

FMHS UMS organised "Jom Sihat Bah! 4.0"

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KOTA KINABALU: The Department of Biomedical Sciences and Therapeutics (BMST), Faculty of Medicine and Health Sciences (FMHS), Universiti Malaysia Sabah (UMS), had successfully organised a Community Service Responsibility (CSR) programme entitled "Jom Sihat Bah! 4.0" at Kg. Pomotodon Inanam, here re-

cently, in collaboration with Pusat Rawatan Warga (PRW) UMS and Kawasan Rukun Tetangga (KRT) Inanam.

The main objective of this CSR was to deliver health education through talks and poster presentation as well as general health screening to promote healthy lifestyle among the people of Inanam.

Additionally, this program was aimed to foster close relationship between the faculty members, health professionals and the local communities.

The event was officiated by the Dean of FMHS UMS, Professor Dr Mohd Safferee Jeffree. He congratulated the villagers who had made a wonderful effort to attend the event.

"I am pleased to see the crowd today to come forward to get themselves checked for the sake of their health. FMHS UMS will always reach out for the community as we are very concerned about the health of the people. We will strive to do more CSR with the local people," he said.

Among the activities that were held during the one-day event includes blood pressure and sugar check up, mental health examination, and various informative and interactive health talks. There was also a blood donation drive which enabled the villagers to donate blood to the needy.

There was a special session on breast examination technique for female participants which would allow them to self-identify abnormal lesions on their breasts in order to get timely intervention.

Apart from that, the medical and nursing students of FMHS UMS also displayed human anatomy models to instill interest in medical science among



Nursing and medical students helping out during physical and mental health screening.

youngsters, and carbon monoxide level detection for cigarette smokers via breath test by using the Smokerlyzer® device.

There was a special home visit for the underprivileged members of the community where donations were handed over to brighten up their day and ease their burden.

According to the Head of Department of BMST FMHS UMS, Dr Caroline Sunggip, this is the fourth consecutive year that her department organised

this CSR in Sabah.

"Every year, we will hold this Jom Sihat Bah! Campaign at different villages in Sabah. Last year, we held it in Menggatal and next year, we hope to hold it in Keningau.

"We want to show to the people that UMS as a concerned university is capable in bringing affordable health care to the villagers. We also would like to promote our Hospital UMS (HUMS) which is scheduled to be officiated in January 2020."



The organising committee and volunteers during the closing ceremony.