BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCES OF MALE PATIENTS

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DEDICATION

This research paper is sincerely dedicated to our supportive parents who encouraged and inspired us in conducting this study. They have never left our side throughout the process and gave strength and hope when we thought of giving up.

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The Researchers

Table of Contents

Page

LIST OF FIGURES

Figure **Page**

LIST OF TABLES

Tables **Page**

ABSTRACT

Transrectal ultrasound (TRUS) is a widely applied diagnostic procedure to assess prostate status; however, male patients are frequently anxious, uncomfortable, and unclear about what happens during the procedure. Patient experiences are explored in this study in order to reveal the physical and psychological aspects of TRUS. Thus, this study explored the experiences of male patients that have undergone transrectal ultrasound at City of San Fernando, La Union. A narrative qualitative design was used with a participant of five (5) where the saturation points was reached and used interview as a method of data collection. The researchers developed and formulated two significant themes: The Unease Medical Scrutiny, and Fear of the Unknown. It revealed factors such as discomfort, physical pain, pyrexia reaction, and anxiety that affected the patient's well-being and confidence. Healthcare workers were crucial in guiding and supporting patient's confidence. Patient's confidence is supported by good patient-centered communication and patient preparation can undermine the procedure and can lead to increase of anxiety.

Keywords: *confidence, male experiences, patients, prostate, transrectal ultrasound,*

CHAPTER I
The Problem

Background of the Study

Diagnostic imaging, or the eye of medicine, is a pivotal procedure for every patient's life because it uncovers what the inside hides. Certain diseases are silent killers, and diagnostic imaging offers a service to prevent them. Transrectal ultrasound offers each patient that opportunity. However, experiencing this procedure causes discomfort and anxiety, making them have second thoughts about whether they will continue or not. All individual's experiences are different, depending on their case or current state of health. After the procedure, some patients will feel uneasy waiting for their pending results, which heightens their worry over time.

Before starting a transrectal ultrasound procedure, the provider will ask the patient about their health history and instruct them to take an enema 1-4 hours before the procedure to clear their colon and rectum. The provider also asks them to urinate to empty their bladder. During transrectal ultrasound, the provider will position the patient lying on their side, bending their knees toward the chest. The provider will insert a lubricated probe (about the size of a finger) inside the patient's rectum, and the pressure may feel similar to having a bowel movement or pooping. The procedure is also beneficial for guiding a prostate biopsy. This procedure is called a transrectal ultrasound guided biopsy. The provider will inject an anesthetic into the patient's prostate to numb it, and a thin, hollow needle is advanced next to the probe, maneuvering it to further puncture through the rectum wall and into the prostate, and a variety of prostate tissue samples are collected.

According to (Haji, Asgari, and Sarmadian, 2023), transrectal ultrasound is the most common method for diagnosis of prostate abnormalities. It is a significant aiding tool for

detecting prostate cancer, providing a use for diagnostic information through prostate, rectal, reproductive, and lower gastrointestinal issues that are difficult to obtain through other methods. Transrectal ultrasound is minimally invasive because it inserts the transducer through the rectal opening, and it involves moving the probe inside the rectum to obtain images of organs and tissues. According to patient narratives shared by the Center for Urological Excellence (2025), the patient expressed worry regarding pain during the procedure, and the medical staff provided a detailed explanation and support, making the procedure less uncomfortable. After the procedure, the results gave valuable insight into the patient's health, which helped them become aware of potential issues to monitor in the future. Based on this experience, it greatly contributed to patient satisfaction.

Aside from diagnostic benefits, the one managing the probe should also approach the patient gently and informatively to help alleviate patient anxiety, making the procedure more tolerable. According to a Reddit online community (2025), an individual described their transrectal ultrasound experience as traumatizing and painful because the examination was made more difficult due to the medical staff’s unprofessional demeanor, insensitive remarks, and apathy. Based on Darwyn Health (2023), factors such as anxiety and the skill of the medical staff can influence pain perception by the patient. Anxiety increases muscle tension and sensitivity, making the procedure more uncomfortable. At the same time, the skill of the medical staff can have an impact on the overall experience of the patient, and without effective communication, guidance, and support leads to patient dissatisfaction. Moreover, healthcare providers often use transrectal ultrasound (TRUS) to examine the prostate gland in men.

In Western countries, prostate cancer is one of the most common malignancies affecting middle-aged men, and its early detection is pivotal for successful treatment. Prostate

screening, including digital rectal examinations and systematic transrectal ultrasound guided biopsies, is a standard practice in developed nations due to the high incidence rates of prostate cancer (Med, 2024). The experience of undergoing this procedure can vary greatly depending on the cultural and psychological perspectives of the patient. In more liberal countries, where people are more familiar with medical procedures, transrectal ultrasound may raise psychological concerns for the patient, which influence their response by a variety of factors, including their stage of physical and emotional development, the perceived invasiveness of the procedure, and the communication style of healthcare providers.

Male patients who had undergone transrectal ultrasound guided prostate biopsies may also differ in experiences based on the process of the procedure. The procedural process factors, such as the operative time, level of pre-procedure anxiety, and the usage of anesthesia, have a relationship to the pain that the patient experiences. According to (Matsubara and Anai, 2021), a prolonged operative time during the TRUS prostate biopsy procedure, high pre-procedure anxiety, and the usage of anesthesia can amplify the pain experienced by patients, causing preference for the usage of anesthesia to lessen pain if they were to undergo the same procedure again in the future. In line with this, patients will experience repeat biopsies in certain circumstances.

According to (Adams and Michael, 2023), patients with a history of repeat biopsies of the prostate were more likely to exhibit higher anxiety scores. Some patients may experience increased anxiety if they feel that they have not received enough information, which can lead to uncertainty if there is a problem regarding their condition or not. A prostate biopsy procedure with the guidance of TRUS is essential to determine whether the biopsy needle is inserted directly into the prostate and is used to determine if there are presence of tissue abnormalities.

However, if initial findings are still inconclusive or cause suspicions by the healthcare provider, this can prolong their anxiety further, especially if symptoms keep persisting.

While many men tolerate transrectal ultrasound biopsies with minimal discomfort, the individual experiences still vary. For instance, many individuals may undergo transrectal ultrasound as guidance for biopsies. Based on Mayo Clinic discussions of experiences during and after TRUS-guided biopsy, one commentator describes the procedure as the most painful medical experience; he recounted significant pain despite local anesthesia. It required him several weeks of recovery before resuming normal activities. Still, despite the pain, he expressed no regrets due to the subsequent cancer diagnosis that led to life-saving treatment (Jasonfarmer, 2023). Moreover, TRUS-guided biopsy based on a 2021 study stated that the infection rate can be as high as 7%, compared to near-zero rates for transperineal biopsies. The risk of infection post-procedure for TRUS-guided biopsy is higher due to its proximity to the patient's rectum, where bacteria may cause post-procedure complications, such as the possibility of fever, as a common sign they may experience.

There is no age limit for offering patients a TRUS biopsy when they appear with a high Prostate-Specific Antigen (PSA). Studying prostate cancer and transrectal ultrasound (TRUS) biopsy in men aged over 80 is essential for several reasons. Men, especially seniors, face substantial risks of prostate cancer, with elevated incidence and mortality rates within this demographic. They undergo physiological alterations and acquire more comorbid conditions, both of which can influence the decisions made about treatment and the subsequent outcomes for prostate cancer patients (Alghamdi, Kernohan, Li, 2024).

According to (Osama, Petcu, and Costache, 2024), open communication with the patient improves both pre- and post-procedure compliance. Procedures like transrectal ultrasound can

worsen feelings of shame and invade the sense of bodily autonomy. According to (Torres, 2023), transrectal ultrasound can emotionally affect patients due to the invasive nature and lack of control during the procedure. When a patient undergoes TRUS, one psychological element to consider is the lack of prior experience with the procedures. Hence, this could be one of the reasons for their increased stress before, during, and after the treatment.

In line with this, the results also showed that even after a significant amount of time had passed, some individuals continued to feel anxious about medical examinations. Hence, it can affect them psychologically, and they may experience difficulties in facing medical situations in the future. This finding emphasized the significance of psychological support in preventing long-term negative impacts on emotional well-being, including future encounters with healthcare. Many countries, like the Philippines, face additional hurdles due to limited access to healthcare services. The effect on their well-being may also have a link to their psychological makeup.

Transrectal ultrasound on patients is significant but may cause certain complications. For instance, patients have experienced mild-tolerable pain, moderate to severe pain, rectal bleeding, and even fever (Robin Joshi, 2020). According to (Haji and Asgari, 2023), this procedure causes mild consequences like bleeding and pain, but it is only temporary. Hence, if this is not adequately maintained, it could lead to the patient's longer-term issues, making them reluctant to seek future medical care. Therefore, healthcare providers should adopt sensitive communication strategies, offer counseling if necessary, and create a supportive and private environment.

According to (Moe and Hayne, 2020), TRUS biopsy has low rates of severe complications, although there remains room for improvement in current practice to improve

tolerability. Finally, by studying these experiences and their effects on male patients, researchers may improve the care provided, fulfilling their physical and emotional health needs.

The study also helps medical professionals and technologists understand their emotions in depth, leading to less anxiety, better health outcomes, and a more supportive healthcare experience. This will contribute to the institution as a learning and reference tool for medical students to further understand the different experiences of male individuals and possibly refine functional implementations that can enhance practice within healthcare facilities. In addition, the study was beneficial to the students at Lorma Colleges and could be used as a springboard for future research, potentially leading to more in-depth studies or more extensive investigations into related topics.

Statement of the Objective

This study explored the experiences of male patients who had undergone transrectal ultrasound, including physical and psychological distress history, in the City of San Fernando, La Union.

CHAPTER II
METHODS

In this chapter, the methods of the research study are discussed. This chapter presents the type of research design and method utilized, the population and locale of this study. Also, the gathering tool used, procedure or process done and the data analysis used in this study.

