



Programs focus areas

Communicable Diseases	
Focus area	Example
Prevention of CDs	<p><u>ATTENTIVE (AVOID DENGUE WITH PREVENTIVE HEALTH EDUCATION (CIMSIA - ISMKI INDONESIA)</u></p> <p>The method used by the ATTENTIVE project is "door to door" which provides counseling to the inhabitants of Bandungregosari by means of each group volunteers group contains three people with the provisions of one group there must be one volunteer from SCORE its task is to fill 3M checklist by looking at the surrounding environment and bathroom survey every house so that the volunteer knows the house to be done 3M according to the checklist indicator. every volunteer;s group give counseling minimal three house. we use poster media, the contents of the poster are danger and cause dengue, dengue prevention, how to do 3m, dengue, after checking the bathroom and counseling volunteer give the abate powder to each house given counseling so that residents more spirit to apply 3M (cover, bury, drain) regularly and do not forget to document, for timeline ATTENTIVE there is 2 day on September 5, 2017, provided training of trainers to thirty ATTENTIVE volunteers on public speaking and about dengue disease of theaters were lecturers of UB faculty of medicine with different focus the first materials about public speaking and the second materials internal diseases and volunteer get the module facilitation so that volunteers can still learn independently on the second day ie on 23 september 2017 ATTENTIVE provide counseling for villagers bandugregosari with methods already described above with a minimum target of forty five homes and target volunteer must do 3M minimal fifty house. besides that population of Bandungregosari give a good feedback for our volunteer</p>
Vaccines	<p><u>Project Immuno (Slovenia (SlOMSIC)</u></p> <p>We divided our activities into several phases.</p> <ol style="list-style-type: none"> educating future and young parents (from February 2016) educating high school students (from October 2016) Informing the medical students about the importance of flu vaccination (October and November 2016, October and November 2017) collaboration with the Medical Faculty of Maribor (from November 2016) cooperation with Municipality of Ljubljana (from December 2016) educating future teachers - students of Faculty of Education in Ljubljana (from December 2016) Workshops for Secondary school for healthcare (from January 2017) Workshops for students in First and Second Year (from March 2017) Major congress for medicine students (in April 2017 and in March 2018) Participating with Ministry of Health on new Communicable Diseases law (since October 2017)
Preventable diseases	<p><u>HEALTH AND VACCINATION - (Bosnia & Herzegovina (BoHeMSA)</u></p> <p>The project will be implemented in several phases.</p> <ol style="list-style-type: none"> The first stage of the project is conducting a general survey of the population in the Tuzla Canton in 5 municipalities Student education is the second phase of the project. Students must be familiar with all details of the vaccination process, its benefits and disadvantages, in order to adequately deal with the issues and attitudes of parents and everyone else who is against vaccination. The third phase includes the recording and promotion of a video titled "I am immunized" The fourth phase of the project is a public event in a form of a street action where the distribution of informative material with the basic questions and answers related to vaccinations is planned. In the fifth phase, we have planned the organization of an oral competition quiz for high school students to test their knowledge about the importance and significance of



	<p>vaccination.</p> <p>VI) The sixth phase of the project is the organization of a panel discussion with an open participation.</p> <p>VII) The seventh phase, which also applies to all the previous phases, is the promotion of the vaccine importance and immunization in the media. We will cooperate with the media to follow our work and to promote our activities with the purpose of quality information distribution.</p>
AMR (antimicrobial resistance)	<p><u>Stik tik antibiotics (IFMSA-Morocco)</u></p> <p>We made a video describing the story of a man that used antibiotics randomly, it starts with his death scene, then a flashback of him getting out of the doctor for his sore throat, being angry because the doctor gave him no treatment, then he uses antibiotics randomly, then he gets infected by a multiresistant bacteria that doctors were unable to treat, and it ends with a message to the good use of antibiotics.</p> <p>The video was filmed by us medical students</p> <p>We also made posters telling people to consult their doctors instead of just consuming antibiotics by themselves, and posted them in different doctors offices and places.</p>

