

CRMC HOSTS CARDIO-PULMONARY REHABILITATION SEMINAR WORKSHOP

In a landmark collaboration, the Cotabato Regional and Medical Center (CRMC), together with the Philippine Academy of Rehabilitation Medicine (PARM) Mindanao Chapter and the Cotabato City Medical Society (CCMS), successfully conducted the Cardio-Pulmonary Rehabilitation Seminar Workshop on April 10–11, 2025. The two-day event gathered physiatrists and healthcare professionals from Luzon, Visayas, and Mindanao—demonstrating a strong national commitment to enhancing rehabilitation medicine and elevating patient care in cardiopulmonary health.

The seminar proudly showcased the expertise of distinguished physiatrist speakers: Dr. Kristopher De Leon, Dr. Mayla Wahab, Dr. Anna Cecilia Tiangco, and Dr. Manu Perjes, who led the academic sessions and hands-on workshops. Their contributions provided attendees with cutting-edge, evidence-based practices in cardio-pulmonary rehabilitation, further strengthening the role of physiatrists in multidisciplinary care.

In addition, the event featured expert speakers from CRMC’s own medical staff, including Cardiologist Dr. Loiqui Jane Mamadra, Pulmonologist Dr. Sayid Ronron Datukon, and Radiologist Dr. Solei Lugtu, who enriched the discussions with their specialty knowledge and clinical perspectives. Their participation emphasized the value of cross-specialty collaboration in delivering comprehensive rehabilitative care.

The event was officially opened by Dr. Ishmael R. Dimaren, Medical Center Chief II of CRMC, who welcomed delegates and reaffirmed CRMC’s commitment to excellence in healthcare and professional development. “As a training hospital, CRMC continues to support professional growth and lifelong learning among healthcare providers,” he said.



Dr. Ishmael R. Dimaren, Medical Center Chief II of CRMC gave the welcoming remarks.

Dr. Jan Nathleen Dizon, President of the PARM Mindanao Chapter, expressed deep appreciation to CRMC’s leadership and organizing team for making the event possible. She highlighted the importance of such initiatives in expanding rehabilitation medicine’s reach and impact, especially in underserved areas.



Dr. Jan Nathleen Dizon, President of the PARM Mindanao Chapter, expressed deep appreciation to

The seminar offered a comprehensive blend of lectures, practical workshops, and open discussions—fostering knowledge exchange and collaborative learning among medical professionals nationwide.

With its success, the Cardio-Pulmonary Rehabilitation Seminar Workshop sets a strong precedent for future interdisciplinary programs and reinforces CRMC’s position as a regional leader in Rehabilitation Medicine.



Dr. Anna Cecilia Tiangco was given a certificate of appreciation for being one of the speakers for the Cardiopulmonary Rehabilitation Seminar Workshop by Dr Jhoana Marie Zambrano, chair of the Physical and Medicine Department of CRMC and one of their physical therapist Hasmia Omar, PTRp.



Dr. Mayla Wahab, was given a certificate of appreciation for being one of the speakers for the Cardiopulmonary Rehabilitation Seminar Workshop by Dr Jhoana Marie Zambrano, chair of the Physical and Medicine Department of CRMC and one of their physical therapist Sittie Awil, PTRp.



Dr. Loiqui Jane Mamadra, was given a certificate of appreciation for being one of the speakers for the Cardiopulmonary Rehabilitation Seminar Workshop by Dr Jhoana Marie Zambrano, chair of the Physical and Medicine Department of CRMC and one of their occupational therapist Altha Leanne Salaver, OTRp.



Dr. Kristoffer De Leon, was given a certificate of appreciation for being one of the speakers for the Cardiopulmonary Rehabilitation Seminar Workshop by Dr Jhoana Marie Zambrano, chair of the Physical and Medicine Department of CRMC and one of their physical therapist Michael Vincent Montano, PTRp.



Dr. Manu Perjes was given a certificate of appreciation for being one of the speakers for the Cardiopulmonary Rehabilitation Seminar Workshop by Dr Jhoana Marie Zambrano, chair of the Physical and Medicine Department of CRMC.



Nurses and physical therapists were taught on the proper usage of incentive spirometry during the Pulmonary Rehabilitation workshop.



Members of the Philippine Academy of Rehabilitation Medicine from Luzon, Vizayas, and Mindanao who attended the seminar workshop, with Dr. Ishmael R. Dimaren, Medical Center Chief II of CRMC



Happy and satisfied attendees of the cardiopulmonary rehabilitation seminar workshop.