

November

05

ECG AT 'HOPE FOR CHILDREN'

On Saturday, 5 November, 14 student volunteers along with cardiologist Prof Joseph Moutiris performed electrocardiograms (ECG) at the Hope for Children Shelter in Nicosia where 40 unescorted teenage refugees currently reside.



MBBS P year student and Mobile Clinic Club President Furhana Hussein reported: *'The expedition at the "Hope for Children" Shelter was an amazing experience not only for the medical students but also for the residents. The teenagers were very excited to see us and to get their ECGs performed. It was a great opportunity for the medical students to enhance their clinical skills and practise interpreting ECG readings with Prof Joseph Moutiris. We had the opportunity to speak to the shelter residents and hear about their journey to Cyprus. It was heartwarming to see such lovely smiling faces knowing the hardship they had experienced at such a young age. Overall, it was a very successful event and the medical students would like to thank the shelter for allowing us to have this valuable experience. We wish them all the best for the future.'*

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Student volunteers:

Athena Michaelides, Eleni Hadjicosta, Furhana Hussein, Jad Wehbe, Jerocin Loyala, Jirayr Ajzajian, Lital Abraham, Mordechai Frist, Rami Haj, Victoria Mumford, Ahmed Ashary, Christer Sawaya, Ioannis Balanos

Staff volunteer: Argyris Evangelou



November

12

ENLIGHTENING REFUGEES ON HEALTH ISSUES

On Saturday, 12 November 12 student volunteers along with faculty member, psychologist Maria Perdikogianni and Director of Communications George Sycallides visited the refugee and asylum seekers camp in Kofinou. The students prepared and delivered two presentations covering the areas of basic personal hygiene and sexually transmitted diseases. The presentations were held in two groups, one for males and one for females, and in three languages: English, Arabic and French.



MBBS CS year student Olivia Scott recounted: *'Before arriving at the camp I was expecting the archetypal refugee camp portrayed in the media where large families were living in over populated quarters with no proper infrastructure, so it was a pleasant surprise when we arrived to find a fairly structured arrangement of portakabins with satellite dishes, air-conditioning units and running water. Despite the pleasant exterior, many of the residents complained of a lack of hot water, an inadequate supply of personal hygiene products and intermittent electricity, which made it difficult for them to carry out their daily living tasks. Nonetheless, the women who attended the presentations were in high spirits and were engaged with the content of the presentations. Some of the ladies found some of the images of the symptoms of STDs a little unsettling; however, it seemed they understood the importance of being sexually aware and what to look out for. They even asked us to return to discuss other issues that were important to them. For me, engaging with the children at the camp was the highlight of the trip. They were so inquisitive and playful, and being able to kick a ball around with them was so much fun! However, it was troubling to discover that the teenagers at the camp were temporarily not attending school due to bullying incidents at the local high school.'*

Overall, I found the trip to be quite thought-provoking. I very much enjoyed interacting with women and children at the camp.'

Student volunteers:

Furhana Hussein, Asad Khaliq, Charbel Chediak, Joel Allotey, Joel Baston, Kelsey Berry, Leen El Eter, Meraj Javeed, Olivia Scott, Safinez Balami, Thomas Lösche



December

03

MEASURING BLOOD PRESSURE @ CYPRUS ANTI-CANCER SOCIETY FIESTA



On Saturday, 3 December, student volunteers accompanied by faculty member Dr Chloe Antoniou and staff member Argyris Evangelou operated a booth at the annual Christmas Fiesta, an event held annually by the Cyprus Anti-Cancer Society at the Headquarters of the Cyprus Electricity Authority in Nicosia. The medical students took blood pressure readings of visitors and collected donations for the Anti-Cancer society. They also had the chance to enjoy the Fiesta themselves.



Student volunteers:

Alfa Abate, Sera Sarsam, Sjoefn Ragnarsdottir, Lital Abraham, Sarah Zougari, Heather Holmes, Mohamad Tayyara, Nada El Dakroury, Alexandra Popa, Aikaterini Katsiki, Karine De Souza, Lewis Palmer, Polyxeni Doukaki, Ismini Economou

December

05

MEDICAL STUDENTS INITIATE ANTI-SMOKING CAMPAIGN AIMED AT HIGH SCHOOL STUDENTS



This December saw the launch of an anti-smoking campaign aimed at High-school and Lyceum students by the medical students of the University of Nicosia. The campaign kicked off on December 5 with a visit to the Kykkos B Lyceum in Engomi. Medical student volunteers, accompanied by pulmonologist Dr Angelos Rigas, designed and delivered a simple and factual audio-visual presentation based on scientific knowledge and reasoning. At the end of the presentation students had the opportunity both to ask questions and to check their lung performance via spirometry tests performed by the medical students.

Overall, it was a very successful visit and the teenagers are now aware of the arguments for not starting to smoke and for quitting, and they also have the facts for encouraging family members and friends to quit the habit of smoking. The campaign will continue until the end of May 2017 with visits to other public and private secondary schools.

Student volunteers:

Eleni Hadjicosta, Ioannis Balanos, William Verbist, Nikolaos Doulgeridis

Staff volunteers:

George Sycallides, Argyris Evangelou



Congratulations to all involved!