



Empracing the Future of Healthcare Excellence

In 2024, we achieved significant milestones in advancing our healthcare services establishing a strong foundation for the transformative renovations planned for 2025. As we step into the new year, we are committed to redefining excellence in patient care through comprehensive upgrades that will expand and improve on our services.

The following seven projects were completed by the end of 2024:

- The Emergency Complex
- Patient Rooms at CMC 1 7A
- ENT and Oncology Centers
- Medical Service Office
- Retrofitting of the Central Supply Section
- Replacement of the roof at the 8th Floor
- · Installation of the centralized water heater

Message from the President

Dear Team Capitol,

As we welcome 2025, I want to extend my deepest gratitude and congratulations to all of you for the outstanding work and dedication you have shown throughout 2024. Your unwavering commitment to excellence, compassion, and innovation has not only helped us achieve our goals but also strengthened our position as a trusted provider of quality healthcare.

The year 2024 was a testament to what we can achieve together, and I am incredibly proud of each one of you. Your contributions have made a difference in the lives of our patients, their families, and the broader community we serve.

Looking ahead, 2025 is a year filled with opportunities for growth and transformation. This year, we will witness the completion of key projects that will elevate our services and facilities:

Parking Facilities to ensure convenience for our patients and visitors

OR Renovation to enhance surgical care and safety IMCU/CCU/Telemetry for improved monitoring and specialized care

Rehabilitation Center for expanded services Outpatient Department (OPD) inside the Hospital for residency training

Radiology Renovation for better efficiency

In addition, we are excited to embark on new projects that will pave the way for Capitol's continued success:

- Cancer Center Building
- · Auditorium and Board Room Renovation
- · CSR, IT and Pharmacy Renovations
- Lobby Renovation

These initiatives are part of our strategic plan to achieve greater heights in delivering excellent, patient-centered care. They are also a reflection of our shared vision: to be a healthcare institution that continuously grows, innovates, and adapts to meet the needs of the people we serve.

I urge each of you to continue supporting Capitol Medical Center with the same passion and dedication that has brought us this far. Let us work hand in hand to realize these projects, overcome challenges, and fulfill our mission of providing world-class healthcare to our patients and the community.

Together, we will make 2025 another remarkable year for Capitol Medical Center. Thank you for your unwavering support, hard work, and belief in our shared vision. Here's to a year of excellence, growth, and success!

Message from the Medical Director

As we begin 2025, I am filled with a deep sense of pride and excitement about the transformative changes on the horizon for Capitol Medical Center. Our commitment to providing the right care, right here remains unwavering, and we hope to enhance this further with these changes.

We have already started several expansion and renovation projects aimed at increasing efficiency of our services and enhancing patient experience.

I look forward to sharing this journey with all of you, our tireless doctors, medical and nonmedical personnel. Thank you for being an integral part of our mission to deliver exceptional healthcare.



Ms. Victoria Lorelie M. Tan

President

FDITORIAL TEAM

Dr. Elaine Lopez Ms. Faridah A. Vicerra Editorial Chief Layout / Content Editor

Contributors

Ms. Myla M. Factora Ms. Lady Michelle Floio Ms. Carmina Dela Cruz

Ms. Donna Rempillo Mr. Ezekiel Paolo Pang, RN Ms. Miles Melmida Oana





Right Care, Right here.

Address: Quezon Avenue corner Scout Magbanua Street, Barangay Paligsahan Quezon City, Philippines 1103

Trunkline: (02) 83723825 (02) 53185100 Website: www.capitolmedical.com.ph Email: info@capitolmedical.com.ph Facebook: CapitolMedicalCenter

You Tube: CMC Channel

Advancing

Cardiovascular Care

at Capitol Medical Center

In recent years, advancements in cardiovascular care have raised the standards for diagnosis and treatment making it essential for healthcare facilities to adopt cutting-edge technologies. As part of Capitol Medical Center's ongoing commitment to delivering high-quality, patient-centered care, we are proud to announce the acquisition of a second catheterization laboratory (Cath Lab) machine: the Siemens Artis Zee along with the new IVUS machine.

This latest upgrade not only enhances our invasive diagnostic and interventional capabilities but also elevates the level of care provided to patients by our skilled interventional cardiologists.

