth.ph*

ADVOCATE WITH US

JOIN OUR CERTIFICATE COURSE

ELNEC

END-OF-LIFE NURSING EDUCATION CONSORTIUM

A comprehensive two-day course designed to train nurses and other healthcare professionals to become equipped and competent to manage elderly patients and those with life-limiting illnesses, as well as their families. Aside from the basic course (ELNEC-Core), our foundation offers ELNEC specializations:

- Pediatrics
- Geriatrics
- Critical Care

JOIN OUR INTRODUCTORY TALK
Basic yet meaningful talks, aimed to expose the learner to what Palliative and Hospice Care is all about. These are delivered by Palliative Medicine specialist physicians or nurses, well-experienced in the field.

ENGAGE IN OUR PRECEPTORSHIP
These are individualized learning methods which involve coming alongside Palliative and Hospice specialists, physicians, and nurses during actual patient visits. You will get to utilize case-based learning, mentoring, and objective structured clinical examination.

Share HOPE alongside us.

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THE RUTH FOUNDATION for Palliative and Hospice Care *ruth.ph*

Physical Therapist Forms Proofread

The Role of Physical Therapy in Palliative and Hospice Care

Physical therapists in palliative and hospice care provide support and facilitate communication between patients, families, and healthcare providers. They play a crucial role in managing symptoms and improving quality of life.

Palliative Rehabilitation

Palliative rehabilitation aims at improving the overall quality of life of patients with serious illnesses by addressing physical, social, psychological, and spiritual suffering through the use of rehabilitation principles. This may include, but is not limited to, addressing symptoms such as pain, dyspnea, fatigue, weakness, and depression, and addressing the activities of daily living (ADL) to optimize functional independence and improve quality of life, ultimately leading to a decreased burden of care for the caregiver and family.

Prerequisites and Qualifications for entering palliative care practice for physical therapy

Enter the role of the physical therapist (PT) through assessment (AC) and intervention (IC) in the palliative care setting. Enter related roles by the same role when able to reference the palliative care role. Qualifiers are provided below to aid in understanding of the role of the PT.

<ul style="list-style-type: none"> • Assess patients for physical therapy • Provide physical therapy services • Educate patients and families • Coordinate with other healthcare providers • Provide emotional support • Provide spiritual support • Provide social support • Provide psychological support • Provide cultural support • Provide religious support • Provide spiritual support • Provide social support • Provide psychological support • Provide cultural support • Provide religious support • Provide spiritual support 	<ul style="list-style-type: none"> • Therapeutic interventions for pain management, dyspnea, and constipation • Patient education • Functional assessment • Home program development 	<p>PT or other</p>
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- As a support to the patient care team, forms for rolling out are proofread to deliver clear and precise statements. Proofreading forms for the foundation may help in aiding in proper and clear understanding of the team's objectives/goals.

ACCOMPLISHMENTS AND CHALLENGES

Operations & Quality

Year 2019 was a colorful year for The Ruth Foundation. After a DSWD Level 2 Pre- accreditation in the last quarter of year of 2018, we aimed to get a DSWD Level 2 Accreditation in first quarter of 2019, the schedule for a validation was set and was moved to a later date and finally got a schedule.

It was unfortunate that the DSWD did not grant TRF for its Level 2 Accreditation but instead synchronized the validity of the license and registration to that of the current accreditation (Level 1) since the license was due for renewal, for the reason to have ample time to prepare and gather for the new standard requirements of license and registration. In spite of this, TRF still ended the year 2019 with flying colors. Planned activities were implemented, that even required participation of the patients and their family members to participate certain events.

Additional manpower was added to the team, our social worker resigned and was replaced by a former social worker and a part-time social worker was hired as well. Two part-time workers were added to the Communications team.

While we are aiming for a higher number of volunteers who will do other patient care tasks, it seems that retention of volunteers is a concern.

Events and activities implemented, either planned or unplanned, will definitely require funds to roll them out.

Summary of Funds

DETAILS	AMOUNT	PERCENTAGE
PROGRAM	6,221,817	80%
ADMINISTRATATION	1,622,358	20%
GRAND TOTAL	7,844,175	100%

Budget Comparison & Utilization

YEAR & DETAILS	AMOUNT	SOURCES OF FUNDS	UTILIZATION
2018 OVERALL BUDGET	6,594,750	8,303,300	6,686,849
2019 OVERALL BUDGET	7,290,000	7,106,073	7,844,175

Patient Care

Partnership with barangays in Muntinlupa, in coordination with the respective barangay officials, in order to share TRF's advocacy and its program.

Partnership with GO's, NGO's and other like-minded organizations in order to reach more people to serve.

Capacity Building for the Patient Care team to deliver services with quality care.

Training and Development with Communications

Application for TRF as a CPD Provider for Trainings in order to organize staff development training and workshops all year round for internal and external offerings.

Raise funds to cover percentage of training cost.

Finalize training packages and offerings to nearby municipalities and other related institutions to make it a staple program of TRF.

Operations

Restructure and reorganize staffing patterns based on their capacity and ability to support direction of the organization.

Assured quality services with less fund allocation through partnership of GO's and NGO's.

Efficient and effective people serving the organization with the system and processes in place.

5

2020
Goals

