

Republika ng Pilipinas

**Kagawaran ng Edukasyon**

Tanggapan ng Pangalawang Kalihim

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DEPED-CAR Time: \_\_\_\_\_

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JUN 06 2018

DEPED-CAR Time: \_\_\_\_\_

**MEMORANDUM**

16 May 2018

**For: Regional Directors  
Regional Secretary, DepEd ARMM  
All DepEd Health Personnel Concerned**

**Subject: DEPED PARTICIPATION IN  
MAY MEASUREMENT MONTH 2018 CAMPAIGN**

The International Society of Hypertension (ISH), endorsed by the World Hypertension League, is on a whole-month (May 1-31, 2018) global awareness campaign on hypertension prevention dubbed as the May Measurement Month (MMM18).

In the Philippines, the MMM18 campaign is spearheaded by the Philippine Society of Hypertension (PSH), with the goal of screening at least half a million of adult Filipinos (18 years and over) in any of at least 500 sites nationwide.

Department of Education is one with this campaign and all concerned are advised to participate.

Attached are reference documents: campaign background, rationale, activity mechanics, MMM18 Protocol, and other relevant information.

For your guidance and all-out support.

Thank you.

**ALAIN DEL P. PASCUA**  
Undersecretary



Republic of the Philippines  
DEPARTMENT OF EDUCATION  
CORDILLERA ADMINISTRATIVE REGION  
Wangal, La Trinidad, Benguet



May 25, 2018

To: **SCHOOLS DIVISION SUPERINTENDENTS  
DepEd HEALTH PERSONNEL  
ALL DIVISIONS**

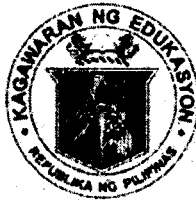
For information, guidance and appropriate action.

**MAY BECLAR, Ph.D., CESO V**  
Regional Director

ESSD/ABG/afc

**Secretary for Administration**

Technology, Disaster Risk Reduction and Management, Schools Health, Camp, Education Facilities/School Buildings)  
Regional Office, Meralco Avenue, Pasig City  
Tel: (032) 0762; Landline: +6326337203, +6326376207  
e-mail: v.ph; Facebook/Twitter @depedtayo



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**INFORMATION ON THE PARTICIPATION OF THE DEPARTMENT OF EDUCATION  
IN THE MAY MEASUREMENT MONTH 2018 CAMPAIGN**

1. The International Society of Hypertension (ISH), with the endorsement of the World Hypertension League, is embarking on a whole-month awareness campaign on hypertension prevention, from May 1 to 31, 2018.

Dubbed as the May Measurement Month (MMM18), the massive global campaign aims to highlight the importance of measuring blood pressure (BP), and to identify and reduce the BP of those people who require intervention to lower their BP according to current guidelines.

In the Philippines, MMM18 is spearheaded by the Philippine Society of Hypertension (PSH), with the goal of screening at least half a million adult Filipinos, aged 18 years and older, in any of at least 500 sites throughout the country.

2. According to PSH, high BP kills around 1.5 million people in Southeast Asia annually. PSH also reports that in the Philippines, it is estimated that around 120,000 Filipinos are dying daily due to hypertension-related complications.

PSH envisions that by 2022, through an effective multi-sectoral collaboration, BP awareness in the country will be increased to 80%, treatment rate to 60%, and control rate to 30%, in order to reduce BP-related deaths by 25%, saving around 30,000 lives yearly.

3. The Department of Education (DepEd) has been invited by PSH to participate in MMM18.

As part of DepEd's participation in the campaign, DepEd health personnel, specifically medical doctors and nurses, will measure the BP of Filipino adults ( $\geq 18$  years old), using the digital BP measuring devices provided by PSH. While ideally, individuals to be screened are those who have not had their BP measured for at least one year prior to the current BP screening, even those who have can still take part.

Participating DepEd health personnel will also supply diet and lifestyle treatment advice to all who will be screened to have BPs in the hypertensive range, as well as provide advice on how to best receive BP-lowering medications (if required) and further follow-up of raised BP according to local facilities.

Furthermore, the health personnel will collect data from those whom they will screen which will become part of a global study. Ultimately, the data to be collected through the campaign, specifically data on untreated and inadequately treated hypertension, will be used by ISH to motivate governments to improve local screening facilities and policies, and thereby reduce the global burden of disease associated with raised BP.

4. The provision of information about the campaign, getting of consent for participation, the actual screening of the BP, and the giving of appropriate advice, will all be guided by the protocol set by ISH and PSH.

Attached are a copy of the **protocol (Annex A)** and other information materials that can be used when administering the measurement or giving advice:

- a. Promotion Flyer (Annex B)
- b. Fact Sheet (Annex C)
- c. BP Result Form (Annex D)
- d. Information Sheet (Annex E)
- e. Top 10 Tips for Healthy Blood Measure (Annex F)

The same can be downloaded from <http://bit.ly/DepEdForMMM18Protocol>.

