

香港中文大學
The Chinese University of Hong Kong



CHAMPION
香港中文大學
醫學院社區健康及藥物安全外展隊

CU CHAMPION

Community Outreach Programme 2018 Presentation

Welcome Address

Prof. Wai-yin. POON

Pro Vice Chancellor
The Chinese University of Hong Kong

A Look Back in 2018

Prof. Vivian Lee

Assistant Dean (Student Development)
Faculty of Medicine
The Chinese University of Hong Kong

About CU CHAMPION



Community **H**ealth **A**nd **M**edication-safety **P**romotion **I**nter-schools
Outreach **N**etwork

- Established in **2013**
- **Multidisciplinary** outreach team & service learning program
- **Students / Teachers / Alumni**
- Mission : Promote **medication safety** and **healthy lifestyle**
- Management : Staff Team + Student Core Team

CU CHAMPION : Core Team 2018

Internal Team

- Volunteers Recruitment & Management
- Team Affairs
- Events Management

External Team

- Promotion
- Service Logistic
- Social Network Platforms Management

Resource Team

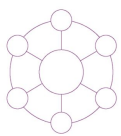
- Equipment Coordination
- E-learning Management
- Training Workshop Logistic

Research Team

- Maintain Research Quality
- Data Analysis
- Post Outreach Follow-up Visits



Interprofessional Education (IPE) & Service Learning Objectives



Multidisciplinary Collaboration



Effective Communication



Geriatric Care



Dementia Screening






Medication Safety



Atrial Fibrillation

Ways to achieve the objectives

 <p>Workshop</p>	<ul style="list-style-type: none"> • Topics included: <ul style="list-style-type: none"> ◦ Medication Safety ◦ Disease Prevention ◦ Geriatric Care ◦ Interview skills with patients • Group discussion & presentation • Health check equipment training
 <p>E-Learning</p>	<ul style="list-style-type: none"> • Blackboard (CUHK students) • KEEP (High-school students) • Prepared by teachers of each discipline • Voiceover lecture slides, animations, and readings • Quizzes and questionnaires to evaluate students' learning and feedbacks
 <p>Outreach Services</p>	<ul style="list-style-type: none"> • Students served with peers of other disciplines • Applied skills and knowledge from classroom training, workshop and e-learning • Shadowed the healthcare professionals

CU CHAMPION 2018 Volunteers

Oct 2017 - Sep 2018

285

CUHK
Students

96

High-school
Students

48

Pharmacists,
Nurses,
Chinese Medicine
Practitioners

CUHK Student Volunteers

41

Medicine

77

Pharmacy

121

Nursing &
Gerontology

16

Public Health &
Community Health
Practice

14

Chinese
Medicine

7

Biomedical
Sciences

9

Social Work



- Increase appreciation for elderly
- Improve communication skills



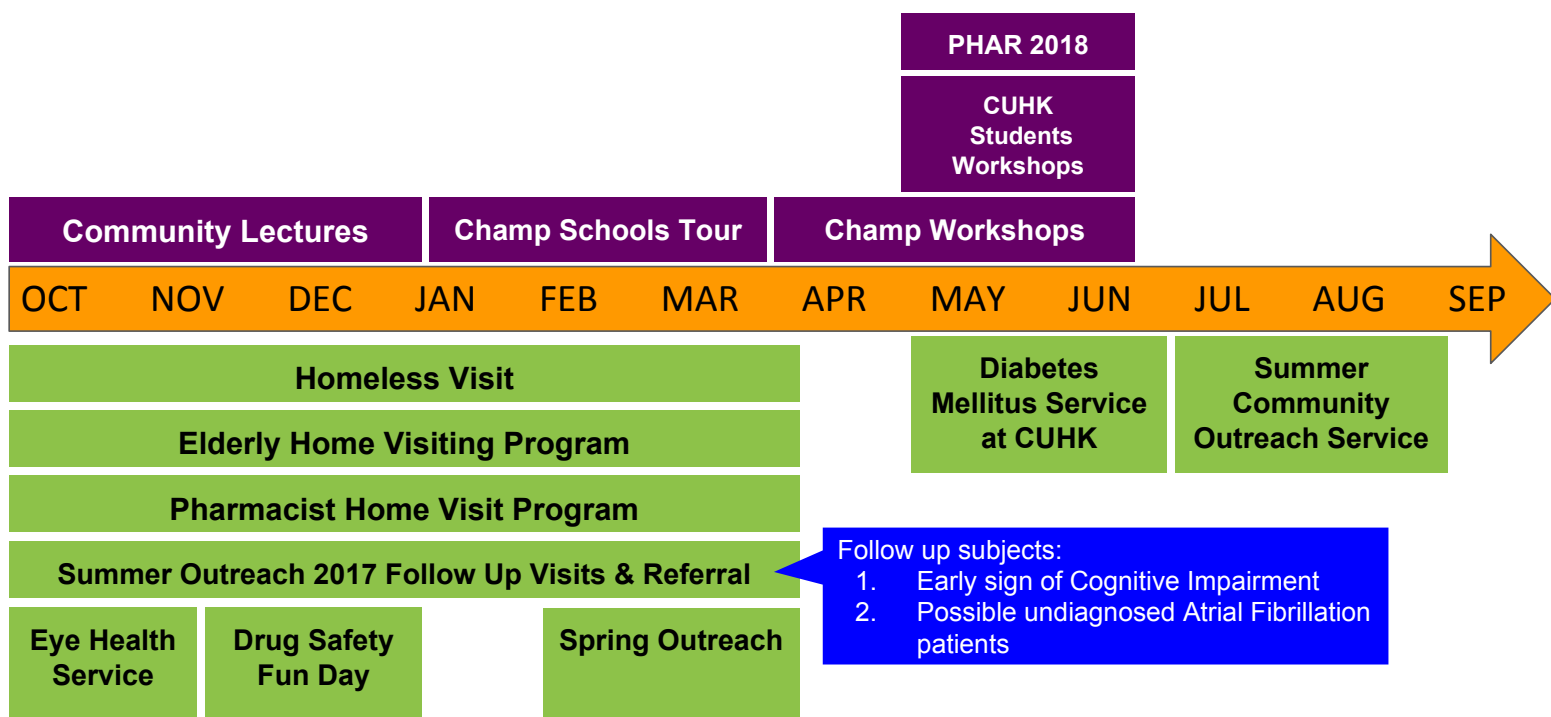
- Supervised by CUHK student mentor
- Learn about basic geriatric care