Emergencies, Disaster Risk and Humanitarian Actions	
Focus area	Example
Disaster resilience	<p><u>Emergency Medicine Simulation Seminary - SISM Italy</u></p> <p>Our course lasted 5 days and covered ALS, CRM, Eco FAST and practical surgical activities such as PNX detension, Advanced medications, vascular accesses, BST. We had a Bleeding control session held by American College of Surgeons teachers inside the "STOP THE BLEED PROJECT" and a Disaster Medicine Day held by SISM Italy Disaster trainers. We gave participants a basic knowledge of the main aspects of the Emergency and Disaster Medicine through the use of the Simulation in Medicine and the Italian experience in this field.</p>
Improvement of humanitarian initiatives	<p><u>Medical Students' Humanitarian Campaign - Norway</u></p> <p>The medical students' humanitarian campaign (MedHum) is working together with UNICEF to support their Makani – My space project. The project supports innovative health and learning centers in Jordan that provide psychosocial support, basic education and primary health services to Syrian refugee children and youth living in Jordan. Syrian refugee children have been affected by the Syrian crisis through the death of loved ones or the loss of homes and communities. These children are at an increased risk for early marriage, child labor and recruitment to armed groups. Access to Makani centers promote psychosocial wellbeing in a safe environment where these children are surrounded by others with similar experiences. The children develop life skills and coping mechanisms and learn to support one another.</p> <p>Makani centers focus on providing children with opportunities for active participation in constructive social change. The children and youth learn important life skills, such as teamwork, communication, leadership and creative thinking, to help them make a positive difference in their own lives and communities.</p>
Access to care in disaster situations	<p><u>Emergency Weekend - Slovenia</u></p> <p>Emergency weekend was meant for 24 medical students of first and second year of study. Our main goal was to teach them about first aid, triage, disaster management and coordination of MCI. We rented place near Maribor, where we could practice all weekend, this was bigger cabin with lots of space. On first day we watched a movie about emergency medicine, which motivated our students and prepared them for weekend. Next day we taught them about MCI, triage, ITLS and first aid, as well as CPR. Then we had simulations of accidents, where participants had to asses injured persons, played by participants, then they switched roles. There was also table top presentation about MCI. In the evening we had lecture about importance of quick response. Next</p>



	<p>morning we woke them up at 4.30 with siren and preformed MCI (earthquake), they had to asses our staff (about 10 persons), and provide first aid and prepare plan for evacuation, sectors... Then we had some more simulations of accident. We measured impact of our training with pre and post test, we also evaluated each scenario and table top.</p>
International humanitarian law	<p><u>PalSpain - IFMSA Spain</u> Our project tries to raise awareness among university students about the violation of the Palestinians' Human Rights. In order to earn knowledge about this situation, we send a team of Spanish people to spend one month in Occupied Palestinian Territories, where they take many forming lectures, work as teachers in a summer camp with Palestinian refugee children and participate on a clerkship in different Palestinian hospitals or clinics. When they come back to Spain, they are supposed to share what they have seen, learnt and lived during this experience.</p>
Populations in emergencies, disaster and post-disaster settings	<p><u>Scophincomings: working accidents with venomous animals in riverside community - IFMSA Brazil</u> The activity focused on accidents involving venomous animals in a riverside community, teaching the population at risk prevention and proper management. Participated in the activity medical students of different local committees of our regional, besides national and international exchangers who were in these committees and still students of other health courses</p>

Environment and Health	
Focus area	Example
Climate change	Workshop or training on climate change and health or advocacy effort to influence a certain community to decrease their ecological footprint
Water sanitation	3 rd parties activity to raise fund to provide access to sanitize water or to support projects that provide clean water resources
Air pollution	Education and awareness raising event on the effect of air pollution on people's health
Fossil fuel divestment	Fossil free investment campaigns that target individuals, NGOs, universities and/or hospitals
Health sustainability and green hospitals	Activities that encourage and promote the environmental sustainability and go green initiatives
Food production and security	Activities focusing on the topic.

Ethics and Human Rights in Health	
Focus area	Example
Human rights for medical professionals in daily	<u>Legal Responsibility for Medical Students</u> : is the first conference in Paraguay about legal aspects of medical practice. In collaboration with a specialist, students not only



clinical settings	to acquire new knowledge about legal documents and laws in medicine, but also clear doubts, find solutions and have a quick decision-making ability, in case they find themselves in certain situations, where the legal aspect may be compromised.
Medical Ethics (Patient Centered Care, Good Medical Practice, direct doctor-patient relationship)	<u>Dawn (Aurora)</u> : Here, vulnerable patients like the elderly and children in the hospital are visited by medical students; played with, fed and shown empathy.
Rights of patients, doctors and medical students incl Health inequities	<u>What do you know about human rights?</u> Is a capacity building activity for medical students in Algeria. A huge problem with knowledge of human rights in hospital environment in Algeria was noticed hence the activity. About 200 students participated in the conference of which 24 participants had already participated in the debate session earlier on.
Ethical research and ethical financing	<u>Farmacriticxs</u> : is a citizen lead platform, promoted and initiated by medical students in the very heart of Spanish medical faculties as a reaction to our exposition and increasing influence of Big Pharma in our Universities, Medical Schools, Hospitals and in the general life of Physicians. From this origin "Farmacriticxs" has grown over and beyond its birth and now reaches students and professionals of a variety of fields and also members of the general population who are concerned and wish to promote ethics and transparency with the Pharmaceutical Industry in order to improve the health of the population.
Organ and human trafficking	<ul style="list-style-type: none"> • Awareness campaign on human trafficking, explaining the conpet and the situation and showing how it can be prevented • Trainings for healthcare professionals on how to identify and dea with organ and human trafficking victims
Peace, Peacebuilding and Health	Activities focusing on human rights education.
Teddy Bear Hospital	<u>Teddy Bear Hospital</u> : Lack of knowledge in children about healthcare, the function and goal of a hospital. This lack of knowledge will in turn cause fear of the hospital in children. The Teddy Bear Hospital tries to tackle this problem in a playful way children can understand. The second problem that can be established, is that children require a different approach which can be challenging for medical students. This project will help the students learn how to communicate with patients and more important with children.

