PHILIPPINE SOCIETY OF OTOLARYNGOLOGY - HEAD AND NECK SURGERY

presents the

1st
VIRTUAL ANNUAL MEETING

#resiliENT

Bouncing back from Adversity …
Forging the Way to a Better Normal

Dec 3 - 4, 2020

PROGRAM OF ACTIVITIES
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PSO-HNS 1st Virtual Annual Meeting
MESSAGES

Dear Colleague in the Medical Profession,

Greetings from the Professional Regulation Commission and from the Professional Regulatory Board of Medicine. So many changes have happened in the past few months that forced everyone to stop and slow down. We have been given an opportunity to re-assess our profession, our practice, and even our private lives. Despite the onslaught of the pandemic and the typhoons that ravaged the country, we stand and we rebuild together. The spirit of the Filipino people is remarkable and remains strong no matter what comes our way.

Amidst the changes, is the need to move on and continue with the things that we do best – to be with our families, to care for our patients, and to continue growing professionally. It is admirable that during these difficult times, the need to grow through learning remains a virtue.

Continuing Professional Development remains a constant activity in the life of a physician and as such, I would like to congratulate the Philippine Society of Otolaryngology – Head and Neck Surgery in your pursuit of excellence through continuing education by providing a platform where the members can learn new and innovative ideas that will foster professional growth.

Best regards,

ELEANOR B. ALMORO, MD, MHM
Chairperson
Professional Regulatory Board of Medicine
Warm greetings to the Philippine Society of Otolaryngology – Head and Neck Surgery (PSOHNS) as it holds its 1st Virtual Annual Meeting with the theme: “#resilient Bouncing Back from Adversity…Forging the Way to a Better Normal”, on December 3–4, 2020.

Your theme for this year is very timely as the entire global medical community forges its way into the new and better normal. I sincerely hope that your objectives will be realized at the end of your annual meeting.

We salute you all for bravely facing the challenges vis-à-vis Covid-19 virus and for continuing to provide scientific lectures despite the hindrance to physically gather at this time. Let us encourage and strengthen each other to elevate the quality of healthcare for every Filipino that we have sworn to serve.

On behalf of the PMA National Officers and Board of Governors, we congratulate you all for the success of your 1st Virtual Annual Meeting! We hope that you continue to support the PMA in all its advocacies and CPD programs.

Mabuhay ang Philippine Society of Otolaryngology – Head and Neck Surgery!

Mabuhay ang Philippine Medical Association! PMA: Working together as one!

BENITO P. ATIENZA, MD
President
Good day to all!

December has finally arrived – it is again that time of the year when we gather for our annual convention. But of course, 2020 was a year like no other. It was a year when respond, adapt, innovate were the operative words. Thus, for this year’s annual meeting, the organizing committee decided to offer sessions that mirror and trace precisely this evolution in our thoughts and in our actions.

The otolaryngologist as a medical director, as a mall based practitioner, in government or private practice, from Luzon, Visayas, or Mindanao – each one responded, adapted, and innovated. Indeed, our theme – ResiliENT: Bouncing Back from Adversity, Forging the Way to a Better Normal – says it all. Congratulations to our lean but mean organizing committee for putting together this seminal event.

Welcome to the Philippine Society of Otolaryngology–Head and Neck Surgery 1st Virtual Annual Meeting!

CECILIA GRETCHEH NAVARRO–LOCSIN, MD, Msc, FPSOHNS
President
It is indeed a great pleasure to Congratulate the men and women of the Philippine Society of Otolaryngology-Head and Neck Surgery Inc to rise to the occasion to meet the unprecedented challenges in this time of a Pandemic Crisis. The Philippine Board of Otolaryngology-Head and Neck Surgery Inc as a Partner in the existence of our Specialty has its own share as well to carry on the endeavor of continually certifying the competence of our ENT-HNS Specialist assuring their capability to render worthwhile or vital services to our patients.

Mankind fighting for survival is always something to look forward to as in this unprecedented times of our Human history. It gives us the ardent desire to Innovate and perhaps the opportunity to even fashion our way of life to a better normal of tomorrow. Hence, the cooperation or working together with conviction of all stakeholders is the key to achieving this goal.

