

PRIMARY PREVENTION THROUGH “PROJECT HEALS”

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The Philippine National Anti-Drug Program of Action defines primary prevention as attempts to discourage the initiation of drug use, especially by children and adolescents. It tries to keep them from “falling into the drug river.” These measures and some respective activities are public awareness (advertisements and public fora), public education (in-depth media coverage and parent mobilization), attitude and behavior change/reinforcement (peer counseling and resistance skills counseling), and social/public action (neighborhood improvement and police patrol/ protection).

I would like to add to the above list a most significant activity which I believe should be at core of it all, and that is health care. This is what primary prevention against drug and substance abuse is all about- to maximize human knowledge, skills and caring to make sure that our body, mind and spirit are well-cared for. Once we begin with this, the

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journey towards a healthy and drug-free society becomes effectively clear.

I am a Medical Technologist, a health care professional placed by destiny in an educational environment called Trinity University of Asia (TUA), a sister institution of Trinity Colleges around the world, whose educational philosophy is to develop “persons for others.” It was easy for TUA to seek membership in the Philippine Council of NGOs Against Drug and Substance Abuse or PHILCADSA because we have the same goal of producing young, healthy people who would be our country’s future parents and leaders. The University membership in PHILCADSA is then anchored on its work to educate young people on the importance of health and their duty to take care of the health of others. Very significantly, this means to help ensure that all the families and communities put in their care are aware of the evils of drug abuse and they are empowered to destroy it.

Let me share with you “Project HEALS”, which stands for Health Education and Life Services and whose service goal is Health in the Hands of the People (Self-Reliance) by the Year 2020. This is the volunteer arm of the TUA’s College of Medical Technology. Students volunteer in programs over and above their curricular requirements.

These are medical missions such as medical consultations (deworming, mass-feeding), establishment of facilities like herbal plant dispensing units, book and toy library, first aid pharmacy, and health literacy including information campaign against drug and substance abuse among parents, youth, children, and village leaders.

The wonderful thing about PROJECT HEALS is the involvement of students finishing a difficult course filled with heavy academic requirements, but their hearts are inflamed to go extra mile. Because their academic-related services take them to urban poor communities where the sword of drug and substance abuse hover above children and youth and even adults, they would fight it by organizing themselves as a volunteer arm for various medical missions. This means putting more hours, maximizing use of supplies and equipment, and giving up socialization time with peers to help ensure that drug and substance abuse does not get to penetrate their communities!

**UNDERSTANDING THE PROJECT HEALS AS VOLUNTEER
ARM FOR A HOLISTIC HEALTH CARE:**

Definition of Health: *state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. (WHO, 1947)*

Definition of Primary Prevention/Primary Care: *providing specific protection against disease to prevent its occurrence. Primary preventive efforts spare the client the cost, the discomfort, and the threat to quality of life that illness poses or,(at least delay the onset of illness.) Preventive measures consist of counseling, education and adoption of specific health practices and related activities or changes in life style.*

We base and plan our actions thru the acronym: C H E E S E

Where:

C- Christian/spiritual nurturance

H- health (physical)

E- education

E- entrepreneur

S- socio-cultural

E- environment

Motto: *Developing Excellent Services Through Small Things- the services rendered by the volunteers of Project HEALS are in a small scale but are scientifically accepted processes that leaves an impact and inculcates right values and attitudes for a clean and healthy living.*

Goal: *Self-Reliance: the ability to stand on their own, self-sufficiency*

Health in the Hands of the People (Self-Reliance) by the Year 2020

Objectives: *To provide essential health care based on scientifically sound and socially acceptable methods and technology made universally accessible to individuals, families, and communities through their full participation, at a cost they can afford at any given stage of development.*

Clients: *Urban-poor Residents of Metro Manila and Nearby Provinces*

Development Approach: *Transformatory/Participatory Approach-*

- the process of empowering/transforming the poor and the oppressed sectors of society so that they can pursue a more just and humane society
- assumes that poverty is not God-given, rather it is rooted in the historical past and is maintained by the oppressive structures in society
- believes that poverty is caused by prevalence of exploitation, oppression, domination and other unjust structures

