



Republic of the Philippines
Cebu Normal University
 Osmeña Blvd., Cebu City, 6000, Philippines



RESEARCH INSTITUTE FOR AGEING AND HEALTH (RIAH)

Tel No. (032) 254 1452 loc 127

Email: riah@cnu.edu.ph; tiponl@cnu.edu.ph

RESEARCH INSTITUTE FOR AGEING AND HEALTH (RIAH)

YEAR-END ACCOMPLISHMENT REPORT

(NOVEMBER- JANUARY 2024)

A. PUBLICATIONS

- Quijote,Z.V. ,Jamora, BM., Lauglaug , C., Flores,M.N., Garcia,L.(2023), Memoirs of Yesterday: The Lived Experience of Individuals with Separated Parents. July – December 2023,Philippine Journal of Nursing Vol 93 (2), pp.ISSN: 00483818.

B. AWARDS

- Dr. Jezyl C. Cutamora- Innovation and Health Research Award. December 17, 2023. Gala Awards Night for Nurses Cebu City Edition 2023
- Dr. Jose Mari Louis G. Alforque-3rd Best Paper Award –International Conference for Nurses (ICONS 12) Podium Presentation Professional Category “Flourishing Beyond the Hands of Time”:A Kaleidoscopic Perspective from the lenses of creative older adults:A Phenomenological Inquiry”
- Dr. Jose Mari Louis G. Alforque-2nd Best Paper Award –International Conference for Nurses (ICONS 12) Podium Presentation Professional Category “Flourishing Beyond the Hands of Time “An Axiomatic Approach in theDevelopment of the Theory of Creative Aging
- Mr. Ernyl Henry E. Redula- Best Paper Award –International Conference for Nurses (ICONS 12) Podium Presentation Professional Category “Exploring the Spiritual Compliance in Achieving Wellness Among Older Adults: A Qualitative Multi-Case Approach”

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BAGONG PILIPINAS

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- Dr. Lovelyn G. Tipon, Dr. Jose Mari Louis G. Alforque, Dr. Jezyl C. Cutamora -2nd Best Paper Award – International Conference for Nurses (ICONS 12) **Podium Presentation** Professional Category “Lived Experiences of Older Adults while working in the academe amidst the COVID-19 pandemic: The Philippine Context”
- Dr. Lovelyn G. Tipon, Dr. Jose Mari Louis G. Alforque, Dr. Jezyl C. Cutamora -2nd Best Paper Award – International Conference for Nurses (ICONS 12) **Infographics Presentation** Professional Category “Lived Experiences of Older Adults while working in the academe amidst the COVID-19 pandemic: The Philippine Context”
- Mr. Vincent C. Pananganan- 3rd Best Paper Award –International Conference for Nurses (ICONS 12) Infographics Presentation Professional Category “Push - Pull Theory: Older Adults Use of Traditional Health Practices”
- Mrs. Joana Mariz C. Pananganan, Dr. Laurence L. Garcia, Dr. Evalyn Abalos,Dr. Rozzano C. Locsin- Best Paper Award –International Conference for Nurses (ICONS 12) Infographics Presentation Professional Category “Living Alone and Using Social Media Technologies: The experience of Filipino Older Adults during the COVID - 19 Pandemic”
- Dr. Laurence L. Garcia- Visayas Cluster Winner of the 2023 Best Mentor in Health Research Award (Graduate Student Category). November 13, 2023. DOST- PCHRD
- Dr. Daisy R. Palompon- Visayas Cluster Winner of the 2023 Best Mentor in Health Research Award (Junior Researchers Category). November 13, 2023. DOST- PCHRD

