

مشروع تنمية ١٣ قرية

13 Villages Community Development Project



لجنة خدمة المجتمع و تنمية البيئة

جامعة هليوبوليس

كلية الصيدلة

Faculty of Pharmacy and Physiotherapy in cooperation with Sekem Medical Center will develop

- **Programs for primary health care**
- **Programs on hygiene**
- **Programs on healthy food and nutrition**
- **Implementation of health booklet**

**The medical and health care plan
will be implemented
by**

First: Committee of the Community Service

Second: Departments of the Faculty

First: Committee of Community Service

Medical Convoy



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- **Activity:**

A convoy to raise awareness about the dangers of chronic diseases.

- **Aim of the activity:**

Medical examination of:

- Blood pressure
- Diabetes
- Obesity: measure weight and calculate body mass index to distinguish excess weight from the ideal weight and to determine the degree of obesity and thinness.

Participants: (Dr., TA, Student)

- 1: Associate Professor
- 1: Assistant Professor (lecturer)
- 4: Teaching Assistants
- 15-20: students

Date: In the period from
29/2/2020 to 2/5/2020

Duration: 2 days

Medical convoy requirements

1. Three digital pressure gauges.
2. Three blood glucose meters, blood Lancets and measuring tapes.
3. One medical balance to measure weight and height.
4. Two tables and eight chairs.
5. A bus to transport 20 members to Gelfina.
6. HU ambulance car to be present.
7. Meals for 20 members for 2 days of the convoy.
8. An official permission from government authorities for the presence of the convoy at Gelfina.
9. Ask ISIS company to be a sponsor of the convoy by providing sufficient medicinal herbs to be distributed during the convoy.
10. Two Rollups
11. Two Rollup stands
12. Two -Ten Antiseptic boxes

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- **Expected budget:**
30,000 L.E.
- **Documents related to the convoy:**
 - approval of the various parties on the convoy
 - Announcement of the convoy through the university website and billboards and banner
 - List with the name of the implementers of the convoy
 - A list of the community parties participating in the convoy
 - Photos
 - Survey the satisfaction of the community parties with the convoy
 - Final report on the convoy

Second: Department of the Faculty

- **Department of Microbiology and Public Health**
- **Department of Pharmacognosy and Medicinal plants.**
- **Department of Pharmacology.**
- **Department of Pharmaceutical Chemistry**

13 Village Development Project Faculty of Pharmacy, Heliopolis University

Pharmacognosy & Medicinal Plants Department

Topic: Survey on the use of medicinal plants at Gilfena

Course: Phytotherapy (3274)

Semester: Spring 2019/2020

Participants: Students registered for the course

Instructor: Prof. Sameh AbouZid

Co-Instructor: Mrs. Hadeel Nabil & Ms. Marina Sawah

Aim:



*To identify & quantitatively analyze plants
used as medicines at*

Gilfena & surrounding villages,

El-Sharkaia governorate, Egypt.

Methods:

- **What:**

- Conducting direct **interviews** and semi-structured **questionnaire** with the local inhabitants at Gilfena & surrounding villages.
- Asking questions about the plants they use against diseases, parts of the plants used, methods of preparation and sources from which they obtain these plants.

- "How do you like using herbal medicines?"
- "Which part of the plant used?"
- "How do you prepare it?"
- "When do you use it?"
- "How often do you use it?"
- "What do you use it for?"
- "How does it affect you? "
- "Where do you obtain it from?"



Pharmacology Department

- **Activity:**

Holding a workshop on First aid.

- **Aim:**

Offering knowledge and practical basic skills enabling people to understand

and deal with different emergencies, save a life or prevent further injuries.

- **Topics included:**

CPR

Chocking

Burns

Bleeding

Stroke

Diabetic emergencies

Fractures

Animal bites and stings

Eye and nose injuries

Heart attack

Seizures

Shock

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- **Participants:**

- 1: Assistant Professor (Lecturer)
- 2: Teaching Assistants
- 17: students

- **Date:**

- In the period from
29/02/2020 to 16/05/2020

- **Duration:** Each Saturday

Microbiology dept.

Course name: Public Health (3681)

Semester: Spring 2019/2020

Contact hours: 2 hr. lectures + 2 hr. lab

Participants

- **Students: 181**
- **Teaching assistant: 6**
- **Assistant professors: 3**

Topics

- Primary health care and hygiene.
- Food born, water born and milk born diseases.
- Sewage hazards and environmental health.
- Maternal, childhood and geriatric health.
- Misuse of drugs.
- Zoonotic infections.
- Occupational diseases.
- Management of some non-communicable diseases (Diabetes, Hypertention, Hyperlipidemia).
- Management of heat stroke and food poisoning.

Plan

- 1. Students will be divided into small groups, each 10 students will be given a topic to cover (a disease, its mode of transmission, treatment and prevention).**
- 2. Then, students will go in awareness campaigns with people in the village to explain the topics.**

Awareness campaigns

- 1. Wrong usage of medicine**
- 2. Care for general health and personal hygiene**
- 3. Genetic diseases and their causes**
- 4. Harmful effects of drugs**
- 5. Diseases resulting from burning waste**
- 6. Good nutrition**
- 7. Exercise and its importance**
- 8. Novel Corona virus**

Awareness campaigns 1&2

- **Activity:**
- **Awareness sessions on:**
 1. **Wrong usage of medicine**
 2. **Care for general health and personal hygiene**
- **Aim:**
- **Highlight the dangers that the wrong usage of medicine and the importance of personal hygiene and its impact on their life.**
- **Participants:**
 - **1: Assistant Professor (lecturer)**
 - **2: Teaching Assistants**
 - **20: students**
- **Date:**
In the period from
20/2/2020 to 20/03/2020
- **Duration: One day for each session**

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Needs:

- Inviting the concerned parties to attend the symposium
 - Print the publications for the symposium
 - Hall equipped with an information projector
 - Provide transportation
 - Provide meals
- Expected budget:
5000 L.E.

