

The University of Nicosia Medical School's outreach programme has been very active during the month of October 2016.

Student volunteers had the opportunity to observe, translate, present and run diagnostic tests throughout a variety of community outreach activities:



SHRINERS VISIT TO CYPRUS

During the second week of October a selection of MBBS P and F year students had the opportunity to shadow the medical team from Shriners Hospitals for Children, USA, while examining children at Nicosia General Hospital with serious orthopaedic problems. In addition, bilingual medical students volunteered to translate from English to Greek and vice versa during the medical consultations.



F year student Caroline McBurney who had the opportunity to observe the team from Shriners said *'The opportunity to shadow the doctors from Shriners was a fantastic opportunity to learn more about paediatric orthopaedics. The medical team were incredible and it was a great experience learning about the different orthopaedic pathologies, management plans and examining patients. It was also interesting learning more about telemedicine and how it has improved patient care. I really enjoyed the experience and learning more about the incredible work that the doctors from Shriners and the George and Thelma Paraskevaides Foundation do.'*

Student volunteers: Ilianna Armata, Aria Antoniadou, Eleana Ferrari, Eleni Hadjicosta, Kristen Chung, Hava Schawab, Jaqueline Chung, Michel Al Hilani, Caroline McBurney, Clint Sheppard, Vanessa Nassour, Ashish Chudasama, Adnan Hubraq, In-Ah Park, Ethan Brody and Hugh Elliot



ACTIVE MINDS VISITS KOFINOU REFUGEE CENTRE

On October 15, Active Minds took part in its first off-campus event with a presentation on post-traumatic stress disorder (PTSD) to refugees and asylum seekers at the Kofinou Refugee Centre. As the first European campus chapter of the American non-profit mental health awareness organization Active Minds, Inc., the group set out to provide information from the National Institute of Mental Health on PTSD in a presentation titled "Let's Talk About Psychological Difficulties." Accompanied by the new MBBS Psychology Lead and expert on PTSD, Dr Stelios Georgiades, eight medical school students, members of Active Minds took part in the presentation. The students discussed PTSD, what it is, how it manifests itself in potential patients, and how this information could be relevant to refugees and asylum seekers who may be at risk of experiencing PTSD. The presentation ended with information on local counselling and psychological resources for the audience members to be aware of.



The President of Active Minds at the Medical School MBBS student Negeem Farsio concluded: *'We hope that not only the refugees and asylum seekers benefited from this visit but also the students, and we aspire to continue with further similar events at the Centre in the near future!'*

Student volunteers : Simran Singh, Afreshdeep Sandhu, Gabriel Hunduma, Haritha Pula, Zeinab Atieh, Stefan Sleiman, Neelam Sharma and Negeen Farsio



MOBILE CLINIC EXPEDITION TO PALIOMETOCHO VILLAGE

On Saturday, 22 October, the first Mobile Clinic expedition of the academic year took place.



MBBS T year student Laamia Subha reported that a total of 18 representatives attended this event, including 15 student volunteers, two clinical faculty and three members of staff. The day began with a presentation delivered by Dr Theano Kalavana on 'Psychology and the Elderly', to highlight the importance of maintaining psychological well-being and seeking the aid of health services should the need arise.

Residents of the village were encouraged to have their heart rate, blood pressure, and blood glucose measured by the medical students while supervised by Dr Marios Tryfonides and Dr Philip Kollitsis. Students saw around 100 people. The residents were then encouraged to visit their doctors to have treatment initiated/modified according to the vitals recorded. The people of Paliometochi village generously provided a steady stream of refreshments for the students.

The event was very successful overall. The Medical School would like to thank the people of Paliometochi for their hospitality and kindness in hosting the first Mobile Clinic expedition of this academic year.



Student volunteers: Jeanette Chun, Laamia Subha, Lewis Palmer, John Rahama, Robert Ambrogetti, Evgeny Shlyakhover, Hila Shaba, Kevin Willis, Thomas Lösche, Thomas Studd, Gurung Tirsan, Alexandra Popa, Aikaterini Katsiki, Andreas Adamou, Natalie Papachristoforou and Malgorzata Malecka



ANTI-CANCER FUN FIESTA

On Sunday, 23 October, a group of eight students participated at the annual fundraising event 'Fun Fiesta' organised by the Cyprus Anti-Cancer society in Nicosia. The medical students raised money by measuring the blood pressure of the general public who attended the event under the guidance of Dr Paul Johnson.

Student volunteers: Hava Schuab, Karine De Souza, Kenan Rahima, Sarah Zouggar, Yagmur Esem, Kassem Sifeldeen, Raed Al-Omari, Daniela Toumazi



Congratulations to all involved!