5. **Only the Omron digital BP measuring devices provided by PSH shall be used for the campaign.**

A total of 260 units of Omron digital BP measuring devices were distributed to all regions and divisions and received by participating DepEd health personnel during the preparatory activities for OK sa DepEd held in Pampanga in April and early this month.

Region	Number of Units Received	Region	Number of Units Received
I	15	IX	14
II	10	X	9
III	21	XI	15
IV-A	28	XII	12
IV-B	8	CARAGA	10
V	14	CAR	9
VI	19	ARMM	13
VII	20	NCR	33
VIII	15		

Inventory Custodian Slips signed by the regional/ division representatives who received the units may be viewed at <http://bit.ly/DepEdForMMM18ICS>.

6. Each Regional/ Division Office is required to measure the BP of 500 adults for every unit of Omron digital BP measuring device received.

Regional/ Division Offices that will fail to reach this target shall return to PSH the corresponding number of BP measuring devices that they received. Meanwhile, PSH will give Regional/ Division Offices that will exceed the target one additional unit for every additional 500 individuals that they will be able to screen for the campaign.

7. Health personnel participating in the campaign shall use the attached **revised form (Annex G)** when collecting information from the individuals whose BP will be taken during the campaign. The soft copy of the form can be downloaded from <http://bit.ly/DepEdForMMM18Form>.

**Note that this is a new form and is different** from what was initially distributed during the Consultative Conference and Writeshop on OK sa DepEd on April 26, 2018, and during the National Planning and Orientation Workshop on OK sa DepEd (Luzon Cluster) on May 9, 2018. **The old forms distributed during the said activities shall no longer be used for the campaign.**

As the new form stipulates that data to be recorded is anonymous, and that participating individuals give permission that their readings will be used for *academic research purposes*, Republic Act 10173 or the Data Privacy Act of 2012 does not apply to the activity.

However, DepEd personnel shall ensure that the data collected and the filled out forms are stored safely for exclusive access by the DepEd health personnel participating in the campaign, and not shared with anyone other than those specified in these mechanics, unless otherwise permitted by DepEd and/or PSH.

The form does not need to be printed, and may be filled out directly through a computer. Below are some guidelines when filling out the form:

- a. **Item 1:** By default, the country shall be Philippines.
- b. **Item 3:** The Site ID for DepEd shall be PHL-004.

- c. **Item 4:** When screening fellow DepEd personnel in DepEd schools and offices, the screening site shall be workplace. When screening non-DepEd personnel inside enclosed premises of DepEd schools and offices, the screening site shall be public area (indoors). When screening non-DepEd personnel in open space in DepEd premises or the community, the screening site shall be other public area (outdoors).
  - d. **Item 8:** The person to be screened shall give permission that their readings will be used for academic research purposes. Otherwise, DepEd personnel may proceed with the screening but will not have to continue filling out the form.
  - e. **Item 17:** Unless the person to be screened declares that they are of foreign or mixed origins, the default ethnicity for Filipinos is Southeast Asian.
  - f. **Item 29:** The type of BP machine shall be automated.
  - g. **Item 30:** The manufacturer name and model of the machine shall be Omron HEM-7121-AP.
8. Accomplished forms in Excel and/or PDF shall be e-mailed to [depedforMMM18@gmail.com](mailto:depedforMMM18@gmail.com) not later than June 15, 2018.

This e-mail address, created solely for DepEd's participation in MMM18, can only be accessed by designated staff of the Bureau of Learner Support Services- School Health Division (BLSS-SHD) and PSH, and will be deleted after June 15, 2018.

Follow the format below when e-mailing your forms:

<p><b>SUBJECT:</b> MMM18 Submission (Region ###)</p> <p><b>BODY:</b></p> <p>Total number of people screened: (As contained in the Excel file)</p> <p>Submitted by: (Complete Name)</p> <p>Nickname: _____</p> <p>Designation: (Complete Designation)</p> <p>Mobile Number: (11-digit mobile number)</p> <p>Landline: (indicate number)</p> <p>Division: (If applicable)</p> <p>Region: (Specify region)</p>
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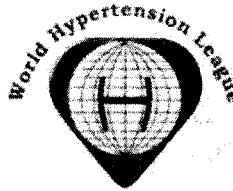
9. DepEd health personnel may already proceed with the campaign as soon as this memorandum is received.

For monitoring purposes, DepEd health personnel participating in the campaign are advised to fill-out this form: <http://bit.ly/DepEdForMMM18Volunteers>.

10. For further details, you may contact Mr. Gian Erik M. Adao, Education Program Specialist II, SHD, at e-mail [gian.adao@deped.gov.ph](mailto:gian.adao@deped.gov.ph) or telephone number (02) 632-9935.

