



Saint Louis University

Reaching out a helping hand, patronizing health and wellness



3 GOOD HEALTH AND WELL-BEING



Saint Louis University

Health Outreach Programs

The emphasis on community health and wellness at Saint Louis University is rooted in a Lousian's unwavering duty and overall commitment to love and serve their communities, or "Amare et Servire." A Lousian's Human Agency for volunteerism is enabled by this call for well-being. The delivery of health outreach programs that aim to improve and promote wellness strategies such as physical and mental hygiene, nutrition, family planning, health monitoring, and other health related activities exemplifies the embodiment of the core value of Social Involvement.

Furthermore, Saint Louis University empowers students to take a stand and make a difference in the call for globalized positive health and welfare through various health outreach programs. This empowerment can be seen in the realized impact of the various programs offered in various local communities. Certainly, SLU's collaboration with its students and local communities has created opportunities for disadvantaged people to receive necessary health care services.



OPAPRU, PARTNERS CONDUCT MEDICAL MISSION IN SADANGA

The Office of the Presidential Adviser on Peace, Reconciliation and Unity (OPAPRU) led a medical-dental-optical/ophthalmology mission on November 18 to 19, 2023 at the Sadanga municipal grounds benefitting 526 residents. This activity was in partnership with the Local Government Unit of Sadanga and the Medical Outreach Missions Fellowship (MOMFI) under the Saint Louis University-School of Medicine.



In God's Care, We Share: MOMFI's Compassionate Medical Mission with a Christian Touch (Kamog, Sablan)

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at URL: <https://www.facebook.com/SLUVMPMOMFI/posts/pfbid02P3C7qZGVnPwobZjbTmkCzQA5uJb4LtT7hDF4bZjyvBR4FgCxvquoVKRQD2QRKihML>



Medical Outreach Missions Fellowship Initiative (MOMFI), School of Medicine St. Louis University extended its compassionate service to the residents of Kamog, Sablan, Benguet through a free medical mission. Sponsored by the Saint Louis University Centennial Village Homeowners Association (SLUCV HOA) in celebration of their 10th anniversary, the mission exemplified the spirit of giving and community care.

MOMFI medical student volunteers and honorary members, under the guidance of Dr. Robert E. Tolentino, MOMFI's esteemed adviser, provided free medical consultations and patient education. The mission was further strengthened by the participation of experienced consultants from various specialties, who brought their expertise to the underserved community. Beyond consultations, patients were given access to a range of essential health services, including electrocardiogram (ECG) testing, blood glucose testing, ear cleaning and flushing, optical acuity testing, and complimentary medication.

The medical mission saw a total of 134 patients, with 95 adults and 34 children receiving attentive care from the dedicated team. This initiative not only addressed immediate health concerns but also reflected MOMFI's commitment to serving with a Christian touch—emphasizing the values of compassion, hope, and healing for all. Through their selfless efforts, MOMFI and SLUCV HOA helped bring health and hope to the community, leaving a lasting impact on the lives of those they touched.

HEAL PROJECT: Bringing Health and Hope to the Community

Published in: **Rotaract Club of Baguio SLU- School of Medicine**

at URL: <https://www.facebook.com/100064598323372/posts/797277402435530>



The Rotaract Club of Baguio Saint Louis University School of Medicine led a successful HEAL Project medical outreach at Gold Creek Elementary School, UCAB, Itogon, on March 23. The project aimed to provide essential healthcare services, improve overall health awareness, and support the well-being of the local community, particularly focusing on underserved populations.

During the outreach, the team catered to around 100 patients, offering comprehensive medical consultations, including eye and ear check-ups, as well as mother and child health assessments. The initiative also focused on promoting preventive care by providing a one-month supply of vitamins and maintenance medications, especially for elderly patients. Children received basic medications for common illnesses such as diarrhea, fever, cough, and colds, along with essential hygiene items like shampoo and lotion.

In addition to medical services, the outreach fostered educational growth by distributing school supplies, including pencils, sharpeners, erasers, and writing pads, to the children. A highlight of the event was the interactive Proper Handwashing lecture, where children received prizes for their active participation.

The project was strengthened by the collaborative efforts of partnering institutions. Northskills Polytechnic College, Inc. recorded patients' height, weight, and vital signs, while dentists and dental students from Pines City College Dentistry provided oral hygiene education and dental services. The Sons of Pines Motorcycle Club played an integral role in organizing the event, making the mission seamless and effective.