The Project HEALS volunteers organize the community following the Community Organizing Participatory Action Research (COPAR). COPAR is a social development approach that aims to transform the apathetic, individualistic, and voiceless poor into dynamic, participatory and politically responsive community. It is a process by which community identifies its needs and objectives, develops confidence to

take action in respect to them and in doing so, extends and develops cooperative and collaborative attitudes and practices in the community (Ross, 1967). COPAR is a continuous and sustained process of educating the people to understand and develop their critical awareness of their existing conditions, working with the people collectively and efficiently on their immediate and long-term problems, and readiness to respond and take action on their immediate needs toward solving their long-term problems (CO: A Manual of Experience)

COPAR is an important tool for community development and people empowerment as this helps the community workers (in this case the Project HEALS volunteers) to generate community participation in development activities. COPAR prepares people/clients to eventually take over the management of a development programs in the future. COPAR maximizes community participation and involvement: community resources are mobilized for community services.

PHASES OF THE COPAR PROCESS:

1. Pre-entry phase

- **is the initial phase of the organizing process where the community volunteers looks for communities to serve/help**
- **it is the simplest phase in terms of actual outputs, activities and strategies for care/development**
- **activities includes:**
 - *designing a plan for community development, including all its activities and strategies and time spent for it**
 - * designing criteria for the selection of a site**
 - * actually selecting the site for community care**

2. Entry phase

- **sometimes called the social preparation phase as it the activities done here includes the sensitization of the people on the critical events in their life, motivating them to share their dreams and ideas on how to manage their concerns and eventually mobilizing them to take collective action on these.**

- **this phase signals the actual entry of the volunteers into the community. He must be guided by the following guidelines however:**

- *recognize the role of local authorities by paying them visits to inform them of their presence and activities**

- * his appearance, speech, behavior and lifestyle should be in keeping with those of the community residents without disregard of their being role models**

- * avoid raising the consciousness of the community residents; adopt a low-key profile**

3. Organization-building phase

- entails the formation of more formal structures and the inclusion of more formal procedures of planning, implementing, and evaluating community-wide activities. It is at this phase where the organized leaders or groups are being given trainings (formal, informal, OJT) to develop their AKS in managing their own concerns/programs.

4. Sustenance and strengthening phase

- occurs when the community organization has already been established and the community members are already actively participating in community-wide undertakings. At this point, the

different committees set-up in the organization-building phase are already expected to be functioning by way of planning, implementing and evaluating their own programs, with the overall guidance from the community-wide organization.

- strategies may include:

- * education and training**
- * networking and linking**
- * conduct of mobilization on health development concerns**
- * implementations of livelihood projects**
- * developing secondary leaders**

CRITICAL ACTIVITIES IN BUILDING PEOPLE'S ORGANIZATION:

- 1. Integration- the volunteers becoming one with the people in order to:**
 - a. immerse themselves in the community**
 - b. understand deeply the culture, economy, leaders, history , rhythms and lifestyle in the community**

The methods of integration include: participation in direct production activities of the people, conduct house to house visits, participation in

activities like birthdays, festivals, wakes, etc., conversing with people where they usually gathers, helping out household chores, etc.

- 2. Social Investigation-** a systematic process of collecting, collating, analyzing data to draw a clear picture of the community.
- 3. Tentative Program Planning-** the volunteers to choose one issue to work on in order to begin organizing the people
- 4. Groundwork-** going around and motivating the people on one on one basis to do something on the issue that has been chosen.
- 5. The meeting-** people collectively ratifying what they have already decided individually. The meeting gives the people collective power and confidence. Problems and issues are discussed.
- 6. Role play-** means to act out the meeting that will take place between the leaders of the people and the government representatives. It is a way of training the people to anticipate what will happen and prepare themselves for such eventuality.

