ASSOCIATION OF GOVERNMENT INTERNAL AUDITORS, INC. (AGIA)
60TH Annual Convention

WATERFRONT HOTEL,
October 8-11, 2019

“Internal Audit Resilience and Accountable Governance, Six Decades After”
OFFICERS/MEMBERS/ BOARD OF DIRECTORS For CY 2018-2019

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ASSOCIATION OF GOVERNMENT INTERNAL AUDITORS, INC. (AGIA)

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WATERFRONT HOTEL, October 11, 2019

“Internal Audit Resilience and Accountable Governance, Six Decades After”
Wellness
“ now & beyond”

WENCESLAO S.
LLAUDERES, MD. FPSNM. FPCGM., MPM-HG

WATERFRONT HOTEL,
October 11, 2019
Learning Objectives?

1. Define the meaning of wellness and its significance to one’s self.

2. Understanding the value of wellness and illness now & beyond. Which is more attainable?

3. Highlights the prerequisite of wellness in aging.
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What is WELLNESS?

- WHO defines it “A state of complete physical, mental, and social well being and not merely the absence of disease or infirmity”

- The National Wellness Institute stated “a conscious, self-directed and evolving process of achieving full potential of becoming Fit”
WELLNESS
Whole-Person Wellness Model

Physical Dimension
Emotional Dimension
Spiritual Dimension
Intellectual Dimension
Occupational Dimension
Social Dimension

Figure 1. A Whole-Person Wellness Model.
Physical Wellness

Recognizes the need for regular physical activity
Encourage proper diet and nutrition
Discourage tobacco, drugs and excessive alcohol consumption
Met through a combination of good exercise and eating habits

Figure 1. A Whole-Person Wellness Model.
Wellness
WELLNESS check
Stand-Toe Touch Exercise
Mental Check
Importance of Wellness

• Increased quality of life
• Longer and healthier life
• Active social interaction
• Mental and emotional health
• Active part of the workforce
• Financial independence
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WELLness vs. ILLness

“Wellness is opposite of Illness”

- Enjoying the state of wellness
- Suffering from the state of illness
- Lifestyle plays a crucial role between wellness and illness
- Filipino Average Life Span: 65 – 72 years old
- Females are expected to live longer -71-72 yrs old
- Males (65-66)
**Table A. Top 10 Leading Causes of Death by Sex, Philippines: 2016**

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*Source: (PSA, CRS-VSD)*

*Note: Figures are not adjusted for under-registration*

Causes of death are coded based on the ICD-10 Rules and Guidelines

Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified (R00-R99) was not included in the top 10 causes of death
YOUR HEALTH – YOUR CHOICE
Clinical Case Scenario:
48 years old government employee, dynamic, active, currently holding a top management position, attended AGIA convention in Cebu

- Health Risk Factors:
  - Hypertensive (140-160/90-100)
  - Amlodipine 5 mg once a day
  - Diabetic ("kapatid ko dumating")
  - Metformin 500 mg once a day
  - (Still) fond of eating voluminous rice and "sawsawan, patis, toyo"
• Upon waking up, cant be able to move her right side of the body (upper right arm, lower right leg with slurred speech)

• Possible Cause:
  – Stroke (Infarct vs. bleeding)
Possible sequence of events:

- Sudden change of biological activity
  *(Immobility, Can not expectorate, Can not properly swallow, Urinary problem)*

- Depression
  - Low morale
  - Labile mood
  - Disturb sleeping pattern
  - Disturb appetite
Long Term Impact

– Depression will further deteriorates patient condition
– Dementia will set in
– Will affect hygiene and sanitation
– NGT insertion
– Foley Catheter insertion
– Multi organ complications sets in
  (Recurrent Pneumonia, GI Bleeding, Kidney Failure, Cardiac Complications)
Clinical Case Scenario 2

- 58 years old public servant, sedentary lifestyle, spent most of the time sitting. Usually ask somebody to do an errands for her, with “Grab Apps”, fond of eating “red meat”, “di ako mahilig sa gulay”

(+) Father died due to operation in the intestine(?)