Established in 2011, the Cardiac Catheterization Laboratory is a specialized unit equipped to perform a wide range of diagnostic and interventional procedures. These include treatments for the coronary vessels, peripheral vessels, cerebral arteries, and cardiac structures (TAVR, valvuloplasties, congenital heart disease interventions) as well as serving as a platform for pacemaker implantation. Our laboratory is presently equipped with the Philips Allura Xper FD20, featuring stent boost capability and 3D rotational angiography, ensuring that procedures are performed with precision and efficiency.

Capitol Medical Center's Cardiac Catheterization Laboratory offers outpatient diagnostic procedures and same-day discharge percutaneous coronary interventions (PCI) for selected cases, further providing safe, efficient, and convenient option to our patients.

In today's healthcare landscape, procedures in Interventional Cardiology are becoming increasingly diverse and complex. The Artis Zee system will address these challenges. Its industry-leading technology ensures the best outcomes, empowering our team to tackle every clinical challenge with confidence.

Our team of dedicated, highly trained and experienced interventional cardiologists ensures that patients receive the best care possible. You can trust that at Capitol Medical Center, with state-of-the-art equipment and a commitment to excellence, your are in good hands for all your cardiac care needs.



Capitol Medical Center Advanced Emergency Complex designed to Elevate Urgent Care

region. This new facility is designed to meet the increasing featuring advanced technology, specialized sections for various emergencies, and a skilled team of physicians. The goal is to provide faster, more effective care for emergency cases across Metro Manila and its surrounding areas. A step forward in emergency care, spanning 800 square meters with a 30-bed capacity, the Emergency Complex sections for different types of medical emergencies, ranging from life-threatening conditions to less critical

Key Features of the New Emergency Complex

Among the standout features of the new complex are the resuscitation rooms, equipped with advanced medical technology to stabilize critically ill patients. These rooms are crucial for providing immediate care in life-threatening situations, ensuring that patients receive the necessary interventions before being transferred to other care units. For non-critical cases, the complex features a primary care area designed to address less severe conditions such as minor injuries or illnesses. This allows for swift attention to urgent but not life-threatening medical needs, thereby freeing up resources for more critical cases. Another highlight is the pediatric emergency section, specifically tailored for children, with a child-friendly environment and staff trained in pediatric emergencies. This ensures young patients receive specialized care in a setting that minimizes stress and anxiety. To further enhance infection control, the complex includes isolation rooms with negative pressure systems to safely manage patients with infectious diseases. This design minimizes the risk of transmission while providing a safe environment for both patients and healthcare staff. Additionally, Capitol Medical Center has invested in an advanced life support ambulance, fully equipped with cardiac monitors, defibrillators, and other

life-saving tools. This ensures patients can be stabilized and monitored during transport to the hospital, bridging the gap between pre-hospital and in-hospital care.

Advancing Emergency Medicine Through Training and Innovation

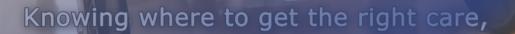
The opening of the new facility is complemented by the launch of CMC's residency program in emergency medicine. This initiative will help train the next generation of emergency care specialists, strengthening the hospital's capacity to manage increasingly complex cases. Dr. Johnny Perez, Head of the Emergency Department, emphasized that the program will bolster the hospital's expertise, ensuring the continued delivery of exceptional

A Legacy of Commitment to the Community

For over 50 years, Capitol Medical Center has been a trusted healthcare provider in Metro Manila, continuously evolving to meet the needs of its growing community. Dr. Perez remarked, "This new facility represents our ongoing commitment to providing the highest level of emergency care, ensuring that every patient, regardless of the severity of their condition, receives timely and effective treatment."As Metro Manila's population continues to grow, the need for efficient and high-quality emergency services will only increase. With its newly launched Emergency Complex, CMC is well-equipped to meet these demands, continuing its legacy of excellence in healthcare and offering life-saving care to those in need.

Looking Ahead

The new Emergency Complex is a significant step in Capitol Medical Center's mission to provide the best possible care to its patients. With its advanced facilities, specialized care areas, and commitment to continuous medical education, CMC is poised to lead the way in emergency care for many years to come.





