



## 01 Prospect of "Plan for School Medical Staff"

I recalled that it had been several years since I started to work. Everyday I worked busily and walked back and forth between clinic and my home. Life seemed lack of fun and excitement, boring and dull and there was no vitality. It seemed that I was totally much older.

Starting from last year, the Education and Youth Affairs Bureau set up a plan for healthy school in order to fit with Macau Government's drive of health for all citizens. It was hoped that this plan could develop a complete preventive health service in schools; promote school health education and activities in order to ensure students' health and securities and assist them to build up correct hygiene habits and health care behavior. This plan was greatly supported by all schools and numerous of them had set up medical stations in their schools. The schools employed medical workers to station in schools to promote health and hygiene education and health care services.

I had the honor to be in the first group of medical workers to station in school. Our major work was to promote hygiene education and prevention of illness. Though different from our job of treating patients, the work carried out in school was obviously more meaningful and full of fun. It was so said that "Take strict precautions before it happens", because prevention was the ultimate outcome of curing sickness. At school, we were dealing with students who were lively, innocent, cute and full of energy. Getting along with students in different kinds of school activities, we were influenced by their lively energy and felt younger and more energetic.

As it was the first time that there were medical workers stationed in school, all teaching staff and students were full of joy. They believed that the medical workers not only could promote health and increase health knowledge for them but also could provide professional opinion and arrangements when there was accident happened suddenly. The teachers even said: "It is so good that finally we have doctors in school. From now on, we need not worry or be afraid as before when students get hurt."

During this period, we had arranged many health lectures and medical examinations with great support from school working staff. In the process of medical examinations, we found that many children had decayed teeth and eye sight problems. After we reflected the problems to their class teachers, the teachers started the after-lunch brushing-teeth activities. Every student was requested to place a set of tooth brush kit in school. Everyday, they must brush their teeth after lunch. Although it was just a simple action, it did improve their teeth health greatly. At the same time, it was able to tell the children the importance of brushing teeth and led them to build up a good hygiene habit which had long term effect on their health after they grow up.

Besides those clever and lively students, we had a small number of students who had congenital deficiency. They had different kinds of learning obstacles, but they never gave up. Contrary to general belief, they were as diligent as ordinary students and hoped to do the best as they could. With the teachers and teaching staff's teaching patience and guidance, they were continually defeated but they tried again and were able to achieve certain improvements. Some of them could even attend courses as those ordinary students. In view of this achievement, I got to know that it was not just education but was the best thing for spiritual curing. It was more important and greater in comparison with doctors who could only give medical treatment on the physical bodies of patients. This plan helped those special children and allowed them to have learning chances as those ordinary students. Thus, it enabled them to merge into society in future. At the same time, it made me mull over how to be a good doctor, "To heal the wounded and rescue the dying."

Although I could not accomplish some of the plans in this year, I hoped that in the coming days, I could continue to work diligently with all the teaching staff and accomplish the remaining work that was to help most of the students to build up concepts of health and lead them to grow up healthily.

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