- Hypertensive (BP 130/100)

- Diabetic
• A month ago started to have problem with defecation, Bowel movement >2 or 3 days, lost appetite with bouts of vomiting about a week

• Consulted due to “yellowish eyes” and an Ultrasound was done showing a big mass on the right colon with possible metastasis on the liver

• Surgery recommended. Benefits over the risks
• Things to consider:
  – Financial
  – Macro vs Micro assessment
  – Impact all aspect of life
Clinical Case 3:

- 32 years old, female, government employee, sudden lost consciousness with continuous seizure.
- No documented risk factors
- On and off migraine attacks, sometimes tolerable, sometime severe need to be injected with analgesic, sometimes with vomiting

- CT scan showed ruptured aneurysm with extensive bleed

- Recommends Brain Operation but no guarantee to survive the operation.
- Benefits over the risk
Your health. Your choice.
Lifestyle Disease

Causes:

- DIABETES (TAAS SUGAR)
- HYPERLIPIDEMIA (TAAS CHOLESTEROL)
- HYPERTENSION (TAAS BP)
- SMOKING (NICOTINE EFFECT)
- STRESS (TOTALITY OF ITS EFFECT)
- LACK OF EXERCISE
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Sedentary Lifestyle

Are We So Lazy That It's Killing Us?
Priority

- Chest X ray - P900
- Lipid Profile – P2,800
- FBS, Creatinine – P1,500
- ECG - P1,800
- 2-D Echo – P3,500
- MD Consultation Fee – P500
- Estimated Budget – P11,000
Pro-active or Reactive?
Always do SEX to be SEXY

S- stress Free Attitude, Stop Smoking

E - Eat right, Eat moderately, Eat green

X- exercise (Exercise), walking 30 mins.day

• Jog or Run
• Exercise stretching in the office
THE DIFFERENCE EXERCISE MAKES

Only about 20 percent of america adults meet their recommended amount of exercise, but skimping on regular sweat sessions has some pretty profound effects. Here are a few of the major differences between an average, 40-year-old exerciser and someone getting little to no physical activity.

SEDENTARY PERSON  |  REGULAR EXERCISER

**SLEEP QUALITY**
- 56% say they get fairly or good sleep
- 83% say they get fairly or good sleep

**AVERAGE RESTING HEART RATE**
- 60-80 beats per minute
- 40-60 beats per minute

**MAXIMAL OXYGEN UPTAKE**
- *in ml/kg of body weight per minute
- Women: <25
- Men: <30
- Women: 46-50
- Men: 48-53

**AVERAGE DAILY CALORIES NEEDS**
- Women: 1600-2000
- Men: 2000-2600
- Women: 2000-2400
- Men: 2400-3000

**LIFE EXPECTANCY**
- The average american lifespan is 78.7 years
- About 4 years longer

**SWEAT**
- Sweat less efficiency
- Start sweating sooner
“ex-ur-size”
What Happened inside the body?

Atherosclerosis

Normal Artery

Blood Flow

Atherosclerotic Plaque

Artery Narrowed by Plaque
Artery

Plaques form in lining of artery

Plaque grows, lining of artery damaged

Plaque ruptures

Blood clot forms, limiting blood flow
Stress
Stress check list:

- Palaging nagmamadali, inis sa mabagal
- Kinakabahan, di mapakali, madaling magalit
- Nagtratrabaho sabado't, linggo, kahit walang pasok.
- Di nawawalan ng sipon, ubo, kabag, sakit sa sikhura
- Di sanay walang ginagawa
- Abala pa ang pagkain ng tanghalian, o meryenda
- Inis ka sa katabi mo na walang dahilan
LOT OF STUDIES SAYS:

“Stressful Job, Little Control: Shorter Life Spans”
Hugot Line:

STRESS
- 60-70% of Filipino experienced work related stress…

- (source: Herman, Reinke article on Empirically derived profiles of teacher stress, burn-out, self efficacy and coping, university of Missouri)
10 Health Problems related to Stress

- Heart diseases
- Asthma
- Obesity
- Diabetes
- Headaches/body pains
- Anxiety/Depression
- Gastrointestinal Problems
- Memory Loss
- Lower immune response
- Premature Death
“outcome of stress”

• Lower immune system
• Frequent hospital consultation/confinement
• 10% develop cancers
Checklist for a HAPPY LIFE

- Judge less & love more
- Help others
- Be content
- Accept the situation
- Be selfish
Learning Objectives?

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MATANDA

- RETIREE?
- MAKULIT
- ULI ANIN
- GRABE
- AY EWAN
- HAYAAN MO NA
Lifestyle “Guru” Martha Stewart

“if you want to stay healthy during your retirement years, you’re better off not retiring at all. “

“People age really quickly the minute they stop doing things they are really interested in.”
• Former Obama administration budget chief Peter Orszag once said:

“RETIREMENT WILL KILL YOU”
“Elderly Life, Senior citizen life”

- Savings, financial resources more on health, illness
- Amplification of physical pain
- More time in the out patient consultation
- Depression is common
- Most of the retirees do not have structured plan how to deal with retirement life (impact on health)
- Mortality rate/death rate is high after retirement
I see siblings fighting because of inheritance ....

