

H.E.B.A.T!

COPC Project by Stream 3
UM MBBS Class of 2017/2022



Henti! Elak! Basmi Asap Tembakau! (H.E.B.A.T!)



dengan kerjasama **UMCARES**



HENTI! ELAK! BASMI ASAP TEMBAKAU!

Date: 19/9/2022 Time: 8.30am-12.30pm Venue: SMK Petaling

Objectives

- To increase the awareness on the dangers of smoking and vaping towards health
- To educate on effective interventions for smoking cessation among secondary school children
- To promote exchange of ideas and thought processes between secondary school students and medical students



Itinerary

Time	Agenda	Venue	PIC
7.00 am - 8.30 am	Depart from University of Malaya — Breakfast	KK6 lobby — Canteen	Bureau of Logistics — Bureau of Food, Beverages & Welfare
8.30 am - 10.00 am First part	Pre-event questionnaire Talk (20 mins) Nicotine dance (20 mins) Completing the puzzle (30 mins)	Hall	Bureau of Activity Emcee:
10.00 am - 10.30 am	Recess	Canteen	Bureau of Food, Beverages & Welfare
10.30 am -12.00pm Second part	Educational activities <ul style="list-style-type: none"> - Effects of vaping (20 mins) - Effects of smoking (20 mins) - Prevention (20 mins) - Intervention (20 mins) 	Separate venue	Facilitators: as below
12.00 pm - 12.30 pm Closing	Quiz Reflection by students Closing ceremony	Hall	Bureau of Activity Emcee: Bureau of Food and Gift

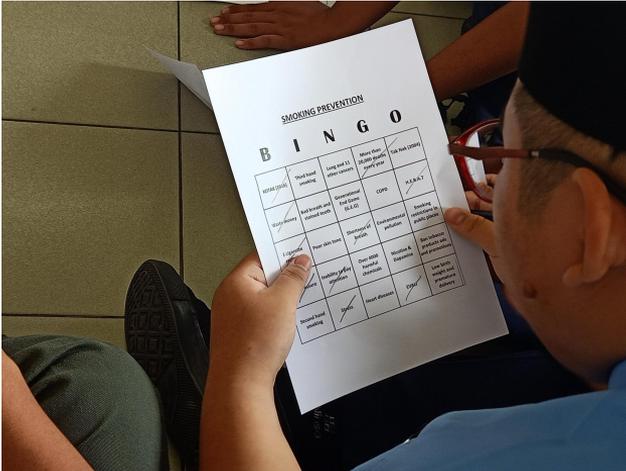
Event day activities

- Pre-event questionnaire
- Talk
- Nicotine dance
- Completing the puzzle
- Educational activities (in 14 small groups)
- Closing ceremony



Event day activities

- Educational activities
 - Effects of vaping (poster explanation)
 - Effects of smoking (water bottle game)
 - Prevention (BINGO game)
 - Intervention (matching pairs)



Event day activities

- Talk
 - Facilitators managed to capture students' attention and received good participation from the audience
 - Shortcomings: Technical issues occurred throughout the talk
- Nicotine dance
 - Shortcomings: Unable to properly conduct the activity due to the sticky note not sticking properly to the students uniform
 - Ways to improve: Can consider other adhesives for example tape as the sticky notes did not stick to nylon

- Completing the puzzle
 - Good participation from the students and facilitators
 - Shortcomings: Not a conducive venue as there was little room for the students to assemble the pieces
 - Ways to improve: Assign facilitators to the group
- Closing ceremony

Educational activities

- Effects of vaping (poster explanation)
 - Facilitators were enthusiastic to explain the posters to the students and the posters were very clear and easy for the students to comprehend
 - Shortcomings: Students were not very interested in this activity
 - Ways to improve: Organize games related to the posters to capture their attention
- Effects of smoking (water bottle game)
 - The students thoroughly enjoyed this game
 - Shortcomings: Some groups lost their ping pong balls
 - Ways to improve: Prepare extras for back up to prevent unnecessary stress

- Prevention (BINGO game)
 - Students were interested and asked a lot of questions regarding the bingo content
 - Shortcomings: The bingo sheet was in English which caused a language barrier
 - Ways to improve: Prepare Malay or bilingual bingo sheets
- Intervention (matching pairs)
 - Students loved this game and showed a lot of teamwork

Feedback session

- Logistics
- Food, Beverages & Welfare
- Technical
- Media Publicity
- Activities

Logistics

Strengths	<ul style="list-style-type: none">- Smooth event- Bus on time
Shortcomings	<ul style="list-style-type: none">- Poster boards from UMCares were unusable (difficulty in setting it up)
Ways to improve	<ul style="list-style-type: none">- Not to use the poster boards at all (more convenient during the group activities + better interactions)
Comments	<ul style="list-style-type: none">- Everyone is safe and sound

Ways to improve	<ol style="list-style-type: none">1. Give cafes a call to confirm menu and remind them of the venue + time to deliver food (on the day before AND morning of event)2. Count the items for goodie bags earlier to make sure it's enough3. Please give a briefing to us on how eproc works in the first COPC meeting4. Open eproc on week 2 and close on week 5/6, so we have time to find and buy items if no vendors bid on eproc
Comments	Thank you to everyone who helped us carry food, boxes, hampers! Remind future COPC to get Logistics Bureau help with carrying and transportation of all items.

Technical

Strengths	<ul style="list-style-type: none">- All of the devices and equipments needed was adequate- Managed to liaise with the school before the event and got their prefect to help with setting up everything- Managed to borrow a projector and laptop from RUKA for backup and test out everything before the event day itself
Shortcomings	<ul style="list-style-type: none">- Had to wait until after the morning assembly to start setting up as there was only one prefect on duty for technical that day- The video embedded in the slides failed to load properly using the school laptop- There was only one song prepared throughout the entire event which was specified for the nicotine dance activity- Their wireless microphone ran out of battery- The speaker had to say next or look at the one handling the slides as they can't control it themselves

<p>Ways to improve</p>	<ul style="list-style-type: none">- To stress out to the teacher the importance of having a specific prefect/student to help set up earlier- We could just use our own laptop the next time rather than used their prepared one- Download multiple songs beforehand to use as background music during other activities- Bring our own batteries and change the batteries of their wireless microphone while we are using it to avoid any unnecessary- To bring at least a wireless mouse/pointer so that the speaker could pace out and change their slide according to how they want to without any awkward pause/delay
<p>Comments</p>	<ul style="list-style-type: none">- Actually told the teacher beforehand regarding the need of setting up early so that we could test out all the equipments and slide but only one person was able to help out that day which eventually made us unable to test run everything before starting- We were unable to set up without the prefect help because they were the only one holding the key to access the AV system

Media and Publicity

Strengths	<ul style="list-style-type: none">- Manage to come out with Event name, Logo, Posters, Infographics, Goodies Bag, Banner Design in time for event- Managed a micro-scale social media to spread awareness of the health implications of vaping and smoking
Shortcomings	<ul style="list-style-type: none">- Late submission of posters and banner, also with late submission to E-procurement which inevitably leads to self-printing in the last hours- Can come out with more poster designs for social media
Ways to improve	<ul style="list-style-type: none">- Earlier preparation of banner, posters and all other designs by anticipating its need before submission date is approaching- Dedicate tasks of content research to certain members to make sure poster/infographic design process can be more efficient
Comments	<ul style="list-style-type: none">- Overall although manage to submit results in time, there are much to improve including earlier submission before deadline

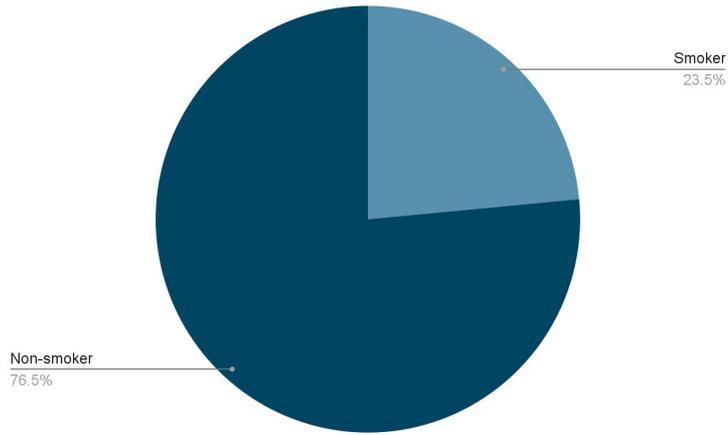
Activities

Strengths	As mentioned before In particular, would like to thank our bureau members for being responsible, cooperative and efficient.
Shortcomings	For each activity, suggestions as mentioned before Don't leave stuff in a room where you don't have the key to it
Ways to improve	Prepare extra stuff just in case any emergency happens i.e. missing Keep stuff in an open space where someone can keep an eye on it
Comments	Hiccups do occur, but just act fast to settle them Thanks to everyone (including directors, hi-coms, facilitators etc.) for making this event a smooth one.