Research Design

The researchers used a narrative qualitative study in conducting this research. Qualitative research is a type of social science research that collects and works with non-numerical data and that seeks to interpret meaning from these data, helping to understand social life through the study of targeted populations or places (Crossman, A, 2022). A narrative qualitative design was applied in this study, wherein the researchers focused on the life of a single individual who had experience in transrectal ultrasound.

Participants and Locale of the Study

This research study was conducted in Lorma Medical Center located in Carlatan, City of San Fernando, La Union, with a participant of five (5). The focus of this investigation was on male patients who had undergone transrectal ultrasound procedures at least one or two times.

The study only included participants willing to share their experience at the age of thirty to eighty-five (30-85) years old, allowing them to provide informed consent and ensuring they had undergone transrectal ultrasound procedures within the last one to two (1-2) years to maintain relevant and recent experience. Furthermore, it excluded two (2) male individuals who declined to provide consent or felt uncomfortable sharing their transrectal ultrasound experience, only one (1) were contacted and approved to be interviewed and overall, they are five (5) participants, as well as those with cognitive impairments or communication barriers that

hindered their ability to participate in interviews, and those whose participation might have posed undue stress or risk to mental health. Participants were identified and recruited through a snowball sampling method, where initial individuals involved in the study assisted in referring to other eligible participants who met the specified criteria.

For this reason, snowball sampling ensured that males were sufficiently covered, permitting a better understanding of their experiences with transrectal ultrasound. This method facilitated a better exploration of the patients' experiences, providing valuable insights into different dimensions influenced by their distinctive characteristics.

Data Gathering Tools

The researchers used an open-ended interview guide to gather information. It consisted of questions answering the research objective of this study. An open-ended interview guide allowed the participants' responses to be more open and not limited, supporting the explanation of their answers according to the questions given.

With face-to-face interviews, the gathering of information occurred, with the researchers asking participants about their transrectal ultrasound experiences. Before the interview began, the researchers solicited and sought permission from the participants to record the interview via recording. All participants had the right to agree but there are three participants who declined, and the researchers proceeded with the interview appropriately.

Data Gathering Procedures

The process was elaborated with the open-ended questionnaire design, which was verified by the Campus for Health Sciences-Graduate School-Research Institute (CHS-GSRI), then verified by the research instructor, and lastly by the Dean of the College of Radiologic

Technology. Once the manuscripts had been approved, they were submitted to the Research Ethics Committee for clearance and easy dissemination of the instrument.

The researchers began to gather information from male participants known to have undergone at least once or twice transrectal ultrasound procedures. These were from Lorma Medical Center in the City of San Fernando, La Union, where the researchers sought the aid of their participants to refer other participants, they knew who could take part in the research study.

The researchers gave a letter to the Human Resource Office at Lorma Medical Center for approval to conduct data gathering. After receiving approval, the researchers also asked for a permission letter from the doctors and help them contact their patients if they are willing to participate in our study. This applied to snowball sampling, where the researchers asked participants to recommend others, they knew who could take part in the study.

Before the researchers began interviewing each of their participants, they gave them informed consent explaining what the study was about and its purpose. This informed consent informed the participants that their participation was purely voluntary and that they could refuse at any time, even after giving their consent, without any explanation required from them. The researchers also informed the participants that this research study was self-funded, so there were no benefits or reimbursements. Additionally, the researchers informed the participants that despite their participation, they were not provided with any incentives.

The collected data were evaluated and narrowed down the differences in the responses, revealing the common shares of the participants, and the researchers had analyzed and interpreted the study.

Establishing Trustworthiness

The researchers verify these findings by thoroughly providing accurate data gathered through the participants' responses involved with the four (4) criteria, mainly credibility, and dependability. transferability, and confirmability.

Credibility is the measure of true value. It essentially asks the researcher to link the research findings with reality to demonstrate the truth of its findings. According to the International Journal of Communication (2023), depending on the category a credibility object belongs to, scholars should make sure they use corresponding items and clearly indicate to respondents the construction that is being evaluated. The researchers utilized prolonged engagement, persistent observation, investigator triangulation, and member check as the strategies to establish credibility. The researchers had a long and lasting meeting with the participants, investing sufficient time to become familiar with the setting and context, building trust, and knowing the get rich data. Also, Participants were encouraged to support their statements with examples, and the interviewer asked for follow-up questions. The researchers made themes consistent with the data which drives the critical insights found in this study. In addition, the researchers asked who wanted to review the data collected and the researchers' interpretations of that data. It allows them to verify their statements and fill in any gaps from earlier interviews.

Transferability is how your research finding can be applied in other contexts and studies. The researchers enhanced transferability by thoroughly describing the research context and assumptions central to the research. It is utilized by providing thick descriptions by illustrating the behavior and experiences and their context so that the behavior and experiences make

sense to others. This helps other researchers determine whether the results apply to different situations.

Confirmability concerns the aspect of neutrality. It is the level to which other people could confirm the outcomes or corroborate. Confirmability is one of the four criteria that are commonly used to evaluate the quality and rigor of qualitative research, along with credibility, dependability, and transferability (FasterCapital, 2025). The interpretation should not be based on your particular preferences and viewpoints but must be grounded in the data. The researcher documented the procedures for checking and rechecking the data throughout the study. After the study, researchers recorded unique and interesting topics during the data collection, wrote down their thoughts about coding, provided a rationale for why they merged codes, and explained what the themes meant. This provided the researchers with the conclusion they needed for interpretation and evaluation purposes and was not derailed by fallacies, but it was inclined with the gathered sources from its participants.

Dependability is used to measure or demonstrate the consistency and reliability of your study's findings. Researchers ensured the research process is logical, traceable, and documented to achieve dependability. The researchers were divided into teams to see if the researcher had been careless or made mistakes in conceptualizing the study, collecting the data, interpreting the findings, and reporting the results. The researchers presented the logic for selecting people and events to observe, interview, and include in the study. The researchers aimed to verify that their findings are consistent with the raw data. The researchers want to ensure that if other researchers look over the data, they will arrive at similar results, interpretations, and conclusions about the data. This is important to ensure that the researchers did not miss anything in the research study.

Ethical Considerations

The informed consent form was a document that ensured participants were fully aware of their rights and the nature of the research before agreeing to participate. The form explained the purpose of the study, why it was conducted, and what the researcher aimed to achieve. It informed participants about the research methods, including how data was collected by interviewing the participants individually, what happened during the study, and how long it lasted. The form ensured that participants' identities and any sensitive data were kept confidential. By signing the informed consent form, participants gave their explicit consent to participate after understanding the information provided.

The informed consent form ensured that ethical standards were maintained in the research, particularly concerning respect for participants' autonomy and privacy. The research team members who conducted the study had access to the data to analyze and interpret it. Supervisors and advisors had access to the data for guidance, oversight, and to ensure the study followed ethical standards. The Research Ethics Committee also accessed the data for review purposes to ensure that the study adhered to ethical standards and that participants' rights were protected. The participants' duration of participation in the study was estimated to be from thirty minutes to a one-hour individual face-to-face interview.

Sharing the results with participants fostered transparency and built trust between the researchers and the participants. The researchers valued their contribution and were committed to sharing with the participants what had been learned from the data gathered. Nonetheless, the participants were informed that there was no risk in participating in this research study, and they could decline to participate if they did not wish to do so.

Data Analysis

The researchers followed the thematic analysis by Neale, Braun, and Clarke (2020) with the use of Collaizzi's method. Thematic analysis is a method rather than a methodology from the viewpoint of learning and teaching (Kiger and Varpio, 2020), and its goal is to identify themes like patterns in the data that were interesting or useful in addressing the research. Incorporating this analysis with Collaizzi's method, the following steps were followed after data gathering.

After the interview, the researchers read the audio transcript from each participant 3-4 times to comprehend their thought processes and feelings. Consequently, this helped the researchers familiarize themselves with each participant's statement. As per Collaizzi (1978), the researchers identified and extracted all statements in the accounts that were relevant to the phenomenon under investigation. Statements were written separately for each participant, encoded with the transcript page and line number included. Peer group members checked the content for clarity of thoughts and incorporated suggestions. In this step, Collaizzi (1978) recommended that the researchers formulate more general restatements or meanings for each significant statement from the text.

Bracketing was applied to avoid misinterpretation of the participants' views. After formulation, it was coded and categorized, followed by checking with a research expert to ensure the processes and consistency of the meaning were correct. After obtaining formulated meanings from significant statements, the researchers arranged them into clusters of themes. These theme clusters were then shrunken into emergent themes. The clusters and final themes were checked by peer group members and the expert researcher to ensure accuracy. In this step, the researcher wrote a full and inclusive description of the phenomenon, incorporating all the themes produced in step 4. In this step, findings were reduced to avoid repetitions and to

create a clear and concise description of the phenomenon. The researchers returned the fundamental structure to all participants to ask whether it captured their experience. He went back and modified earlier steps in the analysis considering this feedback. The study was validated using "member checking." This was the final stage of data analysis to elicit the representativeness of the emerged phenomenon with their experience.

CHAPTER III

RESULTS AND DISCUSSIONS

This chapter presented the individual interviews of male participants who experienced transrectal ultrasound. From the narrative of the participants, the researchers emanated two major themes: (1) The Unease of Medical Scrutiny and (2) Fear of the Unknown. The major themes were presented with their corresponding sub-themes and significant statements from participants.