....but I didn’t see siblings fighting to take care of their parents until the end of their lives...
Old man brought his phone to be repaired. Man working there said 'Sir, your phone is working fine."

Old man said: "then why my kids don't call me anymore"
Profile of Senior Citizens in the Philippines

Estimated Total Population and Total Number of Senior Citizens:


Source: World Population Prospects: The 2010 Revisions, UN population Division, Census of Population( and Housing) and Census of Population of the National Statistics Office (NSO) and National Statistics Coordination Board (NSCB) – Technical Staff special computations using the Population Projections of NSO
BRIEF BACKGROUND OF ELDERLY CARE IN THE PHILIPPINES

The Philippine Statistics Authority most recent estimate of the current population pegs about 97 M (NSO 2013) with 6.8 percent of the population aged 60 years old.

The greatest concentration of senior citizens:

I. Region IV-A (Calabarzon) (12.2 percent),

II. NCR (11.9 percent),

III. Region III (11.3 percent).
# Physical Changes of Aging

## Integumentary System
- Hair thins and loses color
- Dry, thin, fragile skin
- Wrinkles and liver spots
- Loss of fatty tissue
- Decrease of feeling
- Thick, hard nails

## Musculoskeletal System
- Weakening muscles and loss of tone
- Slowing of body movements
- Stiff joints
- Brittle bones
- Changes in posture, loss of height

## Respiratory System
- Rib cage more rigid
- Weakening of muscles
- Decreased elasticity of lungs
- Weakening of voice

## Circulatory System
- Heart pumps with less force
- Hardening and narrowing of blood vessels

## Digestive System
- Decrease in saliva and taste buds
- Decrease in digestive juices

## Digestive System (Cont.)
- Difficulty in chewing and swallowing
- Slowing of peristalsis
- Reduced absorption of vitamins and minerals

## Urinary System
- Decrease in kidney filtration
- Decrease in bladder muscle tone.

## Nervous System
- Decrease in nerve cells
- Slowed message transmission
- Slowed responses and reflexes
- Decreased sensitivity of nerve endings
- Short-term memory loss
- Decrease in vision
- Hearing loss
- Loss of smell receptors

## Endocrine System
- Decrease in hormones
- Reduced regulation of body activities

## Reproductive System
- Menopause in women
- Drying and thinning of vaginal walls
- Enlargement of male prostate gland
- Change in male hormone levels
Phases of Retirement

• **Phase I – Pre-retirement Phase (Planning Time)**
  - During the working years, retirement can appear to be both an oncoming burden and a distant paradise.
  - Workers know that this stage of their lives is coming, and do everything they can to prepare at least financially
  - but often **give little thought** to what they will actually do once they reach the goal

• **Phase II – Big Day Phase (handshakes, smiles, farewell)**
  - **shortest stage** in the retirement process
  - the actual cessation of employment itself.
  - often marked by some sort of dinner, party or testimonial celebration (“wedding day”)
• **Phase 3 Honeymoon Phase (I am Free)**
  - Followed after the retirement celebrations are over
  - a period often follows when retirees *get to do all the things that they want* to do once they stopped working, such as travel, indulge in hobbies, visit relatives, “malling”, more time in Facebook
  - This phase has no set time frame and will vary depending upon how much honeymoon activity the retiree has planned.

• **Phase 4 Disenchantment Phase (So this is it?)**
  - This phase parallels the stage in marriage when the emotional high of the wedding has worn off and the couple now has to get down to the business of building a life together.
  - After looking forward to this stage for so long, many retirees must deal with a *feeling of letdown*, similar to that of newlyweds once the honeymoon is over.
  - Retirement *isn't a permanent vacation* after all; it also can bring loneliness, boredom, feelings of uselessness and disillusionment.
• **Phase 5 Reorientation (Building New Identity)**
  - Fortunately, the letdown phase of retirement doesn't last forever.
  - Just as married couples eventually learn how to live together, retirees begin to familiarize themselves with the landscape of their new circumstances and navigate their lives accordingly.
  - **most difficult stage in the emotional retirement process** and takes both time and conscious effort to accomplish.
  - Perhaps the most difficult aspects of this stage to manage are the inevitable self-examination questions that must be answered once again:
    - “Who am I, now?” “What is my purpose at this point?” and “Am I still useful in some capacity?”
  - answers to these questions must be found if the retiree is to feel a **sense of closure** from his or her working days.
  - But many retirees cannot achieve this and never truly escape this stage – (make sure you do)

• **Phase 6 Routine Phase (Moving On)**
  - **Acceptance** of new identity with new sense of purpose
Linda Fried, a Geriatrician, an author “Making Aging Positive”

.... Many of the ills associated with aging worsened --- or even worsened --- or even created --- by the lack of meaning and purpose in people’s lives.