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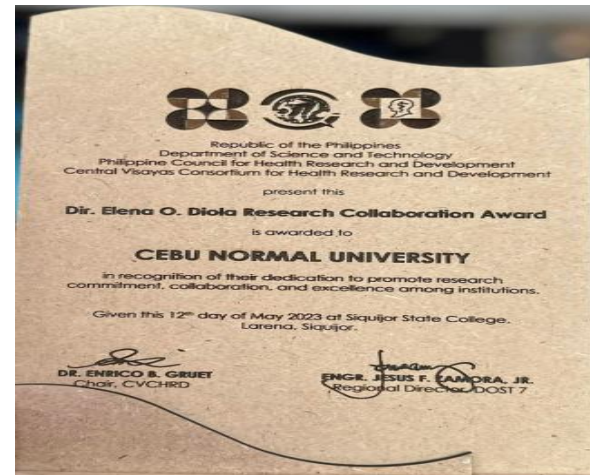
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C. TRAININGS AND ACTIVITIES

- Joint Training with CRD PRFD Health Systems Research Writeshop Series Phase 1: April 2023; Dr. Lyn Lorenzo to Phase 4 November 20, 2023
- Elderly Care in Denmark Lecture with Guest Lecturer Helene Marie Helso from University College Absalon, Denmark (November 14, 2023)
- International Seminar on Innovations in Health Practice by DR. Fitri Arofiati (November 21, 2023)
- International Conference for Nurses (ICONS 12) November 24-25, 2023

- **Senior Citizens Advocacy Campaign:**

A. Halad Pangalagad The Grand Alumni Homecoming Outreach Program in collaboration with Cebu City Government, Cebu City Medical Center, Office of the Senior Citizen (OSCA) Cebu City, Research Institute for Ageing and Health, Department of Health. **(January 26, 2024)** Plaza Sugbo, Cebu City Hall Grounds

B. Saint Padre Pio Home for the Relief of Suffering- Philippines Foundation Inc. Medical Dental; Mission @ Santuario di Padre Pio Pulangbato, Cebu City **(December 9, 2023)**

C. International Community Service in collaboration with Master of Nursing Muhammadiyah Yogyakarta in collaboration with Office of the Senior Citizen (OSCA); Universitas Muhammadiyah Jakarta, Institut Teknologi Kesehatan Muhammadiyah Kalimantan Barat and RIAH **(November 22, 2023)**

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Halad sa mga Senyors Medical
 Mission Oct.9, 2023



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International Community Service
 (November 22, 2023)



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Medical- Dental Mision Santuario de Padre Pio Cebu
December 9, 2023



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**CCMC Grand Alumni Homecoming Outreach Program
 (Medical- Dental- Legal Mission) January 26, 2024**



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**International Conference for Nurses (ICONS 12)
 November 24-25, 2023**

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ICONS 12: Spearheading A New Generation of Gerontologic Care
 Written by: Andre Bryce L. Benjie, BSN 3-A
 Proofread by: Regina Grace B. Buzza, BSN 3-B
 Photos by: Gladys Grace Apat, BSN 3-B; Xanox Jane Echavez, BSN 3-A; Madeth Zoni Dasodan (3-B)
 The Viewpoint, College of Nursing, Cebu Normal University



Once again, Cebu Normal University - College of Nursing and Allied Health Sciences (CNU-CNAHS) has successfully launched its pioneer conference for nurses, nurse educators, and nursing students: the International Conference of Nurses (ICONS), which was held at the Golden Peak Hotel on November 24-25, 2023. With the theme, "Advancing Healthcare for Older Persons: Current Trends and Future Directions," this year's ICONS shifted its focus more onto the care for the older population.

The event, now in its twelfth year, reflects the continuous innovation, ingenuity, and brilliance that the academe of CNU-CNAHS has to offer. Being an institution focused on the expansion of research and education, the college had invited over 200 participants, including esteemed professional researchers and international institutions to discuss their studies, all for the pursuit of enhancing gerontologic care in the modern healthcare setting.

Marked by the complexities of the "new normal" that was brought about by the pandemic, the conference explored how care for older adults had drastically changed in the last decade of continuous modern

advancements in the field of healthcare. It aimed to shed new light on the divide between the two generations and how we, as advocates for equal care, can use our resources and technology to propel gerontologic care into a more equitable future.