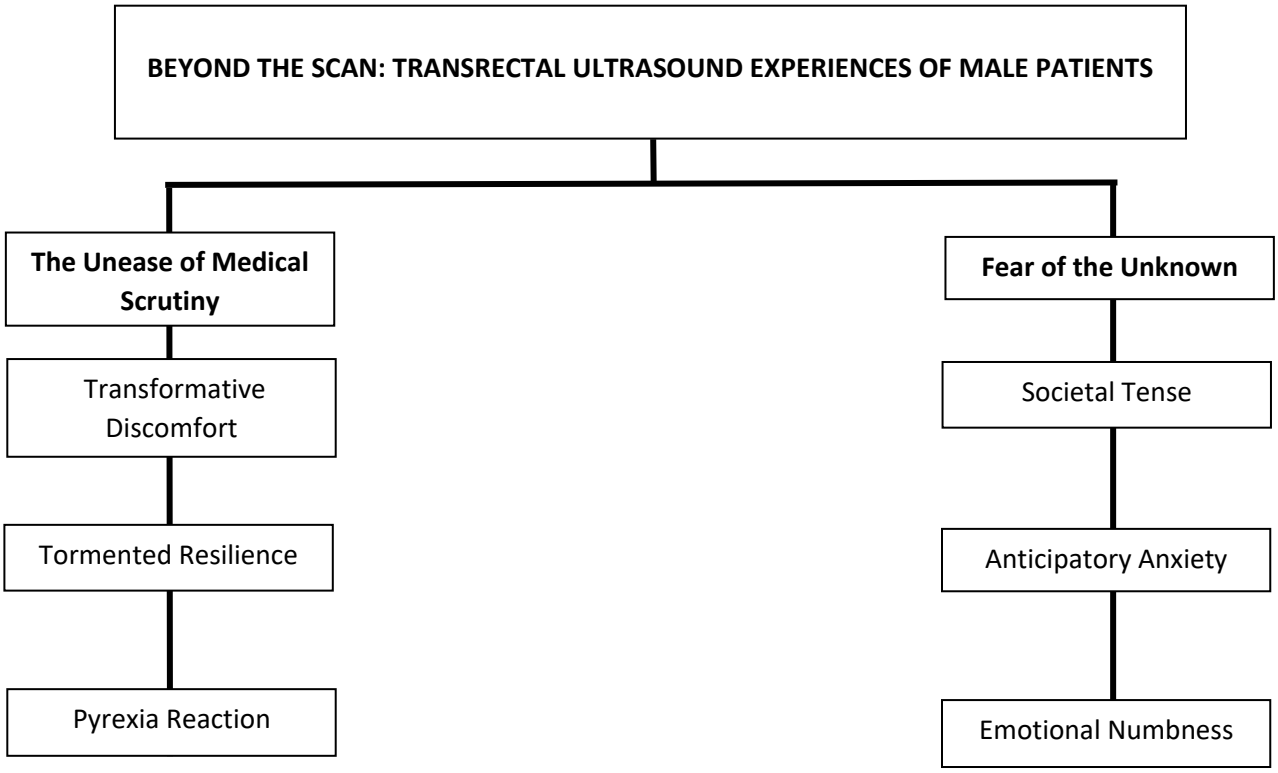

Figure 1. Conceptual Map

The Unease of Medical Scrutiny

The first major theme that emerged from the narrations of male patients who had undergone transrectal ultrasound pertained to their discomfort, pain and fever they felt during their past procedure. From the word unease, it referred to the discomfort or apprehension they experienced during or after the procedure. This major theme comprised with three subthemes: (1) Transformative Discomfort, (2) Tormented Resilience, and (3) Pyrexia Reaction.

Table 1. The Unease of Medical Scrutiny

MAJOR THEME	SUB-THEME	PARTICIPANT CODE	SIGNIFICANT STATEMENTS
The Unease of Medical Scrutiny	Transformative Discomfort	**P3**	Uhh, oo ma'am uhh uncomfortable po siya lalo sa isang lalaking katulad ko kasi first time saka nafefeel ko padin ung pinapasok nila kaya hindi po siya kumportable sa akin. *(Yes ma'am. It is uncomfortable, especially with a man like me because it was my first time, I could still feel what they were inserting, so it was uncomfortable to me.)*
		P4	Oo ma'am uncomfortable po siya kasi first time. *(Yes ma'am. It is uncomfortable, especially it was my first time.)*
		P1	Uhmm, hindi po siya komportable sa pakiramdam tapos mahapdi po kapag tatae. *(It does not feel comfortable, and it hurts when I poop.*)
	Tormented Resilience	**P2**	Idi inyuneg da, naut-ot ken nasakit ngem inanusak, kayat ko ah nga haan ituloy basang ngem inbagada nga anusak, tapnu kanu maamwan da anya ti sakit ko. *(When they put it in, it was stinging and painful, but I endured it. I wanted to stop them, but they told me to endure it, so that they could discover what my illness is.)*
		P4	Ano po ma'am uhh masakit po siya sa pwet pero kinakaya naman kasi kailangan para makita na ung problema sa akin. *(Ma'am, uh, it hurts in the butt, but I am enduring it because it is necessary to find*

		out what the problem is with me.)
	P5	Medyo masakit yung procedure lalo na sa part na pinapasok na sa pwet, mabilis lang naipasok pero kinaya ko naman, at para na rin malaman kung ano ung sakit ko. (The procedure was a bit painful especially at the part of insertion, it was a quick insertion, but I endured it, so that I will know what my illness is.)
Pyrexia Reaction	**P1**	Kasi nilagnat po talaga ako after nung procedure. (Because I really had a fever after the procedure.)
	P4	Masakit siya talaga kapag tatae tapos lalagnatin ka. *(It is painful when I poop, and you will have a fever.)*
	P2	Idi nakaawid kami balay mayat pay riknak, ngem edi rumabii ket medyo aggurigor nak. (When we went home, I am feeling better but when the night came, I felt a little fever.)

Transformative Discomfort

For many participants, the discomfort experienced during the transrectal ultrasound went beyond the physical, it marked a moment of intense vulnerability. While medical literature often describes TRUS as a routine and generally well-tolerated procedure, the stories shared in this study tell a different side.

Several men described the experience as deeply intrusive, especially since it was their first time encountering such a procedure. One participant recalled, *"It did not feel comfortable, and it hurt when I pooped,"* underscoring how the impact extended even beyond the clinical setting.

This stands in contrast to earlier findings. Aus et al. (2019) reported that most patients experienced only minor discomfort, and Rodriguez et al. (2020) emphasized the safety of the procedure with minimal complications. Some efforts to reduce discomfort such as the application of lidocaine cream before insertion Skriapas et al. (2021) and careful probe handling Güdücü et al. (2019) have been shown to help. Still, these clinical measures may fall short of addressing the emotional and psychological weight some patients carry into and out of the experience.

Turkmen (2024) pointed out that emotional responses can shape pain perception. This was evident in the participants' accounts, where the discomfort wasn't just physical but tied to a feeling of exposure to being subjected to something deeply personal in a medicalized, impersonal environment. What was medically routine for some was transformative, and not always in a positive way, for others.

Tormented Resilience

It referred to how the participants underwent the procedure with silent strength and resolve; despite the anguish it caused. It illustrated how strength and discomfort often coexisted, and how vulnerability could be a necessary component of courage. It did not imply the absence of difficulty, but rather the perseverance through it.

According to Nasseh et al. (2023), transrectal ultrasound carries a minimal risk of mild complications, with pain being common but typically short-lived. Participants 2,4 and 5 demonstrated tormented resilience as they described their experience with the transrectal ultrasound (TRUS). Participant 2 shared, *"When they put it in, it was stinging and painful, but I endured it. I wanted to stop them, but they told me to endure it so they could discover what my illness is."* Participant 4 expressed, *"Ma'am, it hurts in the butt, but I'm enduring it because it's*

necessary to find out what the problem is with me." And participant 5 noted the lingering effects of the procedure, saying, *"It wasn't quite okay, ma'am, because it was still painful. Maybe after three days, the pain went away."*

Despite their pain, the participants chose to endure the procedure in the hope of achieving a diagnosis demonstrating that resilience can be accompanied by suffering, and that courage often involves enduring vulnerability for the sake of one's health.

Pyrexia Reaction

It was an elevation in body temperature or fever, typically caused by an infection or inflammation. It described a feverish response triggered by the body's reaction to the procedure and the invasive nature of the test.

The participants 1,4 and 2 experiencing a feverish reaction after undergoing the transrectal ultrasound procedure. Participant 1 explained that *"I really had a fever after the procedure,"* indicating a significant increase in body temperature following the test. Participant 4, mentioned discomfort, particularly with bowel movements, saying *"It was painful when I pooped, and I felt feverish,"* which suggests that the combination of physical pain and the body's inflammatory response contributed to a fever-like sensation. Then participant 2 who underwent transrectal ultrasound and transrectal ultrasound guided biopsy also shared their experience of feeling better initially after returning home but reported that later in the evening, *"When the night came, I felt a little feverish,"* showing that the pyrexia reaction persisted for some time after the procedure. This may link to infection risks undergoing the procedure.

According to a study in Nepal (2019), a small number of patients experienced fever following a transrectal ultrasound guided biopsy. Additionally, a study by the Society for Maternal-Fetal Medicine (2020) focusing on transvaginal ultrasound emphasizes the importance

of infection control, which is also applicable to transrectal ultrasound procedures. One reason for noncompliance with infection prevention is the belief that the risk of transmitting pathogens to patients is low or nonexistent. Probes that contact with mucus membranes or nonintact skin require cleaning and high-level disinfection, whereas cleaning removes visible material from the probe using water with detergents or enzymatic products, while high-level disinfection is the destruction or removal of all microorganisms.

Fear of the Unknown

The second major theme that emerged from the narrations of male patients who had undergone transrectal ultrasound pertained to their thoughts, anxiety, and mental state they encountered after their past procedure. This major theme comprised with three subthemes: (1) Societal Tense, (2) Anticipatory Anxiety, and (3) Emotional Numbness.

