

BRINGING HEALTH SERVICES TO THE RURAL POPULATION OF TELUPID

“ Program Hidup Sihat Bersama Komuniti ”

On 28 September 2024, the Family Medicine Department and Radiology Department of Hospital Universiti Malaysia Sabah (HUMS) successfully organized the "Program Sihat Bersama Komuniti" at Sekolah Menengah Kebangsaan (SMK) Telupid, Sabah. This significant event, which aimed to improve healthcare access and awareness in rural communities, was generously sponsored by the Pusat Uberisasi Kesihatan Komuniti, Hospital Universiti Malaysia Sabah.

Collaborative Effort

The organizing committee was a collaborative effort involving not only staff from HUMS but also representatives from SMK Telupid, the Panel Penasihat Klinik Kesihatan Telupid, and Klinik Kesihatan Telupid. Their combined efforts made this event a success and a much-needed initiative for the rural areas of Telupid, Tongod, and Beluran.



Key Highlights of the Event

The program was centered around offering vital health services, particularly to marginalized women from rural areas. One of the major activities was the donation and insertion of contraceptive implants for 48 women, helping to provide effective family planning solutions in areas with limited access to healthcare. Additionally, a total of 40 attendees received ultrasound scans, conducted by skilled radiologists from HUMS, Hospital Sandakan, and Hospital Tawau.



“Insertion of the implant by Dr. Syazana, Medical Officer of FMD HUMS”

Besides medical services, the program also focused on education. Talks were held on important health topics, including:

- Sex Education for Students
- Stroke and Heart Disease Prevention
- Introduction to Ultrasound
- Breast Cancer Awareness



“Ultrasound scan service by Dr Shahrudin, Radiologist of HUMS”



“Demonstration of the insertion of an implant by Dr. Wowe, FMS of HUMS”



“Surgical consultation with one of the participants by Mr. Hud, General Surgeon of HUMS”

The main objectives of the program were threefold:

1. Empowering Marginalized Women: By providing contraceptive implants, the event aimed to improve access to family planning for women in rural areas.
2. Improving Access to Ultrasound Services: The availability of ultrasound scans, a crucial diagnostic tool, brought much-needed medical care closer to these underserved populations.
3. Raising Awareness on Preventive Care: Sex education, educational sessions on stroke, heart disease, introduction of ultrasound and breast cancer were designed to increase knowledge about early prevention, which can save lives in the long run.

Gallery





A Ground Breaking Event

The event was officially launched by Mr. Jamain Bin Bakut, Deputy District Education Officer Of Telupid, who praised the program as a groundbreaking success, noting that it was the first of its kind in the district. His endorsement underscored the event's importance in addressing healthcare needs in rural communities and its potential to serve as a model for future initiatives.



With approximately 300 participants, the program was a tremendous success, making a significant impact on the health and well-being of the rural community.