

## TOPIC ABSTRACT

### **Plenary Session 1 – “The Role of an Occupational Health Nurse in Occupational Health and Safety Law”** Ma. Joy Reneeli C. Espinosa, R.N., CTOSH

Republic Act No. 11058, “An Act Strengthening Compliance to the Occupational Safety and Health Standards and Providing Penalties for Violations Thereof” will be the basis and foundation of occupational health nursing practice in the world of work. Nurses should grasp the concept and be able to shift roles to be more effective in accomplishing their given tasks.

### **Plenary Session 2 - “The Effects of Mental Health Act to OHN Practice”** Pricila B. Marzan, PhD, RP, RPN

The role of an occupational health nurse in Mental Health. Understanding the theories behind Mental Health Act and its Implementing Rules and Regulations (IRR) It's impact to the nursing profession and to the entire health care system.

### **Plenary Session 3 – “Best Practices in the Workplace – Union Galvasteel”** Mary Joy G. Bona R.N.

Focuses on general health and safety issues in the workplace which include the following:

- How current challenges in the industry impact OHS
- Legislated roles and responsibilities of the nurse in ensuring the health and safety of employees
- Strategies to create and maintain safe and healthy work environments
- Framework for identifying and controlling hazards
- Elements of occupational health and safety programs
- Importance of worker participation in program development and implementation.

Ref: <https://open.alberta.ca/publications/9780778584445>

### **Plenary Session 4 – “Ergonomics”** Marvin Louie S. Ignacio, PTRP

Long standing and sitting position, lifting objects, going up and down the stairs, repetitive movements and the very simple act of opening drawers can place our body at risk of trauma. It is important to purposefully exercise a good body mechanics as we do our daily nursing care.

### **Plenary Session 5 – “Going Back to the Basics”** Anna Bella Elizabeth R. Borromeo, PhD, MHA, RN, CNS

Today's nursing practice is fraught with difficulty and obstacles. Poor working conditions, unjust salaries and compensation, the lack of respect, value and appreciation for the work that nurses do. These are all part of the nurses' daily existence.

This session's aim is to re-light the spark of finding joy in the workplace by going back to the basics. A certain mindset is required to pull through and find meaning in these difficult times. What could aid nurses in developing this mindset is a perspective that sees not only the difficulties and barriers these challenges present, but continues to place utmost importance on the principles and values instilled in nurses when it comes to work. The objective is to communicate a renewed perspective of what it truly means to be a nurse as they return to the foundations their profession was built upon. Relearning basic nursing skills such as effective communication, critical thinking, attention to detail, and values such as compassion and good work ethics may enable the participants to also relearn the very essence of the nursing profession and to recognize once more the importance of their work and their ability to transcend whatever challenges they may encounter.

**Plenary Session 6 – Multidisciplinary Care in Occupational Health Nursing:  
“What are we doing right now?”**

Panel Guest Speakers

To present measures of effective workplace organizational policies, programs, and practices that focuses on working conditions and organizational facilitators of worker safety, health and well-being: applying the workplace integrated safety and health(WISH) assessment.

Ref: [https://journals.lww.com/joem/Abstract/2018/05000/Measuring\\_Best\\_Practices\\_for\\_Workplace\\_Safety..4.aspx](https://journals.lww.com/joem/Abstract/2018/05000/Measuring_Best_Practices_for_Workplace_Safety..4.aspx)

**Plenary Session 7 – “Care of Soft Tissue Injuries and Bleeding”**

RoelSengco Tolentino, MD, MBA, FACS,FPCS, FPSGS, FPSO, FMOSP

The role of an occupational health nurse in wound care and bleeding wounds will be your focal subject. the delegates will be able to grasp the concept of proper wound handling and correct aseptic technique in cleaning and dressing wounds. They will also understand the appropriate application of pressure on bleeding wounds.

**Plenary Session 8–Are you in a “see” food diet?**

Ma. Eloisa E. Villaraza BSFN,MSCN,RND

To start your day bright, is to start it with a meal that is right”, a motto to some, but mostly ignored by many. Taking the right food at the right time with the right quantity is often a neglected responsibility; and this neglect can jeopardize one’s health that can lead to poor performance at work. The discussion includes types of diet and nutrition guidelines that can be applied to workplace commissary.