CHAMP 2018: Teenagers' involvement Comprehensive Health And Mentorship Program

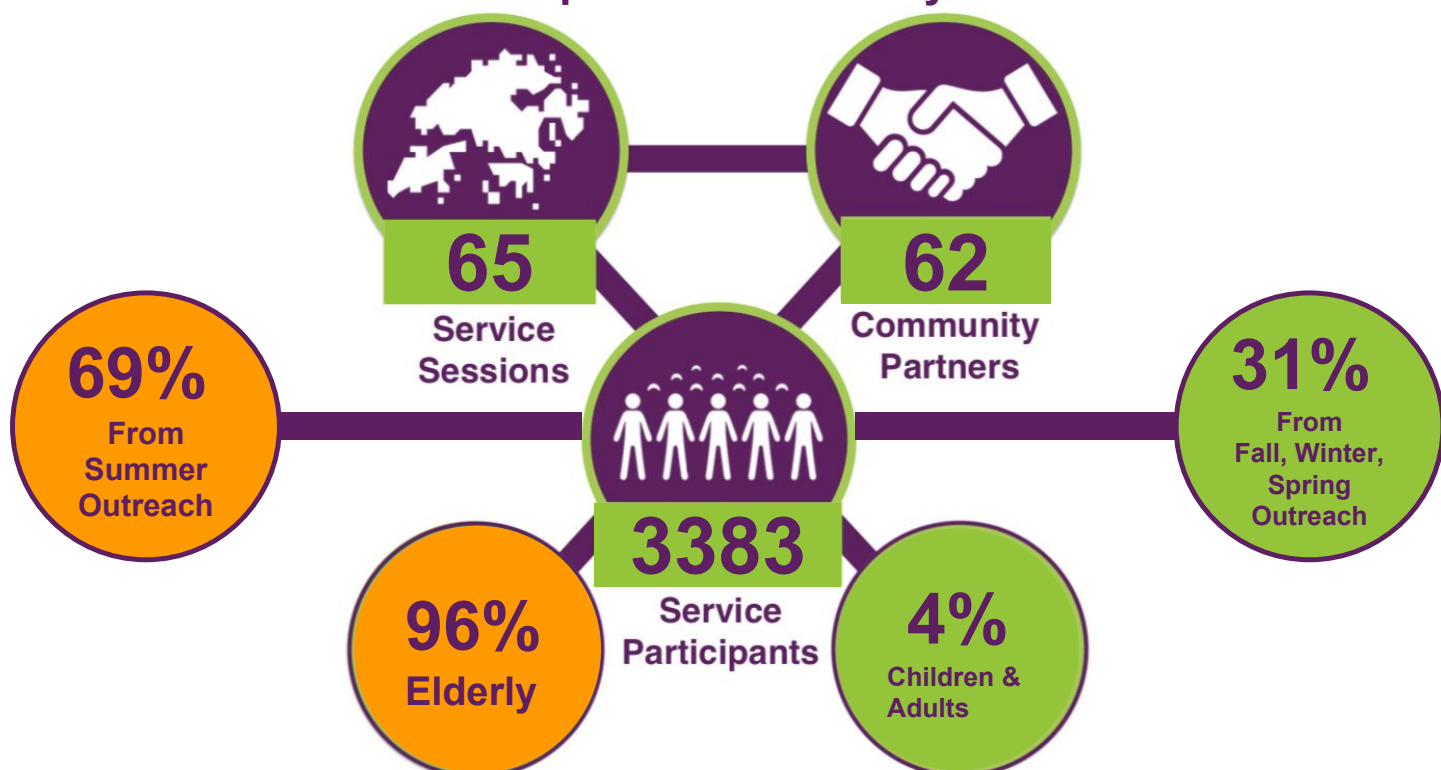
- **Carmel Pak U Secondary School**
 - (迦密柏雨中學)
- **Cheung Sha Wan Catholic Secondary School**
 - (長沙灣天主教英文中學)
- **Diocesan Girls' School**
 - (拔萃女書院)
- **Heep Yunn School**
 - (協恩中學)
- **New Territories Heung Yee Kuk Yuen Long District Secondary School**
 - (新界鄉議局元朗區中學)
- **S.K.H. Tsang Shiu Tim Secondary School**
 - (聖公會曾肇添中學)
- **Wah Yan College Kowloon**
 - (九龍華仁書院)