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The documents related to the symposium:

- The approval of the various parties to hold the symposium
- Announcing the symposium through the university's website, billboards and banner
- List the names of those responsible for implementing the symposium
- A list of the names of the community parties participating in the symposium
- The scientific content presented during the seminar
- Pictures of the seminar
- A survey of community parties' satisfaction with the seminar
- The final report on the symposium's activities.

Awareness campaigns (3, 4 & 5)

- **Activity:**
 - Holding awareness sessions on:
 1. Genetic diseases and their causes
 2. Harmful effects of drugs
 3. Diseases resulting from burning waste
- **Aim:**
 - Possible consequences of consanguineous marriage and urging community parties to stay away from drugs and how to safely dispose of wastes.
- **Participants:**
 - ● 1: Assistant Professor (lecturer)
 - ● 2: Teaching Assistants
 - ● 20: students
- **Date:**
 - In the period from 20/3/2020 to 30/04/2020
- **Duration:** One day for each session

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- **Needs:**

- Invite the concerned parties to attend the seminar
- Print the publications of the seminar
- Hall equipped with information projector
- Provide transportation
- Provide meals

- **Expected budget:**

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- **The documents related to the symposium:**
 - ● The approval of the various parties to hold the symposium
 - ● Announcing the symposium through the university's website, billboards and banner
 - ● List the names of those responsible for implementing the symposium
 - ● A list of the names of the community parties participating in the symposium
 - ● The scientific content presented during the seminar
 - ● Pictures of the seminar
 - ● A survey of community parties' satisfaction with the seminar
 - ● The final report on the symposium's activities.

Awareness campaigns (6 & 7)

- **Activity:**
- Holding an awareness seminar on:
 1. Good nutrition
 2. Exercise and its importance
- **Aim:**
- Making the most of food for better health and training in some exercises that can be practiced at home.
- **Participants:**
- ● 1: Assistant Professor (lecturer)
- ● 2: Teaching Assistants
- ● 20: students
- **Date:**
- In the period from 30/4/2020 to 30/05/2020
- **Duration:** One day for each session

Awareness campaign to combat Corona virus

- **Activity:**
- Holding a symposium to get to know:
- The guidelines for prevention and control of novel Corona virus.
- **Participants:**
- ● 1: Assistant Professor (lecturer)
- ● 2: Teaching Assistants
- ● 20: students + Students from the EPSF
- **Date:** As soon as possible
- **Duration:** One day

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- **Needs:**
 - **Printing posters and fliers for awareness.**
 - Print the publications for the symposium.
 - Hall equipped with an information projector
 - Provide transportation
 - Provide meals
- **Expected budget:**
5,000 L.E.

An Educational Seminar on Maternal Care

- **Activity:**
- Presenting a comprehensive concept of maternal care before, during pregnancy, childbirth and after childbirth through the medical center located in the SEKEM farm, the founder of the Heliopolis University for Sustainable Development.
- **Aim:**
- Presenting a comprehensive concept of maternal care before, during pregnancy, childbirth, and after childbirth.
- ● Follow up the pregnancy through regular checks
- ● Developing and implementing a literacy program using reproductive health topics
- Training on the proper nutrition of a pregnant mother and her child in its different stages of development through the literacy program.
- **Duration:**
- Monthly follow-up throughout the year.

Department of Pharmaceutical Analytical Chemistry

Course name: Analytical Chemistry 2

Activity

Measuring the amount of dissolved solids in drinking water

Objective of the activity

- Determine the quality of drinking water.
- Determine the suitability of drinking water for use.
- Educating citizens about the harmful effects of water pollution.
- Guiding citizens on obtaining high-quality water

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Number of participants

Assistant Professor: 1

Lecturer : 1

Teaching Assistant : 1

Students : 20

Implementation dates

Saturday: 29/2/2020

Saturday: 3/3/2020

Saturday: 4/3/2020

Saturday: 3/21/2020

Saturday: 3/28/2020

Saturday: 4/4/2020

Saturday: 11/4/2020

Saturday: 4/4/2020

Saturday: 4/25/2020

Saturday: 2/5/2020

Requests to carry out the activity

- Addressing the concerned authorities to agree to carry out the activity and to secure the participants in one of the villages concerned.
- Providing 20 devices for measuring solids dissolved in water.
- Providing transportation for the participants.
- Providing meals for the participants.
- Provide uniforms for the participants.
- The expected budget is 20,000



Evidence of implementation of the activity

- **The approval of the various bodies to establish the activity**
- **Announcing the activity through the university's website and billboards**
- **List the names of those responsible for carrying out the activity**
- **A list of the names of the community parties participating in the activity**
- **Activity photos**
- **Survey of community satisfaction with the activity**
- **Activity report final**

خالص الشكر والتقدير لكم جميعا Thanks for attention