About the screening site		Philippines	Philippines	Philippines	Philippines	Philippines	Philippines	Philippines
Country	Philippines	Philippines	Philippines	Philippines	Philippines	Philippines	Philippines	Philippines
City/Town/Village name	PHL-004	PHL-004	PHL-004	PHL-004	PHL-004	PHL-004	PHL-004	PHL-004
Site ID and/or email address	workplace							
Where is your screening site?	25/05/18							
Date of measurement (dd/mm/yy)	14:24							
Time of measurement in 24 clock format	19							
Temperature at the site of screening (°C)								
<b>About the participant</b>								
Please confirm that you understand that the data recorded is anonymous and you give your permission for your readings to be used for academic research purposes		yes	yes	yes	yes	yes	yes	yes
Have you ever had your blood pressure measured?		no						
If so, have you had your blood pressured measured in the last 12 months?		no						
Did you participate in May Measurement Month 2017?		no						
Have you ever been diagnosed with high blood pressure by a health professional (except in pregnancy)?		no						
Are you currently taking prescribed medication to treat high blood pressure?		no						
How old are you in years? (Estimate if unknown)		44						
If estimated, select yes								
What is your sex?		female						
Are you pregnant?		no						
Ethnicity (self-declared)		South-East Asian						
Are you currently fasting?		no						
Do you have diabetes?		no						
Do you use tobacco?		yes						
Do you consume alcohol?		never/rarely						
Have you had a heart attack in the past?		no						
Have you had a stroke in the past?		no						
<b>Measurements</b>								
Weight (kg)		55						
If estimated, select yes								
Height (cms)		131						
If estimated, select yes								
<b>1st Measurements</b>								
1st measurement of Systolic Blood Pressure SBP		125						
1st measurement of Diastolic Blood Pressure DBP		85						
1st measurement of Heart rate		86						
<b>2nd Measurements</b>								
2nd measurement of Systolic Blood Pressure SBP		122						
2nd measurement of Diastolic Blood Pressure DBP		83						
2nd measurement of Heart rate		78						
<b>3rd Measurements</b>								
3rd measurement of Systolic Blood Pressure SBP		120						
3rd measurement of Diastolic Blood Pressure DBP		80						
3rd measurement of Heart rate		74						
What type of BP machine was used to take the readings?		automated	automated	automated	automated	automated	automated	automated
What is the manufacturer name and model type?		Omron HEM-7121-AP	Omron HEM-7121-AP	Omron HEM-7121-AP	Omron HEM-7121-AP	Omron HEM-7121-AP	Omron HEM-7121-AP	Omron HEM-7121-AP
Which arm was used to take the blood pressure?		left						

Temperature		Weight		Height	
deg fahrenheit	deg celsius	pounds	kilograms	feet & inches	centimetres
<sup>o</sup> F	<sup>o</sup> C	lbs	kg	feet	inches
71	22	130	59	5	5
					165



**Advising members of the public found to be hypertensive  
with blood pressure readings of 140/90 or above**

**Information sheet for volunteers**

When a member of the public is found to be hypertensive, please explain to them what their numbers mean.

This sheet is based on the numbers used in the United Kingdom to classify raised blood pressure, and may differ from those used in your country.

If necessary, please modify your advice to match the bands used in your country and/or to reflect access to drugs. Please delete this yellow section

<b>Blood pressure reading</b>	<b>What the reading means</b>	<b>Action needed</b>
<b>140/90 - 159/99 mmHg</b>	The person has <b>mild hypertension</b> if their readings are maintained in this range.	Make lifestyle changes by modifying diet and increasing exercise as described in the <i>MMM Ten Top Tips</i> . Blood pressure needs checking once or twice more in the next few months. Drug treatment may be needed if levels are still raised.
<b>160/100 - 179/109 mmHg</b>	This person has <b>moderate hypertension</b> if their readings are maintained in this range.	Make lifestyle changes by modifying diet and increasing exercise as described in the <i>MMM Ten Top Tips</i> . Blood pressure needs checking again once or twice in the next two weeks. Drug treatment should probably be started if levels are still in this range.
<b>180/110 mmHg +</b>	This person has <b>severe hypertension</b> if their readings are maintained in this range.	Make lifestyle changes by modifying diet and increasing exercise as described in the <i>MMM Ten Top Tips</i> . Advice from a doctor should be urgently sought within the next week. Drug treatment will probably be needed.

For more details, you may contact the PSH-PLAS Secretariat  
Directline #696-2819 Cell # 0917-625-5810 (Weng) Email Address: [phiipn@yahoo.com](mailto:phiipn@yahoo.com)  
PSH Secretariat : Unit H, 11th Floor Strata 100 Bldg., F. Ortigas Jr. Road, 1605 Pasig City





THANK YOU FOR BEING PART  
OF MAY MEASUREMENT MONTH

**YOUR BLOOD PRESSURE TODAY WAS**

\_\_\_\_\_ / \_\_\_\_\_ DATE \_\_\_\_\_

**A Simple Measure to Save Lives**  
**#checkyourpressure**

**BASED ON YOUR RESULT, WE RECOMMEND THAT YOU...**

See your doctor as soon as you can

Maintain your healthy lifestyle and have  
regular blood pressure checks

**For further information and tips for maintaining healthy  
blood pressure, visit [www.maymeasure.com/public-info](http://www.maymeasure.com/public-info)**

**[www.maymeasure.com](http://www.maymeasure.com)**

May Measurement Month is an initiative led by the International Society of Hypertension  
and endorsed by the World Hypertension League

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