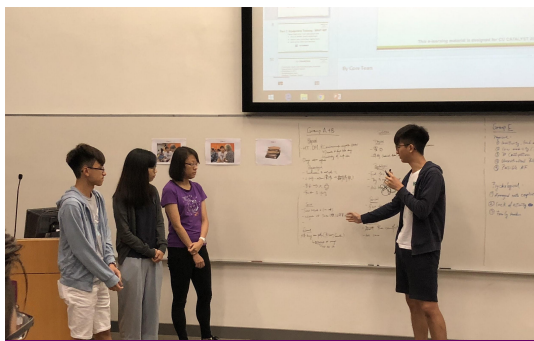
Services & Workshops

In 2018 Project Year : October 2017 - September 2018



CU CHAMPION 2018 Impact in community

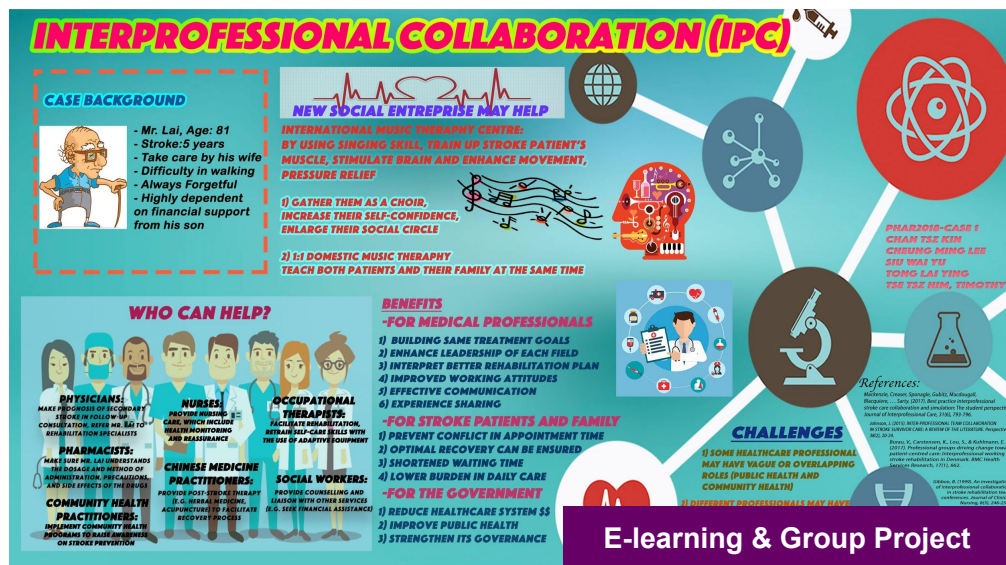




Lecture & Case Presentation



Community Outreach Services



E-learning & Group Project

Featured Project in 2018 :
PHAR 2018
 New, 1 Unit
 IPE Health Education Course
 Summer Term, 2018



Exercise Workshop (糖尿操)



Diabetes Screening & Health Education

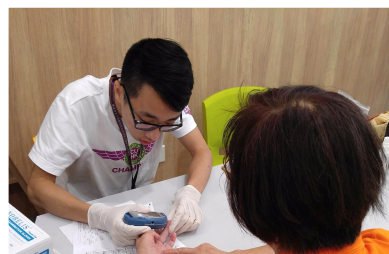


Project team leaders & student volunteers

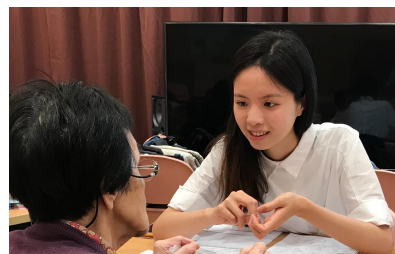
Featured Project in 2018
Diabetes Mellitus Prevention & Screening Service
Students initiated iCare project
 May 25 & 26, 2018



