



P.A.L.M. (Philippine Abuyog Leyte Medical and Humanitarian Mission)

Dear friends, families & volunteers,

The dates of the medical mission to the Municipality of Abuyog will be **September 19 to 21, 2023**, Abuyog, Leyte, Philippines. This is the site of our medical and humanitarian mission. Abuyog is the one municipality in Leyte that was badly hit where super typhoon Haiyan (Yolanda) landed in November 2013 and again typhoon Odette in December 2021.

Coordinators:

US Coordinators:

- Dr. Mila Sprouse
- Jan Lim
- Charina Sarmiento

Abuyog Coordinators:

- Ma Suzette Ttudud
- Dr. Marieknell Agullo
-

Director for P.A.L.M.:

- Dr. Mila Sprouse - 281-253-0080
Email: milasprouse@gmail.com

Chairman for P.A.L.M.:

- Jan Lim - 832-693-2101
Email: janwendell85@gmail.com

Co- Chairman for P.A.L.M.:

- Charina Sarmiento - 832-276-5526
Email: cha20042000@gmail.com

Mission Itinerary:

- **September 19, 2023 - Tuesday**
Arrival in Tacloban - Welcome dinner at Balay ni Tatay farm overnight stay.
 - * Balay ni Tatay Farm – available rooms
 - 6 deluxe rooms for couples (3,000 pesos/night).
 - * House 4 rooms - for 16 people (common bathroom) 600 pesos/night.
 - * Attic - 20 beds - common bathroom 600 pesos/ night.
- **September 20, 2023 - Wednesday**
Abuyog hotel arrival. Quick tour of the City.
- **September 21, 2023 - Thursday**
Orientation, courtesy call to LGU and site preparation.
- **September 22, 2023 - Friday**
Medical and Surgical Mission Day:
 - Haircut
 - Distribution of Donation
 - Friday Night Dinner “Get together with all the staff, volunteers, government officials and representatives. Dinner celebration @ Abuyog hotel.”
- **September 23, 2023 - Saturday**
Check out Abuyog hotel. Departure to Cebu, Manila or Bohol or anywhere or may choose to stay and depart the next day.

Other Important Information

- MANDATORY meeting for the medical mission will be scheduled. Those that have registered will receive the invite.
- Registration: \$150.00. Please register at PNA NH website.
 - Included in the fee:
 - Hotel Accommodation, Meals, Transportation from Tacloban to Abuyog.
 - Hotel at the site, 2 T-shirts.
- International Flight and Domestic Transportation going to Abuyog
 - Flights availability:
 - Houston to Manila
 - Manila to Tacloban
 - Houston to Tacloban or Cebu
 - Accommodations during the Medical Mission will be at the ABUYOG HOTEL (paid by your registration)
 - Location: Avenida Street corner of La Revolucion in Barangay Loyonsawang, Abuyog, Leyte.
 - Three story hotel with 21 big rooms having fully furnished furniture and necessary items for the comfort of the guests.
 - Rooms are equipped with air -conditioning units, queen sized beds and private bathrooms.
 - Breakfast, box/buffet lunches, and dinners will be provided.

- R&R activities in Bohol (if you will join the group) will be at your individual expenses.
- All additional costs will be your responsibility. If possible, we recommend leaving a week early or staying for an additional week for sightseeing and other tourist-y activities. The Philippines is beautiful!

Travel Documents

- Updated passport with at least six months before expiration. Please make two copies of your passport and keep the other with a family member in the US in case you lose your passport.
- Airlines: Philippines – Korean, Eva, China Air, Japan Airlines, PAL, DELTA, UAL or others. Within the Philippines try Cebu Pacific and PAL.
- Eric Montalban is our Philippine travel specialist.
 - Email address - ericmontalban111@gmail.com
 - Mobile: (+63)9563804697
- Please email your itinerary as soon as available to janwendell85@gmail.com.
 - We will need it to arrange transportation from the airport to the hotel.
 - We prefer that people travel as a group so picking up at the airport from Tacloban will be easier.
 - If you are traveling outside the set schedule, please arrange your transport to Abuyog.
 - Destination address in Abuyog:
 - Avenida Street corner of La Revolucion in Barangay Loyonsawang, Abuyog, Leyte.
 - Contact in Abuyog: Ma Suzette Tudtud. Cell phone no: +639059580700
- At the Airport: Watch your baggage, backpacks and purses at all times.
- Check baggage weight limits with your airlines. Limit is 50 lbs each/2 check -in allowed.
- Let us know if you have extra luggage for our medical supplies.

Currencies/Funds/Credit Cards

- Bring cash and credit card. Please call your credit cards and banks to inform them that you will use your cards in the Philippines.
 - We will exchange cash at the current rate when you arrive in Manila. The current exchange rate is approximately 52 pesos per dollar, but you should expect fluctuations.
 - Traveler's checks are not easy to use in the Philippines.

Attire/Clothing

- Bring clothes for warm weather.
- Temperature can be over 90 degrees and humid.
- Bring clothes for jogging, working, dress attire and shoes for evening activities.
- For R&R activities, please also bring a swimsuit, shorts, sandals, comfortable walking shoes, etc. You may bring snorkel or scuba equipment although those are available in most areas.