Gender-Based Violence	
Focus area	Example
Female Genital Mutilation/Cutting	<u>Anti-FGM, Egypt</u> : As Anti-FGM Spread all over Egypt we in IFMSA-Egypt as Medical Students Seeking to increase awareness through Our Medical Students As theu Future Doctors, Through Physical Campaigns to them, increase awareness to public people through Physical campaigns at different places. through TOT we increases Knowledge to Our trainers to conduct this for their LCs through online Campaigns to increase our outreach for Social media Users
Women Empowerment	<u>Women empowerment workshop, Turkey</u> : Our activity, which was organized by a local committee and had nation-wide participation, has sought to accurately explain and discuss the status of women in the society, roles that have burdened with the traditions and women's health and rights. We aimed to increase the participants (mainly medical students) awareness and raise our voice in every platform by making everybody as aware as



	<p>possible. Over the two days 6 guests specialising in different areas talked about the current situation and what can we do to empower women. Between the session, training helped the participants actively discuss the topics. By handing out materials and giving tasks to participants we hoped to create and maintain a sustainable environment for discussing such sensitive topics, not only in such conferences but in every platform.</p>
Domestic Violence	<p><u>On your Own, Pakistan</u>: On your Own is an activity designed to take a stand against unwanted advances and abuses. It is designed to create an environment where women are trained with appropriate skills to deal with the harmful situations, the activity raises voice against domestic violence. Noticing and acknowledging the signs of an abusive relationship is the first step to ending it.</p>
Sexual Exploitation and Rape	<p><u>Embrace your voice, Nepal</u>: The main idea of the program is to bring together the Health personnel, policy makers, lawyers, police, public health experts, forensic experts and discuss the issues of sexual assault and workplace violence through a Panel Discussion and help the medical students to get a general idea and know where to approach if they or their patients find themselves in similar situation. It is also to help medical students get in touch with their literary sides and spread the message in a creative manner through Poems and Stories.</p>
Early and Forced Marriages	<p><u>Regional Training on Child Labour and Child</u>: Child marriage cause of die to mothers and babies or to be mother in early ages makes children vulnerable and unprotected. In the other way, in Turkey one of each 7 women marriage in child ages, by 2014's data. I can explain the our objectives like our purposes; -Talk about the child exploitation and take attention this subject -Ensure that child marriage is more understandable for medical students -Raise awareness for medical students</p>

Health Systems	
Focus area	Example
Primary health care from a health system perspective	<p><u>Immersion in public health in cities with the worst HDI in Brazil</u>: The main goal of the activity is to integrate the national interchange of IFMSA Brazil with public health by a immersion of the medical student in the reality of health systems in places with a low HD in state of Maranhão in Brazil. With the partnership with FESMA (Health State Force of Maranhão), this activity aim to improve the education between the population that don't had access to information about health and how to prevent diseases, by making activities in the health promotion in more away cities. At the same time, the activity also aim to teach students how to act as doctors in difficult situations, where it is not possible to find the right material to many procedures. In this way the target group of this activity is the population of Maranhão, Brazil, and the indicators of success are related to the report of these about the attendance and the improve of the service given to them when they need. At the same time it is important to evaluate the opinion of the medical students about the activity to see if it was good to the both sides. Only evaluating the opinions of the students about the experience and the improve of the service after the beginning of the interchange is possible to see if the activity was a success or not.</p>
Medicine related issues	Activities focusing on access to medicines.
Global surgery	Example: A seminar with doctors working on global surgery, which is covering the important aspects of it and real life experiences
Rural/community	<u>Balkan SCOPH Weekend 4</u> :



