



# UMS

UNIVERSITI MALAYSIA SABAH

**FACULTY OF MEDICINE AND HEALTH SCIENCES (FMHS)**

**2015/2016**

**EC1773: HEALTH PROMOTION PROGRAMS**

**MODULE COORDINATOR: MISS PATRICIA SATOR**

**GROUP SUPERVISOR: DR CHE ISMAIL BIN CHE NOH**

MATRIC NO	NAME	IC NUMBER
BM15110017	IZATUL NATASYA BINTI ABU HANIFAH	960912065148
BM15110012	EPHRAIM KORUTHU VARUGHEESE	960308146259
BM15110001	ABDULLAH BAHYUDIN BIN MOHD ATAN	960312016889
BM15110024	MAHESAN RAJALINGAM	960911055191
BM15110037	NURLIAYANA EDAYU BINTI AHAMAD	960516126252
BM15110052	CLARISSA SOON SYEN LING	960320125776
BM15110079	LOO YIZHAN	960712595048
BM15110154	DAYANG SUHANNA BINTI SUKAR	960510125590
DN14110025	ROZALINAH SOMPONONG	960117126116
DN14110047	BENNIELYN BENIDICT	960517126748
DN14110045	NUR AISAH BINTI HALILI	960616125142
DN14110065	SHAMSIAH BINTI MUSTAPHA	960512125674
DN14110048	NUR AZIANIZAH BINTI LEDY@AZNI	960510126008



# UMS

UNIVERSITI MALAYSIA SABAH

## **1.2 Summary of Health Promotion**

We from group 7 consist of 10 medical students and 5 nursing student had been sent to Kampung Biau, Bongawan to organize our Health Promotion event started from 24<sup>th</sup> of August until 2<sup>nd</sup> of September 2016. Coming along with us to observe our progress activity as a supervisor was Dr. Che Ismail Bin Che Noh, and our group is leads by Mr.Ephraim Koruthu Varugheese. Each member had their specific role in this group to maintain our activity progress smoothly throughout the program.

Starting from the first day we arrived, the first activity that we have done is the opening ceremony for this Health Promotion that was held on the evening of the first day after we arrived.

During our stay in the village, we also done several survey to get general overview about the region and health problems and then we can find some ways and took actions regarding these problems and to promote the health of the villagers. The various ways that we have done is such as:

1. Rapid rural Appraisal (RRA) which includes the house-house visit, direct or field observation, key informant interview, individual interview, group meeting interview and discussion, health screening and also the social mapping.
2. Health education and health awareness by means of the exhibitions, talk, indoor and outdoor activities such as mini sports and tele match that have been participated by all the villagers from various age groups.



3. Visited to school in the area of Bongawan. This visit we aim to give a proper healthy lifestyle and talk to the student which will become the future generation to the country. For example, during our visit to the secondary school, we give a brief about the dangerous of smoking a conservative cigarette or e-cigarette.
4. Medical check-up. We held our medical check-up and health talk with the help from the local clinic in Bongawan. For example exhibition and talk for diabetes and breast cancer, the ways to prevent it.
5. Gotong-royong. We called all the villagers to joined cleaning Kg.Biau from garbage and avoid any breeding places for mosquito.