**Health & Medication
Safety Education**



Basic Health Check



**Professional Health & Drugs
Consultation**



Dementia Screening



Atrial Fibrillation Screening

Featured Project in 2018
**Summer Community
Outreach Service**

- Major event every year
- City-wide health service for elderly
- Students apply health knowledge from workshop and e-learning
- 300+ volunteers
- 2300+ elderly subjects

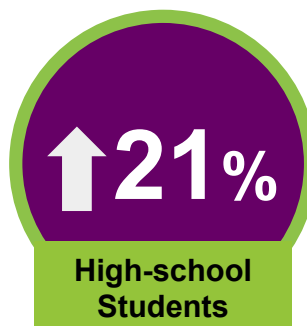
Impact on Students' Learning

Percentage change in Healthcare Knowledge Score
Among University and High-school student volunteers

Healthcare Knowledge



**Significant
improvement**
($p < 0.00001$)

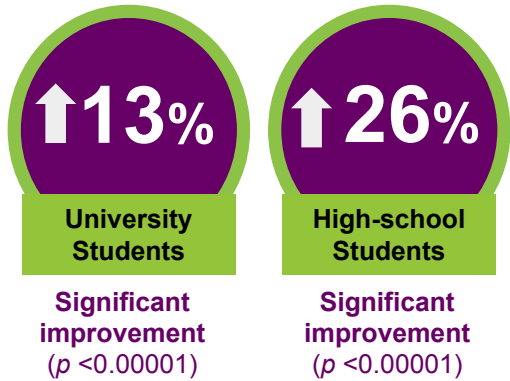


**Significant
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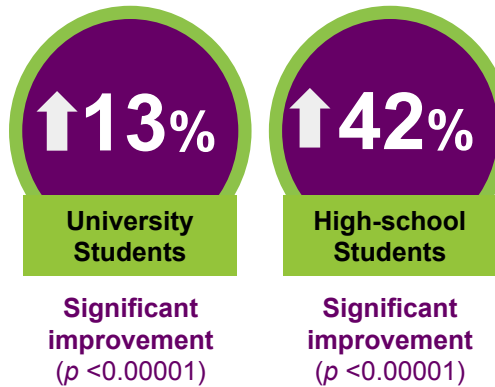
Impact on Students' Learning

Percentage change in **Self-Rated** Knowledge Level
Among University and High-school student volunteers

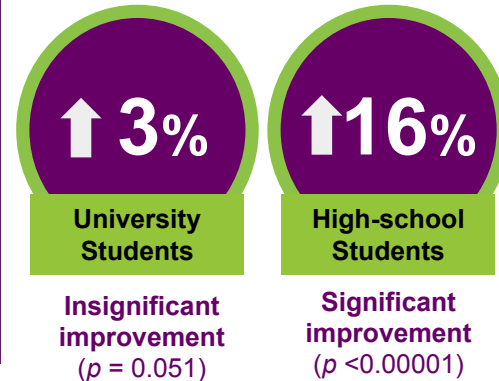
Understanding Elderly's Needs



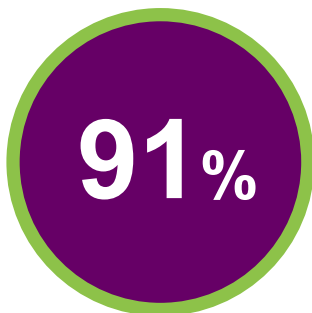
Understanding of Antimicrobial Resistance



Communication Skills with Elderly



University Students' IPE Experience



Think this program **improved their understanding and attitude** towards interprofessional collaboration



Consider the **opportunities to serve with peers from other disciplines** were useful