health	<p>People living in rural area don't have as good access to medical care as people living in urban areas. Also, both children and elderly population are less involved in health system, the main reasons being insufficient education, mistrust in the system and sparse medical services. Aim of this project is to target specific problems that are linked with living in rural regions.</p> <p>Objectives are:</p> <ul style="list-style-type: none"> Acknowledge the gap between healthcare in urban and rural population Find common problems shared with the neighbouring countries and work toward solving them through small working groups Work on improvement of mental health, especially among younger population Consider actions toward reducing the prevalence of NCDs, focusing on how to lower the percentage of smoking cigarettes and consumption of alcohol <p>Indicator of success for all is greater number of high quality, rural health oriented activities in each NMO and, consequently, better community healthcare for rural population</p>
Universal Health Coverage	<p><u>World Health Day 2018 Campaign:</u></p> <p>Our health system is full of inequalities revolving around several issues :</p> <ul style="list-style-type: none"> - medical care of people with disabilities - lack of adequate care for extreme ages - geographic inequalities (oversea territories +++) - social and financial limitations to access healthcare - cultural and linguistic barriers - SOGI <p>The objectives are of two types :</p> <ul style="list-style-type: none"> - raising awareness about the issues we are highlighting. - promoting innovative solutions to address these issues. <p>Indicators of success will be the application of the solutions we promote, especially the ones regarding medical training.</p>
Trade and Health	<p>Activities focusing on impact of trade agreements for health of the population.</p>
E-Health	<p>Examples: A summer school on the new opportunities and "problems" that big data will play in patient management</p>
Health Systems as a whole	<p><u>SPECTRUM</u>, as a science magazine, is based on the writing articles according to the respective call. It aims at leading to the development of the point of view of medical students as a future professionals and citizens of country – Ecuador – and the world. All of this, about specific issues, as for example: Tuberculosis, ADIS/HIV, Multiple Sclerosis, OCPD, and others.</p> <p>General objective:</p> <p>To generate knowledge about important issues in Medicine and Surgery career and in general society, by writing and publishing articles that cover topics related to medical education and health systems, this, for the duration of the activity and its monthly publication, and the participation of authors and readers that in number (as a minimum) correspond to 10 and 60 people, respectively.</p> <p>Specific objectives:</p> <ol style="list-style-type: none"> 1. To encourage a writing culture within the medical community through the respective call, via online. (Indicator, minimum 10 people for each edition.) 2. To raise-awareness among medical students and general society about the importance of disseminating science through social networks and other media, publication of opinions. (Indicator, minimum 3 people for every two editions.) 3. To know the impact generated by the project through the application of questionnaires. (Indicator, 50 per cent of the participants – authors and readers – for each edition.)
Health System Innovation	<p><u>Assistant Doctors Project:</u></p> <p>The project aims to address the problem, that medical students do not have a lot of opportunities to do practical work during their studies. Before this project, our students could only work in hospitals as assistant nurses, which is not enough for acquiring practical skills. The other issue this project aims to tackle, is the lack of workforce in hospitals during the summer.</p> <ol style="list-style-type: none"> 1. The system is working – by the summer of 2011 the government has passed a



	<p>law that allows the first assistant doctors to work in Estonian hospitals (achieved 16.12.2016).</p> <p>2. Working as an assistant doctor is a natural part of becoming a doctor in Estonia – by 2020 60% of the final year medical students have worked as assistant doctors, by 2020 90% of assistant doctors have worked in a healthcare facility in Estonia.</p> <p>3. The system is efficient – by 2018 a law has been passed that allows assistant doctors to have access to our e-Health system and can write preliminary prescriptions from their own information system account (achieved 03.03.2017).</p> <p>4. The system is sustainable – by 2020 the system has funding from the government.</p> <p>5. The system gets positive feedback from both students and employers – every year at least 70% of students and healthcare facilities rate satisfaction with the system at least 4 or higher (on a 5 step scale).</p>
Human Resources for Health	Awareness campaigns and community-focused activities and Advocacy efforts aimed at major stakeholders in order to recognize health workforce planning as a national and global priority.
Organ, Stem-cells and Tissue donation	Awareness campaign on blood donation, blood collection events, events to register organ o stem-cells donors, trainings for healthcare professionals on donation

Healthy Lifestyles and Non-Communicable Diseases	
Focus area	Example
Prevention of NCDs and Health Promotion (incl healthy habits)	<u>The mind,heart & body</u> : Malta was named the most obese country in Europe in 2016, also it has a great incidence of Cardiovascular diseases as well mental health issues. That is why they organised a campaign that was aimed at the general public. It took place on 1. of October in 2017 and it was set on a public place so the people reached would be of all age thus making it more useful for the general population. The aim of the campaign was prevention, control and in some cases also curing the diseases. From 9am till 2pm the citizens had a chance to measure their blood pressure, glucose level, BMI, engage in physical activity, educate themselves about mental health and other NCDs.
Cancer	<u>Spot it</u> : Education organised by IFMSA-Québec. According to WHO, one out of three diagnosed cancers is a skin cancer. As ozone levels are depleted, the atmosphere loses more and more of its protective filter function and more solar UV radiation reaches the Earth's surface, which, in association with the rising incidence of melanomas, exacerbates the need for proper skin protection awareness. Target groups are students in grades 9 through 11 and general population. Objectives were to assess prior knowledge of students on the topic,provide relevant information on primary and important skin cancer identification and prevention,provide resources and follow-up opportunities for students in case they have questions. It is a peer-to-peer education project which consists of an one-hour interactive presentation on the topic of skin protection. The presentation is divided into three parts: the first examines the deleterious effects of UV rays on our skin from an aesthetic point of view (wrinkles, brown spots, skin thickening), the second revolves around skin cancer, particularly melanoma (risk factors, screening, pronostic) and the last part deals with cancer prevention methods (sunscreen, sun protection and tanning alternatives).
Tobacco Prevention	<u>Anti Smoking Project</u> : Project by IFMSA Jordan. to the WHO; in 2015, over 1.1 billion people smoke tobacco. According to a global study; Jordan topped Middle East countries in the prevalence of smoking among males, and third in terms of female smokers. This study showed that the rate of smoking among Jordanian men was 43.4 per cent in 2012, while the prevalence of smoking among females in Jordan stood at 8.5 per cent. 51% of Jordanians are exposed to passive smoking in public areas.



