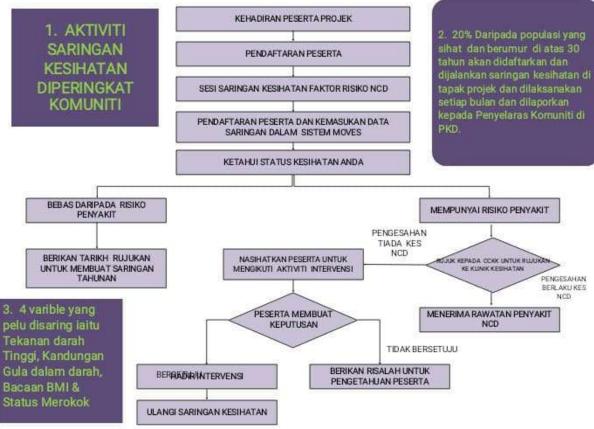
Mesyuarat Enhanced Primary Health Care (ENPHC) di Kesihatan Awam

Dipengerusikan oleh Pn. Noraini Mustafa, Pengarah P&E MySihat pada 21 Jun 2017 bertempat di PKD Segamat, Johor. Dalam projek ini MySihat akan menyelaraskan aktiviti "Establish Population Health Database", "Screening & Enrolment" serta "Community Promotion/ Prevention Program" melalui penglibatan sukarelawan dari kalangan komuniti. Ahli mesyuarat yg hadir terdiri dari staf PKD Segamat, KK Bt. Anam, KK Buloh Kasap, Persatuan Kanser Segamat, NKF dan Persatuan Belia Segamat.







Match health promotion/prevention interventions to risk profile of individuals



Brief advice

- · Tell the person that they are currently at low risk, which does not mean they are not at risk or that their risk will not increase in the future
- · Discuss their risk factors and how they could improve their lifestyle to reduce overall
- · Offer encouragement and reassurance
- · Offer information about culturally appropriate local services and facilities that could help them with living a healthy lifestyle



Brief intervention

- Tell the person that they are currently at moderate risk and their risks could increase in the future
- Explain that it is possible to reduce the risk. Briefly discuss their particular risk factors, identify which ones can be modified and discuss how they can achieve this by changing their lifestyle
- Offer them a brief intervention to help them change their life style and give information about services that use evidence-based behaviourchange techniques that could help them change (and where to find them)
- Help them make an informed choice about whether to make lifestyle changes to reduce their NCD risk and how these changes can be achieved and sustained in the long term



- Tell the person they are currently at high risk but that this does not necessarily mean they will definitely progress to develop NCD
- Explain that they can prevent/delay the onset of NCD by reducing their risk. Briefly discuss their particular risk factors, identify which ones can be modified and discuss how they can achieve this by changing their lifestyle
- Offer them a comprehensive intervention through an intensive lifestyle-change programme, with the following components where relevant:
 - · Healthy Diet
 - Physical activity
 - Weight management

 - Smoking cessation
 Alcohol consumption
- Also provide them details of where to obtain independent advice from health professionals (either public or private)

Initiative 8: Community Based Itervention Programme Guidelines

CHC will be required to engage NGOs and KOSPEN in an effort to ensure targeted interventions for different groups. This initiative intends to create a standard guideline on how to handle different groups and the minimum conditions for community programs to allow flexibility on volunteers involvement while managing demand to KK.

screening

Initiative concept/details/highlights:

Enrolment and Screening



Kospen locality - by Kospen personels Non Kospen locality by



NGO"s/PP

Conditions

- Moves database must be keyed in despite manual entry at short
- At public locations within the operational are a of the KK. Eg temple, mosque etc.
- 4 variables must be screened ie BP, RBS, BMI & Smoking Status

Promotion and prevention



Low Risk once a year for healthy living and annual health



- Customized notification on risk level
- Customized notification on list of activities once every 2 months

- High intensity activity
 - Targeted location based on concentration of medium and high risk persons

PR & Media via FB and Website

- List of community activities published once every 2 months
- Info line for notifications

20% of healthy population above 30 years old will be enrolled and screened at the

1 program per month at one locality to be held and reported to CHC

Implementing agency:

BPKK

Key stakeholders identified:

- KOSPEN/ KEMAS/ JPNIN/ PPKK/ NGO
- PKD / JKN
- Community leader and volunteers

Required resources

Investment (MYR): TBC

Key milestones

- Sensitization of EnPHC at all levels done before implementation
- Engagement of all levels obtained which also includes training of volunteers initiated and on going
- Execution of the initiatives done and outcome recorded in standardized format for evaluation