CORONARY ARTERY BYPASS GRAFTING (CABG):

A Life-Saving Option with Financial Support Through PhilHealth's Z-Benefit at CMC

Coronary artery bypass grafting (CABG) surgery addresses severe coronary heart disease by restoring blood flow to the heart, reducing symptoms, and improving survival rates. However, this complex procedure often imposes a high financial burden on patients and their families due to the costs associated with advanced cardiac care.

Making CABG More Accessible in the Philippines

In the Philippines, affordability has been a persistent barrier to accessing CABG surgery. Recent developments, however, have increased access through PhilHealth's Z-Benefit Package. This initiative includes a partnership with Capitol Medical Center (CMC), making it one of 28 accredited hospitals nationwide and the 11th in the National Capital Region to provide this benefit

Capitol Medical Center's Role and Expertise

Capitol Medical Center has a strong reputation for advanced cardiac procedures, performing CABG surgeries since 2017 and maintaining high success rates even during challenges like the pandemic. According to CMC President Victoria Lorelie Tan, the center's expertise and commitment to patient care have made it a suitable partner for PhilHealth's Z-Benefit, extending affordable CABG options to a broader population.

Dr. Arsenio D. Alcantara, PhilHealth's Benefit Administration Section Head, emphasized the longstanding collaboration with CMC, recognizing the center's dedication to delivering quality and affordable healthcare. This partnership aligns with PhilHealth's objective to provide comprehensive coverage for severe health conditions like coronary artery disease.

Affordability and Access for All Patients

CMC's Z-Benefit Package for CABG alleviates financial constraints for many patients who would otherwise struggle to cover the full cost. As CMC's Dr. Atabug noted, even patients with resources sometimes find it challenging to fund the entire procedure, underlining the importance of financial assistance.

Eligibility for the Z-Benefit Package at CMC

To qualify for PhilHealth's Z-Benefit CABG Package at Capitol Medical Center, patients must be at least 19 years old and have stable coronary artery disease, without severe angina or heart failure. Additional eligibility requirements may also be discussed during the initial consultations.

Through these initiatives, Capitol Medical Center is actively helping Filipinos gain access to critical, life-saving cardiac care, allowing them to focus on recovery and return to productive lives. This partnership marks a significant step forward in promoting accessible and high-quality cardiac care in the Philippines.

Contact Information

For more information about the Z-Benefit Package CABG, please call Ms. Aileen S. Franco, RN, Z Ben Coordinator at (02) 83723825 or (02) 5318-5100 local 4262, send email at cathlab@capitolmedical.com.ph



that uses a series of low-dose X-rays taken from multiple angles to create a three-dimensional image of the breast. Unlike traditional 2D mammograms, which provide a flat image, tomosynthesis allows doctors to examine breast tissue layer by layer and gives a three-dimensional picture of the breast.

Why Tomosynthesis?

Traditional mammograms are effective but can be limited by overlapping breast tissue, particularly in women with denser breasts. This can lead to challenges in detecting small tumors or may result in a false positive diagnosis that may require additional follow-up imaging or a surgical intervention. Tomosynthesis reduces the risk of a false positive diagnosis by capturing multiple "slices" of the breast, giving radiologists a more detailed and comprehensive view of the entire breast. Benefits of tomosynthesis include:

- Improved Cancer Detection: Studies show that tomosynthesis improves the accuracy of breast cancer detection, particularly in women with dense breast tissue. By providing a clearer view, it allows radiologists to detect tumors earlier, even when they are still small.
- Fewer Callbacks: Because of its detailed imaging, tomosynthesis reduces the chances of false positives, minimizing the need for repeat mammograms or additional imaging. This also relieves anxiety and saves time.
- Enhanced Accuracy for Treatment Planning: For patients who do have suspicious findings, tomosynthesis provides a more accurate assessment of the size and location of abnormalities, allowing for better-informed treatment decisions.

What to Expect During a Tomosynthesis Exam

For patients, a tomosynthesis screening is very similar to a traditional mammogram. The breast will be compressed briefly to obtain clear images, and the X-ray arm will move in an arc to capture multiple images. The process is quick, and any increase in radiation exposure is minimal and well within safe limits.

Who Should Consider Tomosynthesis?