Champ's Usefulness for Liberal Studies ***(HKDSE Core Subjects)***

Module 1 : Personal Development and Interpersonal Relationships

Module 2 : Hong Kong Today

Module 3 : Modern China

Module 4 : Globalization

Module 5 : **Public Health**

Module 6 : Energy Technology and Environment

93%

*Source : Champ 2018 student volunteers questionnaire

Overall Satisfaction

Percentage of rating 4 or 5 in a scale
of 1-5

96%

**CUHK
Students**

100%

**High-school
Teachers**

99%

**Service
Participants**

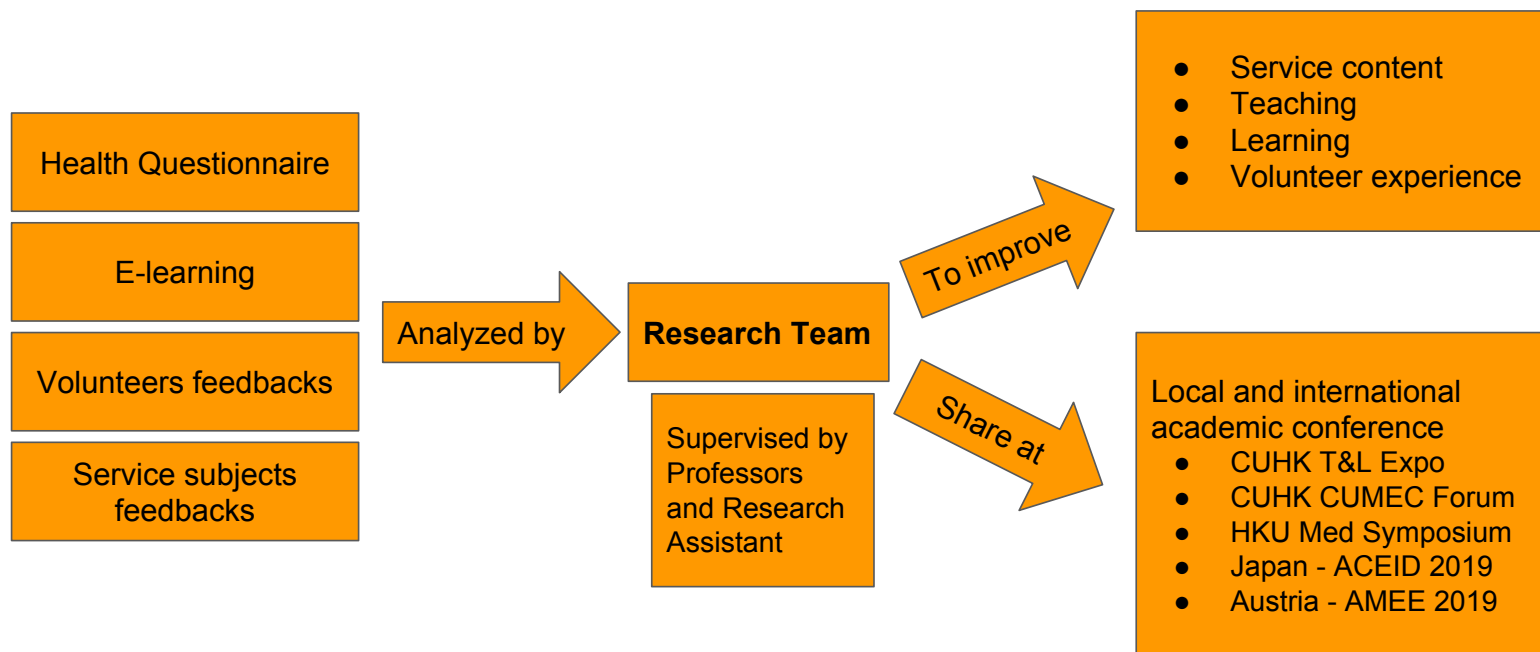
95%

**High-school
Students**

93%

**Community
Partners**

Research components in CU CHAMPION



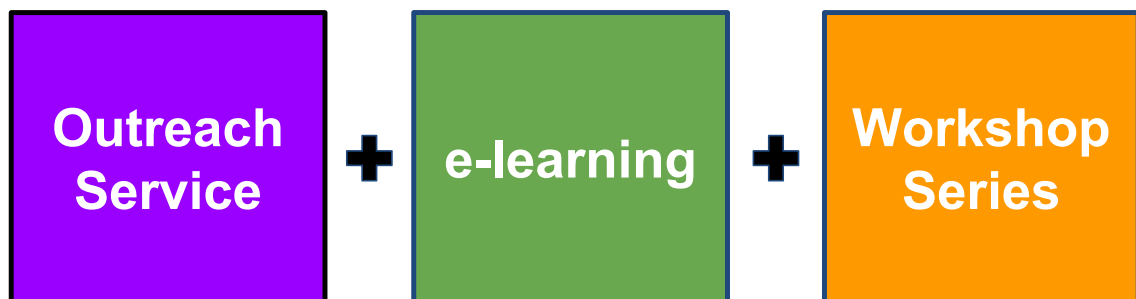
Thank you!