	<p>Targeted groups are medical students, governments, children and adolescents. Objectives are a smoke-free environment by raising awareness on the effects of smoking and equipping medical students with skills and knowledge needed to fight smoking, also to decrease the incidence of smokers and passive smokers in Jordan and to highlight the deleterious effects of tobacco as a risk factor for NCDs.</p>
Diabetes	<p><u>Don't sugar coat it</u>: Educational campaign in organization of MMSA Malta. It has been estimated that around 10% of the Maltese adult population suffers from diabetes. Also, studies involving the local population have shown that many people are unaware of their diabetes. Further to this, Malta was named the most obese nation in Europe in 2016. The activity is mainly composed of three events; preparatory workshop, main public event and public educational talk. The social media campaign is vital to gaining traction, compelling people to attend events and getting the message of empowerment across. Through the number of people in attendance of each event, and insights online we can understand how many people have been reached. The activity aims to raise awareness, educate people and directly offer screenings in relation to diabetes which is of particular importance locally.</p>
Cardiovascular Disease	<p><u>High Blood Pressure, A silent killer</u>: Project by Ecuador. Eight million people die every year in the world because of arterial hypertension. 80% of cases occur in developing countries (like ours) according to the International Hypertension Society. Hypertension is a common pathology in our environment, considered a silent killer because it rarely causes symptoms in its initial stages and many people have not been diagnosed in time. As medical students we are able to contribute to the community with information on the health status of people and possible early diagnoses as well as teaching prevention methods, risk factors and pathologies associated with hypertension. activity is aimed at the community in general. The long-term beneficiaries will be the medical students - who will know about the latest updates - the people who are trained by medical students - who will be able to recognize early signs of high blood pressure and who will be able to modify their lifestyles - and the country's doctors, who will be able to give a definitive diagnosis and provide early treatment for patients suffering from high blood pressure. Through the two phases of the activity, an effective way of educating medical students and the population in general will be shown, promoting healthy lifestyles and helping in the prevention and management of high blood pressure. Further, IFMSA will be recognized by medical students, health personnel and people who do not belong to the health area, such as a student organization that is concerned with promoting global health.</p>

HIV/AIDS and Other STIs	
Focus area	Example
Prevention of all STIs or specific STIs	<p>ACTIVITIES PRIMARILY AIMED AT PREVENTING THE SPREAD OF STIS AMONG POPULATIONS Activities that raise awareness on Prevention of STIS, Activities Targeted towards methods of preventing HIV/AIDS and other STIs. Activities promoting Vaccination e.g. against HPV and events publicizing safe sexual practices including Condom use and others. Walks, campaigns for prevention, lectures and many others.</p>
STI testing	<p>ACTIVITIES PRIMARILY INVOLVED WITH USING MEDICAL TESTS TO ASCERTAIN PRESENCE OR ABSENCE OF HIV/AIDS AND OTHER STIS Activities where testing for HIV/AIDS and other STIs are carried out, free testing outreaches, HIV/AIDS testing, Testing for Chlamydia, Syphilis and any other STIS.</p>
Removing stigmatization and empowering people living with	<p>ACTIVITIES PRIMARILY AIMED AT REDUCING OR ENDING DISCRIMINATION AND IMPROVING THE QUALITY OF LIFE OF PEOPLE LIVING WITH HIV AND OTHER STIS Activities combating stigma and Re-educating the general population on how to approach people living with STIs especially HIV with humanity. Events targeted at ensuring Zero Discrimination, ensuring removal of stigma from society and the healthcare system, and</p>