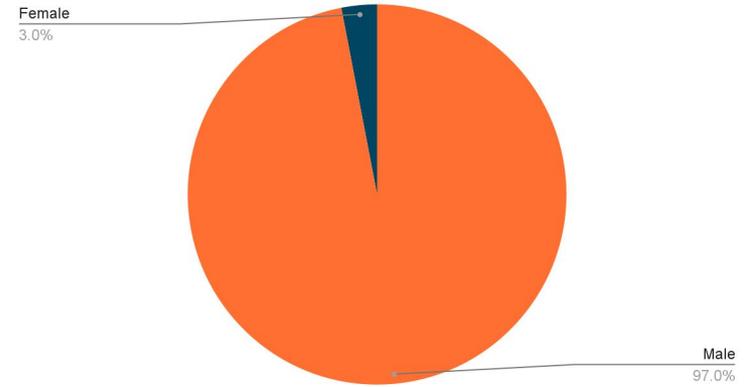
Questionnaire analysis

Thanks to everyone's effort to compile the data into excel

Total respondents: 162



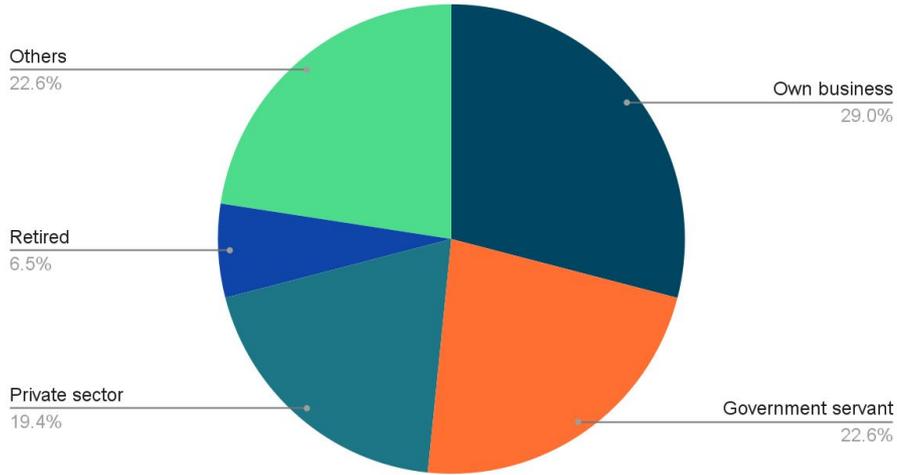
Gender



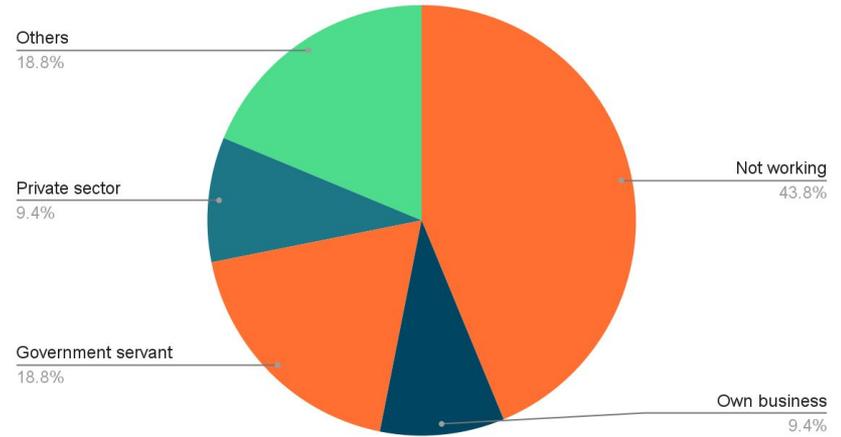
One quarter are smoker & majority are males

However: Female may be under-reported

Smoker - Father's job



Smoker - Mother's job

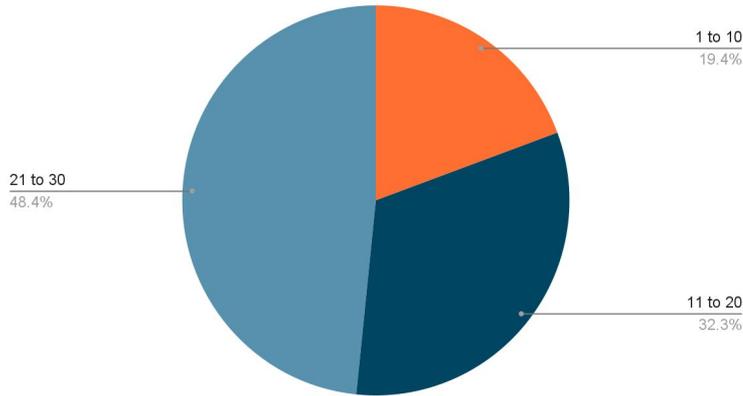


Most of them who smokes have parent's working in either own business or government sector.

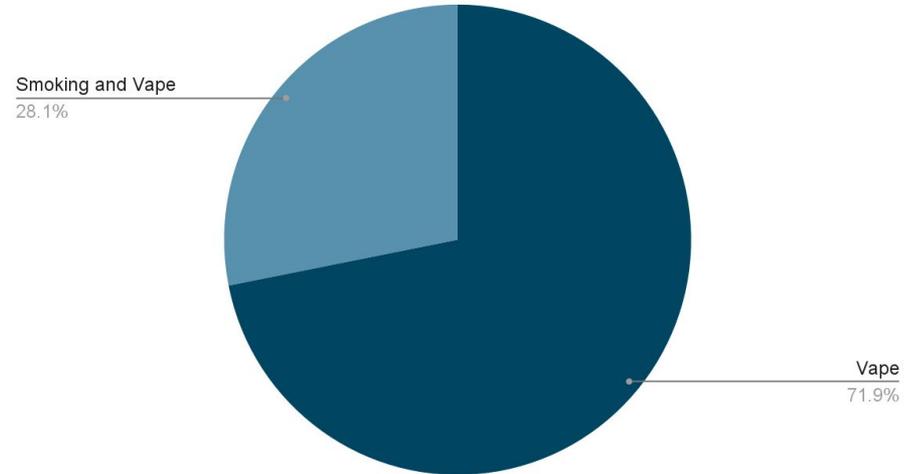
Food, beverages and Welfare

Strengths	<ol style="list-style-type: none">1. Breakfast from Mira Cafe, Fac Science was tasty, recommended for future COPCs2. Lunch set from Novi Cafe KK12 was tasty, included vegetarian option, recommended for future COPCs3. Hampers (Cekal Resources) included good quality packed food at reasonable prices, recommended for future COPCs4. Door gifts (notebook, pen, badge) sponsored by PCM Dept + Ikram were packed into goodie bags (by Pfizer) fast with help from committees
Shortcomings	<ol style="list-style-type: none">1. Mira Cafe was 30 mins late preparing our food, some committees did not have time to eat before event started2. Miscommunication with Novi Cafe for lunch leading to change in menu3. There were only 140 pens, so 60 goodie bags did not have pens4. We did not know how eprocurement works, leading to a lot of confusion5. On the last working day before COPC, we were given only 1.5 hours to find hampers, bread and water because no vendors bid on eproc, VERY STRESSFUL

Smoker - Ranking in Exam



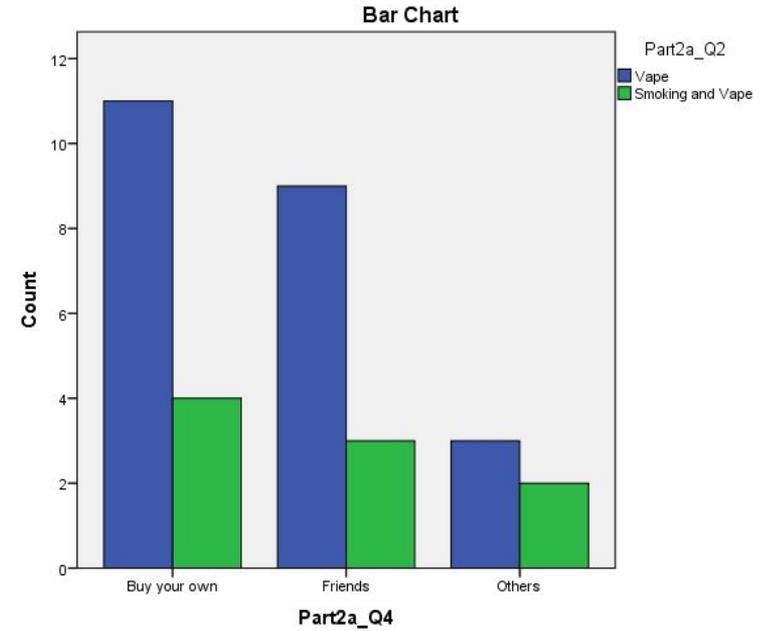
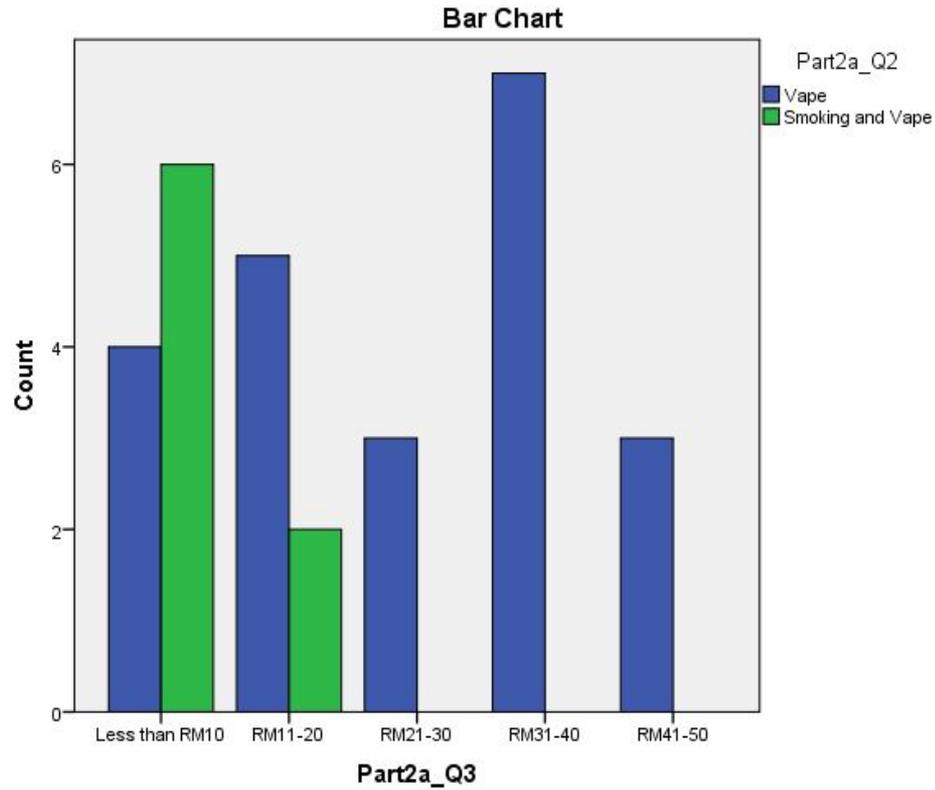
Type of smoking



Those who smoke can range from different educational levels.