MEDICAL MISSION: BACKPACKING TO POBLACION, SADANGA, MT. PROVINCE

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at URL: <https://www.facebook.com/profile/100064591816824/search/?q=sadanga%20mt%20province>



The government, utilizing a whole-of-society approach, continues to make strides in delivering essential services to areas affected by internal armed conflict, with the ultimate goal of achieving sustainable peace. In a remarkable demonstration of this commitment, the Office of the Presidential Adviser on Peace, Reconciliation, and Unity (OPAPRU) spearheaded a comprehensive medical-dental-optical/ophthalmology mission from November 18 to 19, 2023, at the Sadanga municipal grounds, benefitting 526 residents.

A key partner in this initiative was the Medical Outreach Missions Fellowship (MOMFI) under the Saint Louis University-School of Medicine, which played a pivotal role in providing medical expertise and resources. MOMFI's active involvement, in collaboration with the Local Government Unit of Sadanga, significantly enhanced the scope and impact of the mission, ensuring that the residents received much-needed healthcare services.

This initiative is part of ongoing efforts to address the fundamental needs of communities associated with the Cordillera Bodong Administration-Cordillera People's Liberation Army, such as Sadanga, furthering the government's peacebuilding agenda.

Medical Mission at Ma-e Bahong, La Trinidad, Benguet

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at URL: <https://www.facebook.com/SLUVMPMOMFI/posts/pfbid02P3C7qZGVnPwobZjbTmkCzQA5uJb4Lt7hDF4bZjyvBR4FgCxvquoVKRQD2QRKhMl>



The Baguio Tomay Jeepney & Operators Drivers Association Multi-purpose Cooperative (BATJODA MPC), in collaboration with several key health and educational institutions, successfully organized a medical mission today at their main office in Ma-e Bahong, La Trinidad, Benguet. A central partner in this effort was the SLU-SOM Medical Outreach Missions Fellowship Initiative (MOMFI), whose medical student volunteers and honorary members played a pivotal role in extending free medical consultations to the local community, under the leadership of Dr. Romeo Abiog.

In addition to MOMFI's contributions, the medical mission was supported by the Municipal Health Services Office of La Trinidad, the Department of Health CAR, and student nurses from the University of the Cordilleras College of Nursing. Services provided during the event included ear cleaning and testing, visual acuity checking, point-of-care testing (blood sugar, uric acid, and cholesterol), and urine strip testing. Personnel from the Rural Health Unit (RHU) managed patient registration, admission, and medication dispensing.

The event catered to a total of 101 patients, 85 of whom were adults, and 16 pediatric patients, offering much-needed medical care to the local population. The initiative highlighted the impactful collaboration between MOMFI and its partner organizations in delivering essential healthcare services to underserved communities.

“Iwas Screen Time for Kids Campaign” at Barangay Oaig Daya, Ilocos Sur

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at URL: <https://www.facebook.com/SLUSOMRotaractClub/posts/pfbid02MRTQarXp5SRzP6DUcdus9SLyQPqFUGAbVGnoM1hKu1nBzQKRcRRM2nFDJUUBTj54l>



The Rotaract Club of Baguio SLU SOM spearheaded the “Iwas Screen Time for Kids Campaign” in Barangay Oaig Daya, Ilocos Sur, emphasizing its commitment to youth development and community welfare. This event aimed to raise awareness among children and their families about the dangers of excessive screen time and the importance of balancing gadget use. Through an interactive approach, children and their parents/guardians participated in informative sessions, learning about alternative activities that promote healthy development. The program featured engaging storytelling sessions and games, capturing children's attention while imparting valuable lessons on managing screen time. Additionally, educational materials such as posters and infographics were provided to reinforce the message and offer practical tips for maintaining healthy screen habits at home. This initiative exemplifies the proactive role Rotaract plays in fostering well-rounded, informed communities.

This version emphasizes Rotaract's proactive role in community education and development while highlighting its holistic approach to the campaign.

Collaborations with International Institutions:

University of Texas at San Antonio

Katholieke Universiteit Leuven

Huachiew Chalermprakiet University

Published in:

Saint Louis University Website:

<https://www.slu.edu.ph/2022/10/20/slu-signs-moa-on-cooperative-relations-with-university-of-texas-health-science-center-san-antonio-texas/>

Huachiew Chalermprakiet University Facebook Page:

<https://www.facebook.com/photo?fbid=639116528248833&set=pcb.639112601582559>

SLU - Sacred Heart Medical Center (SLU-SHMC), in collaboration with the SLU School of Nursing, Allied Health, and Biological Sciences (SONAHBS), and the Baguio City Tourism and City Mayor's Office, warmly welcomed faculty and students from the University of Texas at San Antonio (UTSA) on July 10, 2024.

