

PROJECTS FOR HAPPINESS

2014



Application Form (Project No: 024/14)

Traditional Chinese Medicine(TCM) Charity Care
and Health Cultivation
Ling Lii Chau
Bachelor of Traditional Chinese Medicine(Hons)

INTI INTERNATIONAL UNIVERSITY

INTRODUCTION

INTI IU Traditional Chinese Medicine Club's mission is to provide the best care to the public through **TCM treatment** and **education**. We strive to benefit humanity through work in these two areas, while supporting the needed group of people in which we live and work. Charity care is only one component of TCM club's charitable mission. Educating the next generation of health care professionals as well as helping those who are in poverty either in financial or health to decrease the burden of human disease is vital to TCM Club. The club constantly works with charitable organizations such as Tzu Chi and Remedic Healthcare Foundation (RHF) to provide basic medical health care for the poor and the destitute as well as educating them about ways to take care of their health.

Our club believes strongly that it is a human right to receive adequate medical care and that everyone, regardless of their social status should have access to medical assistance. As a matter of human dignity, everyone is entitled to health care. To that end, healthcare should be considered an essential building block for a healthy community. Sadly to say that through our regular visits to different places, we still see that patients in the low income group do not have adequate healthcare.

We often meet frail elderly and or bedridden patients who need financial support and help for medical attention. Meanwhile, despite the subsidy from the government, some patients are still not able to afford the balance due escalating medical costs. As a result, these would lead to deterioration of health and quality of life. Therefore, charitable care is crucial and we hope to be able to do so with a potential community.

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The reason I want to carry out this project is because I come from a Traditional Chinese family background which often uses herbs to cultivate health. When I am sick, my grandmother or mother normally will use some herbs or natural materials to relieve my sickness without going to clinic. Traditional Chinese Medicine is a kind of treatment or therapy that advocates the **principle of preventative treatment** which means it helps to prevent one from getting sick or prevent disease from moving to a critical stage. As I am come from East Malaysia and during my time the medical services in East Malaysia was not enough and thus families from there usually go to Chinese Herbs shop to buy some herbs which they will use to cure some minor sickness when medical services are scarce.

To me, health should be the priority for human and it is a basic needs. Without health, ones will not feeling happy and couldn't carry out their daily lifestyle as they always suffered in sicknesses. It is my belief that through providing medical education as well as treatment to the needy group, it allows them to take care of themselves. Hence, we are eager to grow from our experience from this event to help other communities.

To ensure a long term care, I would divide my plans into three stages. Firstly, my team and I will continuously **follow up the progression** through local authorities to build a long term relationship with the community here and understand what they really need. Secondly, my club is still in the progression of discussion on the idea of "**Mobile Clinic**" helping us to reach those remote areas and offer our treatment more frequently. Thirdly, through **collaboration with those medical associations and media**, we can organize similar event more frequently through **raising funds and publicize** the local condition through media hoping to search for generous benefactors to ensure the continuity of the project.

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This is just a starting point of our club and our funds are insufficient to organize a big charity care event. So, we will first start at Banting which is near to my university as there are some villages where medical services are scarce. However, we will focus in one group of people or one particular place or village first and when the event is matured enough we may be able to duplicate this to another location.

We will be able to expand our charity care throughout the places which lack medical services. Last but not least, we always believe that it is health is real wealth and not pieces of gold and silver.

PROJECT OBJECTIVES

1. Provide **disease preventive management techniques** to the local communities of Banting especially those from Pulau village, Banting to allow them take care of themselves.
2. Increase **personal and public awareness** on health-related issues.
3. Provide charity care to the rural area which lack medical services.
4. Promote the value of traditional and modern Chinese Medicine so that the public can know more about Traditional Chinese medicine treatment.
5. Increase the availability of health and wellness resources among the public

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ACTIVITIES AND TASKS

The activities that we are focusing for this event will be treatment as well as disease preventive management techniques as we want the local communities from Banting especially those from remote area such as **Pulau Village Banting** to be able to help themselves when medical services are not reachable. For the treatment part we will focus on the following:

1. Establishing rapport with the community – Visiting and meeting leaders to present our proposal and obtaining approval.
2. Advertising our event to the community.
3. Services to be offered – Preventive health management, Acupuncture, tuina, consultation, etc.
4. Follow up visits – to be determined with the leaders

For preventive management, while patient are waiting, we will teach them with **health cultivation knowledge** especially on food therapy in which the elderly or housewife can use it in daily life. Besides, there might be a session of **Chinese Herbs Identification** during the event. After the treatment, we will provide another session for them which mainly focus on their main problem and teach them with the **necessary technique to improve their health**

We will separate the tasks to the following departments: (No need to be that specify)

1. Physician :

- Invite experienced qualified physician to give the treatment and consultation

2. Team Leader:

- Coordinate all tasks and activities between the departments and make sure there is a clear concept regarding the procedures between the departments.

