



## (7) Community Services

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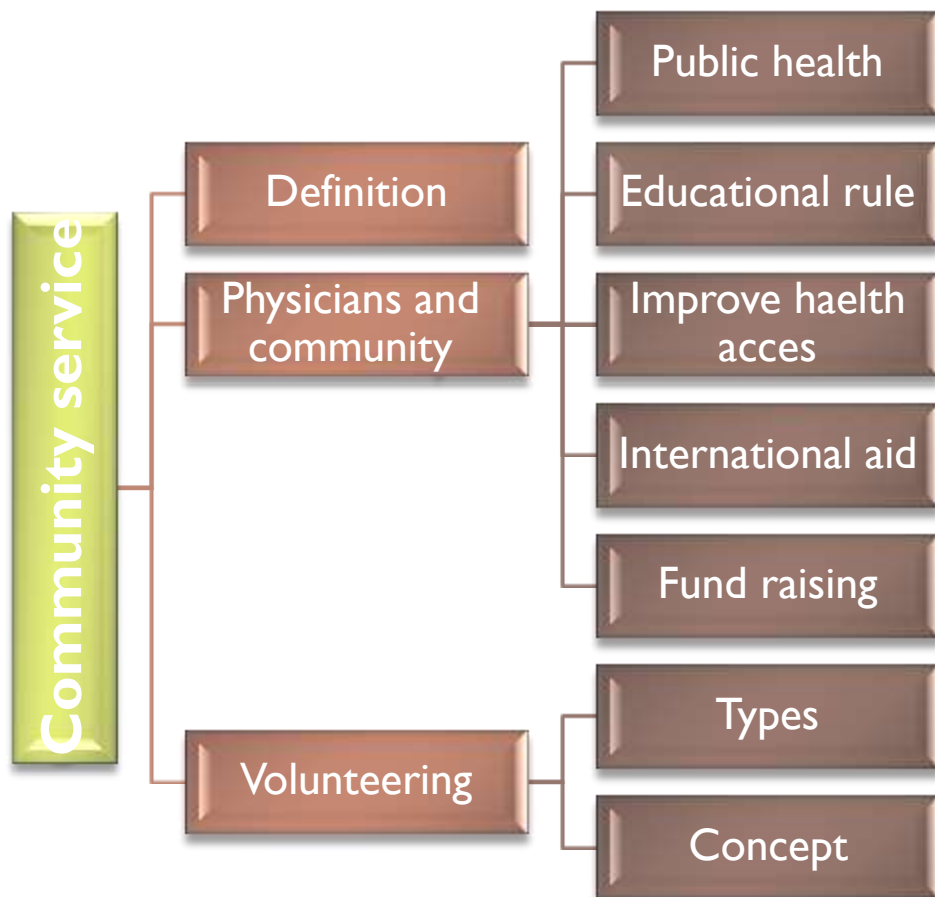
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## Objectives and Mind Map

### Objectives:

- The concept of community service.
- The social, public and community responsibilities of the professional.
- The concept of volunteering.

### Mind Map:



Strong and Positive self-image is the best possible preparation for Success.



# Community Service

## Concepts of Community service:

- Community service is defined as donated service or activity that is performed by someone or a group of people for the benefit of the public or its institutions.
- Some people associate community service with **punishment**, since it is often offered to small-time offenders as an alternative to fines or jail time. However, community service can also be **altruistic**, and it is a vital part of many small communities.
- **In all cases, community service work is performed by volunteers who are not paid for their time.**
- Examples: 1- Visiting and spending time with lonely elderly.  
2- Tutoring needy students for free.

## Concept of Volunteering:

- Volunteering is generally considered an altruistic activity, intended to improve human quality of life.

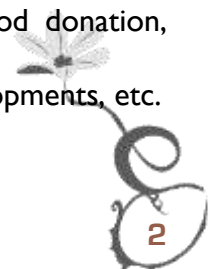
## Why some people volunteer:

- **For their own skill development.**
- To solve problems when needed
- To make contacts for possible employment.
- **To help others and earn respect and favor.**
- **Get benefit of spare time.**
- To be engaged and busy.
- **To benefit the community we live in.**
- **For overall improved self-mental health.**

## Types of volunteering:

- **Skill-based volunteering:** special skills required.
- **Micro & virtual- volunteering:** off-site tasks done by internet. Completed in certain time. May need application process or training, e.g. telemonitoring, teletutoring.
- **Environmental volunteering:** e.g. protecting animals, education about natural environment.
- **Emergency volunteering:** during natural disasters.
- **School volunteering:** additional teaching for students.
- **Community volunteering:** for orphanages, widows, mosques, blood donation, during Hajj and Ramadan, etc.
- **International work-camps:** environmental conservation, rural developments, etc.

N.B: Anything which benefits the society in any way is considered to be community service.



