



**FIVE YEAR PARTICIPATORY  
MASS HEALTH SCREENING IN  
BARANGAY TABA-AO,  
MUNICIPALITY OF KAPANGAN,  
PROVINCE OF BENGUET, THE  
PHILIPPINES 2002-2006**

**LILLIAN MARIE A. LARUAN, M.D.**

**AUTHOR**

**KIJO DEURA, M.D.**

**CO-AUTHOR**

Modeled after the MASS HEALTH  
SCREENINGS in Yachiho Village  
in Nagano, Japan which started  
as early as 1959 among farmer  
families of cooperatives started  
by

Dr. Toshikazu Wakatsuki,  
the father of Rural Medicine





# THE IMPLEMENTORS

✪ 20 GOVERNMENT ORGANIZATIONS

🇵🇭 6 NON-GOVERNMENT ORGANIZATION

✪ 2 FOREIGN ORGANIZATIONS

# GOALS OF THE PMHS

 DIAGNOSE ASYMPTOMATIC  
AND EARLY STAGE DISEASES

 PROVIDE HEALTH EDUCATION AND  
COUNSELING

 REFERRAL SERVICE  
AND FOLLOW-UP

# GOALS OF THE PMHS

❖ INTENSIFY AWARENESS OF  
A YEARLY HEALTH CHECK UP

❖ CONSOLIDATE EFFORTS OF THE  
DIFFERENT GOVERNMENT AND  
PEOPLE'S ORGANIZATIONS

# HEALTH SERVICES

- ✿ PHYSICAL EXAMINATION –HEAD TO TOE
- ✿ VISUAL ACUITY TEST-5 YRS AND ABOVE
- ✿ BREAST EXAMINATION-19 YRS OLD FEMALES
- ✿ PAP SMEARING-30 YRS OLD MARRIED FEMALES
- ✿ RECTAL EXAMINATION-40 YRS OLD MALES

# DENTAL SERVICES

- ORAL EXAMINATION
- ORAL PROPHYLAXIS
- EXTRACTION





# LABORATORY EXAMINATIONS

## ❁ URINALYSIS

- ❁ HEMOGLOBIN AND HEMATOCRIT DETERMINATION
- ❁ RANDOM BLOOD SUGAR
- ❁ SPUTUM SMEARING
- ❁ BLOOD TYPING



# ECG



# FIVE YEAR AVERAGE RESULTS

- 937 BENEFICIARIES HAD A COMPLETE PHYSICAL EXAMINATION
- 432 PEDIATRIC (0-18 YEARS OLD)
- 505 MEDICAL (19 YEARS OLD AND ABOVE)



# DENTAL SERVICES

593 AVAILED OF DENTAL EXAMINATIONS



A photograph of a health fair. In the foreground, two elderly women are looking towards the camera. One woman is pointing towards a sign that says 'PAP SMEAR'. In the background, other people are visible, including a woman in a white uniform and a woman in an orange shirt. The fair is set up under a canopy with a thatched roof.

**183 AVAILED OF PAP  
SMEARING**

◆ **70 AVAILED OF RECTAL  
EXAMINATION**



# LABORATORY RESULTS

845 HEMOGLOBIN AND  
HEMATOCRIT DETERMINATION

842 URINALYSIS

289 RANDOM BLOOD SUGAR  
TESTING

# ECG

- ◆ 120 BENEFICIARIES HAD ECG

# 10 LEADING CAUSES OF MORBIDITY AMONG THE PEDIATRIC AGE GROUPS ARE THE FOLLOWING:

- ◆ DENTAL CARIES
- ◆ IMPACTED CERUMEN
- ◆ IRON DEFICIENCY ANEMIA
- ◆ UPPER RESPIRATORY TRACT INFECTIONS
- ◆ GENITO-URINARY TRACT INFECTIONS



