

November

MONTHLY UPDATE



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.
Oprah Winfrey

CENSUS

The Ruth Foundation Care Services team has served 55 patients for the month of November. These patients were visited by our doctors and nurses and were given a variety of complementary care services. These patients were visited 83 times, in total, to render these services. We have 14 new patients enrolled in the system this month but as hospice goes 8 have already finished the race.

Nurse Edmar checking our patient's vital signs during a home visit



Nov. 4

Four of our nurses have attended a Wound Care Seminar conducted by the Enterostomal Therapy Nurses Association of the Philippines (ETNAP). They were able to get updates on best practices when it comes to the topic of Wound Care. Proper Skin Care is essential for Palliative and Hospice patients, especially for those who are bed-bound.



EVENTS

Nov. 16-17

The Hills at Silang has been the setting for brainstorming, rest and team building for TRF last May and has once again been the place of retreat last November 16 and 17. The department heads were able to present plans created in May, which were accomplished and were also able to determine tasks which needed improvement. Ms. Elsa had the opportunity to discuss *Building Powerful Teams Through Sharpening Your People Skills*.

Unearthing of personal temperaments were re-discovered to create healthy relations in the work area. Tactical plans were put into writing for 2016, which we all are looking forward to.



TRF team- - - all prim and proper.



TRF team --- their quirky side.



The Personal Style Survey

Nov. 21

The opportunity to grab a Level 1 Laughter Yoga Certification Course was made available by Asian Hospital and Medical Center, in partnership with The Ruth Foundation, last November 21. This was led by *Master Pinoy Laughter Yoga Instructor*, Mr. Paolo Trinidad, and was held at AHMC. Some topics discussed were techniques to facilitate laughter yoga in both hospital and office settings; facial and mouth exercises to enhance good laughter; and self-care regimens.



Mr. Paolo Trinidad sharing his knowledge on simulated and real laughter.

Community Empowerment

Free Training for Barangay Health Workers

TRF's arm as an advocate of spreading Basic Hospice Care awareness and training in Brgy. Makiling, Calamba, Laguna and Brgy. San Miguel, Sto. Tomas, Batangas, has been led by Hospice Care Coordinator (HCC) Nurse Carlo, Nurse Edmar and Ms. Lira last October 22 and 27. A total of 28 Barangay Health Workers in both areas have been given the opportunity to hone their skills in caring for patients with cancer and other life limiting illnesses. Another schedule for specific trainings, like wound care, are currently underway.



Ms. Lira presenting TRF Services



Nurse Carlo and Nurse Edmar demonstrating proper patient transfer techniques.

SPECIAL FEATURE