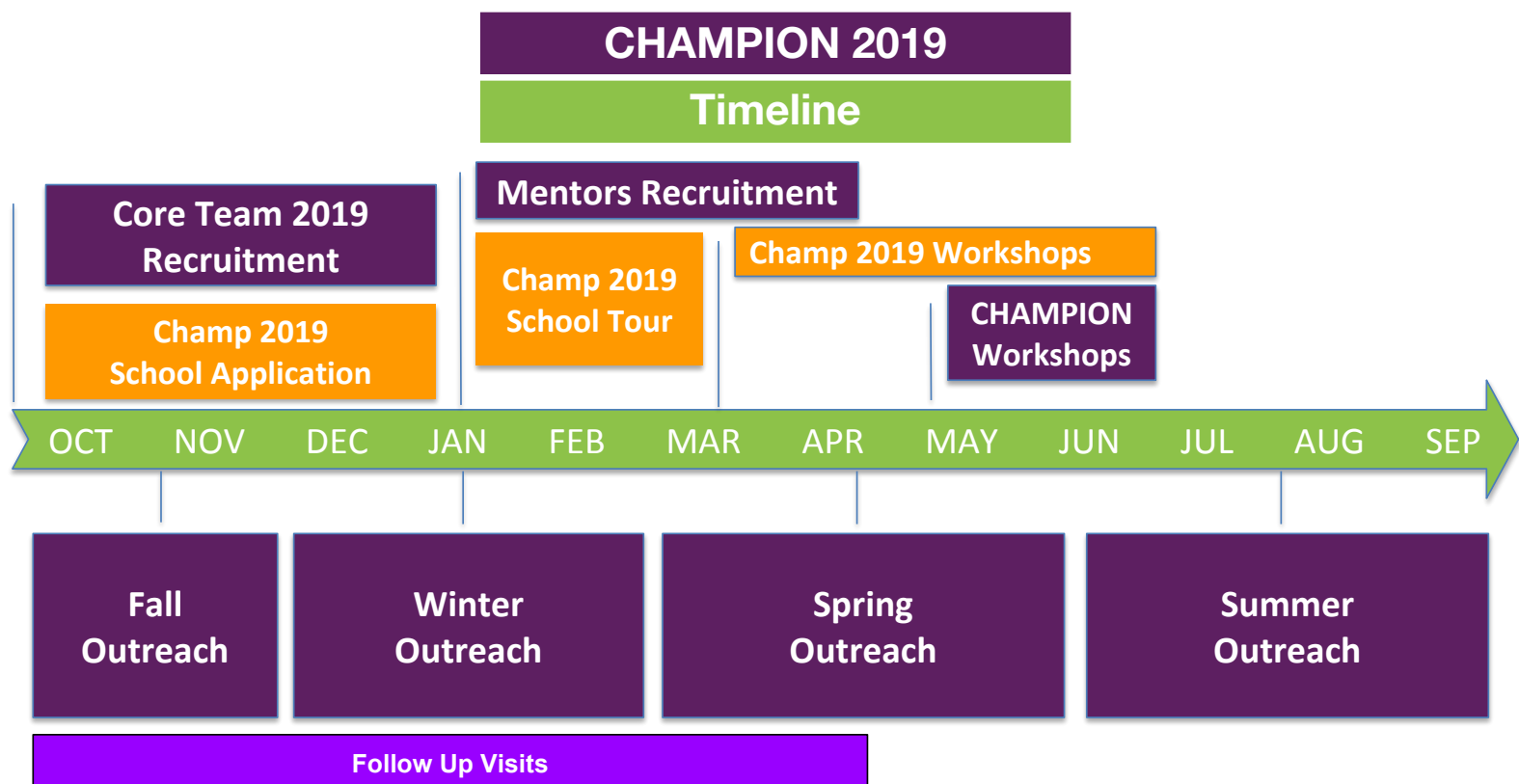
2019

CU CHAMPION

Service Hours Scheme in 2019



Types of Volunteer Certificates



Core Team 2019 Recruitment

Join us and meet new friends from different disciplines to develop a more integrative view on healthcare!

Deadline of application: 09/11/2018

Interview date: 21/11/2018



CU CHAMPION Special Project Team 2018 Student Coordinators



Sara	Pharmacy / 3	Kelvin	Pharmacy / 4
Fonny	Nursing / 3	Maggie	Pharmacy / 4
Thomas	Medicine / 2	Laraine	Nursing / 3
Ginny	Nursing / 3	PK	Pharmacy / 3
Edward	Pharmacy / 3	Wayne	Biomedical Science / 3

Background

Problems of elderly from our years of outreach experiences

1. Drug-related problems

- Non-adherence
- wrong administration
- poor storage



Background

2. Risks for non-communicable diseases

Cardiovascular diseases



Dementia



Background

3. Suboptimal quality of life for the individual and social circle

Caregiver stress



Background

- Factors for the health problems
 - Low health literacy
 - Insufficient awareness of disease prevention
 - Lack of well-coordinated primary care services in the community



Aims



- Develop social capital and build a health and social care network in community
- Connect the health and social care resources with the locals, especially the elderly
- Raise the overall health literacy and health status of the community



- Duration: Jun 2018 - Dec 2019
- District: Sham Shui Po district
 - Aging community
 - Problems on medication safety
- Service target: Elderly and local residents

Program content

Community outreach
+
Home visit



Health promotion event
+
Public education



Anticipation: Multidisciplinary collaboration

Upcoming activities

Activities	Date and time	Location
Community outreach	Oct 27 (A.M. & P.M)	A.M. 元州長者鄰舍中心 P.M. 幸福長者鄰舍中心
	Nov 24 (P.M)	博愛醫院郭興坤長者鄰舍中心
Sham Shui Po Health Awareness Day	Nov 17 (A.M. & P.M)	長沙灣天主教英文中學

Health Awareness Day 深水埗區全民關注健康日

- Health promotion event targeting **EVERYONE** from Sham Shui Po community
 - Health check and professional consultation
 - Health talks and workshops
 - Health game booths and gifts



How to join the activities?