HIV	events to empower and ensure no limitations in the lives of people living with HIV
STI education or training for future health-care professions	ACTIVITIES PRIMARILY AIMED AT CAPACITY BUILDING FOR HEALTHCARE WORKERS ON THE TOPICS OF HIV/AIDS and other STIs Talks, trainings, workshops, symposiums for healthcare professionals present and future to build up or refresh knowledge on HIV/AIDS and other STIs and how to approach people living with these conditions as well as to keep the health workforce updated on the latest facts and ways of preventing or detecting STIs.
Ensuring access to treatment for people living with HIV or other STIs	ACTIVITIES PRIMARILY AIMED AT IMPROVING AVAILABILITY AND PROVISION OF TREATMENT TO PEOPLE LIVING WITH HIV/AIDS AND OTHER STIs Free Drug Clinics, activities targeted at widening the distribution of STI drugs, research, studies to produce more effective, efficient forms of treatment, Drug counselling for people living with HIV
STIs and HIV/AIDS political advocacy	ACTIVITIES PRIMARILY TARGETED AT IMPROVING THE HEALTH STATUS OF PEOPLE LIVING WITH STIS THROUGH POLITICAL ADVOCACY High level meetings with Government and Health Agencies to advocate better conditions for People living with HIV and other STIs, Representation of affected populations and political forums and decision making events. Political advocacy for better drug availability, advocacy for removing structural discrimination against affected populations at the workplace and in healthcare systems.

Maternal Health and Access to Safe Abortion	
Focus area	Example
Access to Safe Abortion	<u>Debate on: Should Abortion be legalized in Malawi? [Malawi UMMSA]</u> The debate will consist of 6 youths in total from 3 different tertiary institutions (College of Medicine, Blantyre International University and Polytechnic). These will debate on their views as to why or why not we should legalise abortion in Malawi. There will also be experts whose role is to provide information where necessary that consist of a medical doctor, a public health specialist and a youth representative. The audience will also be given the opportunity to ask questions and give in their views.
Obstetric Violence and Humanized Birth	<u>APAOV: Asia Pacific Against Obstetric Violence [SCORA AM18 Regional Project Proposal]</u> STRATEGY 1. Data Collection a. How educated are our health professionals + mothers + families b. How prevalent is obstetric violence (observation + analysis of policy + guidelines + interviewing patient experiences) c. Research mothers and their antenatal education 2. Data Analysis and Compare – within country + region 3. Present Data to other stakeholders for feedback – doctor's associations, experts in the field, lawmakers, legislative bodies 4. Ask for support (student organisations, antenatal education – specialist or family doctor or directly to mother in hospital or students or women's association, hospitals) 5. Compile Strategies + time-based outcomes 6. Present to our country's supervising bodies + invite to review Whilst awaiting review of proposals: 7. Increase visibility + awareness of our work 8. Opportunistic Presenting + Discussion a. i.e. conference 9. Invite stakeholders to discuss our proposals and assist with adoption in a practical manner 10. Evaluation of outcome enforcement + adoption



<p>Breastfeeding</p>	<p><u>World Breastfeeding Week Campaign [SCORA IT + MHASA PC]</u> Organisations and individuals from all over the world are active this week to promote the health benefits of breastfeeding for mothers and children, encourage mothers to exclusive breastfeeding through the first 6 months of their children's lives and uncover misconceptions around that topic. We want to take this chance to present to you the activities of FEVESOCEM-Venezuela, IFMSA-Morocco, Associamed Tunesia and IFMSA-Argentina who are doing amazing work on the issue of breastfeeding! Furthermore, we are collecting videos from volunteers with the following: 1) Start with saying your first name and your country (e.g. "Hello, my name is Frederike and I come from Germany."). 2) Add your specific contribution: That can be a fact on breastfeeding. Or a reason why it is important to promote it. Or a specific experience from your country. [1-2 sentences] 3) End the video with our common call to action: "Let's sustain breastfeeding together!"</p>
<p>Family Planning, Contraception and Sterilisation</p>	<p><u>Well Women Workshop [AMSA-Australia]</u> Once a year we run a contraception and women's health workshop with the Fremantle multicultural centre. This caters to refugee and migrant women in the Perth region. The modules for the workshop were designed by past students and clinicians. Students each host a small group of women (max 4) and take them through multiple stations that cover different aspect of contraception and women's health in a culturally sensitive way. It is important that all students are female and they stay with the same group the whole time to build trust. This year we are also trialing bringing one male student to speak at the end about male doctors and attempting to decrease some of the fear and stigma around visiting a male clinician.</p>
<p>Infertility</p>	<p><u>Modern Family [AMSA Australia]</u> A lecture series was given to discuss the concept of a 'modern family' whereby infertility experts were brought in to debunk myths surrounding infertility and treatment options available. Families who had undergone IVF as well as egg donors were also invited to discuss varying perspectives surrounding a 'modern family' and the differing trials and tribulations each encountered. This lecture series gave a holistic view to medical students regarding infertility causes and management in the current climate.</p>
<p>Maternal Healthcare Services (antenatal, antepartum and postpartum care)</p>	<p><u>The Pregnancy Project [The Netherlands IFMSA NL]</u> By participating in this project, the pregnant woman and the student will contribute to the improvement of (maternal) healthcare. The students will learn more about the experience of being pregnant and can use this knowledge in the execution of their future medical profession. The healthcare employees can use the feedback to improve their work. During the evaluation, the organization of the project and the experiences of the students will be discussed. The pregnant women that participate in this project have mentioned their appreciation for the familiar face of the student during each appointment in the hospital.</p>
<p>Pregnancy Complications and Postpartum Sequela</p>	<p><u>PPH Blood Loss Estimation Game [AMSA-Australia]</u> Various rags, blueys, towels and drapes were soaked in predetermined amounts of blood and laid out at different stations. In between each station was a question about pregnancy complications and postpartum sequela. Participants were split into groups and asked to write their answers for each station. We then collected these answers and went through each station identifying and explaining the correct answer before announcing a winning team.</p>