- 7. Mobilization or Action-** actual experience of the people in confronting the powerful and the actual exercise of people power.
- 8. Evaluation-** the people reviewing the steps 1-7 so as to determine whether they were successful or not in their objectives
- 9. Reflection-** dealing with deeper, on-going concerns to look out at the positive values the volunteers are trying to build in the organization. It gives the people time to reflect on the stark reality of life compared to the ideal.
- 10. Organization-** the people's organization is the result of many successive and similar actions of the people. A final organizational structure is set up with elected officers and supporting members.

Project HEALS Application of COPAR in Community Health Care

Steps:

- 1. Community Assessment-** getting to know the community client

This includes:

- a. **decide what data are to be gathered-** What data need to be researched yet? What are already available? Which of these are fully reflective of actual reality? Which are needed to be confirmed, validated, or investigated further?

Examples of Data to be Gathered:

***demographic data**

***socio-economic data**

***political**

***cultural**

***environmental**

***health care delivery**

- b. **plan the process of data gathering-** determine data gathering methods:

***interview**

***observation**

***review of secondary data**

***community survey**

- c. **plan the data gathering activity**

***who will gather the data**

***how will the data be gathered? tool be used?**

***who and how will the data be collated? analyzed?**

d. actual data gathering

e. preparing a report based on the gathered data (include here the list of prioritized problems)

Strategies Applied in Phase1:

a. Integration

b. Social Investigation

c. Groundworking

d. People Participation

2. Planning for a Program of Action/Project- includes the following:

- **Determining objectives for care/action (SMART)**
- **Select activities and methods/strategies for achieving the objectives**
- **Estimate time needed**
- **Identify the persons responsible**
- **Develop monitoring and evaluation scheme**

3. Program Implementation

4. Program Monitoring and Evaluation

The Project HEALS Accomplishments in its Six Year COPAR

Implementation

Regular Programs (Curriculum Based)

- 1. Weekly Family Visits**
- 2. “Operasyon Bantay Puso or “Bantay BP” (Blood Pressure)**
- 3. Health Information Campaigns (mini-classes) on:**
 - Personal Comfort and Hygiene Measures**
 - Intervention of Common Diseases in the Community**
 - Drugs and Substance Abuse**
 - Proper Nutrition and Food Handling**
 - Common Intestinal Parasites**
 - Over-the-Counter, Traditional and Alternative Medicines**
- 4. Seminar-workshop on First Aid and Safety**
- 5. Seminar workshop on Disaster Management**
- 6. Seminar-workshop on Spiritual Care**
- 7. Seminar on Family Planning and Responsible Parenthood**
- 8. Participation in the Department of Health (DOH) Annual Expanded Immunization Program**

Special Programs (Volunteer)

- 1. “Oplan Timbang” and Mass Feeding, (Quarterly)**
- 2. “Bantay Bulate”**
- 3. “Oplan Linis Katawan”**
- 4. “Adopt A Child for a Day”**
- 5. “Oplan Timbang” and Mass Feeding**
- 6. “Tulong Kabuhayan”**
- 7. “Pamaskong Handog Para Sa Mga Batang Lansangan”**
- 8. “Oplan Linis Galis”**
- 9. “Operasyon Linis Bahay at Kanal**
- 10. “Waste Segregation”**
- 11. “Operasyon Linis Kapaligiran”**
- 12. “Operasyon Tepok Lamok”**
- 13. “Adopt A Child For A Day ”**
- 14. “Alay Tanim”**
- 15. “Palaro Para Sa Mga Batang Lansangan”**

Special Projects (Volunteer)

a) Donations

- 1. Monobloc Chairs and Tables, Barangay Kalusugan Health Station**

2. Seminar Tent, Barangay Roxas

3. Waste Segregation Bins, Barangay Obrero

b) Campus-based Projects

1. “Paunang Lunas Botika ng Barangay”