Tomosynthesis is recommended for younger women with dense breast tissue, those at higher risk of breast cancer, or patients who have previously had unclear non-diagnostic mammogram results. However, it is beneficial for all women undergoing routine breast cancer screening, since it enhances overall detection accuracy.

At CMC, we are proud to offer this advanced technology as part of our comprehensive breast care and health services.

Together, we can take proactive steps towards early detection of breast cancer.

Breast Care Center | Radiology Department 2nd Floor, CMC V Bldg. | 83722825 local 1115 The Capitol Medical Center Child Development Unit offers coordinated, interdisciplinary care for children with neurodevelopmental challenges. Led by Developmental-Behavioral Pediatricians, the team includes occupational, physical, and speech therapists, school personnel, and other specialists, providing personalized support for each child's needs.

Identifying Developmental Concerns

Children with neurodevelopmental challenges may experience delays in reaching milestones.

Some common signs include:

At birth At 3 months : Difficulty sucking or swallowing.

At 10 months

: Inability to lift the head.

At 1 year

: Trouble sitting independently or babbling. : Inability to stand or speak single words.

At 1 year At 2-3 years

: Difficulty combining words or expressing ideas.

At 2-5 years

. Difficulty contribiting words of expressing laca

School age

: Challenges with reading, writing, or

processing information.

The unit provides thorough evaluations for children up to 18 years with developmental or neurodevelopmental concerns, typically referred by primary care providers but also welcome from parents, teachers, and healthcare professionals.

Comprehensive Diagnostic and Therapeutic Care

We diagnose and manage various developmental conditions, including:

Neurological & Neurodevelopmental Disorders: Cerebral palsy, developmental delays, intellectual disabilities. **Behavioral & Psychological Concerns:** Autism, ADHD, sensory issues.

Learning Challenges: Difficulties with language, reading, or comprehension.

Other Concerns: Sensory processing disorders, complex congenital disabilities, and gifted children.

Consultations and referrals to specialists such as neurology, audiology, ophthalmology, and nutrition are available.

Evaluation Process and Family-Centered Care

Our evaluation begins with a detailed history of the child's medical, developmental, and family background, followed by:

Physical and Neurological Exams.

Developmental Assessments through tests and observations.

Family & Professional Input for a comprehensive understanding.

The pediatrician will discuss findings and recommend further evaluations, therapies, assessments, or community resources as needed.

Empowering Families

Family involvement is essential in the care process, ensuring that treatment is centered on the child's and family's needs. Our goal is to help each child reach their full potential by addressing challenges and building on strengths.

For more information, contact the CMC Child Development Unit through the CMC Care Concierge at (02) 8372-3825, local 2200 or 1250.

A Year of Growth, Learning, and Commitment to Excellence









2024 was a dynamic and fulfilling one for the Nursing Education and Clinical Advancement Department (NECAD), marked by a blend of enjoyable and enriching activities held throughout the year. Alongside the regular ATHENA training programs, our nurses actively participated in seminars focused on the International Patient Safety Goals (IPSG), equipping them with valuable skills and knowledge to prevent patient safety-related incidents and uphold the highest standards of care. To further support our institution's commitment to maternal and infant health, NECAD also hosted a Breastfeeding and Lactation Seminar, emphasizing the importance of providing a mother-and-baby-friendly environment. These initiatives not only enhanced professional development but also strengthened our dedication to delivering compassionate, patientcentered care.

Here are the activities in greater detail while emphasizing their importance and impact. Here are the activities that NECAD has been actively involved in throughout 2024:

ATHENA Training Programs

Regularly conducted sessions aimed at enhancing clinical f I skills, leadership, and nursing excellence.

International Patient Safety Goals (IPSG) Seminars Focused on educating nurses about strategies to prevent patient safety-related incidents, reinforcing a culture of safety within the institution.

Breastfeeding and Lactation Seminar

Promoted maternal and infant health by providing nurses with updated knowledge and skills, furthering our commitment to being a mother-and-baby-friendly hospital.

Workshops and Team-Building Activities

Designed to foster collaboration, resilience, and camaraderie among the nursing staff.

■ Specialized Training and Certifications

Opportunities provided for nurses to specialize in various fields, ensuring continuous professional development and the delivery of high-quality care.

