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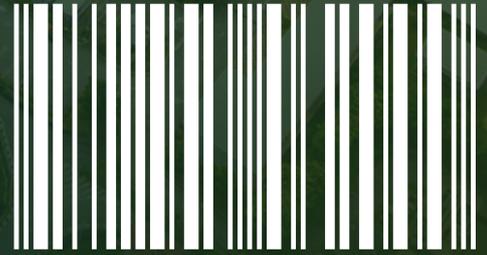
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# “THE VALUABLE VOICE OF TEACHERS”

## SCHOOL TEACHER SCREENING: COMMUNITY SERVICE WITH SEKOLAH MENENGAH KEBANGSAAN (SMK) SAUJANA UTAMA

By: Dr. Tuang Geng Ju Eric & Dr. Ilmi Akmaludin bin Mohamad



In a groundbreaking initiative to enhance health awareness and promote preventive care, the department of ORL HNS HASA embarked on a community service project aimed at educating secondary school teachers on various ENT diseases.

The event, which took place at SMK Saujana Utama on 28th September 2024, focused on three key areas: Vocal hygiene, Sleep Apnea and Hearing Loss. The primary goal was to equip teachers with valuable knowledge and tools to better identify, manage, and prevent these conditions.

The team of dedicated specialists and allied health team from HASA UiTM, led by Dr. Tuang Geng Ju Eric, organized an interactive workshop for the teachers, providing them with in-depth information on the signs, symptoms, and management of Vocal Hygiene, Sleep Apnea and Hearing Loss. The session emphasized the importance of early detection and intervention in improving outcomes for these conditions. The teachers were actively engaged in discussions, asking pertinent questions and sharing their own experiences and concerns. Additionally, the ophthalmology and orthopaedic department also joined forces with us to conduct eye screenings to detect vision problems early and to provide assessment for bone and joint health, respectively.

In addition to the educational component, the event included practical activities to further reinforce learning and facilitate early detection of ENT issues. Hearing screenings were conducted for all participating teachers, enabling them to assess their own hearing health and identify any potential issues that may require further evaluation. A sleep-related questionnaire was also distributed to assess the teachers' quality of sleep and screen for signs of Sleep Apnea. Basic ENT screenings were offered to provide a comprehensive overview of the teachers' ear, nose, and throat health.

The feedback from the teachers was overwhelmingly positive, with many expressing gratitude for the opportunity to learn more about these crucial health topics. Several teachers shared that they had previously experienced symptoms related to Sleep Apnea, Hearing Loss, or Vocal Hygiene but were unaware of the significance of these issues. By attending the workshop and participating in the screenings, they felt empowered to take proactive steps towards better health and well-being.

The success of this community service initiative highlights the critical role that healthcare professionals, play in promoting health awareness and preventive care. By reaching out to the teachers, who are influential figures in the lives of their students, the specialists have laid the foundation for a healthier and more informed community.