2. CMT Main Herbal Plant Dispensing Unit (HPDU-Main)

3. “Laboratoryo ng Barangay”

4. “Lingkod Bayan”

c) Community-based Projects

1.) “Barangay Book Library”

2.) “Barangay Toy Library”

3.) “Barangay Walk-In Blood Donors”

4.) Herbal Plants Dispensing Units

5.) “Paunang Lunas Botika ng Barangay”

6.) Health Literacy , Silong Tanglaw

7.) Health Information Campaign thru Arts (Mural Painting)

Linkage Sponsored/ Co-sponsored Programs

1. Blood Typing, Professional Regulation Commission

2. Blood Typing, TC High School Integrators Club

3. **ABS-CBN “Bantay Kalikasan” Tree Planting, La Mesa Dam**
4. **Medical Mission, PAMET and PAMET USA**
5. **Blood Typing, TC Elementary PTA**
6. **Grace Giving**
7. **Medical Mission, Rotary Club, Brgy. Pag-asa, Quezon City**

Project HEALS simply keeps its student volunteers and community clients (families: parents, children, the youth, community leaders, health workers) observe wellness and busy themselves with worthwhile social activities or services to prevent them from engaging drug and substance abuse.

We do develop excellent people out of our great simple but great services!!!

At the heart of this voluntary health care mission is making the communities see for themselves and be convinced that there are other persons out there, especially young ones, who lovingly bother about them. That they have a role in today’s society, that facing present-day social challenges and realities is possible, that they are important, that there are others who care about them and their health so they can be

prepared to shape their own future. And most of all, that it is within their power to get away from drug and substance abuse. When they see that young students, out of the goodness and selflessness of their hearts care for them and their health, why should they not empower themselves as well, for their own sake, and that of their families and communities. This way, there will be no need for secondary or tertiary prevention. Because we begin rightfully and well, with self-help and the help of “persons for others,” I believe there cannot be anything else but a happy ending.

Project HEALS Accomplishment Report

S.Y. 2000-2001

The College of Medical Technology, through its Project HEALS (Health Education and Life Services) intensified its community outreach program by coming out with a year-round schedule of health services in the following nearby barangays (villages):

1. Kalusugan
2. Damayang-Lagi
3. Dona Imelda
4. Roxas
5. Obrero
6. Tatalon

Health services performed included the following:

1. Environmental Sanitation (Operasyon Tepok Lamok, Linis Bahay at Kanal, Waste Segregation)
2. Personal Hygiene (Operasyon Ligo, Linis-Tainga, Gupit Kuko, Suyod Kuto, Linis Galis, etc.)
3. “Bantay-Bulate” = deworming program
4. First Aid Demo
5. “Tulong Kabuhayan” – a livelihood program
6. Seminar on Drug and Substance Abuse

In addition to its involvement with the nearby barangays, Project HEALS also worked hand-in-hand with the Trinitian Center for Community Development (TCCD), the school’s mother center for all the various community projects of the different units. As such, Project HEALS also conducted TCCD-based programs for AY 200-2001 such as:

2. HEALS Hygiene Center (Grooming Area) for Street Children
3. Adopt Street Children (for a) Day – during the MT Week Celebration in September 2000 and the Foundation Day in February 2001
4. Pamaskong Handog Para sa mga Batang Lansangan
5. Lingkod Bayan for TCQC Employees and Dependent – free blood typing, blood chemistry, complete blood cell count, urinalysis, stool examination, Pap’s smear, medical consultation, etc. during MT Week in September 2000.

Project HEALS also conducted free blood typing in the:

1. Professional Regulation Commission – month of June, during the PRC Week
2. TCQC High School Department during Science Week in September

A special activity of Project HEALS in SY 2000-2001 was the performance of free blood typing, CBC and urinalysis on all college students in support to the program of then President Molina to give more medical/ dental services to the students. Expenses for reagents and supplies were shouldered by TCQC.

