



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OFFICE-SCIENCE CITY OF MUNOZ

July 7, 2022

DIVISION MEMORANDUM

No. 361, s. 2022

ANNUAL PHYSICAL EXAMINATION OF TEACHING AND NON-TEACHING PERSONNEL AND HYPERTENSION AWARENESS CAMPAIGN IN THE DIVISION

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Unit/Section Heads
Public Elementary and Secondary School Heads
Teaching and Non-Teaching Personnel
All Others Concerned

1. The Schools Governance and Operations Division through the School Health and Nutrition Section is deeply committed in ensuring the health, safety and well-being of all teaching and non-teaching personnel in the agency especially in the time of COVID-19 pandemic and with the incidence of emerging infectious diseases at present. Public servants in the Academe must be physically and mentally fit in order to perform their assigned tasks and functions efficiently and give quality service to all its clientele.
2. In connection with this and pursuant to **Civil Service Commission Memorandum Circular No. 17, s. 1989** which states that all DepEd personnel are required to undergo annual medical examination and submit pertinent laboratory findings in Human Resource Department of this office, the following are the different diagnostic examinations required by the agency: **Complete Blood Count, Complete Blood Chemistry** including **Fasting Blood Sugar**, Liver Enzyme Test (**SGPT, SGOT**), Kidney Profile (**Creatinine and BUN**) and **Lipid Profile, Urinalysis, Chest- X-ray PA view** with official reading with the exclusion of pregnant employees and **12 lead ECG** with official reading for 40 years of age and with known comorbidities.



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Address: Brgy. Rizal, Science City of Muñoz, 3119

Telephone No.: (044) 806 -2192; Email Address: munozscience.city@deped.gov.ph

DSCM-QMS-QMR-QSF-008 Rev.03 (01.31.20)



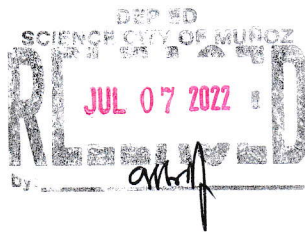
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3. All employees are required to have no food and liquid intake for **8 to 10 hours** prior to blood extraction and are advised to undergo laboratory examination with any health provider of choice in adherence to the minimum required health standards and protocols at all times.
4. The School Health and Nutrition Section will provide medical consultation, health teachings, treatment, referral and nursing services as well as Blood Pressure Screening to all personnel in the agency.
5. Attached herewith is the scheduled date of the aforementioned activity and OUA MEMO 00-0622-0135 Memorandum: Hypertension Awareness Campaign through May Measurement Month and Checking the conditions of BP Digital Devices distributed in 2018 for your reference and guidance. All Public Elementary and Secondary Schools shall prepare the medical forms needed during the assessment and consultation.
6. For queries, please contact the **Division OKD Focal Person/Medical Officer III** thru DepEd email: marianne.coronel@deped.gov.ph or you may call at 09285040801.
7. Immediate dissemination and compliance of this memorandum is earnestly desired.




DANTE G. PARUNGAO, CESO V
Schools Division Superintendent



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SCHEDULE

No.	School Name	Date
1	Bagong Sikat ES	August 1, 2022
2	Balante ES (Gov. ELJ)	August 2, 2022
3	Bantug ES	August 3, 2022
4	Bical ES	August 4, 2022
5	Cabisuculan ES	August 5, 2022
6	Calabalabaan ES	August 8, 2022
7	Calisitan ES	August 9, 2022
8	Catalanacan ES	August 10, 2022
9	Curva ES	August 11, 2022
10	DepEd-CLSU ES (lab.)	August 12, 2022
11	Franza ES	August 15, 2022
12	Gabalton IS	August 16, 2022
13	Ricardo V. Adriano ES (Labney)	August 17, 2022
14	Licaong ES	August 18, 2022
15	Linglingay ES	August 19, 2022
16	Magtanggol IS	August 22, 2022
17	Maligaya ES	August 23, 2022
18	Mangandingay ES	August 24, 2022
19	Mapangpang ES	August 2, 2022
20	Maragol IS	August 25, 2022
21	Munoz CS	August 26&30, 2022
22	Munoz North CS	August 31, 2022
23	Palusapis IS	September 1, 2022
24	Pandalla ES	September 2, 2022
25	Rangayan ES	September 5, 2022
26	Rizal ES	September 6, 2022
27	San Andres ES	September 7, 2022
28	San Antonio IS	September 8, 2022
29	San Felipe ES	September 9, 2022
30	Sapang Cawayan ES	September 12, 2022
31	Villa Cuizon ES	September 13, 2022
32	Villa Isla ES	September 14, 2022
33	Villa Nati ES	September 15, 2022
34	Villa Santos ES	September 16, 2022
35	MNHS-Annex	September 19-20, 2022
36	MNHS-Main SHS	September 21-22, 2022
37	MNHS- Main JHS	September 23-30, 2022



