



INSTITUTION: DEDAN KIMATHI UNIVERSITY OF TECHNOLOGY

SCHOOL: SCHOOL OF NURSING

COURSE: BSC NURSING

NAME: DANIELLA. O. KADIMA

REG NO.: H151-01-2303/2020

UNIT: CAPSTONE PROJECT

TITLE: ABSTRACT OF VIDEO ON INNOVATION

DATE: 30TH JULY 2024

LECTURER: MR. SIMON GITHUI

SIGNATURE: D.O.K

Abstract

English:

This presentation outlines a comprehensive one-week health sensitization and awareness program for the students of Dedan Kimathi University. The program aims to educate and promote health consciousness among the students, focusing on the following key areas: Diabetes Mellitus (DM), Hypertension (HTN), drug awareness, mental health awareness, blood donations, sugar monitoring, blood pressure (BP) monitoring, HIV testing and counseling, and Body Mass Index (BMI) measurement.

Kiswahili:

Mwasilisho hili linaelezea programu ya kina ya wiki moja ya uhamasishaji na kuelimisha afya kwa wanafunzi wa Chuo Kikuu cha Dedan Kimathi. Programu hii inalenga kutoa elimu na kukuza uelewa wa afya miongoni mwa wanafunzi, ikilenga maeneo muhimu yafuatayo: Kisukari (DM), Shinikizo la Damu (HTN), uhamasishaji kuhusu dawa za kulevya, uhamasishaji wa afya ya akili, uchangiaji wa damu, upimaji wa sukari, upimaji wa shinikizo la damu (BP), upimaji na ushauri nasaha wa VVU, na kipimo cha Uzito wa Mwili (BMI).

Luhya:

Shisomeno shino shinyala khunyola emikhongo cha liseli limweri lia amakhono khung'ana khwendanga tawe nekhukhunyola ebei ya asomi ba Dedan Kimathi University. Shilembo shino shilyefwelela khubola amani neshifwelelo shiamakhono nende asomi, shisyanya amaindi amukhasi ka: Amakina (DM), Mukhasi gwa Mwilwa (HTN), khukhunyola mabia ka michakari, khukhunyola ebei ya amakhono ka amano, khukhukhalaka emidamu, khufunya sukari, khufunya mwilwa gwa mwili (BP), khukhuwa nende khubolanga VVU, nende khufunya eshifwelelo sha BMI.

Video Presentation Script

Introduction: (2 minutes)

- Welcome and introduction to the health sensitization and awareness program.
- Brief overview of the importance of health awareness among university students.

Day 1: Diabetes Mellitus (DM) Awareness (2 minutes)

- Explanation of Diabetes Mellitus, types, and symptoms.
- Importance of early detection and management.
- Demonstration of blood sugar monitoring.

Day 2: Hypertension (HTN) Awareness (2 minutes)

- Explanation of hypertension and its causes.
- Importance of regular blood pressure monitoring.
- Demonstration of how to measure blood pressure.

Day 3: Drug Awareness (2 minutes)

- Discussion on the types of drugs commonly abused by students.
- Effects of drug abuse on physical and mental health.
- Resources available for students struggling with drug addiction.

Day 4: Mental Health Awareness (2 minutes)

- Importance of mental health and common mental health issues among students.
- Strategies to maintain good mental health.
- Resources for mental health support on campus.

Day 5: Blood Donations (2 minutes)

- Importance of blood donations and how it saves lives.
- Process of donating blood and eligibility criteria.
- Encouragement to participate in blood donation drives.

Day 6: HIV Testing and Counseling (2 minutes)

- Explanation of HIV and its impact.
- Importance of regular testing and early detection.
- Counseling services available for HIV testing.

Day 7: Body Mass Index (BMI) Measurement and Overall Health Monitoring (2 minutes)

- Explanation of BMI and its importance in health assessment.
- Demonstration of how to measure BMI.
- Recap of the week's activities and encouragement to maintain healthy habits.

Conclusion: (2 minutes)

- Summary of the key points covered during the week.
- Encouragement to utilize the health resources available at the university.
- Closing remarks and thank you.