- If you are lecturing, bring your jump drive or usb and email your lecture to yourself so we can open it there.
- Stethoscope, portable ophthalmoscope, otoscope, pen light, hand gel, wipes, water bottle, snacks, prescription pads, wallet, passport, badge (Keep all of these in your day pack or backpack each day.
- Bring two sets of scrubs.

Others

- Electronic devices such as a camera, cell phone, iPad, iPod, or laptop.
- Phone calls can be expensive there. Set your cell phone for roaming capability if you wish to use it. You may also buy inexpensive plans or SIM cards in the Philippines (check with your provider to see if this is compatible with your cell phone). Most people will use FACEBOOK messenger or Viber –they are free.
- Immunizations are not required, but we recommend updated TDAP, Hep A, Hep B, typhoid, flu shot.
- Malaria is not a problem but bring some insect repellants, such as DEET, and wear long sleeves at night or dawn.
- Bring your own medicines. It may be nice to have Ciprofloxacin 500 mg twice a day x 7 days for traveler's diarrhea, Lomotil and Imodium and Z pak or Keflex for pneumonia or bronchitis.
- Use only bottled water to drink.
- Avoid use of ice in non-reputable restaurants or hotels. Bring some snacks like cookies, nuts, power bars and cereal if you want to mix it up; breakfast in the Philippines is usually rice, meat/fish.
- Vegetarians may have a tough time. We will make attempts to have choices for vegetarians, but it is a good idea to bring snacks like granola bars, protein bars, nuts, and dry food.

Details about the medical mission and suggested preparation

- ID badges will be provided, and you are encouraged to wear them at all times, especially at the mission sites.
- Internists/pediatricians/family practice generally sees about 50-100 patients each day.
- There may be up to 100 to 200 circumcisions depending on how many surgeons volunteer and OR availability.
- It is important to remain flexible; sometimes the tools or equipment you need may not be available. Bring your own favorite equipment.
- Equipment, medicines and supplies are shipped four months (May) ahead of time, so let me know what you would like us to ship any of your usual equipment.
- Even a \$20 donation would buy a two month supply of medications; every dollar counts! You may also donate toothpaste and toothbrushes, etc.
- These are shipped ahead of time to make room for the medicines that we need to bring with us in September.

Let us help each other out, focus on why we are doing this and Let's HAVE FUN! We do medical missions to connect with people in the community and to reach the underserved.

Contact people:

Dr. Mila Sprouse - 281-253-0080

Email: milasprouse@gmail.com

Jan Lim – 832-693-2101

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Philippine Nurses Association North Houston Inc.

2421 Dorrington St. Unit A, Houston, Texas
PNA NH Inc. is a tax exempt organization under IRC 501(c) (3)
EIN: 474256398

MEDICAL MISSION 2023 REGISTRATION FORM

Dates: September 19 to 23, 2023

Medical Mission Location: Abuyog, Leyte, Philippines

Registration Fee: \$150.00/person

NAME: _____

ADDRESS: _____

PHONE #: _____

EMAIL: _____

OCCUPATION: _____

Please check activity/activities that you would like to participate in:

- September 19: Tuesday - Tacloban Bahay ni Tatay for a Welcome Dinner
- September 20: Wednesday - Check in Abuyog, Leyte
- September 21: Thursday - Orientation, ocular inspection and preparation of the site and courtesy call to the LGU.
- September 22: Friday- Medical check-up, Health Education, Blood Sugar Testing, Blood Pressure, Circumcision Day - pre and post op education, Distribution of Blood pressure machine, thermometer, pulse oximeter nebulizer to each barangay.
- September 22: Friday - Thanks giving and Farewell Dinner.
- September 23: Friday - Tacloban Tour or leave on your own.
- September 24: Saturday - Leave on your own.

WAIVER

I understand and agree that neither PNA North Houston, Inc., Philippine Nurses Association South Central Region, and Philippine Nurses Association of America nor its officers and members may be held liable in any way for any harm, damage, injury, or death that may occur to me as a result of my participation in this medical mission trip and hereby release PNA North Houston, Inc., Philippine Nurses Association South Central Region, and Philippine Nurses Association of America, its officers and members from any harm, damage injury, or death, which may occur while I am participating in the medical mission trip. To the fullest extent permitted by law, I agree to save and hold harmless PNA North Houston, Inc., Philippine Nurses Association South Central Region, and Philippine Nurses Association of America, its officers and members from any claim(s) by myself/spouse, heirs, successors, assigns or other persons arising out of my participation in the medical mission trip. I understand and acknowledge that the PNA North Houston, Inc., Philippine Nurses Association South Central Region, and Philippine Nurses Association of America do not provide health or medical insurance in connection with the medical mission trip and I agree that I will be financially responsible for any bills incurred as a result of medical treatment, including emergency medical treatment and/or transportation to a medical facility, in connection with my participation in the medical mission trip. I authorize the PNA North Houston, Inc., Philippine Nurses Association South Central Region, and Philippine Nurses Association of America through its officers and members to render or obtain such emergency medical care or treatment for me as may be necessary should any injury or accident occur to me while participating in the medical mission trip.

Signature

Date: _____