

# UMS medical students get hands-on in Kg Bundu Tuhan

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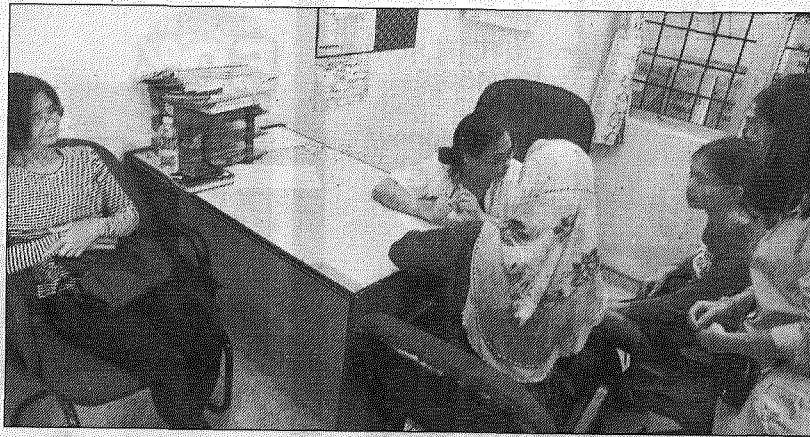
KOTA KINABALU: A group of Faculty of Medicine and Health Sciences (FMHS) Universiti Malaysia Sabah (UMS) held a Health Promotion Programme at Kampung Bundu Tuhan, Ranau, recently.

Led by FMHS Medical student, Gloria Lee Pei Ying, they did a mindfulness workshop at SMK Bundu Tuhan, where the former and 17 medical and nursing students actively demonstrated core skills of mindfulness, and supervised secondary school students in small groups.

According to Lee, the World Health Organization (WHO) has actively promoted the slogan "no health without mental health", and depression is projected to be the illness with the second biggest contributor of disability adjusted life years in 2020.

"With that, we decided to take a primary prevention position: target youth, and target those who are still well.

"We measured levels of mindfulness in the students, to ascertain if there is a re-



**The UMS medical and nursing students interacting with villagers at Hospital Ranau.**

search relationship between 'being more mindful' and being less depressed or less Internet addicted," she said.

She added that they also carry out regular health screening on villagers with collaboration from Pharmaniaga, to assist in their screening.

"Pharmaniaga was instrumental in pro-

viding health screening, including blood sugar, blood pressure, vision, alcohol status, and weight, height and BMI to over 100 villagers.

"We also take the opportunity to organise a sports carnival in the village hall which was attended by at least 70 Bundu Tuhan schoolchildren. There were ham-

pers and fun galore," she said.

At the end of the programme, the FMHS students also attended the Hospital Ranau visiting psychiatry clinic, conducted by FMHS lecturer, Dr Nicholas Pang.

Dr Pang said the medical and nursing students took the lead in assessment of autism and ADHD cases in the clinic. It was valuable hands-on clinical experience that they would usually only get in Year 4.

"They also witnessed a variety of interesting cases and unusual presentations of mental illness.

"Most importantly, they saw firsthand the struggles and challenges of running a mental health clinic solo in Ranau, as their hospital does not have any specialists and survives solely on visiting specialists," he said.

He added that the outcome from the programme is the participants got a complete learning experience, from clinical exposure, research skills, rural medicine to mental health skills training.