The visiting UTSA students are set to participate in immersion duties at the Pediatrics Unit, Intensive Care Unit, and Obstetrics and Gynecology Unit of SLU-SHMC. This immersive experience will allow them to gain hands-on exposure and valuable insights into the healthcare system of the Medical Center, guided by a dedicated team of professionals who will mentor them throughout their stay.

This collaboration among various agencies exemplifies SLU's commitment to providing international students with a diverse and enriching educational experience, fostering learning in a multicultural environment. The immersion program aims to enhance the students' clinical skills and broaden their global perspective on healthcare.

Over the year, the university has been strengthening its ties with international medical centers and facilities through a series of programs like student exchanges of medical interns from **Katholieke Universiteit Leuven, Belgium** and the sending of SLU Medical Laboratory Science and Pharmacy interns to **Huachiew Chalermprakiet University in Thailand**.



Building bridges beyond borders: Saint Louis University welcomes University of Texas at San Antonio

More schools to open doors to Rohingya scholars under Philippines' Complementary Pathways programme

Published in: The UN Refugee Agency Philippines website
at URL: <https://www.unhcr.org/ph/30139-cpath-more-schools.html>



In line with its policy of inclusive education, Saint Louis University has committed to joining the Complementary Pathways (CPATH) programme, which aims to provide Rohingya refugees with world-class education while ensuring their well-being, protection and safe stay in the country to equip them with self-reliance capacities that would help them find lasting solutions to their displacement. This programme is a collaboration between Philippine Universities, including Saint Louis University and the United Nations High Commissioner for Refugees (UNHCR), and the Department of Justice - Refugees and Stateless Persons Protection Unit (DOJ-RSPPU), which also provided the capacity-building session for Saint Louis University.

PRISON HEALTH IS PUBLIC HEALTH

(An Extension Program to Uplift Health and Well-being of Persons Deprived of Liberty)

Published in: BJMP Baguio City Jail Female Dormitory **Facebook Page**
at URL:

<https://www.facebook.com/share/p/17qWNoiR4U/>

School of Nursing, Allied Health, and Biological Sciences (SONAHBS) and School of Medicine (SOM) spearheaded the SLU Community Extension and Outreach Program to Persons Deprived of Liberty (PDL) at the Baguio City Jail on 27th day of November, 2023 with the theme of "Prison Health is Public Health: Establishing a Regular Health Care Program to Manage the Health of Persons Deprived of Liberty". The program was in collaboration with Regional Bureau of Jail Management and Penology (BJMP) - CAR and their clinic staff, alongside with the assistance from Criminology Interns from University of Baguio and volunteers from Medical Outreach Mission Fellowship Initiative (MOMFI).



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The Extension and Outreach Program started as early as 6:00 AM with simultaneous clinical activities for PDL. Volunteers from the Medical Laboratory Sciences Department took initiative on facilitating patient registration, specimen collection, and health assessment headed by the Clinical Laboratory Supervisor (CLS) team. Concurrently, volunteers from the Nursing Department obtained the vital signs of PDL prior to the consultation proper led by the SOM, assisted by MOMFI. Laboratory services were also offered such as Pap smear, KOH (Potassium hydroxide) smear, and ECG. PLD's prescriptions were filled and endorsed to the volunteers from the Pharmacy Department to dispense their prescribed medications. Health assessment forms and collated diagnoses and medical interventions were secured by the BJMP-CAR for the succeeding phases of the extension program.

Thereafter, in collaboration with Deo-Kid Foundation, founded by Mr. and Mrs. Valdeo gave early Christmas presents to the PDL yielding joy and hope this season of giving. They brought entertainment with games and prizes that PLD was in gratitude for. The Deo-Kid Foundation donated slippers, shoes, bags, and many more in hopes that they will use those after they serve their sentence inside the Baguio City Jail. "Tsinelas at bag regalo namin sa inyo kasi gusto namin na ito yung gagamitin ninyo ito sa paglabas niyo," Mrs. Valdeo added. Volunteers also witnessed the creativity of the PDL from their livelihood and hand-crafted recycled bags and parol which are also available for sale. Christmas is not just about giving and spreading joy. It is also ensuring that your health is prioritized. The outreach program taught us that unlike any other tsinelas that are easily worn out, we should have enough strength to give love that goes beyond an enclosed cell.