Table 2. Fear of the Unknown

MAJOR THEME	SUB-THEME	PARTICIPANT CODE	SIGNIFICANT STATEMENTS
Fear of the Unknown	Societal Tense	**P4**	Uhh bilang isang lalaki nakakababa ng self-esteem kasi nga iyon nga napasukan ung pwet mo, syempre hindi siya kumportableng ishare din pero sa mga close friends ko naman ang nas-share ko naman saka sa family pero sa iba hindi kasi baka ijudge nila ako. *(As a man, it lowers my self-esteem because something was inserted into my butt. Of course, it is not comfortable to share, but I can open up to my close friends and family. However, I do not share it with others because they might judge me.*
		P1	Uhmm kinakaya naman saka tolerable naman po kaso nahihiya akong sabihin sa mga kaibigan ko at kila mama. *(I am managing it, and it is tolerable, but I feel embarrassed to tell my friends and to my mom.*
		P2	Madi ti rikna na anakko, idi dinamag dak no apay

		napan nak nagpa check-up keta wan maysungbat ko ta mabainak. *(It felt bad dear, when they asked me why I went for a check-up, and I could not answer because I was embarrassed.*
Anticipatory Anxiety	**P1**	Uhm, medyo nagkaroon ako ng anxiety kasi syempre yung magiging result ng ultrasound. *(I felt a bit anxious, of course, because of the upcoming ultrasound results.)*
	P5	Hindi ako gaano nakatulog sa araw na yon kasi iniisip ko kung ano magiging resulta ng pag ultrasound sakin*. (I did not sleep well that day because I kept thinking about the results of my ultrasound.)*
	P3	Panpanunutek lattan ajay maduktalan da nga sakit ko sunga haanak mapakali. *(I keep thinking about what illness they might find, so I cannot stay calm.)*
Emotional Numbness	**P2**	Awan met ketdi balasang ko, ta ti panpanunutek ket nu isu ti makatulong ket surutek ah anakko. *("It is like nothing dear, because I think if that helps, I will follow it.")*
	P5	Wala sa isip ko kung ano ang epekto ang iniisip ko nalang tapos na yung procedure. *("I am not thinking about the effects; I am just focusing on the fact that the procedure is already done".)*
	P4	Wala naman gaano Ma'am kasi nong inalis na yung tinusok sa pwet ko doon na ako nakahinga kasi tapos na. ("Not really, Ma'am, because when they took out what was inserted into my butt, that is when I could finally breathe because it was over".)

Male participant's fear was not limited to the physical discomfort of transrectal ultrasound procedure, but it also stemmed from inner psychological struggle such as embarrassment, anxiety due to procedural result uncertainty, and coping with this fear through emotional suppression and focused rationalization. The participant's anxiety may be due to their fear of judgment from others. The rectum was a delicate and intimate area of the body;

therefore, the dread of transrectal ultrasound (TRUS) went beyond emotional worries like humiliation, embarrassment, or the fear of appearing weak.

According to van Kleef (2022), affective reactions and inferential processes mediate the effects of emotional expressions on observer's behaviors. According to van Kleef (2022), affective reactions and inferential processes mediate the effects of emotional expressions on an observer's behaviors. When experiencing anxiety and emotional discomfort before and after the transrectal ultrasound, this includes how others will react, how the male patients should feel, and whether their emotions are valid or acceptable to share, which this emotional ambiguity feeds the fear.

Societal Tense

Men were less inclined to seek medical attention, voice concerns, or proceed with diagnostic tests such as transrectal ultrasounds (TRUS). As a result. Social conventions produced psychological pressure that discouraged vulnerability, particularly in men. Rectal procedures generated internalized shame or fear of judgment because they were stigmatized or linked to homosexuality in some cultures.

Participant 4 expressed a direct conflict with masculine identity, tied to societal taboos around anal procedures and fear of social judgment. Participant 1 also showed shame and hesitancy in disclosure, especially within social or intimate relationships. Participant 2 revealed the burden of concealment and loss of voice, showing how societal expectations silenced men's honest health communication. According to (Vapila et al. 2021), the existence of cultural beliefs, misunderstandings, and fears pertaining to prostate cancer could influence health-related behaviors.

Anticipatory Anxiety

It describes the anxiety that a person feels following an event or circumstance. The participants felt anxiety waiting for the result of their transrectal ultrasound. Participant 1 stated, *"I felt a bit anxious, of course, because of the upcoming ultrasound results."* This indicated that even though the treatment hadn't taken place yet, he was already anxious about what the results might show. Stress was brought on by the expectation of possible health issues. Participant 5 said, *"I did not sleep well that day because I kept thinking about the results of my ultrasound."* His life was being impacted by the anxiety, which was even keeping him from sleeping soundly. The ability to unwind or rest was hampered by the overwhelming concern about the potential outcome of the procedure. Participant 3 stated, *"I keep thinking about what illness they might find, so I cannot stay calm."* This highlighted the fear of receiving bad news, with thoughts of illness leading to heightened worry and an inability to stay calm.

Most of the participants stated that they felt anxious about the results of the transrectal ultrasound because they wanted to understand what was happening in their bodies. The uncertainty made it difficult for them to remain calm.

Participant 4 mentioned that his self-esteem was affected, explaining that, as a man, having something inserted rectally felt different and was not easy to discuss openly, especially since it was his first time undergoing the procedure. Meanwhile, Participants 1, 3, and 5 also expressed anxiety while waiting for the results to determine what illness they might have. According to Torres (2023), TRUS is associated with heightened levels of anxiety, fear, discomfort, and pain. This procedure is recognized as invasive and distressing, with evidence indicating that it leads to a high level of anxiety.

Emotional Numbness

It described a mental condition in which people repressed or felt cut off from their feelings. It was a significant yet little-known reaction to male patients' experiences with transrectal ultrasound (TRUS). Addressing it, both personally and clinically, not only improved mental health but also increased individuals' willingness to participate in future health examinations.

The participants exhibited emotional numbing by minimizing the emotional impact of the transrectal ultrasound (TRUS). Participant 2 stated, *"It was like nothing, dear, because I thought if that helps, I will follow it,"* while Participant 5 said, *"I was not thinking about the effects; I was just focusing on the fact that the procedure was already done."* These statements reflected a focus on compliance and detachment from emotional processing. Participant 4 shared, *"Not really, Ma'am, because when they took out what was inserted into my butt, that was when I could finally breathe because it was over,"* which revealed suppressed discomfort and a delayed emotional release, highlighting relief only after the invasive act had ended. Together, these responses reflected emotional numbing as a coping mechanism, where the participants avoided confronting emotional distress by concentrating solely on task completion and physical relief.

According to (Sondergard et.al, 2021), the findings indicate that men in the diagnostic phase of prostate cancer are not a homogeneous group but need personalized information. Some men may benefit from other men's experiences and support. Men's emotional strain can affect their communication about prostate cancer, which should be acknowledged.

Chapter IV
FINDINGS AND RECOMMENDATIONS

This chapter concludes the study in terms of a summary of findings and recommendations on the experiences of male patients that have undergone transrectal ultrasound from City of San Fernando, La Union.

Findings

Derived from the responses of the participants and observations of the researchers in conducting the study, the following findings from each major theme were drawn:

1. The study revealed that male patients undergoing transrectal ultrasound often experienced a deep sense of unease that extended beyond physical discomfort. While the procedure is typically described in clinical literature as routine and well-tolerated, participants shared emotional and psychological impacts that told a more complex story. For many, the experience was transformative, marked by feelings of vulnerability especially when undergoing it for the first time. Despite this, participants showed a quiet strength, choosing to endure pain and discomfort in the hope of finding answers about their health, revealing a resilience shaped by necessity rather than ease. Some also reported feverish reactions following the procedure, raising concerns about infection risks and highlighting the critical need for strict adherence to disinfection protocols.
2. The study revealed that male participants faced not only physical discomfort from the transrectal ultrasound but also a deeper psychological struggle rooted in fear of the unknown. Their anxiety stemmed from feelings of embarrassment, uncertainty about the results, and internal conflicts shaped by societal expectations of masculinity. Many participants felt silenced by cultural taboos around rectal procedures, leading to shame,

hesitation, and a reluctance to openly discuss their experiences. Waiting for the test results intensified this fear, with some men losing sleep or struggling to stay calm due to the weight of possible diagnoses. To cope, several participants emotionally shut down, minimizing their feelings and focusing solely on getting through the procedure. This emotional numbness acted as a defense mechanism against discomfort they felt unable to express.

Recommendations

Given the findings obtained from this research study, the researchers consequently propose the following recommendations:

1. For male patients, it is important to acknowledge that feelings of discomfort, vulnerability, or anxiety during and after a transrectal ultrasound are valid and shared by many others. Patients are encouraged to seek support, ask questions, and openly communicate any concerns they may have with their healthcare team. Recognizing that emotional responses are part of the experience, and it can help reduce feelings of shame and encourage more open conversations about men's health.
2. For radiologists, taking a more empathetic and patient-centered approach during transrectal ultrasound procedures can ease the emotional burden on patients. Clear explanations, reassurance, and maintaining patient dignity throughout the process can make a meaningful difference. Radiologists are also reminded to strictly adhere to infection control protocols, given that some participants reported post-procedural fever, possibly indicating preventable complications.
3. For other healthcare providers, fostering an environment where male patients feel seen, heard, and respected is key. Understanding the emotional weight carried into and out of

procedures like transrectal ultrasound can help providers better support patients holistically. Encouraging open dialogue, normalizing men's emotional responses, and reducing stigma around rectal exams can help break longstanding cultural barriers.

4. For students in health-related fields, exposure to the emotional realities behind medical procedures is essential. While clinical training often focuses on the technical aspects, this research highlights the importance of empathy, cultural sensitivity, and psychological awareness. Students should be encouraged to reflect on how care is delivered and to consider the patient's emotional journey, not just the clinical outcomes.
5. For future researchers, this study opens the door to deeper explorations of men's healthcare experiences, particularly around stigmatized procedures. Expanding the conversation beyond physical outcomes to include emotional and cultural factors can lead to more comprehensive and human-centered research. Future studies may benefit from exploring diverse perspectives across different age groups, cultural backgrounds, and healthcare settings to build a richer understanding of male patient experiences.