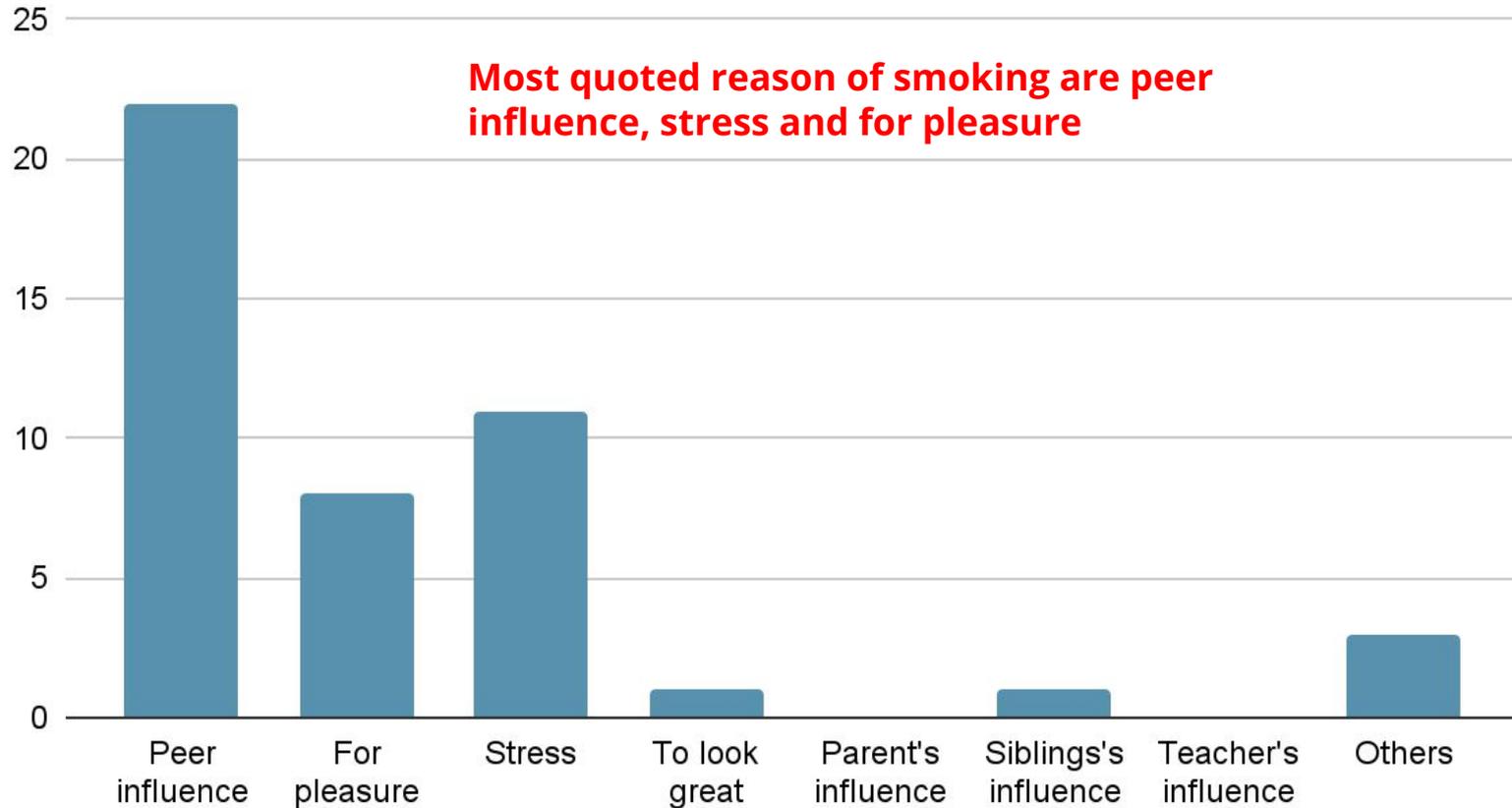
However, may not be accurate d/t the structure of the question (ranking in class)

Majority of them either vape or both smoke & vape.

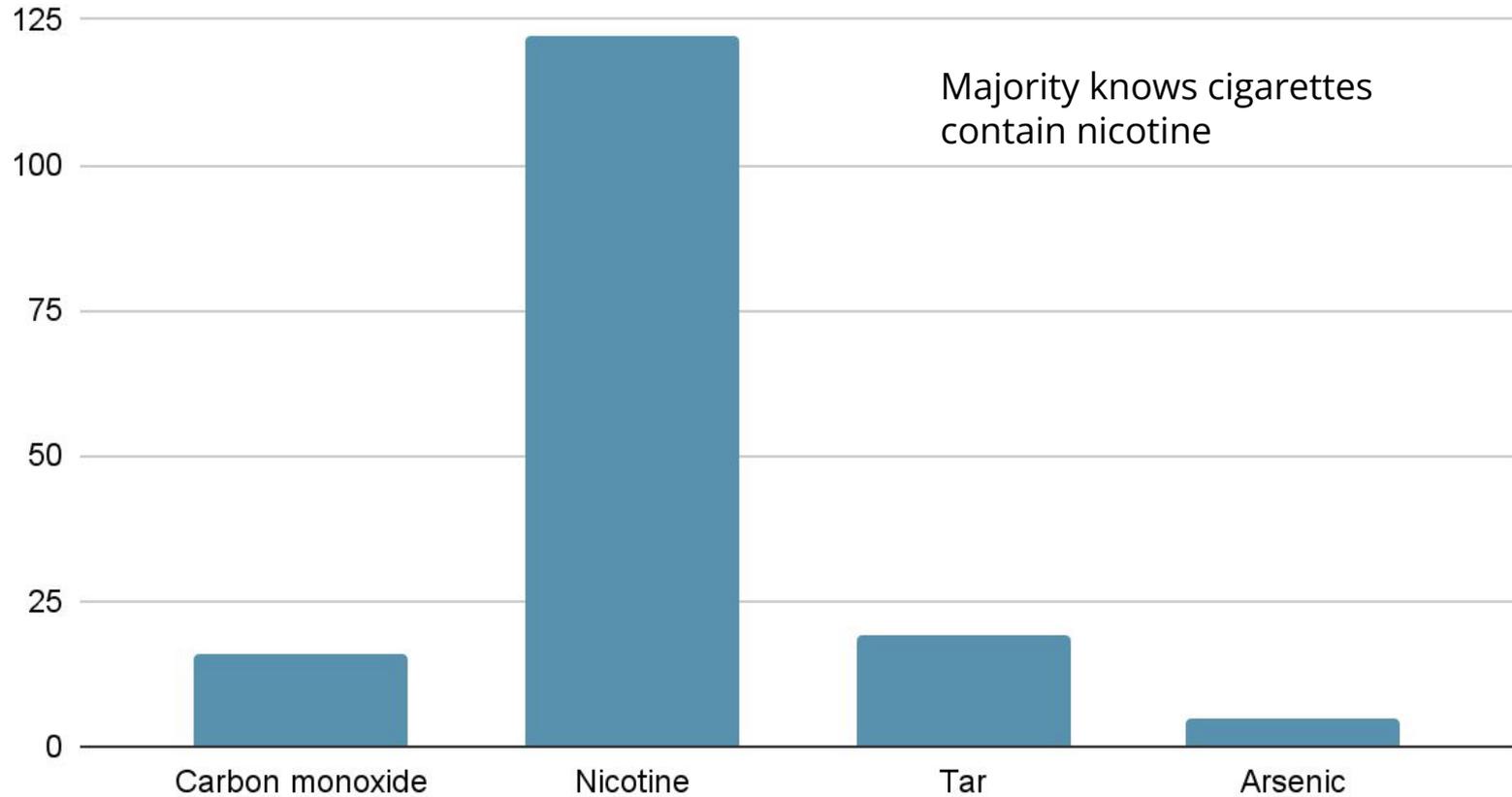


Most who vapes spent more monthly and buy by themselves!