S.Y. 2001-2002

The year- end evaluation (SY 2000-2001) of the CMT community service had shown increased residents' awareness of the presence of the Project HEALS in their community. It had also shown their interest in participating in the future services of the college especially among children and non-working mothers. Family visits were very much welcome and clamor for continuing basic services such as health promotion was very much sought.

The CMT Project HEALS' target clients include the children and this is in coherence with its service goal of "Health in the Hands of the People (Self-Reliance) by the year 2020. The indicators of Project HEALS success will be manifested by these children who will be leading their own families twenty years from now.

The clients overwhelming response to the Project HEALS services in the year 2000-2001, has paved way to the following better enhanced programs for School Year 2001-2002:

Curriculum Based Services

Regular Program

9. Weekly Family Visits
10. "Operasyon Bantay Puso or "Bantay BP" (Blood Pressure)
11. Health Information Campaigns (mini-classes) on:
 - Personal Hygiene, July 21, 2001
 - Diarrhea and Parasitism, July 14, 2001
 - Basic Food Groups and Proper Nutrition, August 8, 2001
 - Proper Care of Human Systems, September 8, 2001
 - Family Planning, September 15, 2001, February 22, 2002
 - Dengue Fever, January 30, 2002
 - Skin Diseases, February 6, 2002
 - Sore Eyes Prevention, February 27, 2002
 - Drugs and Substance Abuse, March 4, 2002
12. Seminar-workshop on First Aid and Safety, September 1, 2001
13. Seminar workshop on Disaster Management, September 1, 2001

Special Programs (Volunteer)

16. "Oplan Timbang" and Mass Feeding, (Quarterly)
17. "Bantay Bulate", July 14, 2001
18. "Oplan Linis Katawan", July 28, 2001
19. "Adopt A Child for a Day III", September 2002
20. 2nd Quarter "Oplan Timbang" and Mass Feeding, September 15, 2001
21. "Tulong Kabuhayan II", September 29, 2001, February 23, 2002
22. "Pamaskong Handog Para Sa Mga Batang Lansangan"
23. "Oplan Linis Galis", January 17, 2002
24. "Operasyon Linis Bahay at Kanal, January 23, 2002
25. "Waste Segregation", January 23, 2002
26. "Operasyon Linis Kapaligiran", January 26, 2002
27. "Operasyon Tepok Lamok, January 30, 2002
28. "Adopt A Child For A Day 1V", February 6, 2002
29. "Alay Tanim", February 13, 2002
30. "Palaro Para Sa Mga Batang Lansangan", March 2002

Special Projects (Volunteer)

Donation of:

4. Monobloc Chairs and Tables, Barangay Kalusugan Health Station
5. Seminar Tent, Barangay Roxas
6. Waste Segregation Bins, Barangay Obrero

Project HEALS (Volunteer)

Regular Services

1. Walk-In (TC constituents), Laboratory Examinations
2. Pre-internship laboratory examinations for Medical Technology and Nursing students
3. "Lingkod Bayan 2002"

Linkage Sponsored/ Co-sponsored

8. Blood Typing, Professional regulation Commission, July 2001
9. Blood Typing, TC High School Integrators Club, September 2001
10. ABS-CBN "Bantay Kalikasan" Tree Planting, La Mesa Dam, August 2001

Services/ activities done in 2001-2002 were continued with more student volunteers participation.

S. Y. 2002-2003

Highlights:

In 2002-2003 Herbal Dispensing Units and “Paunang-Lunas Botika ng Barangay” were established in the different barangays by volunteer Health Care students.

