

By Tay Woo Chiao

Public Health Screening

Public Health Screening (PHS) was held on 4 and 5 October at the Garden Plaza of the IMM shopping centre. This project saw volunteers coming from Yong Loo Lin School of Medicine, Alice Lee Centre for Nursing Studies and the Faculty of Dentistry. Through this project, we aimed to increase health awareness of the public and provide them with basic health screening services.

With the objective of targeting a different demographic group, PHS changed its location from Toa Payoh HDB hub for the first time. Despite a change in venue, the crowd at the event did not dwindle. We managed to screen nearly 2000 participants over these two days, including members from Radin Mas Senior Connect Plus Centre and Touch Silent Club from Touch Community Services. The event was graced by Guest-of-Honour, Dr Teo Ho Pin, Mayor of Northwest District, who received a token health screening during his tour of the event.

PHS offered a comprehensive screening package. Participants received free screening for oral health, body mass index, random blood glucose level and blood pressure. Smokers were also invited to do a smoker-lyzer test. At the end of the tests, the results were analysed and free consultations were given by doctors and trained senior medical students. There were also health education booths set up by the Singapore Heart Foundation, Diabetes Society of Singapore and Health Promotion Board.

The project was met by tremendous good response from the public. Participants said that our volunteers were very approachable and dedicated. One participant wrote the following on the feedback form: "The trainee doctors were friendly and patient. Very positive disposition. I feel a lot safer and more comforted knowing that the future doctors are great people."

To this end, the organisers would like to send their deepest gratitude to the supporting organisations as well as to all the selfless volunteers who dedicated their weekend to make this project a success. ■