Our sincere felicitations to the PSO-HNS for spearheading the struggle with the theme: “#resiliENT”- Bouncing back from Adversary ... Forging the Way to a Better Normal. Learning together from each other’s experiences, innovativeness and even visions is the opportunity we have in the next two days in our First Virtual PSO-HNS Annual Convention- “Let’s give it our best shot to benefit from it and we shall prevail”

Once more, I salute the Leaders and Organizers from the Philippine Society of Otolaryngology-Head and Neck Surgery Inc. Kudos and God Bless Us All!

Mabuhay!

FELIX P. NOLASCO, MD, MMHoA
President
Welcome to all the participants to the PSOHNS 1st Virtual Meeting.

The COVID pandemic has created virtual boundaries for the entire world, more so on a personal level. We are socially distanced from our families and friends. Many businesses closed, some lost their jobs, and sadly doctors their lives. We are separated from our patients.

Thankfully, we have the power of information technology that helps us bridge that gap. It empowers us to do what we must do, enabling us to be still productive, enhancing creativity and reestablishing communications.

The Organizing Committee took the challenge of delivering sessions that will help us address these emerging problems in a new perspective. We hope that this avant-garde meeting leads us towards a better normal and map out a path for a brighter future.

ROBERT R. DY, MD
Overall Chair
PSO–HNS 2020, 1st Virtual Annual Meeting
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GENERAL GUIDELINES

- The PSO-HNS 1st Virtual Annual Meeting will be shown through the MIMS channel/ website. MIMS Channel works best on Google Chrome and Safari.

- The first activity will start on December 3, 2020 at 8:00am. On December 3-4, all videos/sessions will only be available during their scheduled time slot.

- From Dec. 5-31, 2020, recordings of all the sessions will be available for viewing on-demand.

- **Certificates of Attendance** with corresponding CPD units will be given to those who attended the sessions from Dec. 3-4 ONLY. Certificates of Attendance will not be issued for those who will watch the sessions from Dec. 5-31, 2020.

- More information about the Annual Meeting can also be found on https://annual.pso-hns.org.

I. LOGGING-IN TO THE PSOHNS2020 MIMS CHANNEL

- A specific username and password will be emailed to all eligible delegates by the PSO-HNS Secretariat

- To log-in:
  1. Click on or enter this link in your browser: https://ph-medevents.com/psohns2020.
  2. Type-in the username and password that was sent to you by PSO-HNS.
  3. Should you have problems logging-in using the credentials sent, please email psohns@pso-hns.org.
II. NAVIGATING THE PSOHNS2020 MIMS CHANNEL

A. Profile

- Kindly create your **Profile** by clicking on the Profile tab at the top of the home page. This is necessary to monitor attendance and for processing your Certificate of Attendance with corresponding CPD units.

- Kindly enter your name exactly as it appears on your PRC ID.

- Ideally, you should enter the email address registered with PSO-HNS (i.e. where you receive communications from PSO-HNS).
B. Viewing/ Joining the Meeting Activities

- There are four (4) general kinds of activities with varied levels of interaction:

1. **Pre-recorded Symposiums**
   - In the MIMS channel, click on the video during the scheduled time slot to view the session.
   - There will be no live Q&A.

2. **Live Plenary Sessions**
   - In the MIMS channel, click on the video during the scheduled time slot to view the session.
   - To ask questions, click on the Q&A button in the description box of the session.

3. **“Hybrid” Symposiums and PJOHNS Workshop**
   - For the PANORS symposium, PACMFS symposium and PJOHNS workshop, you may view the pre-recorded lectures through the MIMS Channel during their allotted time schedule.
   - To join the live Q&A, kindly click on the link found in the description of the session. This will direct you into a zoom meeting. Please make sure you are logged-in to zoom before clicking on the link, preferably using the email address you entered in your Profile page. Only authenticated zoom accounts will be allowed to enter.
4 Special Activities held outside of MIMS channel

- The Induction of Fellows, Fellows Business Meeting and Closing Ceremonies will be held in a separate Zoom Meeting. The links for these can be found on the PSOHNS2020 MIMS Channel beside the description and time of the event.
  - Please make sure you are logged-in to zoom before clicking on the link, preferably using the email address you entered in your Profile page. Only authenticated zoom accounts will be allowed to enter.
  - The Business Meeting is for PSO-HNS Fellows only.
- The BOT Election will also be conducted in a different site. The link was emailed to eligible voters and can also be found on the PSOHNS2020 MIMS Channel beside the description of the event. Only PSOHNS Fellows in good standing will be allowed to vote. Pre-registration is required.
- After watching the session, kindly click on the “Feedback” button at the bottom of the video. Kindly fill-up the google form and submit. For the question on “email address”, kindly enter the same email address you entered in your Profile.
- For the sponsored plenary sessions, kindly click on the “Virtual Attendance” button found below the video to show your appreciation and support to the sponsors who helped make this event possible.
GUIDELINES

C. Virtual Booths

• Everyone is highly encouraged to visit our Virtual Booths which will be open from Dec 3-31, 2020.