Curriculum Based Services

Regular Program

1. Weekly Family Visits
2. “Operasyon Bantay Puso or “Bantay BP” (Blood Pressure)
3. Health Information Campaigns (mini-classes) on:
 - Personal Hygiene
 - Diarrhea and Parasitism
 - Basic Food Groups and Proper Nutrition
 - Proper Hygiene
 - Family Planning
 - Dengue Fever
 - Skin Diseases
 - Sore Eyes Prevention
 - Drugs and Substance Abuse
4. Seminar-workshop on First Aid and Safety
5. Seminar workshop on Disaster Management
6. Seminar-workshop on Spiritual Care

Special Programs (Volunteer)

1. “Oplan Timbang” and Mass Feeding, (Quarterly)
2. “Bantay Bulate”
3. “Oplan Linis Katawan”
4. “Adopt A Child for a Day V”
5. “Tulong Kabuhayan III”
6. “Pamasking Handog Para Sa Mga Batang Lansangan’
7. “Oplan Linis Galis”
8. “perasyon Linis Bahay at Kanal
9. “Waste Segregation”
10. “Operasyon Linis Kapaligiran”
11. “Operasyon Tepok Lamok”
12. “Adopt A Child For A Day VI”
13. “Alay Tanim”

14. "Palaro Para Sa Mga Batang Lansangan"

Project HEALS (Volunteer)

Regular Services

1. Walk-In (TC constituents), Laboratory Examinations
2. Pre-internship laboratory examinations for Medical Technology and Nursing students"

Linkage Sponsored/ Co-sponsored

1. Blood Typing, Professional regulation Commission
2. Blood Typing, TC High School Integrators Club
3. Blood Typing , Elementary PTA

S.Y. 2003-2004

To further clarify and strengthen the function of the Trinitian Center for Community Development (TCCD), community services rendered by the various colleges are now classified into Academic-Related Services (Service Learning Programs) and Volunteer Services. Project HEALS remains to be the volunteer arm of the CMT. Curriculum based community programs like Health Care Related Learning Experience (RLE) and the National Service Training Program (NSTP) practicum are the academic-related services. However, programs or projects that are over and above the requirements of these subjects such as medical missions; e.g. medical consultations, deworming; mass-feeding; establishment of facilities like Herbal Plant dispensing Units (HPDU's), Barangay Book and Toy Library, Paunang Lunas Botika; etc. are categorized as volunteer services under Project HEALS. Basically, the volunteer and subject-related services complement each other specifically in terms of manpower, and in some supplies and equipment.

Under this new set-up the following are the accomplishments of the CMT in the field of community service:

I. Volunteer Services (Project HEALS)

A. Regular Services

2. Walk-In (TCQC constituents) Laboratory Examinations
3. Pre-internship Laboratory Examinations for Medical Technology and Nursing students.
4. Health Literacy II, Silong Tanglaw, September 13, 2003
5. Lingkod Bayan 2004, TC 41st Foundation Anniversary, February 3, 2004.

6. "Bantay Bulate", August 30, 2003 and January 31, 2004

B. Linkage Co-sponsored Service

1. Medical Mission, PAMET, Teresa Rizal, September 21, 2003
2. Blood Typing, TC Elementary PTA, September 23, 2004.
3. Blood Typing, TC- High School Integrators Club, September 23, 2004.
4. Medical Mission, Rotary Club, Brgy. Pag-asa, Quezon City, February 11, 2004

C. Special Projects

a) Campus-based

1. Establishment and continuous maintenance of the "Paunang Lunas Botika ng Barangay"
2. Establishment and continuous maintenance of the CMT Main Herbal Plant Dispensing Unit (HPDU-Main) beside the Health Sciences Center Bldg

b) ***Community-based Special Projects***

- 1.) Launching (Sept. 19, 2003) and continuous monitoring of the "Barangay Book Library" in Kristong Hari (pilot project), Kalusugan, Roxas and Obrero.
- 2.) Launching and continuous monitoring of the "Barangay Toy Library" in Kristong Hari Day Care Center.
- 3.) Launching of the "Barangay Walk-In Blood Donors", February 28, 2004
- 4.) Launching and continuous maintenance of Herbal Plants Dispensing Units in Barangays Kalusugan, Kristong Hari, Obrero, Roxas, Damayang Lagi and Doña Imelda.
- 5.) Continued maintenance of the "Paunang Lunas Botika ng Barangay" (Pharmacy in the Community or Community Pharmacy) and Barangay Toy Library in Barangay Kristong Hari Day Care Center, Barangay Book Library in Barangays Kristong Hari, Roxas, Kalusugan and Obrero.
- 6.) Health Information Campaign thru Arts (Mural Painting)