Community Outreach on Oct 27

<https://goo.gl/gRhZNM>



Also stay tuned to CU CHAMPION website!!

Facebook: @cuchampion

Link: <https://www.cuchampion.com/>

CU CHAMPION

An inter-school outreach network within the Faculty of Medicine,
The Chinese University of Hong Kong



Passion in Action

主頁

關於我們

活動

健康知識

經驗分享

聯絡我們

中文 | English

香港中文大學醫學院社區健康及藥物安全外展隊

香港中文大學醫學院社區健康及藥物安全外展隊 (以下簡稱「CU CHAMPION」) 於2013年成立, 是一個跨學科的外展服務團隊, 同時亦是服務學習計劃。

自成立以來, CU CHAMPION一直在校園及社區內進行一系列宣傳藥物安全及健康生活態度的外展服務, 同時透過工作坊、電子學習平台及社區服務, 提高同學對「[跨專業教育](#)」的認識。除了為參加者提供健康教育, 同學們也能透過服務更為了解病人、與不同醫學專業的同儕合作, 並提升接觸不同服務對象時運用的溝通技巧。

[按此瀏覽介紹短片](#)

使命

Passion in Action

熱誠 Passion

- 作為中大醫學院的學生, 我們對專業充滿熱誠, 亦銘記醫學院訓言
Transforming passion into perfection.

行動 Action

- 我們化熱誠為行動, 盡心為社區健康出力, 為他人的生命帶來變化。

Champion、熱誠和行動是CU Champion的核心精神!

團隊成員

介紹

跨專業教育

使命

團隊成員

往績

影片

足跡

社區伙伴

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CHAMPION

香港中文大學
醫學院社區健康及藥物安全外展隊

Passion in Action

主頁

關於我們

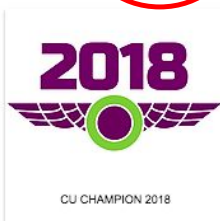
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聯絡我們

抗菌素耐藥性

Antimicrobial Resistance (AMR)



主頁

關於

原因

影響

我們的角色

互動學習

更多藥物資訊

針藥
AMPOULE

知道甚麼是抗菌素耐藥性嗎？你知道這個看似陌生的字詞其實與我們有切身的關係嗎？透過以上的短片和網站連結的頁面了解更多吧！





Instagram



Children Eye Health Service

Date: 22/12/2018 (tbc)

Venue: CUHK

The Hub Hong Kong

Coming Soon
Outreach Services

Why

- Eye health problem of Children become more serious
- Long-time using smartphones, ipads, doing homework...
- According to a research in 2017 by The Hong Kong Society for the Blind, 11.5% of the children have short sight problem
- Short sight, long sight, Astigmatism, colour blind...



How

- Booth games
- Provide simple eye check and health education

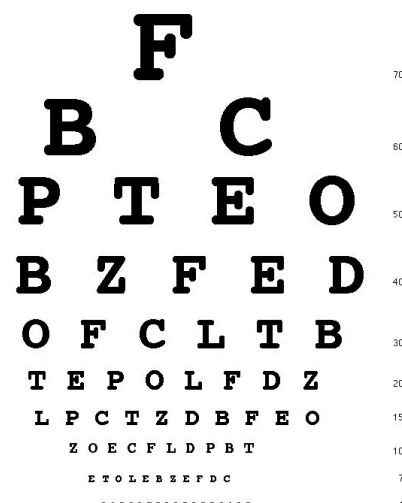
Stay tuned!!

News will be updated on

www.cuchampion.com

Facebook: CU CHAMPION

IG: cuchampion



Medical Abbreviation - MARS

- ★ A new project under CU CHAMPION
- ★ **M**edical **A**bbreviation **R**eferences for **S**ynchronous-learning
- ★ Our target audiences:
 - Medical students from all disciplines
 - Healthcare professionals
 - High school students
 - General public

Search Abbreviations >>>

Abbreviation	Definition
a.c.	Before meals
a.d.	right ear
a.m.	morning

On our website

MARSCUHK

**Medical Abbreviation References for Synchronous-learning
by The Chinese University of Hong Kong**

Supported by CUHK Courseware Development Grant 2018 - 2019

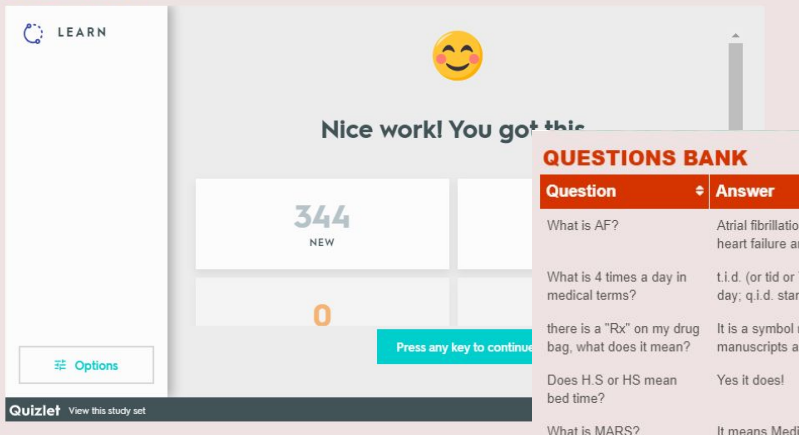


Search Abbreviations >>>

Abbreviation	Definition
a.c.	Before meals
a.d.	right ear
a.m.	morning
a.s.	Left year
A&O	Alert and oriented
abd	Abdomen
ABG	arterial blood gas
ACS	Acute coronary syndrome