• Click on the booth to view the exhibitor’s AVP.

• Some of our sponsors and exhibitors will be giving-away raffle prizes. Simply click on the link found at the bottom of the booth.

• PSO-HNS will be giving away raffle prizes to delegates who visit the virtual booths.

• After visiting the booths, kindly click on the “Virtual Attendance” button at the top of the Virtual Booths page and fill-up the form.
GUIDELINES

IMPORTANT REMINDERS!

• Things you need to do in order to get your Certificate of Attendance with corresponding CPD units:
  • Attend the sessions on December 3 and 4, 2020 by logging-in to the PSOHNS 2020 MIMS Channel.
    • Although sessions may be viewed from Dec. 5-31, *Certificates of Attendance will no longer be issued for those who log-in to the channel on these dates.*
  • Enter your details in the Profile page in the PSOHNS 2020 MIMS Channel.
  • Submit feedback forms for sessions attended.
DAY 1:
December 3, 2020 (Thursday)

8:00 AM - 9:30 AM  FREE PAPER PRESENTATION 1
Sponsored by: United American Pharmaceuticals

9:30 AM - 10:30 AM  FREE PAPER PRESENTATION 2
Sponsored by: United American Pharmaceuticals

10:30 AM - 10:30 AM  OPENING CEREMONIES

11:00 AM - 12:00 PM  PLENARY 1:
How We Did It! ORL-HNS Practice in Various Settings in the Greater Metro Manila Area
Chair: Ma. Lourdes B. Enecilla, MD

St. Luke’s Medical Center COVID 19 Playbook: from Catastrophe to Opportunity
Benjamin S.A. Campomanes, Jr., MD

How We Did It During the Early Phases of the Pandemic in a Tertiary Government Hospital
Alfonso Victorino H. Famaran, Jr., MD

Mall-Based Practice During the Covid19 Pandemic: How I Did It.
Angelo A. Monroy, MD

Q and A

12:00 PM - 1:00 PM  PLENARY 2:
Sponsored by: A. Menarini Philippines, Inc.
Moderator: Danilo A. Poblete, MD
Reactor: Cecilia Gretchen S. Navarro- Locsin, MD

Prof. Ralph Mosges, MD

Q and A
**DAY 1:**
December 3, 2020 (Thursday)

1:00 PM - 1:30 PM  **BREAK**

1:30 PM - 2:30 PM  **SYMPOSIUM 1: PANORS**
Otology, Neurotology and Audiology Services Amidst a Pandemic
Chair: Erasmo Gonzalo D.V. Llanes, MD

Making Audiology Work during COVID-19 and Beyond
De Wet Swanepoel, PhD

Otologic and Neurotologic Care During the COVID-19 Pandemic
Elliott D. Kozin, MD

Q and A

1:30 PM - 2:30 PM  **SYMPOSIUM 2: PAR**
The COVID-19 Pandemic and the Nose: Challenges for the Rhinologist
Chair: Peter R. Jarin, MD

Boosting Sinonasal Health and Immunity at the Time of the COVID-19 Pandemic
Norman N. Mendoza, MD

Challenges of Rhinologic Surgery during the COVID-19 Pandemic Era
January E. Gelera, MD

Telemedicine for the Rhinologic Patient
Ryan U. Chua, MD

1:30 PM - 2:30 PM  **SYMPOSIUM 3: AHNOP**
Updates in Head and Neck Cancer for the Better Normal
Chair: Christine Joy S. Arquiza, MD

Updates in Head and Neck Cancer Staging
Rey G. Malahito, MD

Thyroid Cancer and Genetics
Michael V. Medina, MD
DAY 1:
December 3, 2020 (Thursday)

1:30 PM - 2:30 PM  
**SYMPOSIUM 4:**  
Wealth Management and Financial Independence for Doctors  
Chair: Napoleon A. Cecilio, MD

- Live the Life You Choose: A Financial Literacy Talk for Physicians  
  Ms. Lesley Anne Perez
- Wealth Management and Estate Planning: Beyond Pandemics  
  Mr. Francis Jay F. Nacino