<p style="text-align: center;">Medical Education Systems</p>	
<p>Focus area</p>	<p>Example</p>
<p>Capacity building</p>	<ul style="list-style-type: none"> • Training Medical Education Trainers



	<ul style="list-style-type: none"> • Advocacy in Medical Education Training • Other trainings and workshops on medical education topics, leadership and advocacy skills
Students' involvement in medical education	<ul style="list-style-type: none"> • Advocacy and awareness campaigns for the active involvement and representation of students in decision making • High level participation and direct student involvement with the structures and processes in their medical school • Conducting student-led research about different aspects of their Medical Education System - Evaluation of the current curriculum and identification of gaps; Evaluation of the educational environment; Evaluation of the mental health of medical students
Curriculum design/development	<p>Direct student involvement with the design and delivery of teaching and assessment through awareness campaigns, advocacy, research and discussions aiming to:</p> <ul style="list-style-type: none"> • Conform medical curricula to global educational standards and guidelines. • Shift university focus towards sustainability assurance and acquisition of learning outcomes. • Shift Medical curricula focus towards Lifelong Learning with emphasis on self-education after graduation.
Evaluation and Assessment	<p>Conducting student-led research on:</p> <ul style="list-style-type: none"> • Student assessment & evaluation • Clinical competence assessment • Admission to medical school and costs of medical education
Quality assurance and accreditation	<p>Advocacy efforts aimed at aligning the medical curriculum with the international medical education guidelines</p>
Non-formal/informal education	<ul style="list-style-type: none"> • Direct student involvement with peer-teaching • Student-led research on non-formal education within the medical curriculum
Social Accountability	<ul style="list-style-type: none"> • Assessment of Social Accountability of medical schools • Student-led research on Community-based training • Training sessions on Social Accountability of medical education, Transformative learning and Interprofessional education • Advocacy efforts aimed at students, medical schools, medical education and healthcare institutions • Design, implementation and participation of students in community clerkships in urban and rural settings • Advocacy campaigns for implementing community-based education • Implementation of a community based clerkship during SCOPE Professional Exchange
Human Resources for Health	<p>Awareness campaigns and educational activities and Advocacy efforts aimed at major stakeholders in order to recognize health workforce planning as a national and global priority.</p>
Open Science	<p>Includes activities on Open Access, Open Data, Open Educational Resources, Open Source, Open Peer Review and Open Methodology. Activities may take the form of awareness campaigns and advocacy efforts towards decision makers or educational activities, such as workshops or conferences, with the main goal of building capacity.</p>
Career Support	<p>Activities related to showcasing different specialities, to discuss specialty access, internship conditions</p>