Advancing Gerontologic Research in the Modern Setting

As the current generation easily embraces the advances in modern technology, the older population will undoubtedly get left behind in some ways. A digital divide between two different generations is inevitable as information is always expanding. For the older population, one cannot expect that they would retain the same level of uptake when compared to the younger population. This trend was observed especially during the plight of the COVID-19 pandemic when thousands of Filipino older adults were tested to the limits of social isolation.



The team of Ragay, et al., CNU-CNAHS's faculty and team of professional researchers, further explored the phenomenon through their research.

Their study showed that prolonged periods of isolation and social restriction have put the population of older adults under increased stress. Most notably though, their study revealed that the significant disconnect of the older adults to their loved ones during the start of the quarantines was likely due to them having a lower affinity to new and emerging technologies.

However, this did not mean that the older adults were incapable of adapting to the modern setting. With proper guidance, they too can become adept at using relatively common technologies such as online social platforms (e.g., Skype, Facebook) and virtual meeting platforms (e.g., Google Meet, Zoom).

Alorogue, et al., CNU-CNAHS's faculty and second team of professional researchers, expounded on this subject during the presentation of their research paper.

Although older adults may have additional difficulties when it comes to traversing the new digital world, they can still learn to utilize new technologies to their advantage. By establishing policies and practices that advocate for equitable and inclusive access to technology, they may even become at par with the new generation in terms of technological proficiency.

Creating a New Generation of Care

In the current age, it has now become apparent that longevity is a standard; more individuals are now reaching ages beyond 70 and are enjoying their relatively long lives. New medical technology and accurate diagnostics have now effectively reduced mortality rates of diseases and improved the quality of healthcare delivery. But then, one question comes to mind. With technological advancements finding their place in the field of healthcare, will human nurses still be relevant in the future?



Professor Emeritus Rozano Locsin believes that is not the case.

"Technology permeates every aspect of human life, particularly in nursing," he says. Although technology is here to stay, it can never replace the human aspect of nursing care, especially for the older generation.

Additionally, it should always be taken into mind that technology is only there to guide the practice of using. It exists to augment the quality of care provided by nurses, not to replace them.

The idea of preparing human nurses to be able to adapt and adopt to the future demands of human care will always involve technology," he says. And as end users, we have the responsibility to become competent and proactive users of such technologies.

He further stresses the importance of effective education in ensuring technological literacy and competency among student nurses. Dynamic and adept styles of teaching should be implemented by educators to facilitate learning among student nurses. Technology should be appropriated into curricula and learning methods so that students can learn to understand the importance of technical competency in preserving the "humanness" of modern healthcare.

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Professor Emeritus **Locsin** mentions that, "Generation Z should be nurtured to think differently, not just to follow what has been taught, but to question and ask why we have to do certain things in a specific way."

The idea is that we need to ask the question, "Why?" The new generation should be shaped to question and understand the core goal of nursing care which is to "know the other person more fully," while at the same time, using technology in a competent and responsible manner to achieve this goal.

Through effective education and empowerment, we can create nurses who are advocates for an equitable system of gerontologic healthcare—nurses who can close the technological gap between older adults and the new generation, thereby providing care that is technologically advanced, promotive, and inclusive of the older population.



pared by:

JOSE MARI DOUS G. ALFORQUE
 NSG-12—Documentation Chair
 culty, College of Nursing



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D. RELATED RESEARCH PRESENTATIONS

PRESENTATIONS						
No.	Date Presented	Title	Presenter	Conference Title	Venue	Conference Type (Local or Regional, National, International)
1	November 21-23, 2023	Educators' Lived experience in the transition from online learning to face-to-face classes: the Emergence of the SAC Process of coping and Transitioning	Jose Mari Louis G. Alforque	International Conference on Methodological Advances in Research (ICMAR)	Marco Polo Hotel	International (Podium)
2	November 24-25, 2023	Lived Experiences of Older Adults while Working in the Academe Amidst the COVID-19 Pandemic: The Philippine Context	Jose Mari Louis G. Alforque	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)
3	November 24-25, 2023	"Chronicles of Grandparenthood Journey: A Narrative Inquiry"	Lovelyn G. Tipon	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)
4	November 24-25, 2023	"An Axiomatic Approach in the Development of the Theory of Creative Aging"	Jose Mari Louis G. Alforque	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)
5	November 24-25, 2023	"Flourishing Beyond the Hands of Time": A Kaleidoscopic Perspective from the Lenses of Creative Older Adults: A Phenomenological Inquiry"	Jose Mari Louis G. Alforque	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)
6	November 24-25, 2023	"Exploring the Spiritual Compliance in Achieving Wellness Among Older Adults: A Qualitative Multi-Case Approach"	Ernyl Henry E. Redula	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)
7	November 24-25, 2023	"Lived Experiences of Older Persons during Home Isolation: The Pandemic Life"	Alain Kenneth S. Ragay	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)