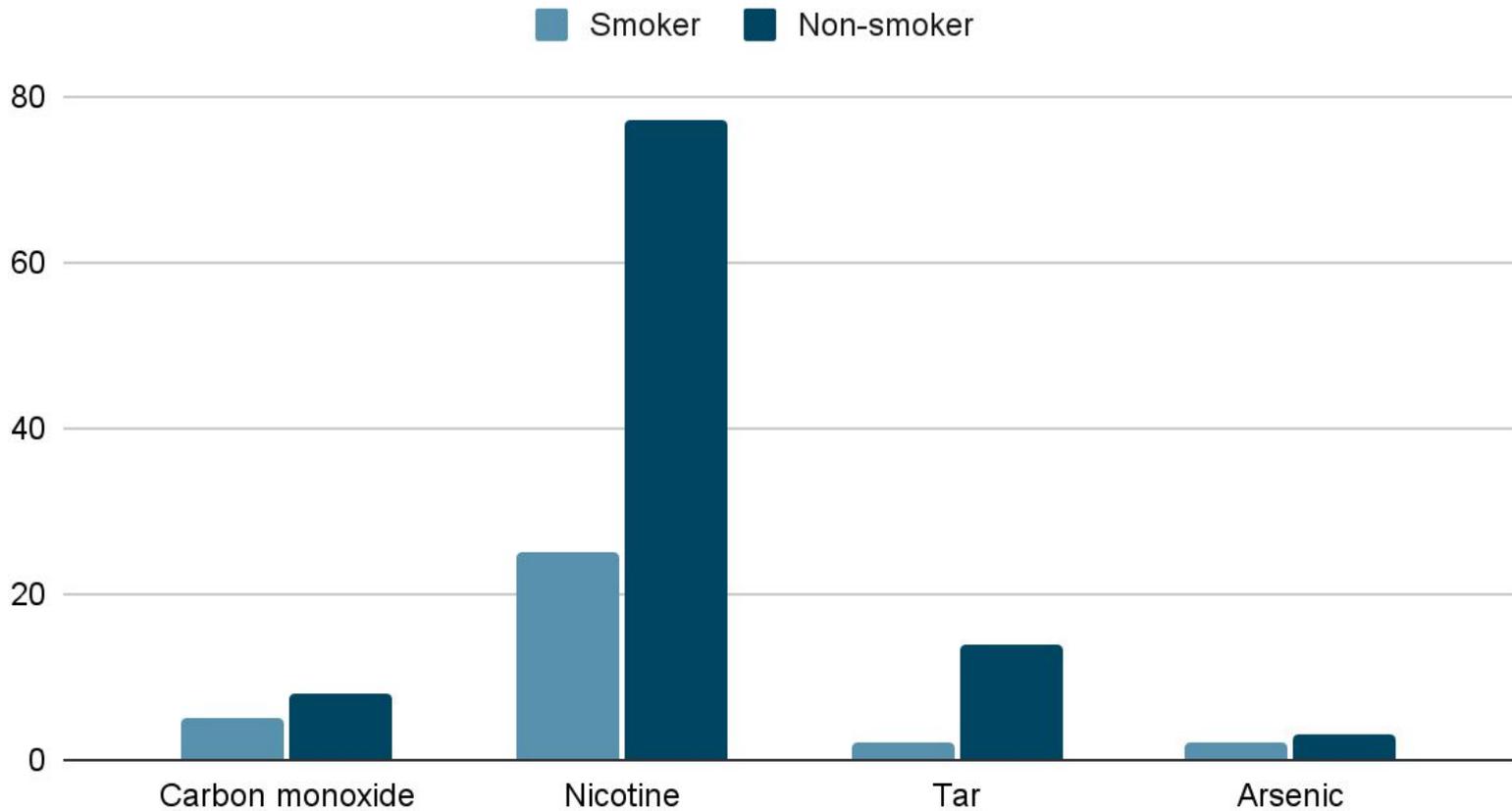
Reason of smoking - multiple answer



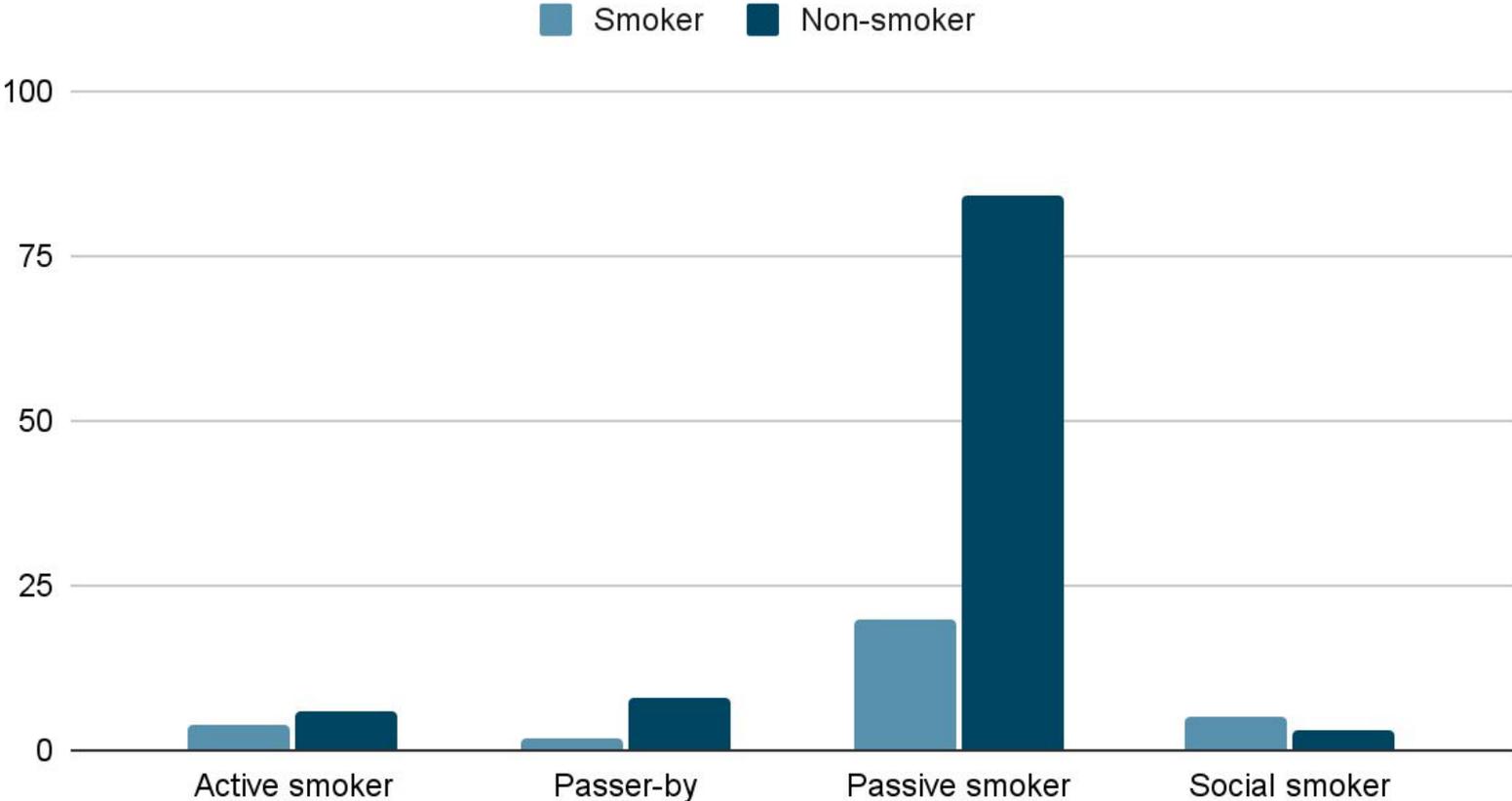
Overall - Substance in cigarettes causing addiction



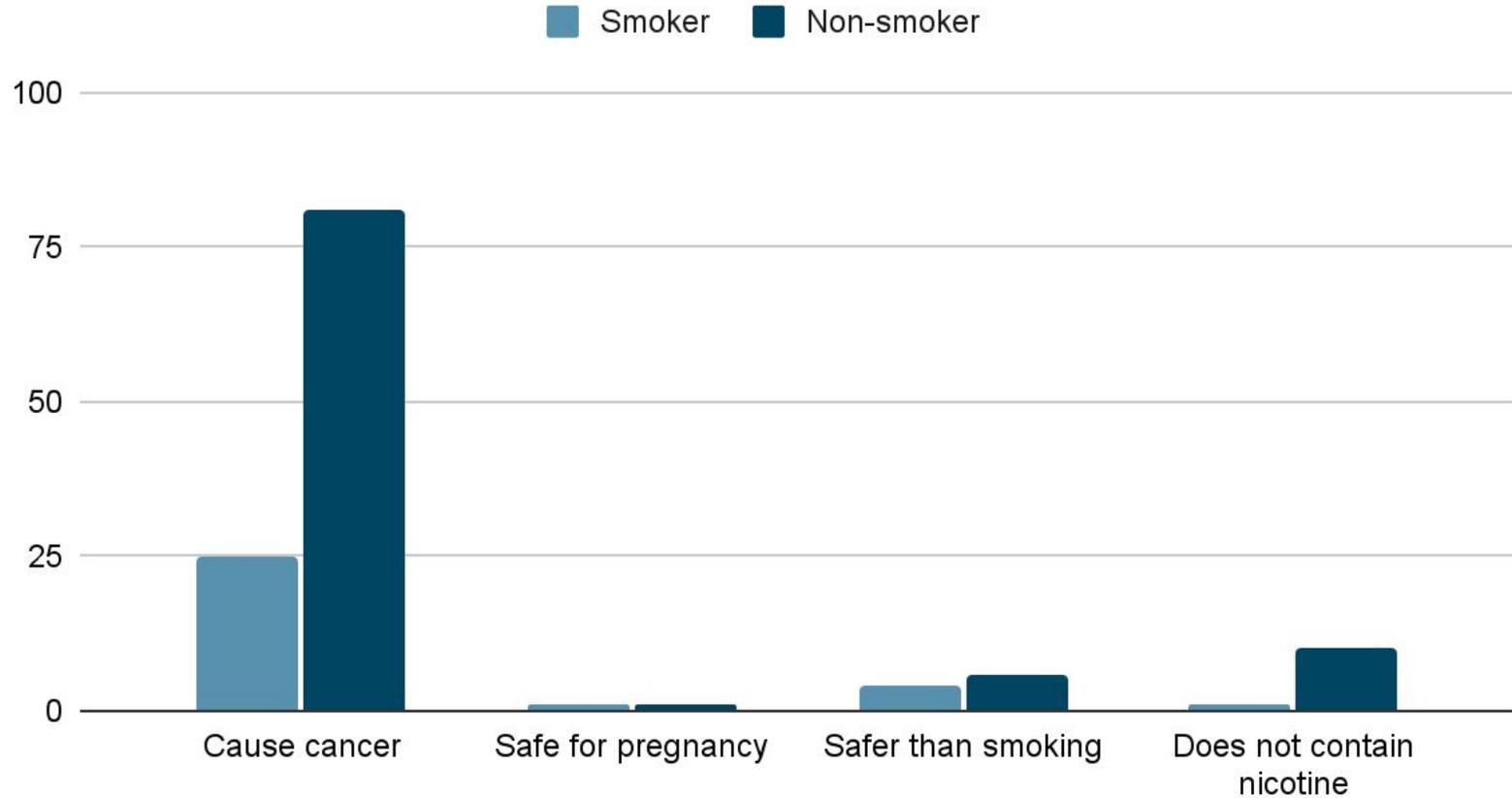
Substance in cigarettes causing addiction