**Concurrent Session 1 – “Keeping your Mind Healthy”**

Pricila B. Marzan, PhD, RP,RPm

Understanding the value of having a good healthy mind can lead to a positive handling of trauma - post traumatic stress disorder and burn out in the workplace.

**Concurrent Session 2 – “Basic Life Support”**

Richard R. Calingasan II, MAN, RN

The ability to save lives during a life-threatening scenario will be the central discussion of this topic. The delegates will be able to value the importance of having this skill and to have a brave mind set to demonstrate this ability once called for.

**Concurrent Session 3 – “School Nursing Program”**

Mila C. Rodriguez RN, COHN, LPT

To understand the elements of school health program, to grasp the concept of effective school nursing health programs. To learn how to plan, implement and evaluate school nursing program. To promote health program as an intentional measure to thwart all imperative health risks among school-age children and adolescents.

#### **Concurrent Session 4 – “EnvironmentRisk Assessment”**

Jerrick Gerard C. Go, MSW, RSW, RN

The holistic ability of an occupational health nurse to perceive and isolate threats in the workplace will be the pivotal discussion of the topic. The delegates will be able to grasp the concept of Environmental Risk Assessment. They will be able to value the importance of having this kind of propensity to identify hazards in the workplace and to have a valiant stance to effect change once needed.

#### **Concurrent Session 5 - “Importance of Mindful Breathing”**

Jessy J.Reyes, RPh, LPT., Ma.Sped

The ability to calm down and relax amidst stressful moments in the workplace will be the focal discussion of this topic. The delegates will be able to grasp the concept of mindful breathing (beneficial breathing technique). They will be able to value the importance of having a purposeful mind set to combat tension through proper breathing. This kind of skill is a must for all occupational health nurses and they should be able to coach other employees as well.

#### **Concurrent Session 6 –“ Developing Evidence-Based Program”**

Maria Luisa T. Uayan, PhD Health Sciences and Nursing

The capacity of an occupational health nurse to gather facts, to analyze data, and to conceptualize a sound health and safety program will be the focal points of the discussion.

#### **Concurrent Session 7– “Government Benefits Affecting Workers”**

The importance of Social Security System (SSS) and Philippine Health Insurance (Philhealth) contribution as mandated by law and the benefits that they provide to workers will be the central discussion of this session.

#### **Concurrent Session 8 – “ Worker, Are You Absolutely Right?”**

Legal issues in the workplace and the rights of the workers will be the focal talk. The delegates will be able to understand certain workplace issues, its legal aspects and when to assert their rights.

#### **Concurrent Session 9 - “New Trends in TB Management in the Workplace**

Rhodora S. Cruz , MD, MPH

**Tuberculosis (TB)** is a **contagious** disease caused by bacteria that is spread from person to person through microscopic droplets released into the air. This can happen when someone with the untreated, active form of **tuberculosis** coughs, speaks, sneezes, or spits. In the **Philippines**, **TB** is a major health problem. It is the sixth leading cause of death and illness. New and updated trends in Tuberculosis in the Workplace will be discussed in this session.

#### **Concurrent Session 10 - “Demographic Study on Occupational Health Nursing”**

**Precy S. Cruz, RN, COHN, MAN**

The study of the size, structure, and distribution of occupational health nurses in a particular workplace and the significance of data gathered from the survey will be the central discussion of this topic. The participants will be able to grasp the concept of the study and they can make a concrete analysis on the occupational health nursing career stability in the Philippines.

**Concurrent Session 11 – “Emergency Management Plan”**

The ability to save lives during a life-threatening scenario will be the pivotal discussion of this session. The delegates will be able to grasp the concept of having a feasible emergency management plan that will surely lessen, prevent property damage, and loss of lives. They will be able to value the importance of participation in program planning and its execution once it is called for.

**Concurrent Session 12 - “Effects of Computer Technology in Occupational Health Nursing”**

Maria Luisa T. Uayan, PhD Health Sciences and Nursing

The changes nurses have to embrace to be able to uphold their essence as a care provider in the workplace, especially with the advancement of computer technology in the whole health care system.