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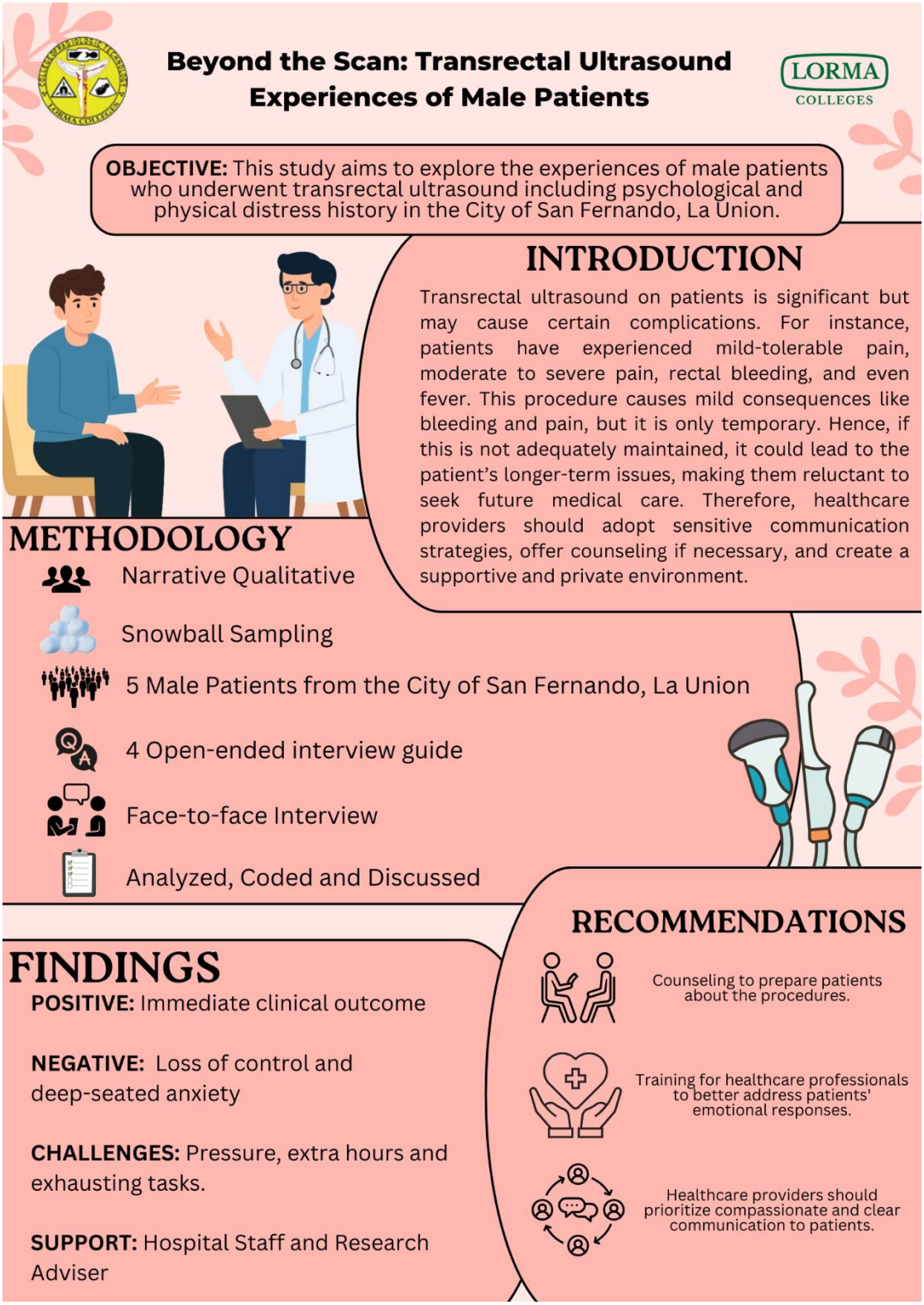
APPENDICES

APPENDIX A

Poster



APPENDIX B

Letter to the Adviser

February 28, 2025
Mr. Ranel G. Fontanilla, RRT
Instructor, College of Radiologic Technology
LORMA Colleges
Carlatan, City of San Fernando, La Union

Dear Sir,

Greetings!

We are third-year students of Lorma Colleges pursuing a Bachelor of Science in Radiologic Technology. As a requirement for our research subject under Ms. Ericquel Gem Milanes, we will conduct research entitled "**BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCES OF PATIENTS**."

By this, we humbly request your service and expertise to serve as our research adviser. We believe that your insights will significantly contribute to the depth of our study, and we look forward to the opportunity of collaborating with you.

Thank you! We sincerely appreciate your support.

Respectfully yours,

Krizzah Rein B. Seguritan ***Researcher***	**Joshua P. Reña** ***Researcher***	**Jethro R. Almonte** ***Researcher***
Vanessa Mae M. Toyoken ***Researcher***	**Shanelle Iris E. Barrozo** ***Researcher***	**Joadeth C. Padilla** ***Researcher***
Shan Angelie G. Sarmiento ***Researcher***		

Approved by:

_____
Ranel G. Fontanilla, RRT
Research Adviser

APPENDIX C

Letter to the Dean of the College of Radiologic Technology

March 17, 2025

Gryn T. Salagma, RRT, MPH
Dean, College of Radiologic Technology
LORMA Colleges

Dear Ms, Salagma,

Greetings!

We hope this letter finds you well. The undersigned are 3rd-year BSRT students of LORMA Colleges. We are writing to formally express our intent to fulfill a partial requirement of our research study under the academic subject Research Writing in the Radiologic Technology program of Lorma Colleges. We wish to present our research entitled, **"Beyond the Scan: Transrectal Ultrasound Experiences of Male Patients."**

This study aims to **explore the experiences of male patients who have undergone transrectal ultrasound, including an analysis of their physical and psychological distress** histories, within the City of San Fernando, La Union.

Your approval to proceed with this research project will be greatly appreciated. Thank you for your kind consideration. Thank you for your time and consideration.

Sincerely Yours,

ALMONTE, Jethro R. **BARROZO, Shanelle Iris E.** **PADILLA, Joadeth C.** **REÑA, Joshua P.**

SARMIENTO, Shan Angelie G. **SEGURITAN, Krizzah Rein B.** **TOYOKEN, Vanessa Mae M.**

Noted by:

ERICQUEL GEM MILANES, RRT
Research Instructor

Approved by:

RANEL GADIA FONTANILLA, RRT
Research Adviser

APPENDIX D

Letter to the Chairman of Research Ethics Committee

March 17, 2025

Ryan Jay G. Mostoles, MASE, RMT
Chairman, LC-REC
LORMA Colleges

Dear Mr. Mostoles,

Greetings!

We hope this letter finds you well. The undersigned are 3rd-year BSRT students of LORMA Colleges. We are writing to formally express our intent to fulfill a partial requirement of our research study under the academic subject Research Writing in the Radiologic Technology program of Lorma Colleges. We wish to present our research entitled, **"Beyond the Scan: Transrectal Ultrasound Experiences of Male Patients."**

This study aims to **explore the experiences of male patients who have undergone transrectal ultrasound, including an analysis of their physical and psychological distress** histories, within the City of San Fernando, La Union.

Your approval to proceed with this research project will be greatly appreciated. Thank you for your kind consideration. Thank you for your time and consideration.

Sincerely Yours,

ALMONTE, Jethro R. **BARROZO, Shanelle Iris E.** **PADILLA, Joadeth C.** **REÑA, Joshua P.**

SARMIENTO, Shan Angelie G. **SEGURITAN, Krizzah Rein B.** **TOYOKEN, Vanessa Mae M.**

Noted by:

ERICQUEL GEM MILANES, RRT
Research Instructor

Approved by:

RANEL GADIA FONTANILLA, RRT
Research Adviser

APPENDIX E

Letter to the Chairman of General Secretariat for Research and Innovation

March 17, 2025

Marites C. Pagdilao, MAN, MPA
Chairman, CHS-GSRI
LORMA Colleges

Dear Ms, Pagdilao,

Greetings!

We hope this letter finds you well. The undersigned are 3rd-year BSRT students of LORMA Colleges. We are writing to formally express our intent to fulfill a partial requirement of our research study under the academic subject Research Writing in the Radiologic Technology program of Lorma Colleges. We wish to present our research entitled, **"Beyond the Scan: Transrectal Ultrasound Experiences of Male Patients."**

This study aims to **explore the experiences of male patients who have undergone transrectal ultrasound, including an analysis of their physical and psychological distress** histories, within the City of San Fernando, La Union.

Your approval to proceed with this research project will be greatly appreciated. Thank you for your kind consideration. Thank you for your time and consideration.

Sincerely Yours,

ALMONTE, Jethro R. **BARROZO, Shanelle Iris E.** **PADILLA, Joadeth C.** **REÑA, Joshua P.**

SARMIENTO, Shan Angelie G. **SEGURITAN, Krizzah Rein B.** **TOYOKEN, Vanessa Mae M.**

Noted by:

ERICQUEL GEM MILANES, RRT
Research Instructor

Approved by:

RANEL GADIA FONTANILLA, RRT
Research Adviser

APPENDIX F

Letter to the Human Resource of Lorma Medical Center

MS. EMILY JOY ACOSTA-GACAD, PhD

Executive Director for Human Resource, Marketing, Engineering & Maintenance

LORMA Medical Center

Dear Ma'am,

Greetings!

We are third-year students of Lorma Colleges pursuing a Bachelor of Science in Radiologic Technology. As a requirement for our research subject under Ms. Ericquel Gem Milanes, we will conduct research entitled "BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCE OF MALE PATIENTS."

By this, we kindly request on the ultrasound department's recorded total number of male individuals that underwent transrectal ultrasound since last February and this present time. We fully understand and respect the importance of maintaining patient confidentiality and privacy. Therefore, we will not be requesting access to any patient information. Instead, we kindly ask if the ultrasound department could distribute our informational material to eligible patients, allowing them to voluntarily contact us should they wish to participate. This is to maintain patient privacy and obtain informed consent from the staff, who have a relationship with the patients.

