



Republic of the Philippines
Department of Education
Cordillera Administrative Region
DIVISION OF BAGUIO CITY
#82 Military Cut-off Road, Baguio City



APR 23 2018


RELEASED

DIVISION MEMORANDUM
No. 154/s. 2018

CONDUCT OF LABORATORY EXAMINATION OF SEF PAID PERSONNEL

To: SEF Paid Personnel

1. Please be informed that the schedule of annual laboratory examination for SEF paid personnel will be on April 24 to May 2, 2018.
2. All SEF paid personnel should comply with the scheduled laboratory examination at the Health Services Office, Baguio City (Baguio Health Department).
3. Attached are the schedule and guidelines for the accomplishment of laboratory examinations.
4. For immediate dissemination and strict compliance


FEDERICO P. MARTIN, Ed.D., CESO-IV
Schools Division Superintendent

**SCHEDULE OF LABORATORY EXAMINATION
SEF PAID PERSONNEL
DEPED, BAGUIO CITY**

April 24, 2018 (Tuesday)

1. Aliswag, Fray
2. Baldino, John T.
3. Botacion, Ariel D.
4. Cadawan, Cynthia S.
5. Catap, Roberto B.
6. De Vera, Arnold T.
7. De Vera, Jojit F.
8. Dela Cruz, Rufina Gracia M.
9. Gayob, Alma D.
10. Gazmen, Dennis M.
11. Godoy, Aljetcortez C.
12. Libangen, Lester K.
13. Lomas-e, Paul B.
14. Mabalot, Lily B.
15. Pondales, Helen P.
16. Orpilla, Jowellrey J.
17. Oliveros, Josef Eric P.
18. Quero, Pear N.
19. Tano, Alma Vissia B.
20. Tigcangay, Raquel Janelle S.

April 25, 2018 (Wednesday)

1. Abanag, Josefa B.
2. Acab, Nestor M.
3. Aglolo, Mathilda F.
4. Alboc, Avelino T.
5. Allan, Mercedes S.
6. Alog, Lorenzo Danilo A.
7. Ambatang, Randy R.
8. Aquino, Primitiva G.
9. Aragon, Stanley N.
10. Asistin, Ferdinand C.
11. Awas, Alfonso L.
12. Balog-ang, Antonio Jr. L.
13. Banking, Marcial B.
14. Bengao, Evangeline S.
15. Borio, Aldren D.
16. Botis, Marvelo S.
17. Bugtong, Allan M.
18. Castrojo, Liza S.
19. Catap, Gemma A.
20. Natividad, Clarichelle N.

April 26, 2018 (Thursday)

1. Catabay, Renan P.
2. Caud, Balbin B.
3. Corapan, Jess O.
4. Cottong, Dante T
5. Dacay, Djaizelle P
6. Dalog, Carina Mae C.
7. Damolo, Russel V.
8. Dangpa, Ferdinand G.
9. Dapli, Miguel B.
10. Dawaten, Sherly G.
11. Dela Cruz, Richard F.
12. Deogracia, Rowena L.
13. Destor, Rolando F.
14. Diasen, Diego B.
15. Dilla, Arlene A.
16. Duday, Ronald A.
17. Empleo, Christian D.
18. Espiritu, Melchor B.
19. Estonanto, Marina T.
20. Faustino, Cristino M.

April 27, 2018 (Friday)

1. Fettar, Christina P.
2. Flores, Elisalde P.
3. Galera, Maria Milagrosa A.
4. Galian, Markim G.
5. Garaño, Roberto S.
6. Generao, Bernadette M.
7. Gervero, Marivic M.
8. Gomez, Allan R.
9. Isiguen, Modesto T.
10. Komok-ang, Mary Jane
11. Laguinday, Wilbert K.
12. Legaspi, Wilma B.
13. Lingayo, Maximina M.
14. Macao, Agosto A.
15. Magarso, Alexander E.
16. Mamuyac, Virgilio B.
17. Maon, Michael D.
18. Martinez, Rommel C.
19. Mendoza, Edmon T.
20. Mina, Alan R.

April 30, 2018 (Monday)

1. Manzano, Evangeline C.
2. Mique, Sherwin T.
3. Miranda, Jefferson Patrick G.
4. Mismisen, Max P.
5. Napadawan, Luis P.
6. Nava, Allan Jay P.
7. Nava, Jimmy Boy P.
8. Navarrete, Phoebe Jane V.
9. Nillo, Jacinto N.
10. Nuñez, Rodrigo P.
11. Olido, Ronie Frey B.
12. Ordoño, Kris Jefferson L.
13. Oting, Evelyn U.
14. Pacada, Ador A.
15. Pagaduan, Nimrod A.
16. Palasi, Brigette D.
17. Ronquillo, Annabelle B.
18. Salibad, Ernesto A. Jr.
19. Salimbay, Glenn A.

May 2, 2018 (Wednesday)

1. Cabinian, Lynne B.
2. Cariño, Shyrigail L.
3. Orpiano, Jenny P.
4. Rolusta, Generoso N.
5. Santiago, Sandy Rey P.
6. Sapdoy, Jennnifer D.
7. Soriano, Jerrelen Novy Ann L.
8. Talabis, Audrino C.
9. Talco, Basilio T.
10. Tumapang, Alexander T.
11. Zosa, Maria Clotilde Corazon H.

GUIDELINES FOR THE ACCOMPLISHMENT OF LABORATORY EXAMINATION

- Time allotted for SEF paid personnel: **8 o'clock to 10 o'clock A.M. ONLY**
 - Please bring a valid Government ID
 - Laboratory Examination includes:
 1. Complete Blood Count
 2. Urinalysis
 3. Blood Chemistry Package
 - Chest X-ray is **not available**.
- a. Personnel will be informed if results of the laboratory examinations are already available.

Patient Preparation before the Laboratory Examination

- a. **Urinalysis**
- Container - wide-mouthed plastic cups with cover
 - Collection - patient is advised to collect random midstream clean-catch urine sample
 - "Midstream Collection" - performed by passing the first portion of the urine to the bed pan or toilet and collecting the midportion in the appropriate specimen container
 - Container should be labeled (Name, Age)
- b. **CBC and BUN**
- No patient preparation is necessary
- c. **FBS and Uric Acid**
- 8 to 12 hours fasting
- d. **Lipid Profile**
- 10 to 12 hours fasting