



Republic of the Philippines
Department of Education
 Cordillera Administrative Region
SCHOOLS DIVISION OFFICE OF ABRA

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Office of the Schools Division Superintendent

DIVISION MEMORANDUM
 No. 133 s. 2020

July 23, 2020

**DISSEMINATION OF THE TELEHEALTH SERVICES OFFERED BY DEPED ABRA CARELINE:
 PAYONG KALUSUGAN FOR LEARNERS AND INTERNAL STAKEHOLDERS**

To: Chief Education Supervisors, SGOD and CID
 All Public Elementary and Secondary School Heads
 Head, School Health and Nutrition Unit (DO 40 s. 2016)
 All School Nurses, Dentists and Dental Aide
 Health and Nutrition Coordinators/Clinic Teachers
 OK sa DepEd Focal Person (DO 28 s. 2018)
 All Others Concerned

1. To keep our learners healthy and safe during the COVID-19 pandemic, SDO Abra thru the Health and Nutrition Unit (School Health Section) launched the SDO ABRA CARELINE last June 10, 2020 virtually via Facebook Page: DepEd Tayo Abra School Health.
2. The Careline is a telehealth advice and physician referral service for all Abra learners both from public and private schools. It has two component services: **Nurse Careline and Dentist Careline.**
3. **All public elementary and secondary schools are hereby enjoined to implement the posting of CARELINE NUMBERS in schools strategic area and in schools' Facebook Page to inform all learners and other internal stakeholders about the said services.**
4. The Careline Responders will assess your medical and dental health concerns and will provide free information and any health and wellness topic our learners need.
5. Learners and other internal stakeholders can ask health-related questions or concerns like:
 - a) illness or injury that may need medical care
 - b) illnesses that don't go away or keep coming back
 - c) food and healthy eating
 - d) teen health and issues
 - e) dental health issues and concerns
6. Normal hours of operation are Monday-Friday 8am - 5:00pm. The services is operated by all School Health Personnel (Division-Based and School-Based) in SDO Abra for non-urgent or minor illness and injuries.
7. The services is not meant to replace physician or the emergency hotlines and does not provide a diagnosis or prescribe medicine. Careline is an additional source of health advice that is made available via mobile phone.



Address: Actividad-Economia St., Zone 2, Bangued, Abra
 Telephone No.: (074)614-6918
 Website: <http://www.depedabra.com>
 E-mail: abra@deped.gov.ph






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8. The following are the basic steps in calling the Careline:
 - a) Step 1: Call your District Careline Number/s to connect with a Registered Nurse or call the SDO Dentist Careline to connect with a Dentist.
 - b) Step 2: Describe your symptoms or concerns and our Careline Responders will help you find the right care for your needs.
 - c) Step 3: Our Careline Responders will tell you how to treat your symptoms from home, or direct you to the right healthcare facility to seek additional care.
9. Attached are the Careline Numbers for you guidance.
10. All School Nurses and Dentists are directed to utilize the enclosed Logsheet Form and shall include their Careline services in their Work Week Plan and Accomplishment Reports.
11. Immediate and widest dissemination of this Memorandum is earnestly desired.


GLORIA B. BUYA-AO
Schools Division Superintendent



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LOG SHEET- SCHOOL TELEHEALTH PROGRAM

Control No.	Date	Name of Patient	Mobile Number	Position or Grade Level	School/Station	Chief Complaints	Interventions	Remarks
0001	06/11/2020	Gina C. Lopez	0926-915-3267	SEPS - Research	DepEd SDO Abra	Hypertension	Advise to take new prescribed medications ASAP and stop taking the old medication.	
0002	11/26/20	Philip John C. Teneza	0926-915-2354	Grade II	Sagap ES	Bleeding cuts, right point finger, right	Advise to apply direct pressure on the cut or wound with a clean cloth, tissue, until bleeding stops.	
0003	11/26/20	Mark Anthony B. Sarmonte	0926-915-2354	Grade VI	Bañacao ES	Fever	Advise to drink plenty of fluids to stay hydrated. Paracetamol 500mg as prescribed Refer to RHU for rapid testing	

Submitted by:

KARREN MARIE B. PAGANAO, RN
Nurse II

Attested by:

APOLINAR L. TURQUEZA, MD
Medical Officer III



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Accelerating and Bolstering Responsive Education that Nurtures Inspired and Outstanding LEARNERS. . . #ServingYOUwithaHeart



TELEHEALTH: PAYONG KALUSUGAN THRU TEXT/CALL

ELEMENTARY SCHOOLS

MEDICAL AND NURSING SERVICES	
DISTRICT	CARELINE NO.
BANGUED EAST	09055864708 09157292981
BANGUED WEST	09152150223
VILLAVICIOSA	09778128549
PIDIGAN	09062428232
LACUB	09052130658
TINEG	09174595670
PILAR	09457160677
LUBA	09271146354 09778414016
SALLAPADAN	09164542170
SAN ISIDRO	09065662389
DOLORES	09067041305
TUBO	09269152185 09064402247

MEDICAL AND NURSING SERVICES	
DISTRICT	CARELINE NO.
BUCAY	09178938222
LAGAYAN	09958447380
MALIBCONG	09263249392
BAAY-LICUAN	09297766375
LAGANGILANG	09363925887
BUCLOC	09066191064
DAGUIOMAN	09066191064
BOLINEY	09976315630
LA PAZ	09177980191
PEÑARRUBIA	09661945717
DOLORES	09067041305
LANGIDEN	09171685359
SAN JUAN	09060137937
MANABO	09164046772

MEDICAL AND NURSING SERVICES	
DISTRICT	CARELINE NO.
TAYUM	09158951042 09052130658
SAN QUINTIN	09778174047
DANGLAS	09063009124
TAYUM	09158351042 09151161811

DENTAL SERVICES	
	09459971389 09778057284 09178360289



TELEHEALTH: PAYONG KALUSUGAN THRU TEXT/CALL

SECONDARY SCHOOLS

MEDICAL AND NURSING SERVICES	
SCHOOL	CARELINE NO.
ABRA HS	09361212960
ABAS NHS	09164542170
LUZONG NHS	09271146354
CAYAPA NHS	09067041305
QUIDAOEN NHS	09060137937
BOL-BOLO NHS	09274364296
TIEMPO NHS	09269152185
DUGONG NHS	09568049683
TINEG NHS	09174595670
LUL-LUNO NHS	09778414016
MANABO NHS	09164046772
BAAY NHS	09297766375
LANGIDEN NHS	09171685359
BOLINEY NHS	09976315630
TAGODTOD NHS	09363925887
PULOT NHS	09958447380

MEDICAL AND NURSING SERVICES	
SCHOOL	CARELINE NO.
CRISTINA B. GONZALES MHS	09952769640
DALIT NHS	09166580476 09457160677
PILAR RHS	09274364296 09166580476
SAN ISIDRO NHS	09065662389
PANGTOD NHS	09263882623
GADDANI NHS	09052130658
DILONG NHS	09064402247
SAN QUINTIN NHS	09778174047
SUYO NHS	09069651214
CAPITAN NHS	09066191064
ALFREDO D. BERSAMINA NHS	09052130658
ROSALIO EDUARTE NHS	09052130658

MEDICAL AND NURSING SERVICES	
SCHOOL	CARELINE NO.
WESTERN ABRA NHS	09063009124
MARC YSRAEL B. BERNOS MNHS	09052130658
MATARAGAN NAS	09263249392
NORTHERN ABRA NHS	09158951042

DENTAL SERVICES	
	09459971389 09778057284 09178360289