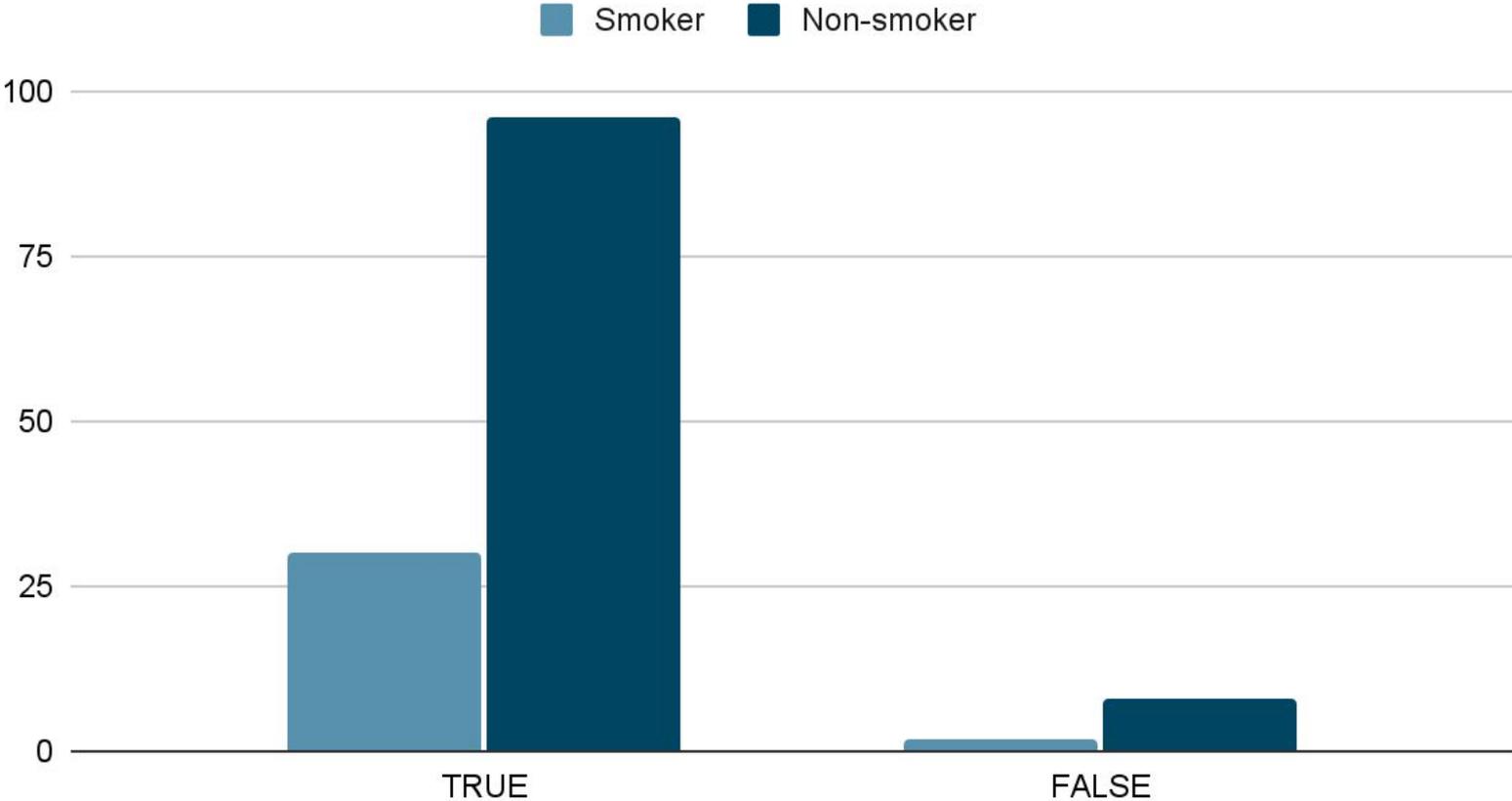
Understanding passive smoker



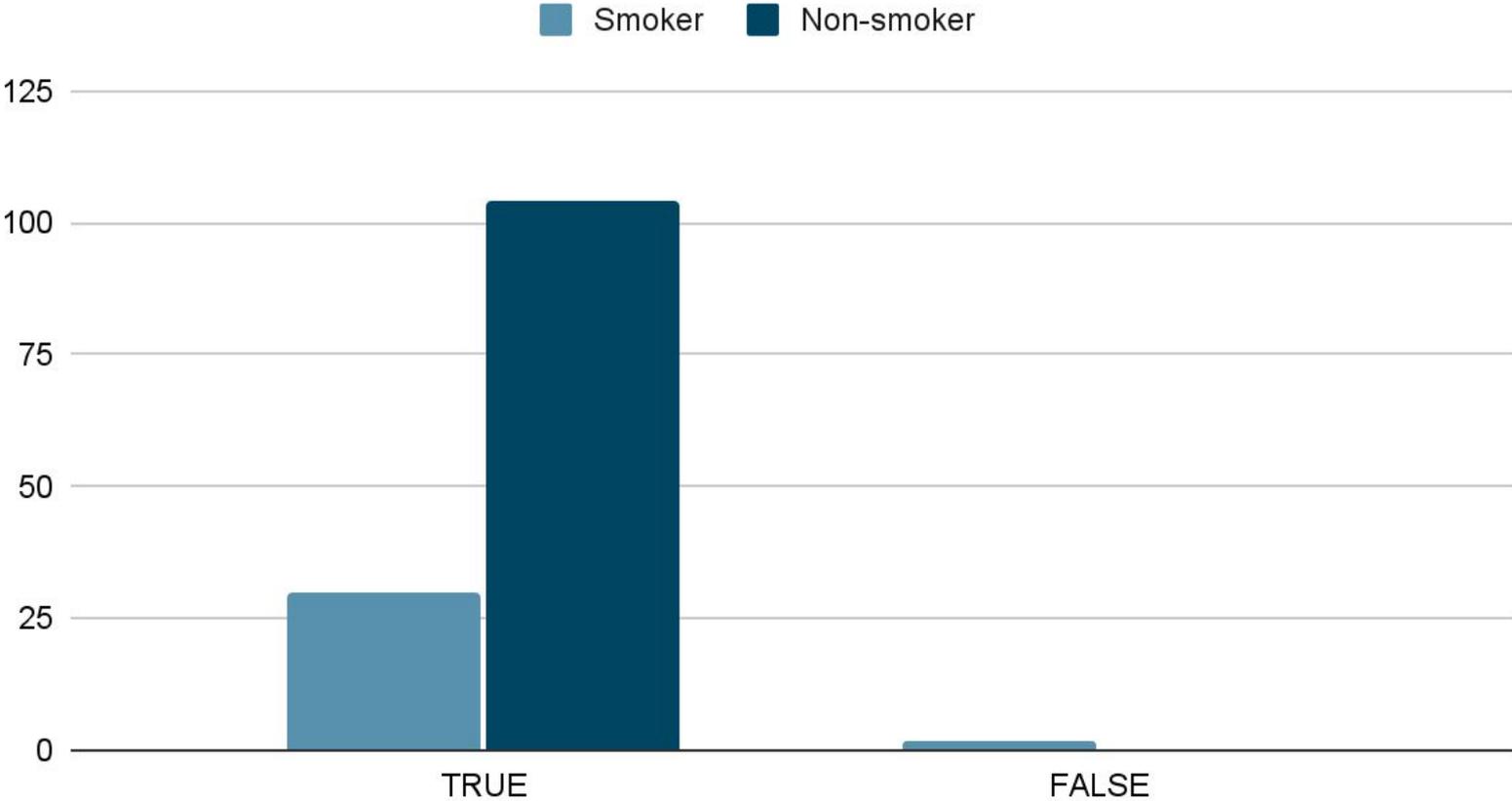
Understanding about vape



Knowledge - smoking can cause premature birth