D. Special Programs

1. Quarterly Mass-Feeding
2. "Operasyon Timbang at Tangkad" (Weight & Height Determination)
3. "Oplan Bantay Puso" (Care for the Heart)
4. "Oplan Linis Galis" (Cleansing of Wounds)
5. "Oplan Tepok Lamok" (Mosquito Eradication)
6. "Oplan Linis Bahay at Kanal" (Cleanliness Drive)
7. "Tulong Kabuhayan" (Livelihood Program)

8. "Palaro sa Barangay" (Sports Activities)
9. "Pamaskong Handog 2003" (Christmas Party in the Community)

II. Academic-Related Services (Service-Learning Program)

The CMT-RLE service-learning regular programs include the following:

1. Weekly Family/Community Visits
2. Health Information Campaign thru seminar-workshops (mini-classes) on
 - Personal Comfort and Hygiene Measures
 - Intervention of Common Diseases in the Community
 - Drugs and Substance Abuse
 - Proper Nutrition and Food Handling
 - Common Intestinal Parasites
 - Over-the-Counter, Traditional and Alternative Medicines
3. Seminar on First Aid and Safety
4. Seminar on Disaster Management
5. Seminar on Health Spirituality
6. Seminar on Family Planning and Responsible Parenthood
7. Participation in the Department of Health (DOH) Annual Expanded Immunization Program

2004-2005

I. Volunteer Services (Project HEALS)

A. Regular Services

1. Walk-In (TCQC constituents) Laboratory Examinations
2. Pre-internship Laboratory Examinations for Medical Technology and Nursing students.
3. Health Literacy II, Silong Tanglaw, September 2004
4. Lingkod Bayan 2004, TC 42nd Foundation Anniversary, February 2005.

B. Linkage Co-sponsored Service

5. Blood Typing, TC Elementary PTA, September 2004.
6. Blood Typing, TC- High School Integrators Club, September 2004.

C. Special Projects

- a) Campus-based
 1. Launching of the "Laboratoryo ng Barangay", August, 2004

2. Continued maintenance of the “Paunang Lunas Botika ng Barangay”
3. Continued maintenance of the CMT Main Herbal Plant Dispensing Unit (HPDU-Main) beside the Health Sciences Center Bldg

b) Community-based Special Projects

1. Continuous monitoring of the “Barangay Toy Library” in Kristong Hari Day Care Center.
2. “Barangay Walk-In Blood Donors”, February 2005
3. Continued maintenance of Herbal Plants Dispensing Units in Barangays Kalusugan, Kristong Hari, Obrero, Roxas, Damayang Lagi and Doña Imelda.
4. Continued maintenance of the “Paunang Lunas Botika ng Barangay” (Pharmacy in the Community or Community Pharmacy) and Barangay Book Library in Barangays Kristong Hari, Roxas, Kalusugan and Obrero.
5. Health Information Campaign thru Arts (Mural Painting)

D. Special Programs

1. Quarterly Mass-Feeding
2. “Operasyon Timbang at Tangkad” (Weight & Height Determination)
3. “Oplan Bantay Puso” (Care for the Heart)
4. “Oplan Linis Galis” (Cleansing of Wounds)
5. “Oplan Tepok Lamok” (Mosquito Eradication)
6. “Oplan Linis Bahay at Kanal” (Cleanliness Drive)
7. “Operasyon Bantay Asukal” (Blood Sugar Monitoring)
8. “Tulong Kabuhayan” (Livelihood Program)
9. “Palaro sa Barangay” (Sports Activities)
10. “Pamaskong Handog 2004” (Christmas Party in the Community)