2:30 PM - 3:30 PM  
**SYMPOSIUM 5:**  
PAAUD  
Chair: Jona Minette E. Ligon, MD

- Management of Tinnitus by Partial Peripheral Reafferentation with Hearing Aids or Cochlear Implants  
  Jae-Jin Song, MD (Korea)

2:30 PM - 3:30 PM  
**SYMPOSIUM 6:**  
PAPO  
Chair: Adonis B. Jurado, MD

- Pediatric Otolaryngology Pearls and Pitfalls in the Outpatient Setting  
  Helena Michelle N. Casipit, MD

2:30 PM - 3:30 PM  
**SYMPOSIUM 7:**  
PACMFS  
Maxillofacial Surgery in the Time of COVID-19  
Chair: Jehan Grace B. Maglaya, MD

  Irlan C. Altura, MD
- Maxillofacial Surgery and the Pandemic  
  Isaac Cesar S. De Guzman, MD

Panel Discussion
Joselito F. David, MD  
Enrico Michael G. Donato, MD  
Jehan Grace B. Maglaya, MD
DAY 1: 
December 3, 2020 (Thursday)

2:30 PM - 3:30 PM  
SYMPOSIUM 8: PASS  
Managing Sleep Apnea Patients Remotely  
Chair: Jimmy V. Chang, MD

Home Sleep Apnea Testing: A Viable Diagnostic Option During the Pandemic  
Jimmy V. Chang, MD

Monitoring PAP Compliance Remotely in OSA Patients  
Tripat Deep Singh, MD

Mask Fit AR: Mask Fit Mobile App System  
Prof. Cox Tan Ngo, MD

3:30 PM - 4:30 PM  
PLENARY 3:  
Sponsored by: Sandoz  
Chair: Edmund T. Ong, MD

Finding Solution to Quality of Life: COPD and Upper Airways  
Camilo S. Roa, MD

Q and A

4:30 PM - 5:30 PM  
PLENARY 4:  
S Pro Talks  
Sponsored by: Reckitt Benckiser  
Moderator: James Deakin

Antimicrobial Resistance: Global and Local Situation  
Edsel Maurice T. Salvaña, MD

Efficacy of Flurbiprofen in the Symptomatic Relief of Acute Pharyngitis  
Adrian Shephard BSc (Hons) CBiol FSB

5:30 PM - 6:00 PM  
BREAK
DAY 1:
December 3, 2020 (Thursday)

6:00 PM - 7:00 PM  P L E N A R Y  5
Sponsored by: GlaxoSmithKline
Moderator: Melvin Pasay, MD

Antimicrobial Resistance by the Numbers: Focusing on Solutions for a Better ENT Practice
Ernesto M. de Leon, Jr., MD

Q and A

7:00 PM - 9:00 PM  I N D U C T I O N  O F  N E W  F E L L O W S
DAY 2
December 4, 2020 (Friday)

7:30 AM - 3:00 PM  BOARD OF TRUSTEES ELECTION

8:00 AM - 9:00 AM  PJO-HNS WORKSHOP: RESEARCH DEVELOPMENT
Moderator: Rubiliza DC. Onofre-Telan, MD

Research Hacks: Advice to Authors, Editors, and Reviewers
Jose Florencio F. Lapeña, Jr., MA, MD

Q and A

9:00 AM - 10:00 AM  PLENARY 6:
Maintaining and Improving Mental Health and Resilience for ORL-HNS Doctors
Chair: Adrian F. Fernando, MD

Guilty About Self-Care? Fostering Resilience Through Self-Compassion
Monina Garduño-Cruz, MD

Mental Health Resilience: Adapting in the Low Touch Society
Maria Lavinia B. Peñaverde, MBA

Q and A

10:00 AM - 11:00 PM  PLENARY 7:
How We Did It in our Very Own Region! ORL-HNS Practice in Various Regions in Luzon, Visayas, and Mindanao
Chair: Joel A. Romualdez, MD

Certainty in Times of Uncertainties
Godofredo Jose P. Hizon, MD

How I Did It ... Still Doing It ... and Having a Life with It
Samantha Ruth B. Cainghug-Baillo, MD

InvENTive Solutions in the Time of COVID
Justin Elfred Lan B. Paber, MD

Q and A
DAY 2
December 4, 2020 (Friday)