- ◆ PEDICULOSIS CAPITIS
- ◆ GOITER, ALL GRADES
- ◆ ACUTE TONSILLO-PHARYNGITIS
- ◆ PRIMAY COMPLEX
- ◆ RHINITIS
- ◆ LOWER RESPIRATORY TRACT INFECTIONS
- ◆ IMPETIGO
- ◆ MUSCULO-SKELETAL STRAIN
- ◆ MIGRAINE/TENSION HEADACHES

# LEADING CAUSES OF MORBIDITY IN THE MEDICAL AGE GROUP

- ◆ GENITO-URINARY TRACT INFECTION
- ◆ HYPERTENSION
- ◆ MUSCULO-SKELETAL STRAIN
- ◆ PTERYGIUM
- ◆ ANEMIA

- ◆ ERROR OF REFRACTION
- ◆ ACID RELATED DISORDERS
- ◆ OSTEOARTHRITIS
- ◆ UPPER RESPIRATORY TRACT INFECTIONS
- ◆ IMPACTED CERUMEN
- ◆ LOW BACK PAIN SYNDROME

# EFFECTS OF THE PMHS



- ◆ DETERMINED THE HEALTH STATUS OF THE COMMUNITY REVEALING THE PREVALENCE OF INFECTIOUS AND NON-INFECTIOUS DISEASES
- ◆ ADOPTION OF HEALTHY LIFESTYLES
- ◆ EARLY DIAGNOSIS AND MANAGEMENT OF ASYMPTOMATIC ILLNESSES

- ◆ LESSENERED MAGNITUDE AND SEQUELAE OF ILLNESSES
- ◆ IMPROVED MANAGEMENT OF FATAL ILLNESSES DECREASING MORTALITY
- ◆ STRENGTHENED THE REFERRAL SYSTEM

# IMPACT AMONG BENEFICIARIES

- ◆ 84.93 % (124) would like to continue the PMHS
- ◆ 85.65% (125) became aware of health after 5 years
- ◆ among those diagnosed with chronic illness 89.28% go for regular check up
- ◆ 44.13% consulted a health facility for follow-up
- ◆ 79.45% (116) noticed some change of healthy behavior in the community

# IMPACT AMONG IMPLEMENTERS

- ◆ 100% (OR 48) IMPROVED THEIR KNOWLEDGE, ATTITUDES AND SKILLS IN DIFERENT ASPECTS OF HEALTH CARE ( B.E., PAP SMEARING,PARTICIPATION,etc.)
- ◆ 58% (OR 28) LEARNED THE IMPORTANCE AND THE SKILLS OF INTER-AGENCY COLLABORATION TO ACHIEVE GOALS

- ✦ 72% OF IMPLEMENTERS IMPROVED THEIR SKILLS IN PROGRAM MANAGEMENT AND WERE ABLE TO USE THOSE SKILLS IN SIMILAR PROJECTS
- ✦ 81.25% OF IMPLEMENTERS IMPROVED THEIR SKILLS IN COORDINATION AND PARTNERSHIP WITH OTHER ORGANIZATIONS
- ✦ 77% OF IMPLEMENTERS IMPROVED THEIR SKILLS IN SHARING RESOURCES AND KNOWLEDGE AMONG OTHER STAKEHOLDERS



# SUSTAINABILITY

## INSTITUTIONALIZED:

- ❑ **INDIGENTS ENROLLED IN PHILHEALTH**
- ❑ **OWNERS OF BUSINESS ESTABLISHMENTS, FOOD HANDLERS SUCH AS WAITERS, COOKS, BAKERS, AND FOOD VENDORS**
- ❑ **TEACHERS OF PUBLIC ELEMENTARY SCHOOLS AND HIGH SCHOOLS**

