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


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 at least 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