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8	November 24-25,2023	“The Deductive Axiomatic Approach in Developing the EnvironMental NurseScaping as Caring in Nursing: A Wellness Theory	Mark Gilbert S. Milallos	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Podium)
9	November 24-25,2023	Lived Experiences of Older Adults while Working in the Academe Amidst the COVID-19 Pandemic: The Philippine Context”	Lovelyn G. Tipon, Jose Mari Louis Alforque, Jezyl C. Cutamora	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infomercial)
10	November 24-25,2023	Lived Experiences of Older Adults while Working in the Academe Amidst the COVID-19 Pandemic: The Philippine Context”	Lovelyn G. Tipon, Jose Mari Louis Alforque, Jezyl C. Cutamora	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infographics)
11	November 24-25,2023	“A Multiple Case Analysis on the Environmental Effect on the Mental Well-Being between Institutionalized and Community Dwelling Older Adults”	Mark Gilbert S. Milallos	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infographics)
12	November 24-25,2023	“The Level of Life Satisfaction among the Older Adults of Cabulijan, Tubigon, Bohol”	Rhona Marie C. Noquiao	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infographics)
13	November 24-25,2023	“Qualitative Case Study of an Older Person Needing Home Care Support : Basis for a Policy Proposal”	Laarne E. Pontillas	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infographics)
14	November 24-25,2023	“Living alone and using social media technologies: The experience of Filipino older adults during the COVID-19 pandemic”	Joana Mariz C. Castillo, Laurence L. Garcia, Evalyn Abalos, Rozzano C. Locsin	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infographics)
15	November 24-25,2023	“Push - Pull Theory: Older Adults Use of Traditional Health Practices”	Vincent C. Pananganan	12 th International Conference of Nurses (ICONS)	Golden Peak Hotel and Suites	International (Infographics)

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A. ON GOING RESEARCH PROJECTS

Proponents	Research Topic	Remarks
Marjorie R. Sta. Teresa Alain Kenneth S. Ragay Alberich Machacon	Overcoming Cultural Taboo: The Untold Lived Experience of Older Adult’s Sexual Life	✓ For Submission of Terminal Report
Jezyl C. Cutamora Lovelyn G. Tipon Jose Mari Loui G. Alforque Rhona Marie C. Noquiao	Towards Better HIV Prevention and Management to achieve Gender Equality in a University	✓ For Endorsement to the URAC

B. RELATED CITATIONS

No.	Author(s) of Study Cited	Study Cited	Paper where Study was Cited
1	Castillo, JM. Redula,EH. Tipon, L.	Understanding tuberculosis mortality fluctuation in the Philippines by artificial intelligence	Agustine , U. ., Putri Santoso, S. D. R. ., Mugianti, S. ., & Paju, W. . (2024). Motivational Interviewing with Progressive Muscle Relaxation for Anxiety Disorders in Tuberculosis . The Malaysian Journal of Nursing (MJN), 15(3), 47-53. https://doi.org/10.31674/mjn.2024.v15i03.006 .

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Ways Forward:

- ✓ Project Management Training (1st Quarter)
- ✓ Research Write shop proposal(2nd Quarter)
- ✓ Gerontology Research Summit (2nd Quarter)
- ✓ Funds and Grants Application of Research Proposal

Prepared by:


DR. LOVELYN G. TIPON
 DIRECTOR, RIAH

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