NECAD's initiatives in 2024 reflect its unwavering dedication to fostering an environment of learning and growth, enhancing the capabilities of our nurses, and ensuring the highest standards of patient care.

During the Mount Grace Hospitals' Gala Night, the Capitol Medical Center (CMC) Dance Group showcased their exceptional talent in the muchanticipated dance competition. The event brought together dance groups from various hospitals within the Mount Grace network, each displaying remarkable skill and creativity.

Congratulations to the CMC Dance Group for their outstanding performance, earning them an impressive 2nd place! Their hard work, passion, and teamwork shone brightly, bringing pride not only to Capitol Medical Center but also inspiring their peers. This achievement underscores their dedication and enthusiasm for representing their hospital with excellence. Kudos to all participants for fostering a spirit of unity and celebration through this vibrant competition!

2ND RUNNER-UP GALA PERFORMANCE AWARD 2024 DANCE COMPETITION





FROM COMPLIANCE TO PERFORMANCE:

Celebrating Quality Excellence at Capitol Medical Center

- ♦ This year, Capitol Medical Center is profoundly honored to have received three Silver Awards from the Philippine Society for Quality in Healthcare (PSQua) for our quality improvement initiatives.
- ♦ These accolades are not merely symbols of recognition; they represent the dedication, resilience, and unwavering pursuit of excellence by our employees. Each initiative goes beyond the benchmarks of compliance, embodying a higher purpose: to create safer, more effective, and compassionate care environments that enhance the lives of both our patients and our staff.
- ♦ We reflect on the significance of quality in shaping the success of organizations and the well-being of individuals. Joining the Chartered Quality Institute (CQI), we embrace this year's theme, "Quality: From Compliance to Performance," as a call to elevate our commitment to excellence transforming quality from a regulatory requirement into a driver of superior outcomes.
- ◆ This journey from compliance to performance is a testament to our commitment to making profound and meaningful changes that put the health and well-being of our patients at the heart of everything we do. We resolutely continue to deliver care that prioritizes our patients' trust and safety as well.
- ◆ At Capitol Medical Center, we do not just comply with standards, we transcend them.



CAPITOL MEDICAL CENTER as Premier Outstanding Healthcare Provider by the Southeast Asian Premier Business Awards

Congratulations to Capitol Medical Center (CMC) for being recognized as the Premier Outstanding Healthcare Provider by the Southeast Asian Premier Business Awards. This remarkable achievement underscores CMC's dedication to delivering exceptional healthcare services.

The Southeast Asian Premier Business and Achiever Award is a prestigious recognition platform that honors outstanding individuals, businesses, and organizations. Its mission is to celebrate excellence, innovation, and achievements across various sectors, fostering growth and development throughout the region.

The 2nd Southeast Asian Premier Business and Achiever Awards 2024 highlighted this year's commitment to excellence, dedication, and innovation, shining a spotlight on the most inspiring and successful leaders and companies nationwide.

Congratulations once again to Capitol Medical Center for this well-deserved honor!



Thanksgiving Golf Fellowship Tournament, hosted by Mount Grace Hospitals Inc. on November 22 at the Manila Southwoods Golf and Country Club in Carmona, Cavite, was a remarkable occasion that showcased unity, collaboration, and celebration. The event brought together partners, leaders and doctors from the Mount Grace Hospitals network, including esteemed representatives from Capitol Medical Center: Dr. Jorge T. Logarta, Dr. Maximino Dy Elgar, Dr. Francisco Arcellana, Dr. Gabriel De Leon, and Dr. Rector Villajuan.

The tournament provided an excellent platform for fostering camaraderie among healthcare professionals, reflecting on the year's achievements, and looking forward to a bright and successful future.

Congratulations to Dr. Rector Villajuan for being one of the winners of the Mount Grace Hospitals Golf Tournament!

Capitol Medical Center (CMC) proudly received the Excellence in Climate Action - Hospital Category Awards held last November 28, 2024 at Quezon City M.I.C.E Center. The Green Category recognizes institutions that have significantly contributed to addressing the climate crisis and advancing sustainable practices. The Resilient Category, on the other hand, honors initiatives that demonstrate resilience, preparedness, and response in the face of natural or human-induced disasters.