Mental Health	
Focus area	Example
Mental Health promotion and prevention	<p>Never Alone: Many medical students are so focused on their studies that they tend to forget to take care of themselves. Our goal with Never Alone is to show students that there are resources available to them in times of need, and simple ways they can improve with wellbeing. At the same time, as we provide these events and activities we also bring forward the topic of mental health and fight the stigma associated with it, especially as physicians in training. Every semester we have 1 week dedicated as the mental health awareness week. In this week we have events for each day which cover different aspects of mental health awareness. Events to de-stress: Yoga, Puppy Therapy, etc. Events for campaigning: Scrub Away Stigma day with photo. Events to reach out to students and talk: Bake Sale with pamphlets on mental health resources. Informative and strength building: Cognitive Behavioral Therapy Workshop.</p>
Mental Health advocacy and public awareness	<p>Stigmatization Related to Mental Disorders</p> <ol style="list-style-type: none"> 1. Medical students are informed about general facts for mental health and stigmatization related to mental disorders. Indicator of success: Medical students conducting the surveys are able to explain about mental health and stigmatization to people who are filling in the surveys. 2. Society is informed about general facts for mental health and stigmatization related to mental disorders. Indicator of success: People filling in the surveys understand the general concept and are able to interpret and give meaningful input to the questions of survey. 3. Obtaining information about experiences of people with mental disorders about stigmatization to be used to improve the quality of services and public attitude towards them. Indicator of success 1: Patients at the psychiatric clinics are given proper information about the use of survey, helped for any questions came up while filling in the survey and gave meaningful input to be interpreted. Indicator of success 2: Meaningful amount of surveys, for example at least 40 per a clinic which has around 800-2000 admitted patients per year, which will be assigned by their professor, are collected. 4. Comparison of society opinion and people with mental disorders about stigmatization. Indicator of success: Same amounts of surveys for patient and healthy individuals are collected by each local committee according to what their professors assigned. 5. Presentation of our project to the governmental delegation of the Republic of Bulgaria to the WHA to pressure on the decision makers to adapt policies accordingly. Indicator of success: We could contact them at the WHA, presented our work and made calls.
Integration of mental health within primary healthcare	<p>Course of medical psychoanalysis doctors and medical students need to understand the human psyche, the factors that influence it and how psychotherapy acts, so that when they attend a psychiatric patient, they perform an integral psychopharmacological approach.</p> <ul style="list-style-type: none"> - Demonstrate the science of applied psychoanalysis in the day-to-day medical psychiatrist; - Improve understanding of psychiatric disorders and how they affect the patient's daily life through behavior; - To understand the mechanisms used by psychoanalysts for the treatment of mental disorders in order to improve the connection between psychiatric and psychological therapy; - Optimize understanding of how psychiatric disorders affect patients' behavior and can affect their personal lives; <p>Self-knowledge in order to improve the psychological structure of the medical student, avoiding problems such as depression and suicide;</p>
Dangers of substance abuse	<p>None enrolled yet but an example can be a seminar arranged for teachers and parents on the children vulnerable to substance abuse and the harmful effects it can have on their future lives.</p>



Realizing Sexual and Reproductive Health and Rights	
Focus area	Example
Comprehensive Sexuality Education	<u>Sexual Education in School (SOS) - BeMSA-Belgium</u> We want to give adolescents access to reliable information about sexuality, relationships, contraception and STD prevention. In an airy educational way, we try to give the youngsters the ability to make informed and individual decisions about their body and health and break some existing myths about these topics. The project is a form of peer education in which young people are supported to bring about a health-promoting behavioural change with other young people.
LGBTIQ+ issues	<u>Ditch the Hate</u> Major goal: To sensitise the masses about the LGBTQ+ community to ensure that anyone who does not conform to the heteronormative and binary nature of sexuality and gender identity can live free from any form of discrimination. 1. Visibility of the campaign on Facebook in India 2. Any sharing of the infographics from the original page where they will originally posted onto anyone else's private pages or public forums 3. Clarifying doubts of readers related to SGI and the SGI umbrella 4. to spark the flame for advocacy for this community in relevant stakeholders 5. To have even 1 medical student's outlook on an LGBT+ patient change such that even one member of the community experiences truly accessible health care
Sex worker issues	<u>Rainbow Project</u> 1. Discrimination based on sexuality (including sexual orientation) or gender identity is a Human Rights violation. Nonetheless, this discrimination is widespread and has a detrimental effect on the health of its victims. 2. The sexuality and gender Identity program will raise awareness among the general public about the issues. 3. SCORA hope to directly work with stigmatized groups, such as LGBT+ individuals or sex workers, to educate them about available health services and to empower them to access these.

Teaching Medical Skills	
Focus area	Example
First Aid/BLS/CPR	<ul style="list-style-type: none"> • CPR Courses. • Trauma Initial Evaluation. • Airway Management workshop. • Bandages practice.
Surgical Skills	<ul style="list-style-type: none"> • General surgery symposium • Microsurgery symposium • Surgical stitches • Surgical dressing and hanswash.
History Taking	<ul style="list-style-type: none"> • Clinical History taking workshop. • Paediatric History Taking.



	<ul style="list-style-type: none">• Obstetric History Taking.
Diagnostic measures	<ul style="list-style-type: none">• Glucose & Diabetes.• Renal function tests.• Metabolic Syndrome criteria.
Clinical Examination	<ul style="list-style-type: none">• Physical Examination.• Neurological Basic Examination.• Glasgow scale application.
Doctor-Patient communication skills	<ul style="list-style-type: none">• Bad news preparation course.• Breaking the silence (sign language)• Native Languages focused on medicine.• Vulnerable groups communication
Diagnostic tests interpretation	<ul style="list-style-type: none">• EKG Workshop.• Fetal Monitoring Reading workshop.• Laboratory tests interpretation practice
Maternal and Child Health Clinical Skills	<ul style="list-style-type: none">• Neonatal Resuscitation Workshop.• Infants Infectious diseases symposium.• Leopold maneuvers practice.
Soft Skills for medical practitioners	<ul style="list-style-type: none">• Stitches workshop.• Phlebotomy courses.• Educational Activities in this topics.
Research basics for medical practitioners	<ul style="list-style-type: none">• Research Lab Guidelines.• Statistics tests interpretation.• Open Access libraries.• Bibliography workshop.