

INSTITUTE ON AGING

National Institutes of Health
University of the Philippines Manila



Institute on Aging NIH UPM 2016. From left-right. Upper row: Maria Stella Giron, Dorothy Agsaoay, Alvin Mojica, Angely Garcia, JD Agapito. Lower row: Araceli Balabagno, Doris Camagay, Shelley de la Vega (Director), Lydia Manahan.

INTRODUCTION/ BRIEF HIGHLIGHTS

The creation of the National Institutes of Health was approved by the Board of Regents at its 1094th meeting on 26 January 1996 and with it, the Gerontology and Disabilities Programs Cluster, through the Committee on Aging and Degenerative Diseases (COMADD). Various physicians, academicians, and allied medical professionals within the University of the Philippines system pioneered the COMADD. Its first Chairman was Dr. Clemente Amante, Vice-Chair Dr. Shelley de la Vega, members Dr. Ramon Abarques, Dr. Jaime Montoya, Dr. May Gose, Dr. Ester Bitanga, Dr. Letty Kuan, Dr. Lourdes Ledesma, and Dr. Alvin Mojica. Within a few years its membership expanded to include Dr. Doris Camagay (Dept. Family Medicine), Ms. Elizabeth Limos (PGH Nutrition), Dr. JD Agapito (UPM CAS), Dr. Araceli Balabagno and Dr. Lydia Manahan (UPCN), Ms. Gayline Manalang (CPH), Mr. Edward James Gorgon (CAMP) Dr. Alvin Mojica and Dr. Dorothy DyChing-Bing Agsoaoay (Dept. Rehabilitation Medicine).

The Board of Regents of the University approved the establishment of the Institute on Aging (IA) on 04 December 2012, thru a Resolution during its 1284th meeting. Its first members were Shelley de la Vega MD MSc (Director); Maria Stella Giron MD PhD (Faculty) and Angely Garcia RN (Research Associate).

VISION:

The Filipino elderly enjoying a healthy body, mind, and spirit; being treated with dignity, and valued as a productive member of society; in a dynamic process unique to him/herself, and beginning a life of unlimited possibilities.

MISSION:

To create with the aging Filipino, unlimited possibilities for their value-added life through scientific research, training and education, and specialized services.



Photo: Project on Geriatric Competencies for undergraduate medical students with the DOH and Philippine College of Geriatric Medicine.

DEGREE PROGRAMS AND BRIEF DESCRIPTIONS

The Institute has been conducting Post-graduate courses in Aging, Geriatrics and Gerontology since 1998. In 2010, COMADD trained health workers and faculty of the UP Palo Leyte School for Health Sciences. In May 2013, IA provided a 3-day Training of Trainers Workshop for a select group of health workers in Capiz and Panay, who are ready to teach and apply their earnings to their own community hospital. This was followed by a 2-day National Conference on Aging, aimed at providing basic knowledge on Gerontology and Care of the Elderly. In 2012, a project on Geriatric Competencies for undergraduate medical students was conducted in collaboration with the DOH and Philippine College of Geriatric Medicine.

COMADD and IA faculty conduct lectures, plenary teachings and outpatient workshops for students of UP in collaboration with the UP College of Medicine, Philippine General Hospital, College of Nursing, CAMP, DSWD NCMB, and COSE. Examples are learning units on Human Development of the Older Person, Communicating with the Older Person, Policies on Aging, Comprehensive Geriatric Assessment in the Outpatient Setting, Geriatric Pharmacology, and Geriatric Physiology.



Photo: UP College of Medicine Human Development of the Older Person Students and Guest Faculty

RESEARCH PROGRAMS AND POLICY RECOMMENDATIONS

The goals of the Institute include the conduct of research in identified Key Areas of Research and Development: longitudinal, multi-disciplinary, and evidence-based research are recommended (NAST Monograph on Maximizing QOL of Older Persons thru Better Health 2005). Research dissemination and knowledge translation are also key goals.