CMC's campaign, Capitol Cares: Save Energy for a Sustainable Future, took center stage as it highlighted the hospital's commitment to reducing energy costs while maintaining exceptional service quality.

This achievement reflects our dedication to sustainability and our mission to care for both our patients and the environment. The award was received by the Admin Team, headed by Ms. Lady Michelle Flojo, Admin Services Head.

Capitol Medical Center Inks Contract With MOWELFUND

On December 17, 2024, Capitol Medical Center (CMC) and the Movie Workers Welfare Foundation, Inc. (MOWELFUND) solidified a partnership aimed at improving medical benefits for MOWELFUND's close to 3,000 active members. Through this collaboration, members of the Filipino film community now have access to quality healthcare, including outpatient consultations, inpatient services, and emergency care.

This partnership ensures that MOWELFUND members can receive care from CMC's roster of over 500 expert medical staff, with discounts on select procedures. The agreement underscores both organizations' commitment to prioritizing the health and well-being of the individuals in the movie industry.

Quoting Ms. Boots Anson Roa-Rodrigo, MOWELFUND's Chairman, "Amidst the glitter, the glamour, and the excitment for the movies, there lies the obscure, underserved and underpaid worker, invisible to the camera and the audience. Without him, no film can be completed and shown. He is MOWELFUND's reason for being."

Capitol Medical Center, with its decades of experience, is well-positioned to deliver comprehensive care to MOWELFUND members. This partnership serves as a model for other organizations, highlighting the value of investing in direct healthcare collaborations. Together, CMC and MOWELFUND are paving the way for a healthier and more empowered community.

Photo taken during the signing of the Memorandum of Agreement held at the Mowelfund Office. Present during the signing were the Presidents and Officers of both parties. (L to R): CMC's officers Ms. Myla Factora and Ms. Cynthia Lazaro; Mowelfund VP and COO Mr. Julius Marcelino G. Topacio; CMC Medical Director Dr. Jorge T. Logarta; Mowelfund President Res Septimo Cortez, CMC President Ms. Victoria Lorelie M. Tan; Finance & Operations Director Mr. Gil M. Faustino; Chairman of the Board of Trustees Ms. Boots Anson-Roa Rodrigo, and Mowelfund Director Joey Roa.



The following projects are currently in progress, in various stages For the first quarter of 2025, CMC has four more projects lined up:

- of completion:
- OR Complex Renovation at 80%
- Multi-Level Steel Parking at 91% Patient Rooms at CMC 1 - 6A at 98%
- Non-Invasive Cardiovascular Laboratory (NICV) at 85%
- Sleep Center Phase 1 at 85%,
- Rehabilitation Center at 20%.

- Refurbishing of the Cardiac Catheterization Laboratory
- Renovation of the OPD
- Renovation of the Laboratory
- Renovation of the Radiology/Ultrasound Section.

These renovations represent much more than a physical transformation; they embody our commitment to progress and innovation. Every corner of the hospital, from patient rooms to operating theaters, is being carefully reimagined to ensure a healing environment that combines cutting-edge technology with compassionate care.

These changes also support our dedicated staff, providing them with tools and resources to deliver the highest quality of care. Upgraded facilities not only enhance patient outcomes but also ensure that our healthcare professionals have an inspiring and efficient workspace.

As renovations progress, we reflect on our mission to deliver the right care, right here. This year is not just about physical renovation; it is about fostering innovation and strengthening relationships with our patients, who trust us and put their lives into our hands.

CMC: Where Work

Meets 7

Fostering a spirit of unity, excitement, and professional growth.



Uniting for Success: CMC Leaders and Officers engaged in an exciting team-building event, fostering teamwork, skill, and camaraderie.



The 5th Dr. Clemente **Memorial Lecture featured** Dr. Bu Castro as the resource speaker.The photo shows **CMCI President Ms. Victoria** Lorelie M. Tan, Dr. Castro, and CMC Vice-Chairman Ms. Carmina C. Desales, daughter of the late Dr. Clemente.





October marks the birth month of our late CMC Founder, Dr. Thelma Navarrete-Clemente.

Festive Fun with CMC Medical Doctors: A night filled with laughter, games, and the spirit of Christmas.







A Joyous Christmas **Celebration: CMC Leaders Medical Doctors came** together for a night of fun, games, and festive cheer.