We are grateful for your time and consideration of this request. Your assistance would be invaluable in helping us achieve a meaningful research outcome, and we are happy to discuss any questions or concerns you may have.

Thank you! We sincerely appreciate your support.

Sincerely Yours,

ALMONTE, Jethro R. **BARROZO, Shanelle Iris E.** **PADILLA, Joadeth C.** **REÑA, Joshua P.**

SARMIENTO, Shan Angelie G. **SEGURITAN, Krizzah Rein B.** **TOYOKEN, Vanessa Mae M.**

Noted by:

ERICQUEL GEM MILANES, RRT
Research Instructor

Approved by:

RANEL GADIA FONTANILLA, RRT
Research Adviser

APPENDIX G

Letter to the OPD 2 Doctor

DR. J.Z

Outpatient Department 2
LORMA Medical Center
Carlatan, City of San Fernando, La Union

Dear Sir,

Greetings!

We are third-year students of Lorma Colleges pursuing a Bachelor of Science in Radiologic Technology. As a requirement for our research subject under Ms. Ericquel Gem Milanes, we will conduct research entitled "**BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCE OF MALE PATIENTS**."

We respectfully request for your approval to proceed with the data gathering for our research. Additionally, we would like to inquire if it would be possible to obtain the contact numbers of male individuals who have undergone transrectal ultrasound. We fully acknowledge and respect the importance of patient confidentiality and privacy. All collected data will be exclusively accessible to the researchers only who are involved in the study. Once the research is completed, the data will be securely discarded.

We are grateful for your time and consideration of this request. Your assistance would be invaluable in helping us achieve a meaningful research outcome, and we are happy to discuss any questions or concerns you may have.

Thank you! We sincerely appreciate your support.

Sincerely Yours,

ALMONTE, Jethro R. **BARROZO, Shanelle Iris E.** **PADILLA, Joadeth C.** **REÑA, Joshua P.**

SARMIENTO, Shan Angelie G. **SEGURITAN, Krizzah Rein B.** **TOYOKEN, Vanessa Mae M.**

Noted by:

ERICQUEL GEM MILANES, RRT
Research Instructor

Approved by:

RANEL GADIA FONTANILLA, RRT
Research Adviser

APPENDIX H

Letter to the Participants

Dear Sir,

Greetings!

We would like to invite you to participate in our research study entitled, "BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCES OF MALE PATIENTS." This study aims to explore patient experiences who underwent transrectal ultrasound to improve care and support.

Participation is entirely voluntary, and all the information provided will be kept confidential. If you have any questions or require further details, please feel free to contact us by email or contact number.

If you desire to withdraw from the study at any time, you may do so without consequence, and any information you have submitted will be deleted. Your participation would be greatly appreciated, and we believe your insights will contribute significantly to this study.

Thank you for considering our invitation!

Respectfully yours,

ALMONTE, Jethro R. **BARROZO, Shanelle Iris E.** **PADILLA, Joadeth C.** **REÑA, Joshua P.**

SARMIENTO, Shan Angelie G. **SEGURITAN, Krizzah Rein B.** **TOYOKEN, Vanessa Mae M.**

Noted by:

ERICQUEL GEM MILANES, RRT
Research Instructor

Approved by:

RANEL GADIA FONTANILLA, RRT
Research Adviser

APPENDIX I

Approval Sheet from the Research Ethics Committee

LORMA COLLEGES

LC-REC Form #04
APPROVAL LETTER

REC Reference #: 2025-124

March 28, 2025

To: Jethro Almonte, Shanelle Iris Barrozo, Joadeth Padilla, Joshua Rena, Shan Angelie Sarmiento, Krizzah Rein Seguritan and Vanessa Mae Toyoken
LORMA Colleges, College of Radiologic Technology

Subject: Approval of the Research Study "BEYOND THE SCAN: UNDERSTANDING TRANSRECTAL ULTRASOUND EXPERIENCES OF MALE PATIENTS" by the Research Ethics Committee (REC).

Dear Researchers,

The Research Ethics Committee (REC) has reviewed your application to conduct the above-mentioned research study in the LOCALE OF STUDY with you as the Principal Investigator within the duration of March 28, 2025 to March 28, 2026.

The Following documents have been reviewed and approved:

1. Letter of Intent to Conduct the Study
2. Endorsement of the Research Technical Panel
3. Title and Statement of the Problem/ Objective
4. Literature Review
5. Methods and Procedures
6. Population and Locale
7. Exclusion/Inclusion Criteria
8. Data Analysis
9. Ethical Considerations

We approve the study to be conducted in the presented form provided the following are integrated in the final research protocol:

1. Indicate the funding of the study and add more related literature to the background of the study such as experiences and stories of the patients based on related literature.
2. Specify the age range of the participants and use pseudonyms or identifiers for confidentiality purposes.
3. In the data gathering procedure, include the process of seeking permission from Lorma Medical Center and Bethany hospital, and the interview guide is subject to validation and reliability tests.
4. State the Informed Consent Form as if the researchers are directly communicating with the participants.

None of the Investigators participating in this study took part in the decision making and voting procedure for this study.

The Institutional REC expects to be informed about the progress of the study, any revision in the protocol before implementation and participants'/respondents' information/informed consent. Likewise, you are required to provide the Board a copy of the final report.

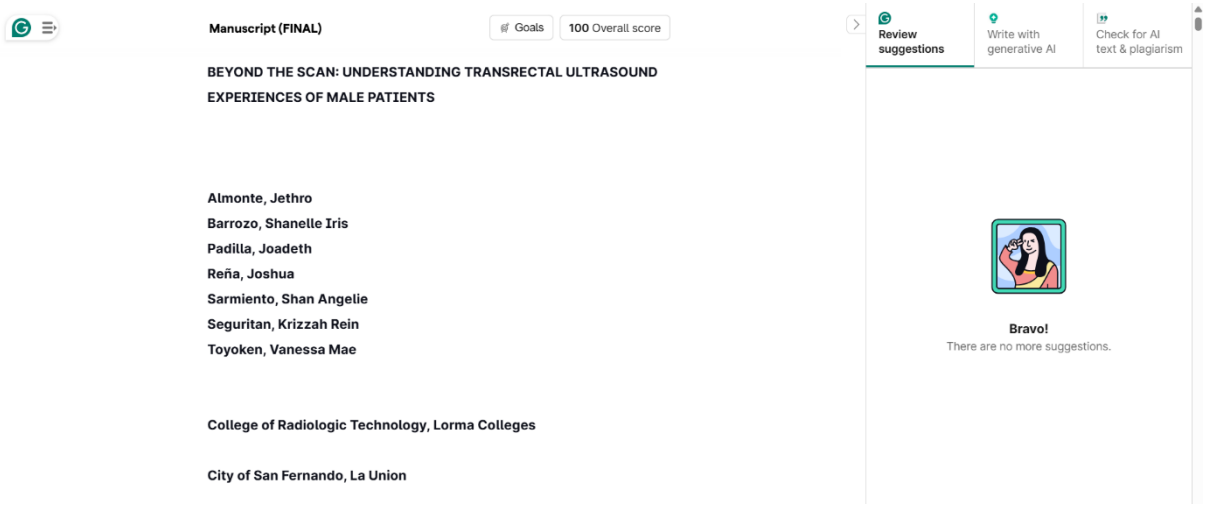
Yours Sincerely,

RYAN JAY G. MOSTOLES, MASE, RMT
Interim Chairman, Lorma Colleges-Research Ethics Committee

APPENDIX J

Result of Grammarly Check

The researchers have used the application **GRAMMARLY** to review spelling, grammar, punctuation, clarity, engagement, and delivery mistakes for the study. The application is a cloud-based typing assistant that uses artificial intelligence to identify and search for an appropriate replacement for the error it locates. it allows users to customize their style, tone, and context-specific language. The research study “BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCE OF MALE PATIENTS.” has overall scored 95 percent out of 100. This score represents the quality of writing in this study.



APPENDIX K

Interview Guide

1. How are you after your transrectal ultrasound? What do you feel?

2. What do you think is the effect of transrectal ultrasound on you after you experienced it? Do you feel uncomfortable?

3. What challenges do you experience after transrectal ultrasound.

4. How does undergoing transrectal ultrasound procedure influence your psychological well-being?

APPENDIX L

Application for Review

LC-REC Form #010
APPLICATION FOR REVIEW FORM

APPLICATION FOR REVIEW

(Adapted from National Ethics Guidelines for Health and Health-Related Research 2017)

INSTRUCTION: Please accomplish the form and ensure that all necessary documents are included in your submission.

I. GENERAL INFORMATION:

Title of the Study: BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCES OF MALE PATIENTS

REC Code : _____

No. of Study Participants: SEVEN (7)

Study Site : CARLATAN, CITY OF SAN FERNANDO, LA UNION

Name of Researcher/s: ALMONTE, Jethro R., BARROZO, Shanelle Iris E., PADILLA, Joadeth C., REÑA, Joshua P., SARMIENTO, Shan Angelie G., SEGURITAN, Krizzah Rein B., TOYOKEN, Vanessa Mae M.

Contact Information: Telephone Number: N/A Mobile Number: 09616973384, 09062700824, 09074241898, 09552232852, 09165056314, 09691737788, 09774081571

Fax Number: N/A Email: jethro.almonte@lorma.edu, shanelleiris.barrozo@lorma.edu, joadeth.padilla@lorma.edu, joshua.rena@lorma.edu, shanangelie.sarmiento@lorma.edu, krizzahrein.seguritan@lorma.edu vanessamae.toyoken@lorma.edu

Name of Institution: LORMA COLLEGES

Institution's Address: CARLATAN, CITY OF SAN FERNANDO, LA UNION

Type of Study:
- □ Sponsored Clinical Trial
- □ Researcher-Initiated Clinical Trials
- □ Health Operations Research
- ☑ Social or Behavioral Research
- □ Public Health or Epidemiologic
- □ Biomedical Research
- □ Stem Cell Research
- □ Genetic Research
- □ Others: _____

Source of Funding: ☑Self-Funded □ Scholarship/Research Grant
□ Government-Funded □ Institution-Funded
□ Sponsored by Pharmaceutical Company
□ Others: _____

Duration of the Study: Start Date: September 4, 2024 End Date: _____

Has the Research Undergone Technical Review? □ Yes ☑No
(Please attach Technical Review Result)

Has the Research been Submitted to Another Research Ethics Committee? □ Yes ☑ No

II. BRIEF DESCRIPTION OF THE STUDY (Use Extra Sheet if Necessary)

The study aims to explore experiences of male patients who underwent transrectal ultrasound and how it affected them psychologically and physically after the procedure.