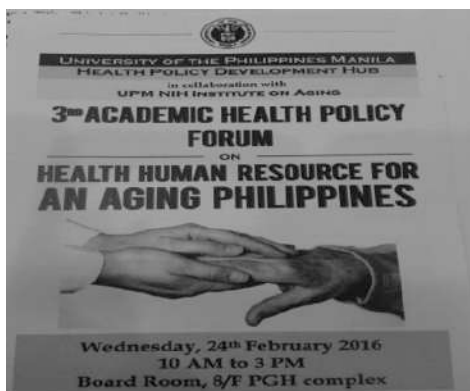
The Institute is a member of the International Association of Gerontology and Geriatrics-Global Ageing Research Network (IAGG-GARN). A few of its completed studies include NIH Policy Baselines for Allied Medical Professions, Status of Gerontology Education in Philippine Medical and Nursing Schools, Status of Dementia Care and Workforce in the Philippines, State of the Art on Researches on Aging in the Philippines, Quality of Life and Healthcare Needs of ICM Sisters, and Cultural Validation of the WHOQOL-BREF in Community-dwelling Filipino Older Persons (UP Manila Journal 2013 December).

Aside from aging researches, IA is actively involved in the development of policy recommendations, program planning, and creative works. In 2016 the Commission on Higher Education approved the inclusion of Geriatrics in the curriculum. The Director Dr. dela Vega sits as a member of the DOH Technical Working Group (TWG) for Health and Wellness of Senior Citizens, TWG Program Review on Immunization for Indigent Senior Citizens, TWG Quality Standards of Care for Older Persons in Health Facilities, and TWG Development of Clinical Pathways and Service Packages for Non-Communicable Diseases. Published monographs include Maximizing the Quality of Life of Older Filipinos thru Better Health (NAST), Content Review of the Manual on Caring for the Elderly, Baseline Surveys for the National Objectives of Health (DOH-NIH), NAST Resolution on Active Aging, "Acute Confusion." Essentials in Geriatric Medicine, and the two versions (2005 and 2015) of the book Alzheimer's Prevention, Screening and Management by the Alzheimer's disease Association of the Philippines.

Highlight Seminars/ Workshop 2016



Aging and Technology Research Fora with the EU RISE DREAM (13 October 2016)



Health Human Resource on Aging Policy Forum (24 February 2016)



Training of Trainers on the Comprehensive Geriatric Assessment (24 February 2016)



Workshop for the Regional Strengthening of Research on Aging sponsored by PNHRs, PCHRD (9 August 2016)

Research Programs 2017

- **The University of the Philippines Wellness Initiative for Seniors and Elders (UPWISE)**



The **UPWISE** is a program under the OVPAA Emerging Interdisciplinary Research (EIDR) program. It is composed of four project components, namely:

Projects 1 and 3: Developing Collaborations, Demography and Situational Assessment

Projects 2 and 4: Health Determinants of Active Aging and Frailty Assessment

Projects 1 and 2 are implemented in UP Diliman and are aimed at describing the demographic profile and assessing the Active Aging needs of the UPD staff, faculty and retired employees, age 55 years and older. Projects 3 and 4 will be conducted in UP Los Baños and are parallel studies to Projects 1 and 2.



Photos: Project 2 UPWISE Community Meetings in UP Diliman

- **EU RISE PROJECT DREAM**

The EU RISE PROJECT DREAM aims at enabling older adults of all ages - and specifically adults with reduced physical or cognitive abilities to learn, grow, interact, and contribute to society. It is funded by the European Commission within the framework of the Research and Innovation Staff Exchange (RISE) scheme and coordinated by the University of Trento. The project is under the supervision of Dr. Shelley de la Vega.

COMMUNITY AND EXTENSION SERVICES



Republic Act 9994 (Expanded Senior Citizen's Act derived from RA 9257) requires government hospitals to provide free services for its older patients. The Geriatric Clinic of the Department of Outpatient Services in the Department of Medicine, Philippine General Hospital (PGH) was established in 2004 and received funding for improvement from the Embassy of Japan. The average number of patients seen in the Geriatric Clinic is 595 per year/ 50 per month for the past 4 years (2011- 2014). The clinic has increased utilization of these services in PGH, in compliance with this law.

The Geriatric Clinic has succeeded in developing multi-disciplinary cooperation between different medical specialties in the PGH. These include the Department of Medicine, Family Medicine, Rehabilitation, Neurology, Psychiatry, Nursing, the National Institutes of Health and the UP Manila System. Its impact on human resources development include an increase in the number of trainees exposed to Geriatric medicine and Gerontology principles thru teaching and mentoring during clinic exposure.

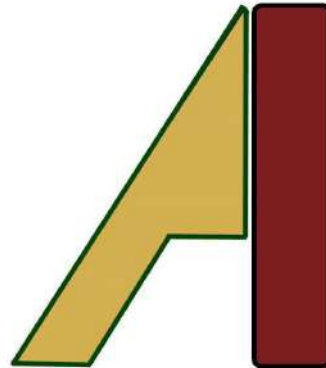
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