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Republic of the Philippines
Department of Education
REGION III
Schools Division Office of Bulacan

July 6, 2022

DIVISION MEMORANDUM

No. 230, s. 2022

ANNUAL LABORATORY EXAMINATION OF TEACHING AND NON-TEACHING PERSONNEL

To: Assistant Schools Division Superintendents
Division Chiefs
Education Program Supervisors
Public Schools District Supervisors
Heads, Public Elementary and Secondary Schools
All others Concerned

1. Anent to DepEd Memorandum No. 22 s 2015, entitled Annual Physical Examination of All DepEd Employees (Teaching and Non-Teaching Personnel), and in compliance to RA 11223 on the Universal Health Care Act and Its Implementing Rules and Regulations, this Office reminds all teaching, teaching-related and non-teaching personnel to undergo Annual Physical Examination. Moreover, all schools shall submit laboratory results to assigned Division Nurse from the School Health Section on or before August 19, 2022, for further evaluation, management, and referral.
2. The activity aims to determine the annual health status of employees and to detect the occurrence of illness (PTB, Hypertension, Diabetes Mellitus). If it has already set in and thereafter, prevent its further progression, if not totally treat it, and to ensure that all personnel are physically, mentally, and emotionally fit to perform at their best in the delivery of their mandated services.
3. Laboratory services may be availed from any chosen laboratory provider/ health facility.
4. Listed are the laboratory examinations required for all to detect presence of lifestyle diseases except for pregnant women on their 1st and 2nd trimester who are advised to undergo sputum microscopy.
 - a. Chest x ray at least 11 x 14 film (those who have already the Chest x ray must has been taken 6 months or earlier)
 - b. Urinalysis
 - c. Complete blood count (hemoglobin, hematocrit)
 - d. ECG
 - e. Blood Chemistry (fasting blood sugar, lipid profile (total cholesterol, triglycerides, HDL, LDL), SGPT, BUN, Creatinine and Uric Acid



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5. All employees who shall undergo laboratory examinations are advised not to take anything by mouth (NPO) after midnight until the tests are done the following morning.
6. It is expected that all participants observe the minimum health standard protocols in compliance to Omnibus Guidelines on the Implementation of Community Quarantine in the Philippines for the Management of Emerging Infectious Disease as pre-emptive interventions to combat COVID 19.
7. Immediate and wide dissemination of this Memorandum is desired.

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