



28 January

"Gabay ni Lola: A Community Development Project" of Asian Medical Student's Association (AMSA)

On 28 January 2017, the Asian Medical Student's Association (AMSA) of the University of Santo Tomas in partnership with UST Section of Rheumatology conducted a community development program entitled "Gabay ni Lola" of the Little Sisters of the abandoned elderly in San Juan, Metro Manila. The project had the following objectives: educating the elderly about falls, including tips and ways on fall prevention, engaging in exercise, and familiarizing with osteoporosis and osteoarthritis. A total of 26 volunteer students and 40 elderly participated, in addition to the faculty, speaker and doctors from Section of Rheumatology.

A medical student started the program with a prayer and a violin piece "Ikaw Lamang Ang Aking Ilbigin Magpakailanman". Mr. Patrick Leung, a registered physical therapist of UST gave an interactive fall prevention lecture while the fellows of Rheumatology: Dr. Lorielyn Salvador, Dr. Elaine Veñegas, Dr. Richard Pelo and Dr. Vivian Santos gave a brief discussion about osteoporosis and osteoarthritis. Non-pharmacologic therapy for osteoarthritis was emphasized including the use of canes and other assistive devices, weight loss, and strengthening exercises. Fall prevention tips and queries were shared among the elderlies to whom they participated actively. After the program, students and moderators assisted and gave snacks to the participants. It was indeed a short but meaningful time with these abandoned elderlies.

Osteoarthritis, osteoporosis, and fall prevention



Rheumatology fellows



Participants



Mr. Patrick Leung and the elderlies

