

When hope is the only thing left

About 9 to 10 days prior to confinement, I felt symptoms that started with two days of mild body aches, two days of fever, two days of unproductive cough, two days of fever with chills until my oxygen saturation level became low. And on the 10th day, my RT-PCR result indicated that I am COVID-19 positive.”

This is how Alvin Rae R. Samson of Angono, Rizal recalled his journey in battling the dreaded virus. At 39, he was very much proactive in his career as a corporate trainer and meta-coach specializing in facilitating leadership, change, & business strategy.

It was a painful experience as he recounts how the illness affected his daily life routine. During his twenty days of confinement at the Manila East Medical Center, his physicians and nurses were so accommodating and exuded positivity celebrating every progress he made. Alvin remembered grinding his NGT tube, to aid him as he had difficulty in breathing. He never thought he would survive as he struggled against critical pneumonia.

Several procedures were administered to Alvin such as x-ray, Hemoperfusion, ECG, and a series of various blood tests. *“I realized that really, there are things beyond my control despite my best efforts to be in control – such as to prevent getting infected,”* Alvin said. He further related that... *“What is even more frustrating during that crucial period was subjecting myself to that uncomfortable suctioning procedure that made me gawk and almost vomit.”* That deeply hurts. *“It should be one of the reasons you would want to ‘stay home’ to reduce the risk of infection,”* he added.

Glorified in every single day of his recovery, Alvin testified that God is the center of all these things. *“I put my trust on the Lord our God whatever the outcome of my situation is. From the beginning, my faith in God stabilized my emotional and mental attitude about*



my confinement and isolation.” He proclaimed, *“I was not isolated at all because my doctors and nurses, my friends and my family, my PhilHealth family, and God Himself, were with me.”*

Despite negative remarks against PhilHealth, Alvin remarked that he was truly grateful as he availed of the P786, 384 maximum benefits for critical pneumonia COVID-19 package. *“Kahit gaano pa kalaki ang matitirang balanse, hindi tayo makapupulot ng PhP786K sa labas ng bahay natin.”* And for Alvin, what PhilHealth offered was a huge relief for a critical COVID-19 patient.

Alvin pointed out that, *“dumadaan din ngayon ang PhilHealth sa matinding pagsubok”* trying to convince other people that... *“gaya natin exposed din sila sa mga panganib ng pandemya at maaaring marami rin sa kanilang mga empleyado ang iginugupo ng COVID-19,”* he further stressed. True enough, Alvin expressed his appreciation to PhilHealth telling everyone, *“amidst the crisis we are currently facing, there is a state-insurer that serves the public in another frontline of this pandemic – that of providing universal health care benefits, whether rich or poor, no matter who you are.”*

Greatly comforted from what he received from PhilHealth, Alvin has these to say, *“Dear PhilHealth, maraming maraming salamat sa inyo. Know that there is a grateful nation — millions of families — who depend on you and who benefit from your great service during this pandemic.”* (END)

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