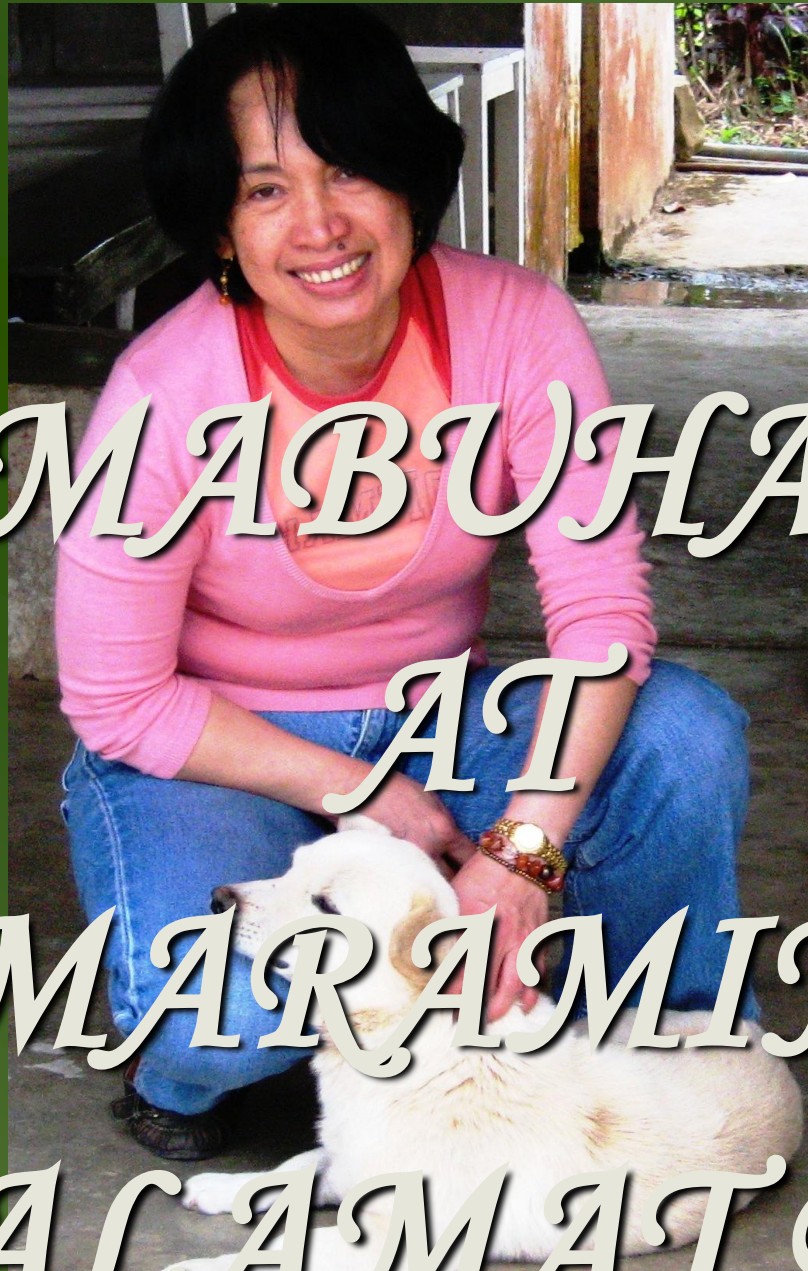


- **REPLICATED BY THE MUNICIPAL NUTRITION COUNCIL AMONG MALNOURISHED PRE-SCHOOL CHILDREN**

- **REPLICATED IN THE PUBLIC ELEMENTARY SCHOOLS OF THE MUNICIPALITY BEING CONDUCTED AMONG SCHOOLCHILDREN**



**THE PARTICIPATORY MASS HEALTH SCREENING PROJECT  
AS A JOINT PROJECT OF THE TABA-AO CUBA MULTI-  
PURPOSE COOPERATIVE AND THE LOCAL GOVERNMENT  
UNIT OF KAPANGAN WON AS ONE OF THE OUTSTANDING  
LGU-COOPERATIVE PARTNER IN JANUARY 2006 JUST  
AFTER ITS COMPLETION AS A 5 YEAR PROJECT**



*MABUHAY  
AT  
MARAMING  
SALAMAT PO!*