II. Academic-Related Services (Service-Learning Program)

The CMT-RLE service-learning regular programs include the following:

1. Weekly Family/Community Visits
2. Health Information Campaign thru seminar-workshops (mini-classes) on:
 - Personal Comfort and Hygiene Measures
 - Intervention of Common Diseases in the Community
 - Drugs and Substance Abuse
 - Proper Nutrition and Food Handling
 - Common Intestinal Parasites
 - Over-the-Counter, Traditional and Alternative Medicines

- Seminar on First Aid and Safety
- 3. Seminar on Disaster Management
- 4. Seminar on Health Spirituality
- 5. Seminar on Family Planning and Responsible Parenthood
- 6. Participation in the Department of Health (DOH) Annual Expanded Immunization Program

2005-2006

I. Volunteer Services (Project HEALS)

A. Regular Services

1. Walk-In (TCQC constituents) Laboratory Examinations
2. Pre-internship Laboratory Examinations for Medical Technology and Nursing students.
3. Lingkod Bayan 2006, TC 43rd Foundation Anniversary, February 2006
4. Laboratoryo ng Barangay.

B. Linkage Co-sponsored Service

1. PAMET USA Medical Mission, Ilocos Norte, October 2005
2. PAMET Philippines, Medical Mission, Teresa, Rizal, September 2005
3. Blood Typing, TC Elementary PTA, September 2005
4. Blood Typing, TC- High School Integrators Club, September 2005
5. TCCD, HEALS Medical Mission, Liliw, Laguna, December 2005
6. Grace Giving, San Marcelino Zambales, December 2005

C. Special Projects

a) Campus-based

1. Continued maintenance of the “Paunang Lunas Botika ng Barangay”
2. Continued maintenance of the CMT Main Herbal Plant Dispensing Unit (HPDU-Main) beside the Health Sciences Center Bldg

b) Community-based Special Projects

1. Continuous monitoring of the “Barangay Toy Library” in Kristong Hari Day Care Center.
2. “Barangay Walk-In Blood Donors”, February 2006
3. Continued maintenance of Herbal Plants Dispensing Units in Barangays Kalusugan, Kristong Hari, Obrero, Roxas, Damayang Lagi and Doña Imelda.

4. Continued maintenance of the “Paunang Lunas Botika ng Barangay” (Pharmacy in the Community or Community Pharmacy) and Barangay Book Library in Barangays Kristong Hari, Roxas, Kalusugan and Obrero.
5. Launching of the “KKPC Toy and Book Library”, September 2005

D. Special Programs

1. Quarterly Mass-Feeding
2. “Operasyon Timbang at Tangkad” (Weight & Height Determination)
3. “Oplan Bantay Puso” (Care for the Heart)
4. “Oplan Linis Galis” (Cleansing of Wounds)
5. “Oplan Tepok Lamok” (Mosquito Eradication)
6. “Oplan Linis Bahay at Kanal” (Cleanliness Drive)
7. “Operasyon Bantay Asukal” (Blood Sugar Monitoring)
8. “Tulong Kabuhayan” (Livelihood Program)
9. “Palaro sa Barangay” (Sports Activities)
10. “Pamaskong Handog 2004” (Christmas Party in the Community)

II. Academic-Related Services (Service-Learning Program)

The CMT-RLE service-learning regular programs include the following:

1. Weekly Family/Community Visits
2. Health Information Campaign thru seminar-workshops (mini-classes) on:
 - Personal Comfort and Hygiene Measures
 - Intervention of Common Diseases in the Community
 - Drugs and Substance Abuse
 - Proper Nutrition and Food Handling
 - Common Intestinal Parasites
 - Over-the-Counter, Traditional and Alternative Medicines
 - Seminar on First Aid and Safety
3. Seminar on Disaster Management
4. Seminar on Health Spirituality
5. Seminar on Family Planning and Responsible Parenthood
6. Participation in the Department of Health (DOH) Annual Expanded Immunization Program

