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Medical Mission Report:
Delivering Healthcare to Patients in the Philippines, *a Project of the FEU-NRMF MedTech International Alumni Society.*

Introduction: This report outlines the successful execution of several medical missions in the Philippines, aimed at providing essential healthcare services to underserved communities. With a focus on reaching remote areas with limited access to medical care, the missions were conducted to address the healthcare needs of the local population. This report highlights the objectives, activities, and outcomes of the medical missions, which saw over 1000 patients.

Objectives:

1. To provide medical consultations and treatments to individuals lacking access to healthcare services.
2. To conduct health screenings to identify prevalent health issues within the communities.
3. To distribute medications and medical supplies to address immediate healthcare needs.
4. To offer health education sessions to promote preventive healthcare practices and empower individuals to take control of their health.

Location: The **5 medical missions** took place across various rural and underserved communities in the Philippines, namely:

1. January 13, 2024 -Abucay, Bataan
2. February 14, 2024- Libon, Albay, Bicol
3. February 17, 2024- San Marcelino, Dingras, Ilocos Norte
4. February 18, 2024- Sarrat, Ilocos Norte
5. February 25, 2024- Cabugao, Ilocos Sur

Activities:

1. Medical Consultations: A team of healthcare professionals, spearheaded by ***Dr Luz Guerrero of FEU-NRMF MT International Alumni Society***, allied healthcare workers, RHU physicians, and medical students, year 2nd and 3rd from Mariano Marcos State University School of Medicine, provided one-on-one medical consultations to patients.

The President of the Rotary Club in Vigan, Ilocos Sur, **Dr Glenda Rabino**, volunteered to see patients in Cabugao. Comprehensive assessments were conducted, and appropriate treatments or referrals were provided based on individual needs.

2. Health Screenings: Health screenings were conducted to identify common health issues such as hypertension, diabetes, hyperlipidemia, other chronic conditions and infectious diseases. Vital signs were measured, and basic physical examinations were performed to assess the overall health status of individuals.
3. Medications and Supplies Distribution: Essential medications, vitamins, and medical supplies were distributed to patients free of charge to address immediate healthcare needs and ensure continued access to treatment beyond the medical mission. **Nestor Guerrero,** *FEU-NRMF MT International Alumni Society* Ambassador was in charge of the Pharmacy section.
4. Health Education Sessions: Educational sessions were conducted on various topics including hygiene, nutrition, exercise and the prevention of communicable diseases. These sessions aimed to empower individuals with knowledge and skills to adopt healthier lifestyles and prevent disease. The medical consult team provided this service. In Libon, **Tina Ricafort**, wife of Tony Ricafort (*FEU-NRMF MT International Alumni Society* officer and board member) was our educator.
5. Laboratory Services: In Abucay, automated blood testing was provided (chemistry, CBC and UA) with instrumentations provided by fellow alumni, **Robert Manaois**. In Libon, POC testing included complete lipid panel, glucose and UA. In the Ilocos Region, POC /handheld lipid testing, glucose and UA were likewise provided. This section of the medical mission was headed by our **President, Dan Dominguez and his wife, Eloisa**. Additional manpower in Abucay included Dean Mabel of FEU School of MLS along with some of her staff and Abner Valenzuela from Pamet Sacramento. Pamet Ilocos Norte officers helped in both Dingras and Sarrat. Other officers who assisted are **Tony Ricafort** (Libon), **Maxi Edora** (Abucay, Libon, Dingras and Sarrat) along with her spouse, **Dommie, Nestor Guerrero** (present in all 5 missions) and **Jela Ibarra**, Pamet USA Northern California (Libon).
6. Circumcision: A team of surgical specialists headed by **Dr Aloysius Llaguno** (Mata-Tule Medical Society), **Dr Romel Rasos** and **Dr Michael Baccay** (along with few surgical residents) performed this procedure in Dingras, Sarrat and Cabugao.
7. Optical Services: 400 reading glasses were distributed accordingly. Our optometrist team in Dingras and Sarrat was headed by **Dr Sandra Bernardo**, her daughter, Maxine and spouse, Manuel Bernardo. Out of 351 registered patients, 74 custom eyeglasses were made. In Abucay, optometrist **Dr Noel Paed** made 85 custom eyeglasses out of 168 registered.

Outcomes:

1. Number of Patients Served: The medical missions successfully provided healthcare services to over 1000 patients (589 Adults and 171 Pediatric consults), 130 kids were

circumcised, with ages ranging from 5-12 years and eye services provided to over 600 patients (eye exam, reading and custom glasses, cataract evaluation and dispensing of eye drops).

2. Health Screenings Results: 10-15% of individuals screened were found to have at least one health issue requiring further evaluation or treatment.
3. Medications Distributed: A total of more or less 20,000 medications and medical supplies were distributed to patients during the mission, ensuring access to essential treatments.
4. Health Education Impact: Educational sessions reached an estimated 500 individuals, empowering them with knowledge to make informed decisions about their health and well-being.
5. Collaborative Efforts: The medical missions fostered collaboration with local healthcare providers, political and community leaders, enhancing the sustainability of healthcare initiatives in the region.

Conclusion: The medical missions in the Philippines successfully reached over 1000 patients in remote and underserved communities, providing essential healthcare services, medications, and health education. By addressing immediate healthcare needs and promoting preventive healthcare practices, the recent missions completed by the FEU MTIAS team of officers aimed to improve the health and well-being of individuals in these communities. Continued efforts and collaborations with local stakeholders are essential to ensuring the long-term impact and sustainability of healthcare initiatives in the region.

Acknowledgment

"We extend our heartfelt gratitude to our generous donors whose unwavering support has made our "Medical Mission Project" possible. Your contributions have not only provided essential resources but have also inspired hope and transformed lives. Together, we are making a meaningful impact and creating positive change in our community. Thank you for your generosity and belief in our mission."

Respectfully submitted by:

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