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ENGAGING WITH THE COMMUNITY: CREATING HEALTH AWARENESS IN BUKIT BADONG

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On Saturday, 27th of May 2023, the Department of Otorhinolaryngology, Head and Neck Surgery (ORL-HNS) took one step further, leaving the comforts of our typical hospital working environment and weekend to engage with the workers of Gamuda Water Treatment Plant and their family members in Bukit Badong. The event was supported by the UiTM Medical Faculty in collaboration with Hospital Al Sultan Abdullah (HASA). Knowledge of common ORL-HNS diseases, such as Obstructive Sleep Apnea (OSA), Occupational noise-induced hearing loss, Head Neck Cancer awareness, and healthy lifestyle from diet to physical activities to reduce obesity, the leading

cause of OSA among adults, was disseminated. Collaboration from many other departments, including the Department of Ophthalmology, Dietetics and Nutrition, Rehabilitation Medicine (physiotherapy), and Public Health Medicine increased the program's impact.



The event started with a welcoming speech from Mr. Azman Abdul Aziz, the Gamuda Plant Manager, followed by Professor Dr. Masaany Mansor, introduced the ORL-HNS service and created awareness of the symptoms of head-neck cancer requiring immediate referral. The crowd was also aware that in 2019, Malaysia was nominated as the fattest country in Southeast Asia, with 15.1% of our population categorized as obese. Thus, attention to the subsequent lectures would be beneficial and not to be taken lightly.

A series of lectures entitled Obstructive Sleep Apnea & Occupational Noise-Induced Hearing Loss by our ORL-HNS Surgeon, Good Dietary Habit by the Dietician and Nutritionist team, Safe Exercise for Chronic Disease by the Medical Rehabilitation team, and Common Eye Diseases in Malaysia by our Ophthalmologist ensued. The organizing committee also prepared prizes for those who could answer questions from each lecturer at the end of each session to keep the crowd attentive. In addition, Exercise for Chronic Disease managed to keep the crowd alert as our physiotherapist demonstrated simple and practical exercises to be performed anywhere.

Simultaneously, health screenings by the medical students from the UiTM Student Surgical Association (USSA), medical officers, and specialists from various departments were being held in the next hall. The community's

demographic data, such as height and weight, was documented, as well as their blood pressure and blood glucose, and was performed smoothly by our UiTM, the year 2 to year four medical students. ORL-HNS screening, such as ear, nose, throat, and neck examinations, were conducted by the medical officers from the ORL-HNS department. This was followed by objective hearing assessments performed by our audiologist, Ms. Nursyaza Liyana binti Mohd Zamni, and Ms. Nur Annisa Rohaya binti Md Zakaria Bhuiyan, with cooperation from the Global Precision Sales and Service company who were our strategic partners and were kind to lend their mobile Kudu Wave Hearing Machine to screen for hearing loss. Eye assessment was conducted by the Ophthalmology team, led by Dr. Norasyikin Mustafa, Head of the Department of Ophthalmology HASA, comprising the optometrist, staff nurses, and health care assistants. The data were collected



and analyzed by an ORL-HNS specialist at the last counter before participants left the hall. A referral letter is given. Out of 74 participants who underwent our health screening, 34 required referral letters. Among the referrals, 35% were detected to have hearing loss, 11% were referred to ophthalmology, and 3 participants had nasal polyps.

Booths set up outside of the halls comprised of those by the Department of Dietetics and Nutrition, Rehabilitation Medicine, Public Health, Business Development Division, and not to forget our strategic partner WI Medic (introducing CPAP machines and treatment for OSA), who also sponsored our program's official T-shirt. There was a lucky draw session as the event approached its end. Finally, all participants and committee members gathered together for the closing ceremony. Mrs. Normaini Othman, Head of Human Resources, and Mr. Azman Abdul Aziz voiced their utmost appreciation to our team and hoped this would not be the last program with them.

The pre and post-test showed marked improvement in the participant's knowledge. Feedback from the participants showed all were satisfied with the program, content of lectures, health screening session, how the program was executed, and time management. Subsequent follow-ups of those with obesity and those who received referral letters will be done

during the 3rd and 6th month after the event by our ORL HNS team to see the program's effectiveness further to improve our subsequent community service projects.

In conclusion, it is an impactful and meaningful program that can be improved with involvement from more departments, concurrent with the blue ocean strategy. Meeting the community at their workplace has enabled us to share valuable knowledge with the blue-collar workers who may not have time to care for their well-being, juggling 2 or 3 jobs daily to make ends meet. This program can also detect and prevent diseases from their early stage. The ORL HNS department plans to organize similar programs to involve factories and offices around HASA to assist in culturing a healthier community and support UiTM to transform Puncak Alam into a Medical City.