--- too many patients suffered from pain, far deeper than the physical, caused by not having a reason to get up in the morning

.... We(senior) want to feel NEEDED, RESPECTED and has sense of PURPOSE.
Study by Ellen Langer & Judith Rodin

Senior Citizen Group 1

• Arrange their furniture as they want it be
• Watch the movie they like
• Choose plants to keep and nurture

Senior Citizen Group 2

• Have somebody to arrange their furniture
• Have somebody to select a movie to watch
• Have somebody to choose a plant to keep and nurture
RESULTS!

Senior Citizen Group 1
SIGNIFICANT improvement in Physical & Mental well-being
Increase life span

Senior Citizen Group 2
• Worsened physical condition
• Prone to irritability/depression
• Die after 2-3 years
“The Promise”

In this video, highlights are:

- The effect of Dementia
- Limitations of an elderly (especially with medical problems)
- Fear & Insecurities of elderly (Sino mag aalaga sa akin)
- Importance of support system (manpower, resources (financial), infrastructure (Home set-up))
- “Buhay ay isang bilog, dati magulang nagpapaligo sa atin, pag dating ng panahon na sila ay matanda na, tayo ang magpapaligo sa kanila”
Story about a Sparrow (Maya)

Mother & Daughter
The daughter replied, 'It is a sparrow.'

After some time later, the old woman ask her daughter, "What is that?" to which the daughter replies, "A sparrow" and turns back, browsing her IPad. A while later, the old woman ask her daughter again," what is that?", Felling a little annoyed, her daughter responded, Mother, I just told you, it is a sparrow."

Then, the sparrow flies to the ground infront of them. The old woman asks her daughter, "What is that/" to which her daughter responded with an irritated tone. "it is a sparrow! A sparrow. S-P-A-R-R-O-W".

Again when an old woman repeats her question, the daughter flew into a rage, "how many times I told you that IT IS A S SPARROW? Why are you doing this, Mother?"

The old woman gets up and walk into the house to retrieve her old diary. She comes back and ask her daughter to read an entry from the diary.
“today, my youngest daughter, who is turning three in a few days, was sitting with me at our backyard when a sparrow landed in front of us. My daughter asked me 21 times what it was and I answered all 21 times that it was a sparrow. I hugged and kissed her on her forehead every single time she pops the same question again and again. I did not felt mad but felt only love and affection for my innocent little girl.”

{excerpt from nanay’s diary}
Moral Lesson:

• A simple yet extremely meaningful story to remind us how a journey it was for our parents in raising us. But they did so lovingly, teaching us everything they could patiently and without any complaints and definitely with a big smile.

• Therefore, we as grown ups, should constantly be reminded to be tolerant and forbearing of our aging parents who can be undergoing cognitive decline as they grow old.
“The Promise”

In this video, highlights are:

- The impact of “permanent memory loss” (“ulianin”)
- Long term vs. short term memory:
- Limitations of an elderly (especially with medical problems)
- Fear & Insecurities of elderly,
- Importance of support system (finances, home set-up) (immediate relatives, in-laws, care giver)
- “Life is a cycle, its just a matter of when”
  - “empathy, understanding, “extra-mile”
- Key statements:
  - “I want to go home”. I will do more.” Papa took care of me when I was a kid, I want to do the same,. When I grow up I will give papa a beautiful home”
“The Promise”

Did you appreciate?
- The impact of “permanent memory loss” ("ulianin")
- Long term vs. short term memory:
- Limitations of an elderly (especially with medical problems)
- Fear & Insecurities of elderly,
- Importance of support system (finances, home set-up) (immediate relatives, in-laws, care giver)
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  - “I want to go home”. “I will do more.” Papa took care of me when I was a kid, I want to do the same,. When I grow up I will give papa a beautiful home”
Learning Objectives
( Have we learned?)

1. The meaning of wellness and its significance to one’s self.

2. Understood the value of wellness and illness, now & beyond. Which is more attainable?

3. Highlights the prerequisite of wellness in aging.
Mabuti na lang doctor nakinig ako....
THANK YOU FOR LISTENING!