III. CHECKLIST OF DOCUMENTS FOR SUBMISSION

a. Basic Requirements

□ Letter of Intent to Conduct a Study □ Full Proposal/Study Protocol
☑Filled-up Application Form for Review □ Budget
□ Endorsement of the RTP □ Funding Institution
□ Timetable ☑Curriculum Vitae of Researcher

b. Supplementary Documents (if applicable)

☑Questionnaire □ Philippine FDA Marketing Authorization or
□ Data Collection Forms Import Licensure
□ Product Brochure □ Permit/s for Special Population
□ Others: _____

Accomplished by: ALMONTE, Jethro R. Date Submitted: _____
(Signature over Printed Name)

BARROZO, Shanelle Iris E.

PADILLA, Joadeth C.

REÑA, Joshua P.

SARMIENTO, Shan Angelie G.

SEGURITAN, Krizzah Rein, B.

TOYOKEN, Vanessa Mae M.

- -

(to be filled-out by the Secretariat)

Completeness of Documents: □ Complete □ Incomplete

Remarks:

____

____

____

____

Date Received: _______________________ Received by: _______________________________

APPENDIX M

Informed Consent

LC-REC Form #011
INFORMED CONSENT FORM

INFORMED CONSENT FORM

INSTRUCTION: Please accomplish the form and ensure that all necessary documents are included in your submission.

GENERAL INFORMATION:

Title of the Study: BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCES OF MALE PATIENTS

REC Code : _____

No. of Study Participants: SEVEN (7)

Study Site : CARLATAN, CITY OF SAN FERNANDO, LA UNION

Name of Researcher/s: ALMONTE, Jethro R., BARROZO, Shanelle Iris E., PADILLA, Joadeth C., REÑA, Joshua P., SARMIENTO, Shan Angelie G., SEGURITAN, Krizzah Rein B., TOYOKEN, Vanessa Mae M.

Contact Information: Telephone Number: N/A Mobile Number: 09616973384, 09062700824, 09074241898, 09552232852, 09165056314, 09691737788, 09774081571

Fax Number: N/A Email: jethro.almonte@lorma.edu, shanelleiris.barrozo@lorma.edu, joadeth.padilla@lorma.edu, joshua.rena@lorma.edu, shanangelie.sarmiento@lorma.edu, krizzahrein.seguritan@lorma.edu vanessamae.toyoken@lorma.edu

Name of Institution: LORMA COLLEGES

Institution's Address: CARLATAN, CITY OF SAN FERNANDO, LA UNION

Type of Study:
- □ Sponsored Clinical Trial
- □ Researcher-Initiated Clinical Trials
- □ Health Operations Research
- ☑ Social or Behavioral Research
- □ Public Health or Epidemiologic
- □ Biomedical Research
- □ Stem Cell Research
- □ Genetic Research
- □Others: _____

Source of Funding: ☑Self-Funded □ Scholarship/Research Grant

□ Government-Funded □ Institution-Funded

□ Sponsored by Pharmaceutical Company

□ Others: _____

Duration of the Study: Start Date: September 4, 2024 End Date: _____

INTRODUCTION (Use Extra Sheet if Necessary)

We, the College of Radiologic Technology, are currently conducting a qualitative research entitled "Beyond the Scan: Transrectal Ultrasound Experiences of Male Patients".

PURPOSE OF RESEARCH (Use Extra Sheet if Necessary)

This study aims to explore the challenges faced by male patients in transrectal ultrasound including physical and psychological distress history in the City of San Fernando, La Union.

TYPE OF RESEARCH INTERVENTION (Use Extra Sheet if Necessary)

1. Participant Selection

This research study is conducted in one prominent healthcare facilities situated in the City of San Fernando, La Union: Lorma Medical Center. The focus of this investigation is on patients who have undergone transrectal ultrasound procedures.

2. Voluntary Participation

This informed consent informs the participants that their participation is purely voluntary and that they may refuse if they don't want to do so.

3. Procedures

First, the process takes place in designing an open-ended questionnaire which is reviewed by the Research Technical Panel and it is reviewed by the Dean of the College of Radiologic Technology. And afterwards it is reviewed by the Research Instructor, and reviewed by the Research Ethics Committee where it achieves clarity and ease distribution of the instrument. A letter for approval and finally permits to conduct the research study. Second, the researchers started to interview each of the male respondents whom they know that had undergone TRUS.

This applies from Lorma Medical Center located in San Fernando, La Union which, the researchers asked help on their respondents to recommend other respondents they know to participate in the research study.

4. Risks

The respondents are informed that there is no risk in participating in this research study and they can decline to participate if they do not wish to do so.

5. Benefits

This study is beneficial to the students currently enrolled in Lorma Colleges or even to the future enrollees of Lorma Colleges.

6. Reimbursements

The researchers also inform the respondents that this research study is self-funded so there is no reimbursement.

7. Confidentiality

The researchers assured that all information is treated with utmost confidentiality in accordance to the Data Privacy Act of 2012 or Republic Act 10173. The researchers ensured that their participants security and confidentiality through informing that their names will be replaced with a codename. This gives assurance to the participants that any information that is gained from them is not attributed to their names and that their personal information is not exposed.

8. Sharing of Results

The researchers informed the participants that the information gathered from them is utilize on their ongoing research study and for school purposes only.

9. Right to Refuse or Withdrawal

The researchers give the informed consent of what is the study all about and the purpose of the study being conducted. This informed consent informs the respondents that their participation is purely voluntary and that they may refuse if they don't want to do so. It is explained that they can withdraw anytime if they have agreed to participate first.

10. Who to Contact

The researcher's information of contact person stated is Mrs. Joadeth Padilla for further questioning and clarification.

CERTIFICATE OF CONSENT:

I have read the information stated herein or it was properly explained to me. I was provided with a chance to ask questions relative to it. All questions I asked were answered properly; therefore, I consent and voluntarily participate in this study.

Name of Participant: _____

Signature of Participant: _____

Date: _____

Statement from the Researcher/Person Obtaining the Consent

All information pertaining to this study was explained to the possible participant and made sure that he/she fully understood what she/he has to do in the research.

Similarly, I affirm that the potential participant was given with a chance to ask questions which I have answered accurately to the best of my ability.

Likewise, I affirm that the participant was not coerced or forced in giving consent. That he/she has voluntarily provided the consent.

Accomplished by: _____ Date Submitted: _____

(Signature over Printed Name)

APPENDIX N

Submission Checklist

LC-REC Form #012
SUBMISSION CHECKLIST

LORMA COLLEGES

SUBMISSION CHECKLIST

Name of Researcher/s: ALMONTE, Jethro R., BARROZO, Shanelle Iris E., PADILLA, Joadeth C., REÑA, Joshua P., SARMIENTO, Shan Angelie G., SEGURITAN, Krizzah Rein B., TOYOKEN, Vanessa Mae M.

Title of Study: BEYOND THE SCAN: TRANSRECTAL ULTRASOUND EXPERIENCES OF MALE PATIENTS

Name of Sponsor: N/A

Date of Submission: _____ Contact No.: 09616973384, 09062700824, 09074241898, 09552232852, 09165056314, 09691737788, 09774081571

Documents	Complete	Incomplete	Remarks
1. Letter of intent to conduct the study	_____	_____	Address to: Mrs. Marites C. Pagdilao, MAN, MPA – Chairman, CHS-GSRI and Mr. Ryan Jay G. Mostoles, MASE, RMT – Chairman, LC-REC
2. Filled-up Application for Review Form	_____	_____	_____
3. Endorsement of the Research Technical Panel (attach the Compliance Report)	_____	_____	_____
4. Title, Statement of the Problem/Objective	_____	_____	_____
5. Significance of the Study	_____	_____	_____
6. Literature Review	_____	_____	_____
7. Methods and Procedures	_____	_____	_____
8. Population and Locale	_____	_____	_____
9. Exclusion/Inclusion Criteria	_____	_____	_____

10. Data Analysis	_____	_____	_____
11. Questionnaire	_____	_____	_____
12. Funding Institution	_____	_____	_____
13. Timetable	_____	_____	_____
14. Ethical Considerations	_____	_____	_____
15. Curriculum Vitae of the Researcher/s	_____	_____	_____

by: _____
Signature Over Printed Name

Date: _____

APPENDIX O

Timetable

	TIMETABLE											
	2024											
	START DATE	END DATE	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE
Topic and Title Conceptualization	09/04/24	09/10/24										
Review of Related Literature	09/15/24	09/23/24										
Writing the Research Introduction	09/15/24	10/01/24										
Consultation for Research Paper Progress	09/25/24	10/05/24										
Writing Research Methodology	10/02/24	11/08/24										
Research Progress Consultation	10/21/24	11/25/24										
Finalizing the Paper	11/09/24	12/16/24										
Presentation of the Research Proposal	12/19/24	12/19/24										
Dissemination and Approval of Permissions and Informed Consent Forms	03/06/25	03/07/25										
Research Implementation	03/10/25	03/14/25										
Data Collection	03/25	04/25										
Data Analysis	04/25	04/25										
Findings and Recommendations	04/25	04/25										
Research Progress Consultation	04/25	05/25										
Preparation for Final Defense	05/25	05/25										
Presentation to the Panelist	05/16/25	05/16/25										
Final Manuscript Revision	06/25	06/25										
Paper Publication and Presentation	06/25	06/25										