Online searching
database for medical
abbreviations

STUDY CARDS



On our website

QUESTIONS BANK

Question	Answer
What is AF?	Atrial fibrillation (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. At least 2.7 million Americans are living with AFib.
What is 4 times a day in medical terms?	t.i.d. (or tid or TID) is three times a day ; t.i.d. stands for "ter in die" (in Latin, 3 times a day). q.i.d. (or qid or QID) is four times a day; q.i.d. stands for "quater in die" (in Latin, 4 times a day).
there is a "Rx" on my drug bag, what does it mean?	It is a symbol meaning "prescription". It is sometimes transliterated as "Rx" or just "Rx". This symbol originated in medieval manuscripts as an abbreviation of the Late Latin verb recipe, the imperative form of recipere, "to take" or "take thus".
Does H.S or HS mean bed time?	Yes it does!
What is MARS?	It means Medical Abbreviation References for Synchronous-learning

Can't find what you need ? **Send us your question** and we will answer it within 2 working days! Selected questions and answers will be shared in "Questions Bank" for mutual learning!!

Name *

Email *

CUHK

Student?

Question

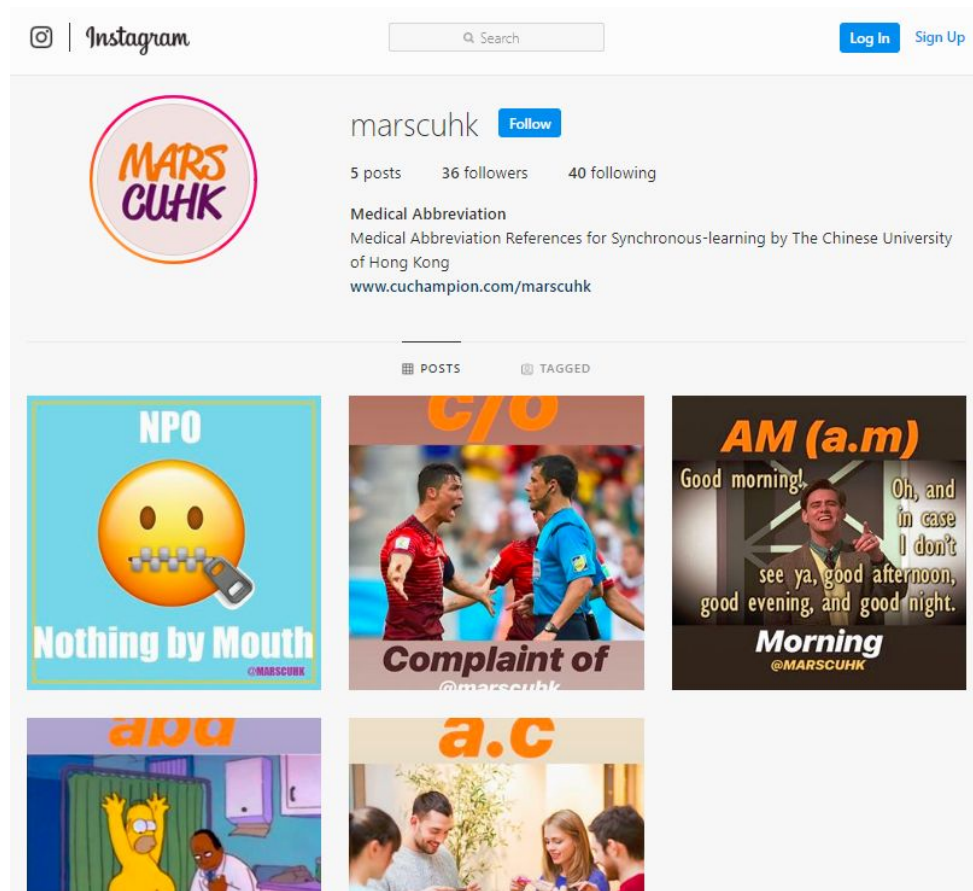
Send

<https://www.cuchampion.com/marscuhk>

- ★ Study cards
- ★ Questionbank to test your understanding
- ★ Q&A

On our instagram

Periodical updates on our instagram account



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MARSCUHK

FIND US AT



Website: <https://www.cuchampion.com/marscuhk>

Instagram: [@marscuhk](https://www.instagram.com/marscuhk)

Follow us now!!!