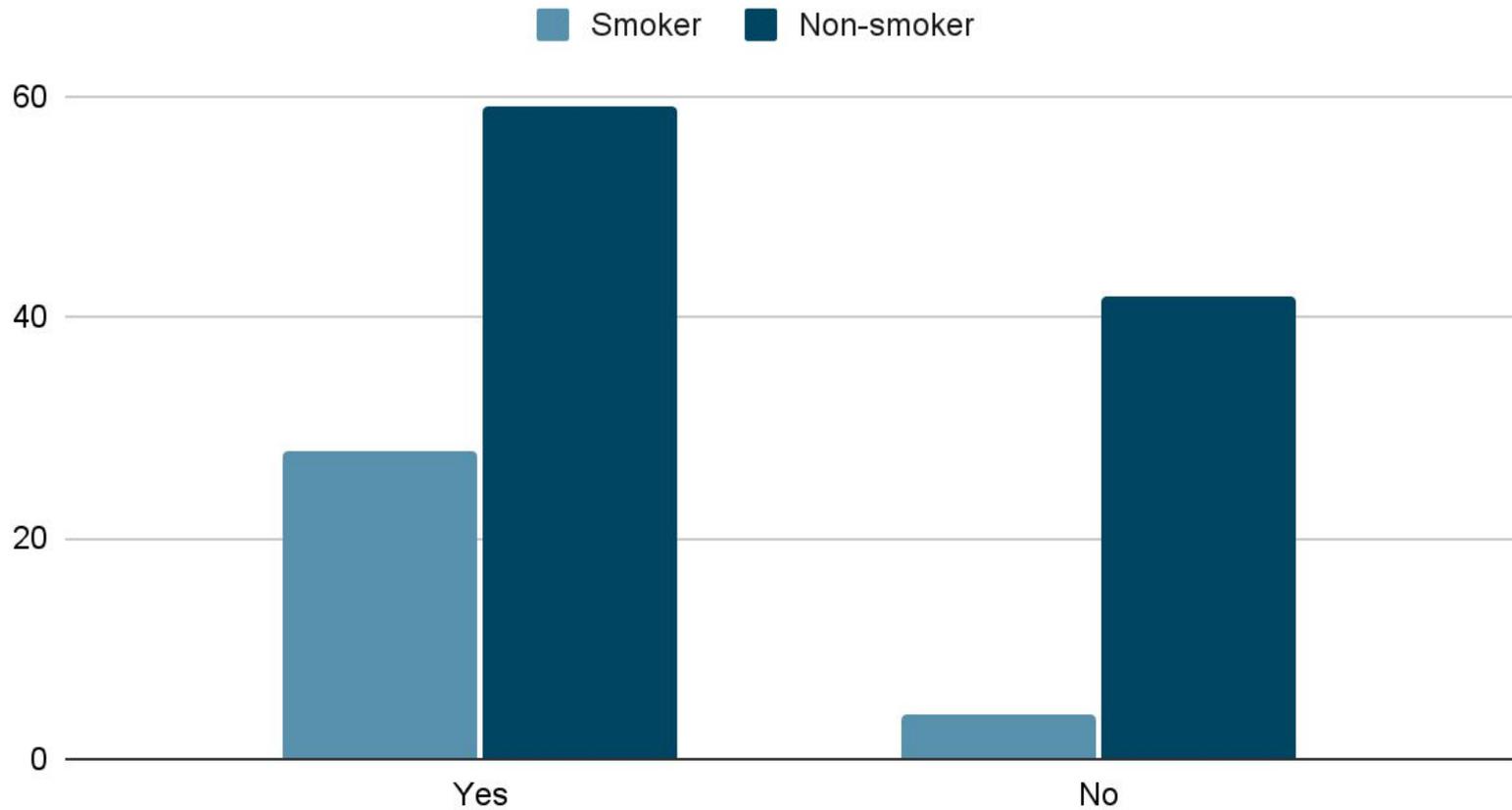


Knowledge - tar causes lung cancer

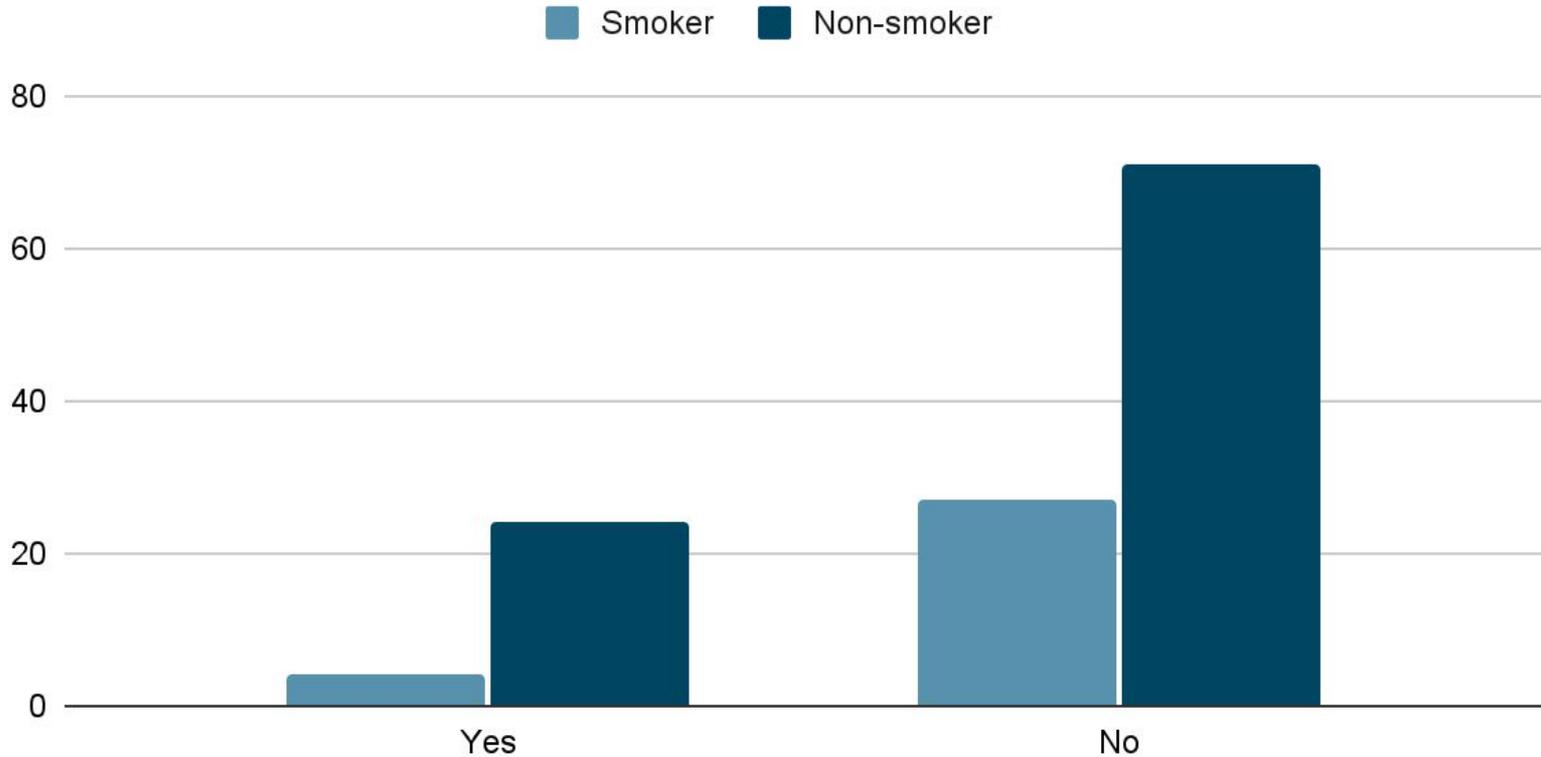


**Conclusion for knowledge:
There is no difference in knowledge between