APPENDIX P

Budgetary Requirements

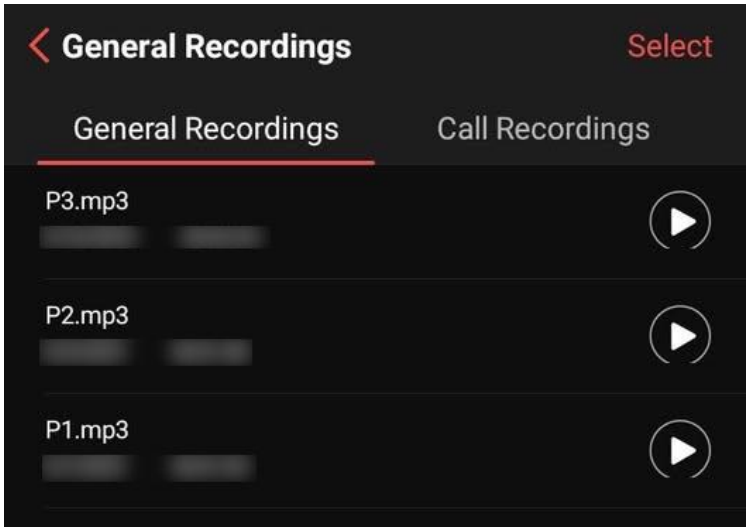
Budgetary Requirements

Item	Detail	Estimated Cost (Php)
Manuscript	Bond paper, folders, ink	2, 500
Title Defense	Fee	3,785
Final Defense	Fee	6, 140
	Total =	12, 425

DOCUMENTATION

A. During Interview

B. Recordings



CURRICULUM VITAE

LC-REC Form #003
CV TEMPLATE

LORMA
COLLEGES

CURRICULUM VITAE

JETHRO R. ALMONTE

I. PERSONAL INFORMATION

Address	: Purok 3, Urbiztondo, San Juan, La Union
Contact Number	:
Email add	: almontejethro0612@gmail.com
Date of Birth	: January 12, 2002
Place of Birth	: Bacnotan, La Union

II. EDUCATIONAL BACKGROUND

Tertiary **2020-Present**
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlata, City of San Fernando, La Union

Secondary **2018-2020**
Senior High School
Saint Louis Colleges
Carlatan, City of San Fernando, La Union

2014-2018
Junior High School
CICOSAT Colleges
Lingsat, City of San Fernando, La Union

Primary **2009-2014**

Naguituban Elementary School
Naguituban, San Juan, La Union

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED

S.Y 2009-2014	Valedictorian
S.Y. 2014-2018	With Honors
S.Y. 2018-2020	With Honors

IV. WORK EXPERIENCE: N/A

V. ELIGIBILITY: N/A

VI. SEMINARS ATTENDED: N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED

2019-2020

Disaster Risk Reduction Management of the Respondents of Dalumpinas Este, City of San Fernando, La Union

LC-REC Form #003
CV TEMPLATE

LORMA COLLEGES

CURRICULUM VITAE

SHANELLE IRIS E. BARROZO

I. PERSONAL INFORMATION

Address	: Bancagan, Naguilian, La Union
Contact Number	: 09062700824
Email add	: barrozoshanelle@gmail.com
Date of Birth	: December 24, 2002
Place of Birth	: Baguio City

II. EDUCATIONAL BACKGROUND

Tertiary **2020-Present**
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlata, City of San Fernando, La Union

Secondary **2018-2020**
Senior High School
Naguilian Seinor High College
Naguilian, La Union

2014-2016
Junior High School
Philippine Central College of Arts and Science & Technology
Naguilian, La Union

2017-2018

Sacred High School Bauang La Union
Bauang, La Union

Primary **2009-2010**
Bancagan Elementary School
Bauang, La Union

2011-2014
Daramuangan Integrated School
Bauang, La Union

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED: N/A

IV. WORK EXPERIENCE: Special Program for Employment of Students

V. ELIGIBILITY: N/A

VI. SEMINARS ATTENDED: N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED: N/A

LC-REC Form #003
CV TEMPLATE

LORMA COLLEGES

CURRICULUM VITAE

JOADETH C. PADILLA

I. PERSONAL INFORMATION

Address	: #29 Biday, City of San Fernando, La Union
Contact Number	: 09074241898
Email add	: judithcacdac@gmail.com
Date of Birth	: January 26, 1989
Place of Birth	: Bagulin, La Union

II. EDUCATIONAL BACKGROUND

Tertiary **2022-Present**
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlatan, City of San Fernando, La Union

Secondary **2001-2005**
High School
Sto. Rosario National High School for Region 1
Sto. Rosario, San Juan, La Union

Primary **1995-2001**
Nagyubuyuban Community School
Nagybuyuban, City of San Fernando, La Union

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED

S.Y. 2023-2024 Dean's Lister

IV. WORK EXPERIENCE : Former Overseas Filipino Worker

V. ELIGIBILITY : N/A

VI. SEMINARS ATTENDED : N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED : N/A

LC-REC Form #003
CV TEMPLATE

LORMA COLLEGES

CURRICULUM VITAE

JOSHUA P. REÑA

I. PERSONAL INFORMATION

Address	: Urbiztondo, San Juan, La Union
Contact Number	: 09552232852
Email add	: akosijoshua0809@gmail.com
Date of Birth	: March 6, 2000
Place of Birth	: Bacnotan, La Union

II. EDUCATIONAL BACKGROUND

Tertiary **2022-Present**
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlatan, City of San Fernando, La Union

Secondary **2016-2018**
Senior High School
Northern Philippines College foe Maritime Science and Technology
Lingsat, San Fernando, La Union

2013-2016
Junior High School
San Juan National High School
Brgy. Ili Sur, San Juan, La Union

Primary **2007-2013**
Urbiztondo Elementary School

MacArthur Highway, San Juan, La Union

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED : N/A

IV. WORK EXPERIENCE : N/A

V. ELIGIBILITY : N/A

VI. SEMINARS ATTENDED : N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED : N/A

LC-REC Form #003
CV TEMPLATE

LORMA COLLEGES

CURRICULUM VITAE

SHAN ANGELIE G. SARMIENTO

I. PERSONAL INFORMATION

Address	: Zaragosa, Bacnotan, La Union
Contact Number	: 09165056314
Email add	: shananagelie923@gmail.com
Date of Birth	: September 23, 2003
Place of Birth	: Ilocos Training and Regional Medical Center

II. EDUCATIONAL BACKGROUND

Tertiary **2025 - Present**
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlatan, City of San Fernando, La Union

Secondary **2018-2020**
Science, Technology, Engineering, and Mathematics Strand (STEM)
Saint Louis College
Lingsat, San Fernando La Union

2016 - 2018
Junior High School
Bacnotan, National High School
Bacnotan, La Union

Primary **2008 - 2016**
Bacnotan, Central School
Bacnotan, La Union

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED

N/A

IV. WORK EXPERIENCE: N/A

V. ELIGIBILITY: N/A

VI. SEMINARS ATTENDED N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED: N/A

LC-REC Form #003
CV TEMPLATE

LORMA COLLEGES

CURRICULUM VITAE

KRIZZAH REIN B. SEGURITAN

I. PERSONAL INFORMATION

Address	: San Antonio, Candon, Ilocos Sur
Contact Number	: 09691737788
Email add	: krizzahrein.seguritan@lorma.edu
Date of Birth	: November 23, 2003
Place of Birth	: Cabugao, Ilocos Sur

II. EDUCATIONAL BACKGROUND

Tertiary **2022-Present**
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlatan, City of San Fernando, La Union

Secondary **2020-2022**
Science, Technology, Engineering and Mathematics
Senior High School
Candon National High School
Bagani Campo, Candon City, Ilocos Sur

2016-2019
Junior High School
Special Science Class
Bagani Campo, Candon City, Ilocos Sur

Primary **2010-2012**

Mababang Paaralan ng Caellayan
Caellayan, Cabugao Ilocos Sur
2012-2013
Magsingal South Central School
San Juan, Magsingal, Ilocos Sur

2013-2016
Patac, Elementary School
Patac, Galimuyod, Ilocos Sur

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED

S.Y 2013-2016	Salutatorian
S.Y. 2016-2022	With Honors
S.Y 2022-2023	Dean's Lister

IV. WORK EXPERIENCE : N/A

V. ELIGIBILITY : N/A

VI. SEMINARS ATTENDED : N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED : N/A

LC-REC Form #003
CV TEMPLATE

LORMA COLLEGES

CURRICULUM VITAE

VANESSA MAE M. TOYOKEN

I. PERSONAL INFORMATION

Address	: Beleng, Tuding, Itogon, Benguet
Contact Number	: 09774081571
Email add	: vanessamae.toyoken@lorma.edu
Date of Birth	: March 6, 2000
Place of Birth	: Baguio City

II. EDUCATIONAL BACKGROUND

Tertiary

2019-2022
Saint Louis University
A. Bonifacio St., Brgy. ABCR, 2600 Baguio City Philippines

2024-Present
Bachelor of Science in Radiologic Technology
Lorma Colleges
Carlatan, City of San Fernando, La Union

Secondary

2016-2018
Science, Technology, Engineering and Mathematics
Senior High School
University of Baguio
General Luna, Baguio City

2012-2016
Junior High School

Saint Louis School of Pacdal Inc.
Siapno Road, Pacdal Circle, Baguio City

Primary **2007-2012**
Tuding Elementary School
Tuding Proper, Itogon, Benguet

III. AWARDS/CITATIONS/RECOGNITIONS RECEIVED

S.Y 2007-2012 With Honors
S.Y 2012-2016 With Honors

IV. WORK EXPERIENCE : N/A

V. ELIGIBILITY : N/A

VI. SEMINARS ATTENDED : N/A

VII. INVOLVEMENT IN RESEARCH/RESEARCHES CONDUCTED : N/A