OUA00-0622-0135
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Republika ng Pilipinas
Kagawaran ng Edukasyon
Tanggapan ng Pangalawang Kalihim

OUA MEMO 00-0622-0135
MEMORANDUM
20 June 2022

For: **Regional Directors**
Schools Division Superintendents
School Heads

Subject: **HYPERTENSION AWARENESS CAMPAIGN THROUGH 'MAY MEASUREMENT MONTH' AND CHECKING THE CONDITIONS OF BP DIGITAL DEVICES DISTRIBUTED IN 2018**

The Office of the Undersecretary for Administration (OUA), through the Bureau of Learner Support Services-School Health Division (BLSS-SHD), enjoins all Regional Offices, Schools Division Offices and schools to take part in the observance of **May Measurement Month**, extended until September 2022.

One of the activities is the **hypertension awareness campaign** where the blood pressure (BP) measurement of participating individuals is taken, recorded and reported along with other health information for research purposes. Education on hypertension, its prevention and treatment are also provided.

The drive is spearheaded by the Philippine Society of Hypertension (PSH). It was **launched in May** and **will run until 15 September 2022**.

During this period, school health personnel, particularly **medical doctors and nurses**, are directed to conduct BP monitoring among Department of Education (DepEd) learners, personnel and other persons (e.g., parents, school visitors) **who are at least 18 years old** and to submit the accomplished forms to PSH for consolidation.

As an **incentive to the participating school health personnel, for every 500 submitted accomplished forms** (validated) that will be submitted by a DepEd doctor or nurse, **he/she will receive one (1) unit of digital blood pressure monitor from the PSH**.

The campaign mechanics may be accessed at
<https://bit.ly/mmm22mechanics>.



Office of the Undersecretary for Administration (OUA)

Administrative Service (AS), Information and Communications Technology Service (ICTS), Disaster Risk Reduction and Management Service (DRRMS), Bureau of Learner Support Services (BLSS), Baguio Teachers Camp (BTC), Central Security & Safety Office (CSSO)

Department of Education, Central Office, Meralco Avenue, Pasig City Rm. 519, Mabini Bldg.; Mobile: +63 926 032 0762; Tel: (+632) 86337203, (+632) 86376207

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For a detailed presentation on the mechanics of the campaign and a discussion on related issues and concerns, all **regional and division coordinators of Medical and Nursing Coordinators** (per OUA Memorandum No. 00-0422-0051) are invited to attend a **virtual orientation on 30 June 2022 (Thursday) at 9:00 am via Zoom teleconference**. Below is the link:

Link	https://bit.ly/3NoSrhW
Zoom Meeting ID	810 6999 1949
Passcode	DEPED

PSH would also like to check the status of the Omron digital blood pressure monitors distributed to ROs and SDOs in 2018. **Those who received or currently keep the monitors distributed by PSH in 2018** are also advised to accomplish the survey accessible at <https://bit.ly/mmm18survey>.

For questions and concerns, please contact **Dr. Lilibeth P. Miranda-Gonzales** at BLSS-SHD through (02) 8-632-9935 or email at blss.shd@deped.gov.ph.

For wide dissemination.


ALAIN DEL B. PASCUA
Undersecretary



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