11:00 AM - 12:00 PM  P L E N A R Y  8 :
Sponsored by: SV More
Moderator: Antonio H. Chua, MD

Nasal Saline Irrigations - What is the Evidence?
Prof. Simon Carney, MD

Q and A

12:00 PM - 1:00 PM  S Y M P O S I U M  9 :  P A O R L A C I
Unmasking the Mask: Learn and Adapt
Chair: Rodante A. Roldan, MD

CO₂ Retention in Respirator Masks
Anne Marie V. Espiritu, MD

Adverse Facial Reactions to PPE Use
Paula Luz C. Santos, MD

12:00 pm - 1:00 PM  S Y M P O S I U M  1 0 :  P A L P
Surgical Preparation and Procedure for Laryngology in COVID Times
Chair: Frederick Y. Hawson, MD

The Evaluation and Management of the Immobile Vocal Fold
Veronica F. Magnaye, MD

A Case of Vocal Cord Cyst
Carlo Paolo M. Pagalilauan, MD

Recurrent Respiratory Papillomatosis: Our Recurrent Challenge During the Pandemic
Janice M. Mangahas, MD
DAY 2
December 4, 2020 (Friday)

12:00 PM - 1:00 PM

**SYMPOSIUM 11: PAFPRS**
Not Even COVID Can Stop the Beauty and the Best
Chair: Aileen S. Delos Santos-Garcia, MD

Moving Back in Time Amidst Pandemic: Facial Local Flap: Revisited
Konrad P. Aguila, MD

Pre-Cheiloplasty: What to Do? (Personal Experience)
Cesar V. Villafuerte, Jr., MD

Fine-Tuning the Millard Technique: Avoiding Common Pitfalls in Cheiloplasty
Dennis Cristobal S. Mangoba, MD

12:00 PM - 1:00 PM

**SYMPOSIUM 12:**
The Future of ORL-HNS Residency Training & Development
Chair: Felix P. Nolasco, MD

Implementation of Outcome Based Education at the Otolaryngology Head and Neck Surgery Residency Training in the Philippines
Maria Natividad A. Almazan, MD

ResidENTS of the Future: The Setbacks and The Silver Linings
Charles M. Mendez, MD

ORL-HNS Training Curriculum: Future Direction
Virgilio R. de Gracia, MD

1:00 PM - 2:00 PM

**PLENARY 9:**
Telemedicine Today: Overcoming the Limitations of Virtual Consult in ORL-HNS
Chair: Rodante A. Roldan, MD

Telemedicine: A Call to Action
Johnny Pellicer Professorial Chair Lecture in Medical Informatics
Iris Thiele C. Isip-Tan, MD

Legal Considerations in Conducting Virtual Consultations
Atty. Antonio Alejandro D. Rebosa, MD

Q and A
2:00 PM - 3:00 PM  **PLENARY 10:**
Sponsored by: Bayer
Moderator: Maria Margarita M. Flores-Tanningco, MD

"Bless you po!" Allergic Rhinitis in the Elderly
Speaker: Francis V. Roasa, MD

Q and A

3:00 PM - 4:00 PM  **PLENARY 11:**
Sponsored by: Johnson & Johnson
Moderator: Kennard Q. Felix, MD

The Otorhinolaryngologist and the Dentist: Links for Collaboration
Teresa Luisa G. Cruz, MD

Q and A

4:00 PM - 5:00 PM  **PLENARY 12:**
Moving Forward
Chair: Antonio H. Chua, MD

Evolving SLMC-BGC ENT-HNS Group Practice
William L. Lim, MD

Moving Forward: How the COVID-19 Pandemic Will Likely End
Edsel Maurice T. Salvaña, MD

Q and A

5:00 PM - 6:00 PM  **PLENARY 13:**
Sponsored by: United American Pharmaceuticals
Moderator: Joel A. Romualdez, MD

Allergic Rhinitis and COVID: Know the Difference
Wilfredo F. Batol, MD

Q and A

6:00 PM - 9:00 PM  **FELLOWS BUSINESS MEETING**

9:00 PM - 9:30 PM  **CLOSING CEREMONIES**
ACKNOWLEDGEMENTS

The PSO - HNS would like to thank the following for their continuing support.

- UAP
- UNITED AMERICAN PHARMACEUTICALS, INC.
- gsk
- MENARINI
- S.V. More Group of Companies
- Reckitt Benckiser
- Sandoz, a Novartis company
- Bayer
- Johnson & Johnson