## Physician and community:

Physicians role in the community also extends to:

### A-Public Health

The science and practice of preventing diseases and promoting health in populations

- It depends largely on epidemiology.
- Largely performed by governmental organizations.
- Traditional objective:
  - To control communicable diseases
  - Safety of water and food supply
  - Response to national disasters

### B-Educational roles

Educating the public about:

- Causes of illness
- Preventive measures
- Predisposing factors
- Changes in lifestyle

### C-Improving health care access

Improve the level and ease of access of individuals to health care services by reducing inequalities.

### D-International Aid

- Most people suffer from diseases such as Malaria, Tuberculosis, Typhoid, and AIDS.
- Many of the illnesses can be improved or eliminated by basic medical care and other measures.

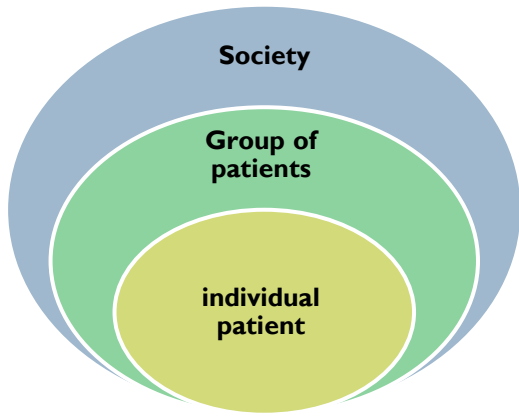
\*International community services done through:

- Organizations providing humanity's needs:
  - Clean water supplies
  - Clothing
  - Education
- Medical organizations:
  - Medical care
  - Medications
  - Immunizations
  - Medical supplies
- Governments "aids other countries":
  - Medical professionals
  - Medical equipments
  - Medications

### E-Fund raising

- May not apply locally since health care services are provided by the governments.
- Funds may be raised to help those individuals who can't afford to purchase medications or medical equipments.



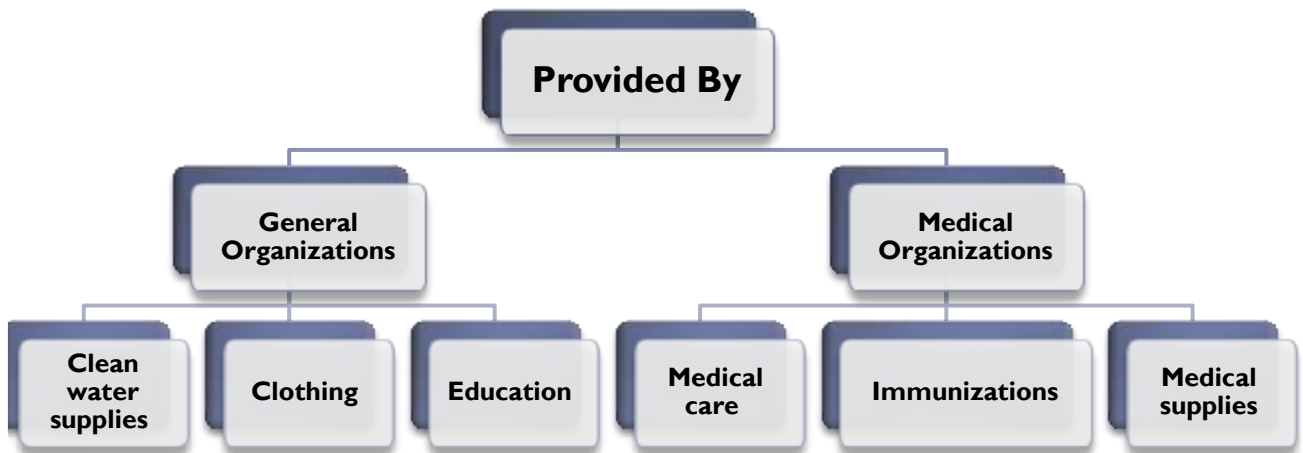


We should consider doing community service because an individual's health is linked with society itself.

**Vital Stake Holders:**



**Community service provided by:**



## Questions

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**Q1: Community service could be defined as:**

- A- Donated service for the benefit of the public
- B- An altruistic activity, intended to improve human quality of life
- C- All of above

**Q2: Example of Community Volunteering:**

- A- Duding natural disasters
- B- Blood donation
- C- Teaching in schools

**Q3: The physician role in public health:**

- A- Control communicable diseases
- B- Providing Clothing
- C- Providing Medical equipment

Answers: 1- C 2- B 3- A



### Quiz:

- 1- What is the definition of community service?
- 2- Give 2 examples of community service.
- 3- Mention 4 types of volunteering.
- 4- Write 2 reasons that encourage you to become a volunteer.

Physicians/Medical Students role should be extended to be beyond the individual (Patient), and must include the community as well.

