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FIVE HEALTH CARNIVALS CONDUCTED IN CONJUNCTION WITH THE UiTM FACULTY OF MEDICINE HEALTH FEST 2023

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In conjunction with the UiTM Faculty of Medicine Health Fest 2023, the Department of Public Health Medicine has conducted five health carnivals. This program collaborated with the Hospital Al-Sultan Abdullah, Majlis Bandaraya Shah Alam, and Yayasan Rumpun Nurani, Indonesia. This program is part of the faculty's commitment to Service Learning Malaysia-University for Society or SULAM. The primary objective is to improve student learning by integrating theory and clinical knowledge with practice in the real world, increasing communication and professional skills in community engagement among students.

A total of UiTM 190 undergraduate fourth-year medical students and seven undergraduate third-year medical students from the Erasmus University Medical Centre Rotterdam have actively participated in organizing five health

carnivals with the following themes:-

- 'Bebas Plastik, Bebas Penyakit' held at Auditorium, Hospital Al-Sultan Abdullah, Puncak Alam on 12th October 2023.
- 'Kesehatan Warga Lansia: Jiwa Sehat, Lansia Bahagia' held online using Zoom Platform to engage with community health volunteers in Indonesia on 14th October 2023.
- 'Pemakanan Sihat: Untuk Anda dan Negara!' held at Surau Al-Ansor Seksyen, Shah Alam, Selangor on 14th October 2023
- 'Bebas Asap, Keluarga Sihat' held at Pangsapuri Sri Melewar, Jalan Juruwang U1/A, TTDI Jaya, Selangor on 15th October 2023
- 'Diabetes Dikuasai, Bebas Komplikasi' held at Dewan Kenanga, MBSA, Seksyen 28, Shah Alam, Selangor on 15th October 2023.

This program has benefited approximately 1000 publics, with each engaging around 150-200 participants. Health education booklets were developed and distributed to the communities to increase their health literacy. In each health carnival, activities were designed to be tailored to the needs of the selected community, which brings about the different themes for each carnival. The health carnivals were the pinnacle and the outcome of the health promotion project component of the four weeks of the year 4 Public Health Medicine posting.



Within the four weeks, students had the experience of meeting community leaders and the key person on the ground to understand their health concerns and needs. This process is essential in developing leadership skills and building self-confidence among the students, cultivating effective student-community engagement.



Apart from that, the continuous process of discussion and collaboration between the students and the community helps ensure that the activities planned for the community truly benefit the targeted population. Paying heed to the outcome of the health needs assessment was crucial in guiding the students to carry out the theme revolving around the prevention and management of identified health issues. Activities such as health forums with one of the panelists being an endocrinologist help elucidate the pathophysiology, progression, and complications of diabetes, whereas the public health medicine specialist shed light on the modifiable risk factors and healthy lifestyle preventive measures, and the nutritionist gave valuable input on the proper diet and eating habit. As for the younger generation, activities such as interactive games, exercise activities, and coloring contests were conducted to entice them to participate in the carnival and create awareness of healthy lifestyles from a young age.

The involvement of our students in community programs enables them to influence processes and decisions that affect them and may lead to changes in themselves and the environment, such as the community. Alhamdulillah, we believe that we have leveraged this Faculty of Medicines Health Fest 2023 to nurture our students to become the change agents to improve health and prevent diseases at the community level.