smoker & non-smoker**

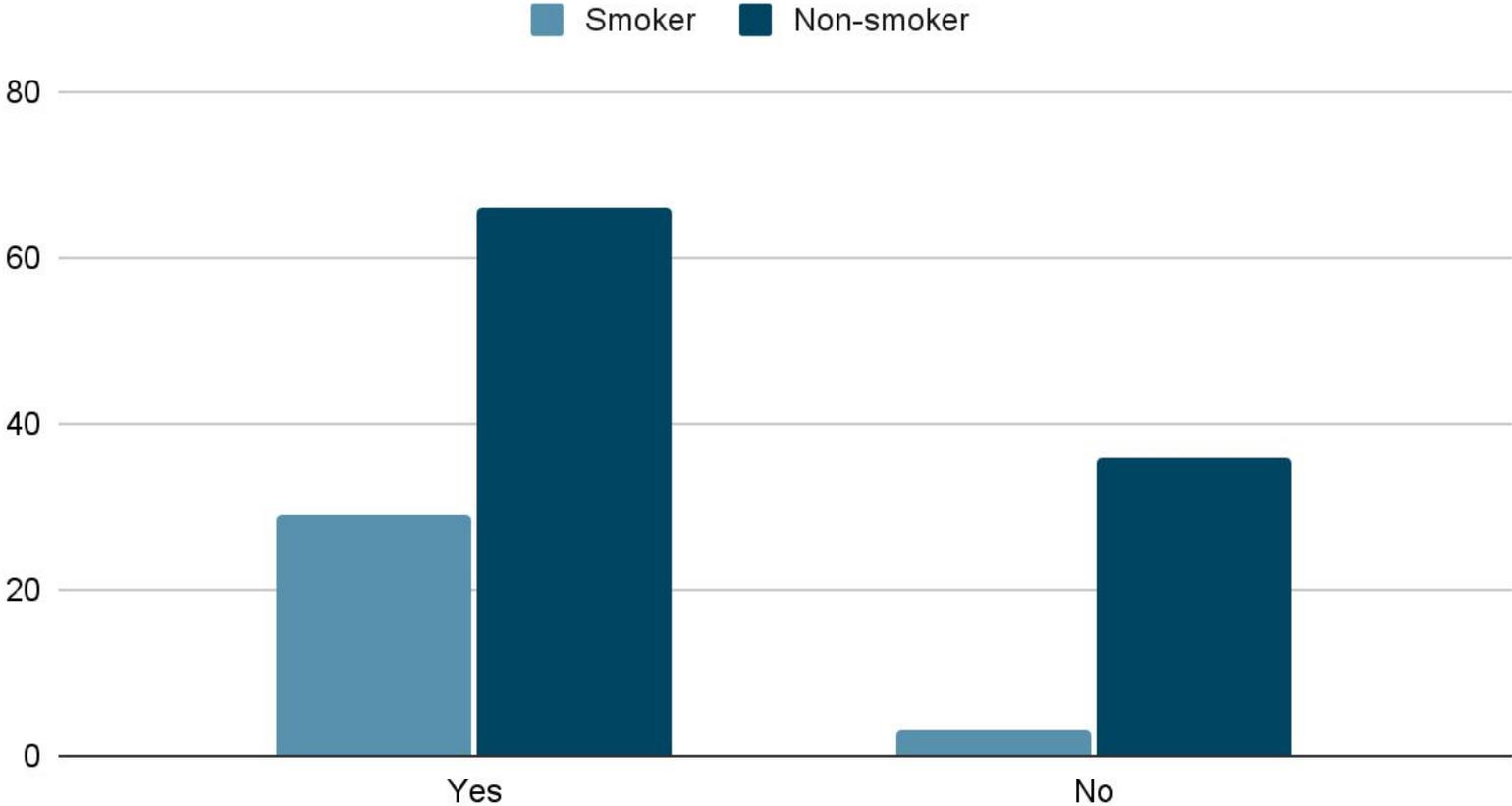
Family members smoke



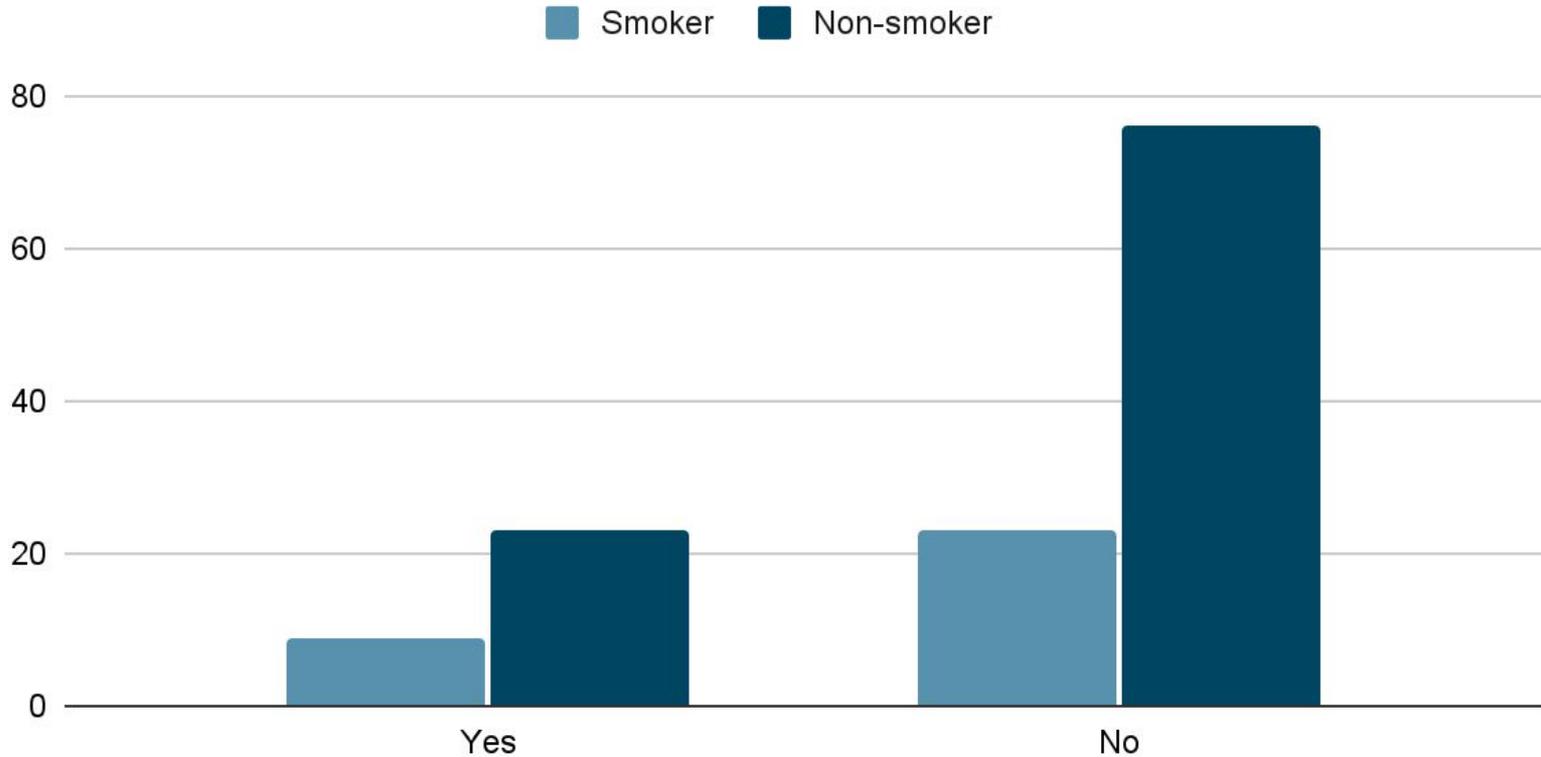
Have you advocated to family about smoking issues past 3 months