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3. Internal Medicine Department

--responsible to train the volunteer who is in charge of internal medicine affairs.

4. Acupuncture and traumatology department

--responsible to train the selected volunteer with acupuncture sterilization and operating procedure.

5. Drugs department

--responsible for training selected volunteer with the necessary procedure during allocating the drugs and anything related to drugs distribution procedures

6. Registration department

--responsible for registration procedure and the patient assigned procedure

7. Health cultivation department

--Responsible to teach the patient the necessary techniques to help the patients with their respective disease so that they can take care of themselves

--Provide some healthcare information with selected volunteers to explain to patients while they are waiting

--Provide disease preventive management either in Tuina therapy or Food therapy to the local communities

8. Logistics Department

--Responsible for table and chair arrangement as well as the floor design

9. Marketing and public relation department

--Responsible for advertisement, making of brochure and design of venue

--Coordinate with committees of Kuala Langat Basketball Association to **release notice to those remote area on the information about the event**

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PROJECTS BENEFICIARIES

1. Focusing mostly in rural communities around Banting such as Pulau Village Banting consists of a population around 670 people in which medical services are lacking
2. Old folks, children and housewives around Banting but focus mainly in old folks.

EXPECTED PROJECT RESULTS

- ❖ Local communities have a **basic medical knowledge on self-care**
- ❖ Local Communities knows how **to identify several types of herbs** which they can be used at home when they are sick
- ❖ Build a long term relationship with the local communities and authorities
- ❖ Local Communities have basic understanding on disease prevention management
- ❖ Local Communities have a clear picture of TCM treatment
- ❖ Give more on-site experience and exposure to TCM students
- ❖ Reaching out to approximately **200 or more patients**
- ❖ 3 to 5 days or even more course of medicines depending on the budget allocation

PROJECT TIMELINE

- ❖ Date: 24/8/2014(depend on the budget allocation and we can organize for a longer duration)
- ❖ Venue: Hall of Kuala Langat Basketball Association, Selangor

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Timeline: -

- ❖ July: Materials preparation, stock checking, staffing.
- ❖ August
 - Treatment
 - Check up
 - Drug dispensal
 - Education Talks
 - Collaborative partner
 - ✓ Academic Association Of Traditional Chinese Medicine Kuala Lumpur And Selangor(AATCMKL)
 - ✓ Kuala Langat Basketball Association
- ❖ Follow up plan
 - Once or twice a year. How frequent is the visit will be further discuss with the local authorities as there are some other associations constantly organize charity care at the same area from time to time. We will gather the information and decide whether we should focus more into disease preventive management techniques or treatment during the next visit so that there will be no overlapping between the objectives.

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BUDGET

Classification	Total amount of respective section	Estimated budget according to items	Description
Herbs and medical equipment	RM7050	RM5000(150 – 200 people and depend on the course of medicine)	Medicine(powder and Pills form)
		RM800	<p>Sterilize needle (1,1.5,3 inches)</p> <p>Total patients 200 X Every patient 10 needle X every needle RM0.4=RM800</p> <p>0.5 inche-5 boxes 1 inche-5 boxes 1.5inche-5boxes 2 inche-4 boxes 3 inche-3 boxes</p>
		RM150	<p>Moxibustion with one box of moxa stick costs around RM15</p> <p>RM15 x 10=RM150</p>
		Rm100	<p>Moxibustion with one box of Moxa Roll costs around RM10</p> <p>RM10 x 10=RM100</p>
		RM200	<p>Alcohol and cotton(RM 1 each patient)</p> <p>RM 1 x 200=RM 200</p>

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		RM300	Chinese Medicine plaster one plaster RM 1.5 RM1.5 x 200=RM300
		RM400	Electronic balance with battery RM 80 each RM80 x 5=RM400
		RM100	Sterilisation equipment RM20 each RM20 x 5=RM100
Transportation and Lodging	RM 600	RM400	INTI Bus with RM5 per head count 80 people x RM 5=RM400
		RM 200	Logistics
Living Expenses	RM 800	RM800	Lunch and Dinner with RM 5 each meals so total RM10 80people x RM 10=RM800
Stationeries	RM800	RM100	Clinical report(carbonize copy in which one copy keep by TCM club and another copy keep by AATCMKL)
		RM600	Banner, brochure, poster
		RM100	Pens and miscellaneous items
Site renting	RM200	RM200	RM200 each day
Miscellaneous items	RM300	RM300	Based on requirement during occasion

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Total Budget Estimation: RM9750.00