



PHILIPPINE MEDICAL ASSOCIATION

THEME: "PMA: WORKING TOGETHER AS ONE"

Member : World Medical Association
Co-Founder : Confederation of Medical Associations in Asia and Oceania (CMAAO)
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MEMORANDUM CIRCULAR NO: 2021-08-26-017

TO : ALL PRESIDENTS OF COMPONENT SOCIETIES, SPECIALTY DIVISIONS, SUBSPECIALTY AND AFFILIATE SOCIETIES

SUBJECT : DR. FE DEL MUNDO BULILIT AND TEEN HEALTH WORKER TRAINING PROGRAM

DATE : AUGUST 26, 2021

Dear Doctors,

Greetings!

Please see below the Dr. Fe Del Mundo Bulilit and Teen Health Worker Training Program.

How to Join the Bulilit and Teens

The pupils should not necessarily come from a single class.

The breakdown is as follows;

Bulilit - GRADE 4-6
Teens – GRADE 7-12

Requirements

A. Platform

1. Parental consent for the pupil to attend virtual activities at home submitted to the component society Presidents.
2. Access to Zoom platform on either tablet or laptop
3. Stable internet connectivity of 5mbps.

B. Non-platform

1. Parental consent for the pupil to attend home activities.
2. Printed handouts for the pupils from the component society

Strategy

1. There will be 8 sessions.
2. Each session shall cover 2 topics per week.
3. Attendance. The pupil must complete atleast 80% of the total number of sessions

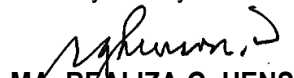
Teaching Resources

1. Appropriate topics will be delivered by the guest lecturer.
2. Pre-test and Post test must be completed for evaluation.
3. Virtual platform every Saturday 1 ½ hours at 4:00 PM
4. Non- platform – Lecture handouts will be shared by the component society.

Health Topics

Session 1	Anthropometric Basics Immunization
Session 2	Preventive Measures on Accident and Injuries Road Safety
Session 3	Mental Health Epilepsy Awareness
Session 4	Knowledge on common Diseases of the Skin Eyes, Ears Nose, Throat
Session 5	Dental Health Preventive Measures on Infectious Diseases
Session 6	Environmental Conservation, Sanitation Lungs/Anti Smoking Campaign
Session 7	Kidney and the Heart Digestive System
Session 8	Nutrition Values Formation
	Additional special topics for teens Teenage pregnancy Teen Addiction

Thank you very much.


MA. REALIZA G. HENSON, MD
Secretary General

Noted by:


BENITO P. ATIENZA, MD
President