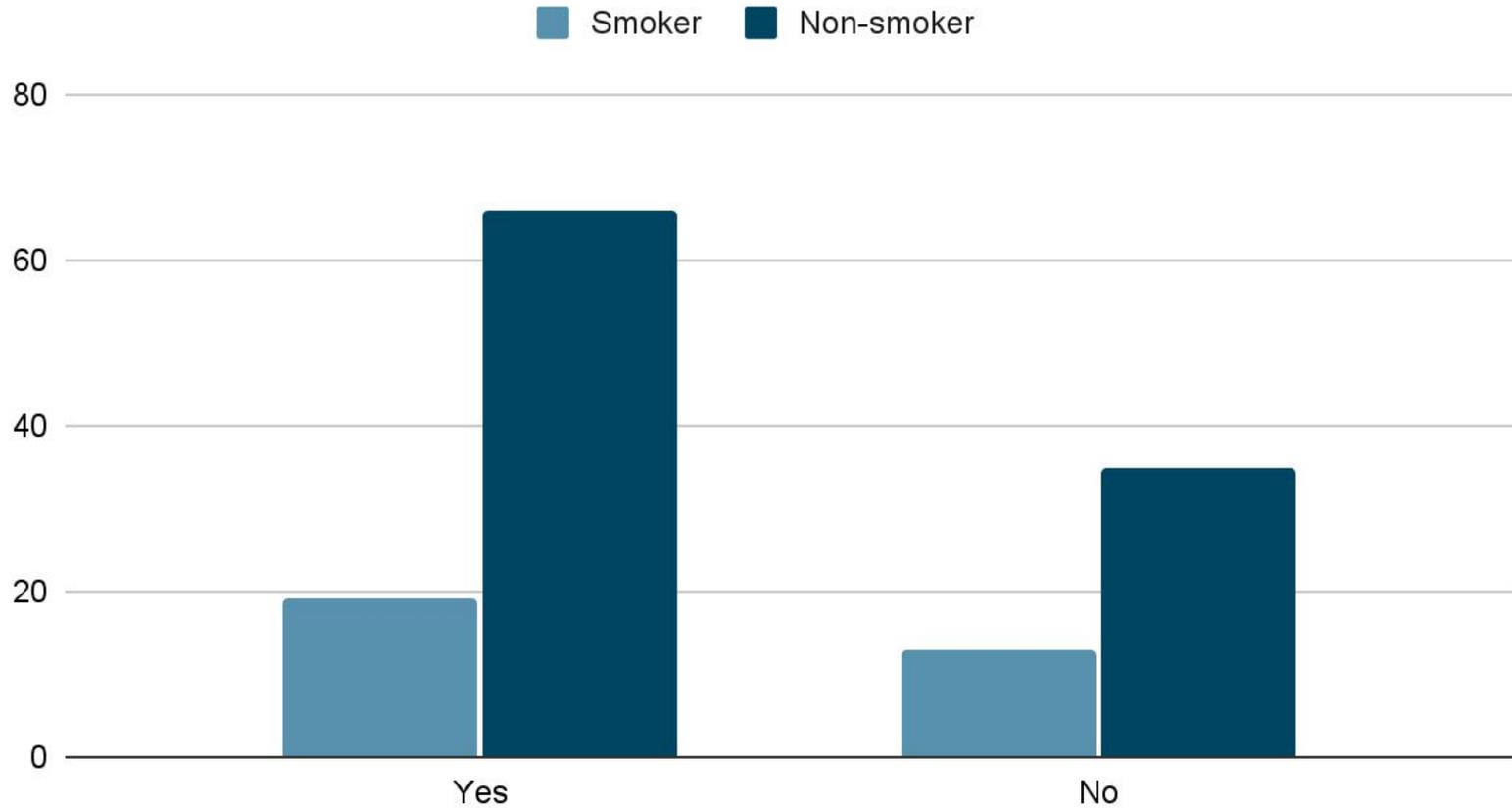
Friends and relative smokes



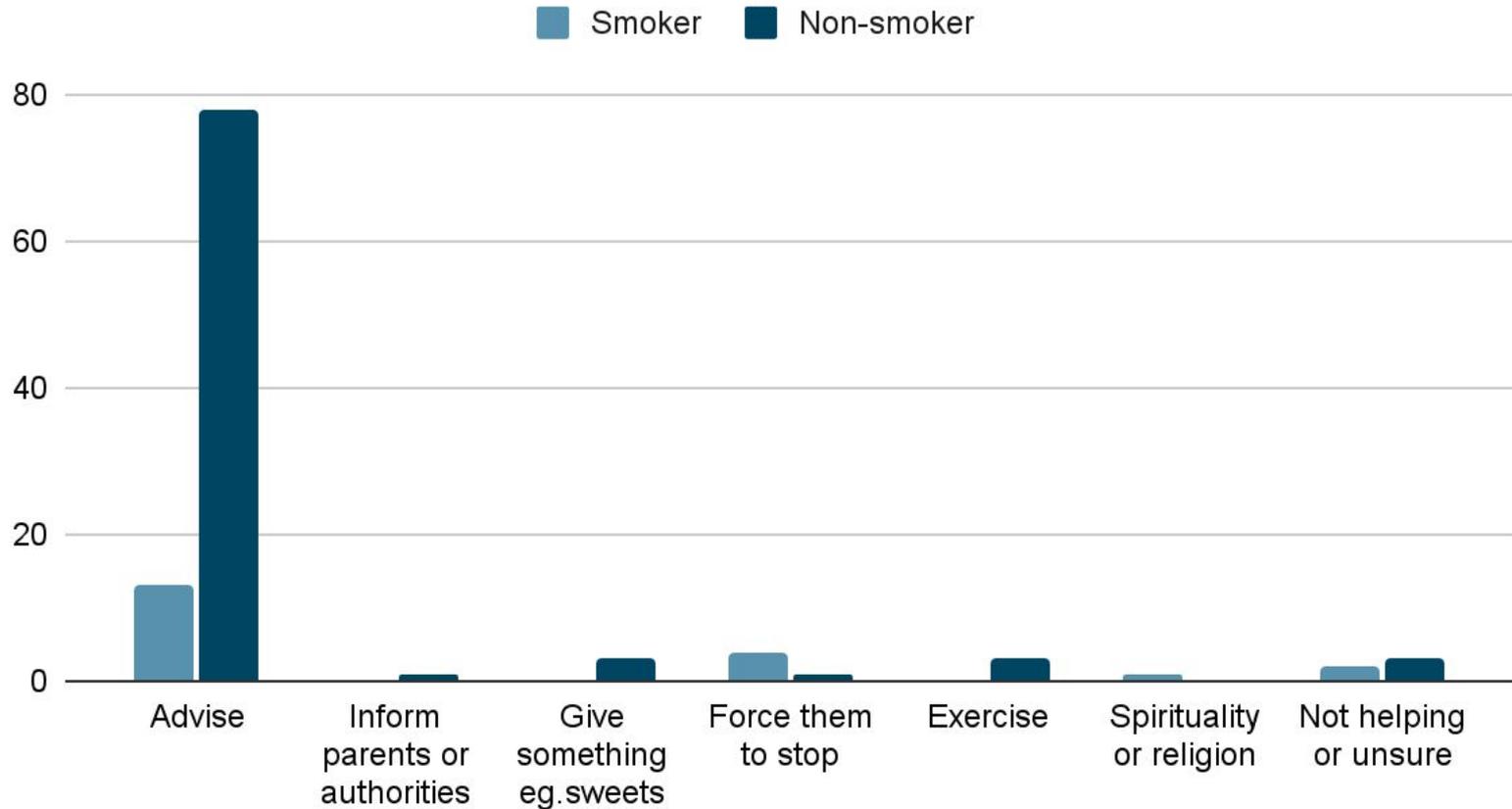
Advocate to friends and relative about smoking issues past 3 months



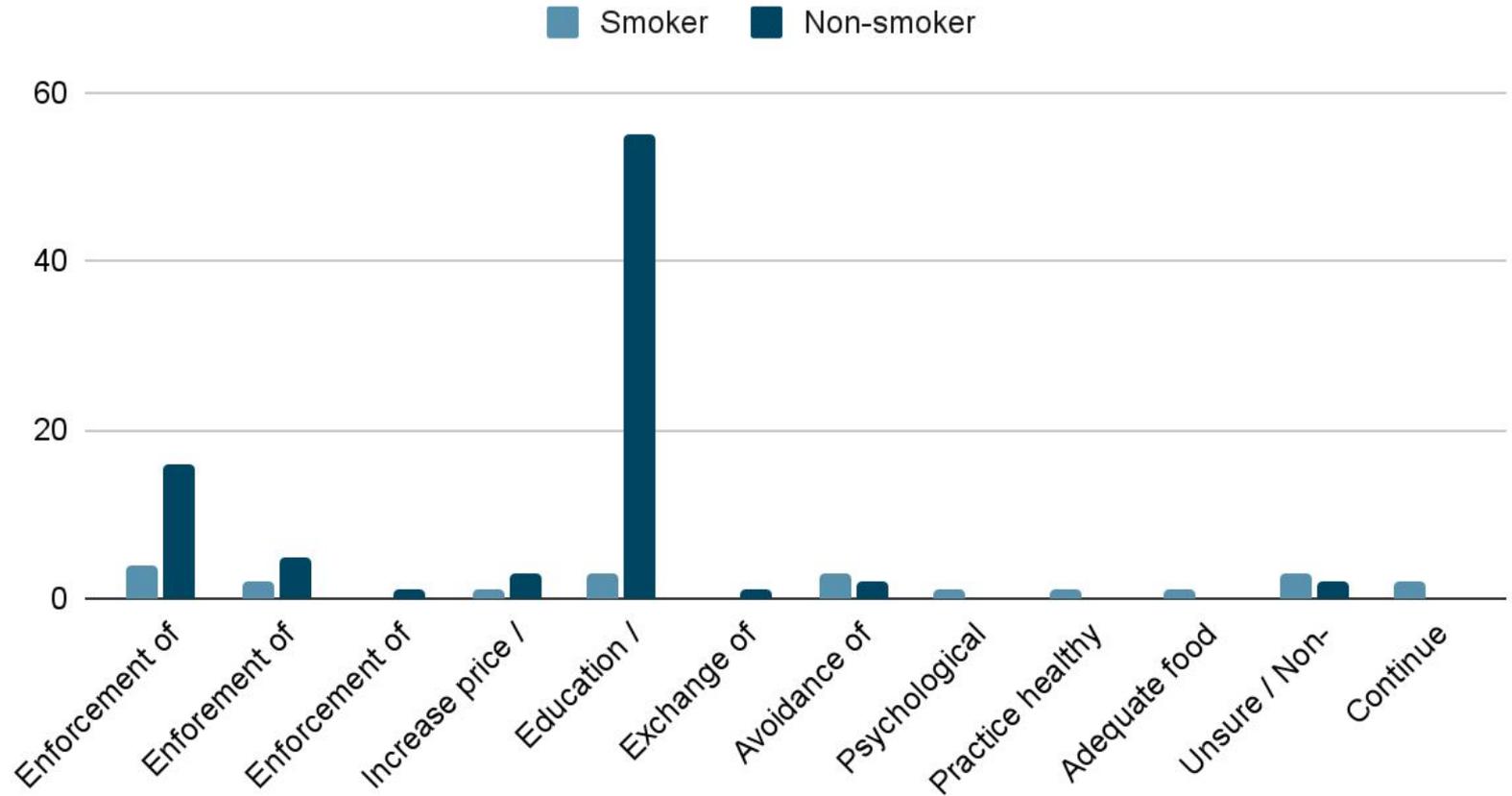
Aware of anti-smoking campaigns



How to help friends to stop smoking?



Implementation for younger generation from smoking



Attitude section not
analysed yet

Statement of financial report

Income

Item(s)	Total (RM)
Income <i>As per meeting with Prof Amani (2/8/22)</i>	2,500.00

SMK Petaling (19/9/2022)

COPC Stream 3 - MBBS UM 2017/2022

No.	Bureau	Item(s)	Price/Unit (RM)	Quantity	Total (RM)
1		Committee Breakfast	5.00	35	175.00
2		Students Bread - Chocolate	0.92	105	96.60
3		Students Bread - Vanilla	0.92	105	96.60
4		Students Twiggies	1.66	210	348.60
5		Mineral Water	0.65	42	27.30
6	Food	Committee Lunch	10.00	40	400.00
7	Media & Publication	Posters	19.80	6	118.80
8		Banner	40.22	1	40.22
9		Hamper Large	150.00	1	150.00
10		Hamper Medium	100.00	1	100.00
11		Hamper Small	50.00	1	50.00
12	Gifts	Delivery Charge	30.00	1	20.00
TOTAL					1,623.12

Summary

Item(s)	Total (RM)
Income	2,500.00
Food	1,144.10
Media & Publication	159.02
Gifts	320.00
Total Expenditure	1,623.12
Net	876.88



Thank You

