

Volunteering works & the role of medical professionals in serving the community



Editing file

Objectives:

1. Describe the spectrum of volunteering works
2. Discover the aims of volunteering works
3. Describe the steps of preparation of volunteers
4. Identify the expectations of volunteers
5. Demonstrate how to act along the social, public and community responsibilities as a professional
6. Recognize opportunities in the volunteering
7. Apply the ethics of volunteering
8. Practice as a volunteer

- important
- original content
- only in girls slides
- only in boys slides
- extra notes
- Doctors' notes



Professionalism
Med 438



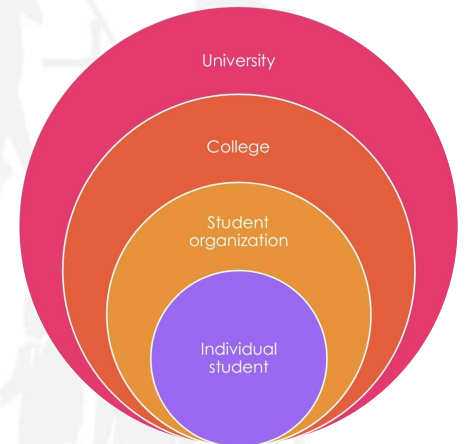
VOLUNTEERING



- Volunteering is promoted as a way of **enhancing students' career prospects**, at the same time as getting involved in community activities.
- Students are increasingly exalted to **build up their CV profiles** in the pursuit of enhancing employability.

Volunteering work

1. What is volunteering?
2. Who is the volunteer?
3. Why do you want to be a volunteer (benefits)?
4. What difficulties stop you becoming a volunteer?
5. How to be a volunteer?
6. How to start an awareness campaign?
7. Report writing and presentation of volunteering work?



What is volunteering?

“any activity which involves spending time, unpaid, doing something which aims to benefit someone (individuals or groups) other than or in addition to close relatives, or to benefit the environment.”

Volunteering as an education activity

Informal

Formal

Non-Formal

Volunteering as an education activity

1 Non-formal Education (NFE) is any organized **educational activity** that takes place **outside** the formal educational system. Usually it is flexible, learner-centered, contextualized and uses a participatory approach. There is no specific target group for NFE; it could be kids, youth or adults.



2 Informal Education, can be defined as “a process **throughout life**, by which every person **acquires and accumulates knowledge, abilities, attitudes**” through **everyday experiences, at work or during leisure** activities



- In some universities & colleges, volunteer activities **are part of the curriculum**. These activities are often **organized like other curricular programs**; students are given a set number of hours' work to complete, followed by assessments.
- Volunteering can be a part of non-formal and informal learning.

Volunteer motivation

A. Expectancy Motivation Theory

this theory suggests that behavior is caused by a belief that it will **result in a desired reward or goal**.

Three factors affect behavior:

1. The need for **achievement**, which is defined as the capacity for taking pride in accomplishment.
2. The need for **affiliation**, defined as the concern for one's relationships with others.
3. The need for **power**, or wanting to have an influence or impact on others.

B. Altruistic Motivation

altruism is an aspect of human motivation that is present to the degree that the individual derives **intrinsic satisfaction** or psychic rewards for attempting to **optimize the intrinsic satisfaction** of one or more other persons without the conscious **expectation of participating in an exchange relationship**.



Factors favor volunteering

Internal

1. Self esteem
2. Generosity
3. Social responsibility
4. Personal satisfaction
5. Social status
6. Family traditions
7. Identification with organization/college
8. Personal obligation

External

1. Professional image
2. Recognition from society
3. Organizational/college image
4. Organizational/college reputation
5. Holidays
6. Natural disasters
7. Being invited
8. C.Vs differentiation
9. Identification with other volunteers (friend/family)

Principles of Volunteering

1 Mutually beneficial

★ To individual & organisation

3 Enabling & flexible

★ wherever possible

5 Offered to not-for-profit activities

2 Independently chosen & freely given

4 Has a community or social benefit

Ethics of volunteering



Trustworthiness



Respect



Justice & fairness



Compassion & generosity



Responsibility

Who is the volunteer?



1. Someone who does work
 - ▶ without being paid for it
 - ▶ because they want to do it
2. Someone who offers to do a particular task or job without being forced to do it

Why do you want to be a volunteer (benefits)?

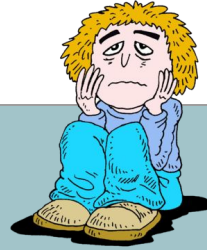
- 1 **Volunteers live longer & healthier**
 - During later life, volunteering is even more beneficial for one's health than exercising and eating well.
- 2 **Volunteering establishes strong relationships**
 - study reported that prevalence of loneliness is at an all time high, with about one in three adults age 45 or older categorized as lonely.
 - Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills
- 3 **Volunteering is good for your career**
 - Volunteering has long been viewed as a way to create new "weak tie" connections that lead to career opportunities
- 4 **Volunteering is good for society**
- 5 **Volunteering gives you a sense of purpose**
 - Although it is not well-understood why volunteering provides such a profound health benefit, a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose
 - Volunteering helps counteract the effects of stress, anger, and anxiety
 - Volunteering combats depression.
 - Volunteering increases self-confidence
 - Volunteering helps you stay physically healthy

What difficulties/obstacles stop you becoming a volunteer?



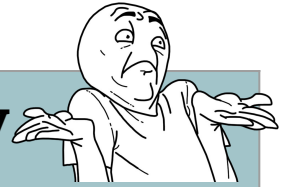
People Can't

1. Lack of time
2. Physical boundaries
3. Lack of skills



People don't want to

1. Lack of benefits
2. Non-accountable
3. social boundaries
4. Stress from volunteering



Nobody asked

Lack of opportunities

1. *Preconceptions & attitudes within the organization/ college*
2. *Inadequate community communication*
3. *Limited experience*
4. *History of being ignored*
5. *Resistant leaders*
6. *Sense of powerlessness*
7. *Lack of time*

1. *Lack of transportation*
2. *Lack of child care*
3. *Overcommitted leaders or citizens*
4. *Too many involved*
5. *Poor organization of existing action groups*
6. *History of unproductive meetings*



How to be a volunteer?



Tips for getting started

First, ask yourself if there is something specific you want to do. For example do I want:

- ...to make it better around where I live
- ...to meet people who are different from me
- ...to try something new
- ...to do something with my spare time
- ...to see a different way of life and new places
- ...to have a go at the type of work I might want to do as a full-time job
- ...to do more with my interests and hobbies
- ...to do something I'm good at



The best way to volunteer is to match your personality and interests

Having answers to these questions will help you narrow down your search

How to find the right volunteer opportunity?



Ask yourself the following:

- Would you like to work with adults, children, or remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?

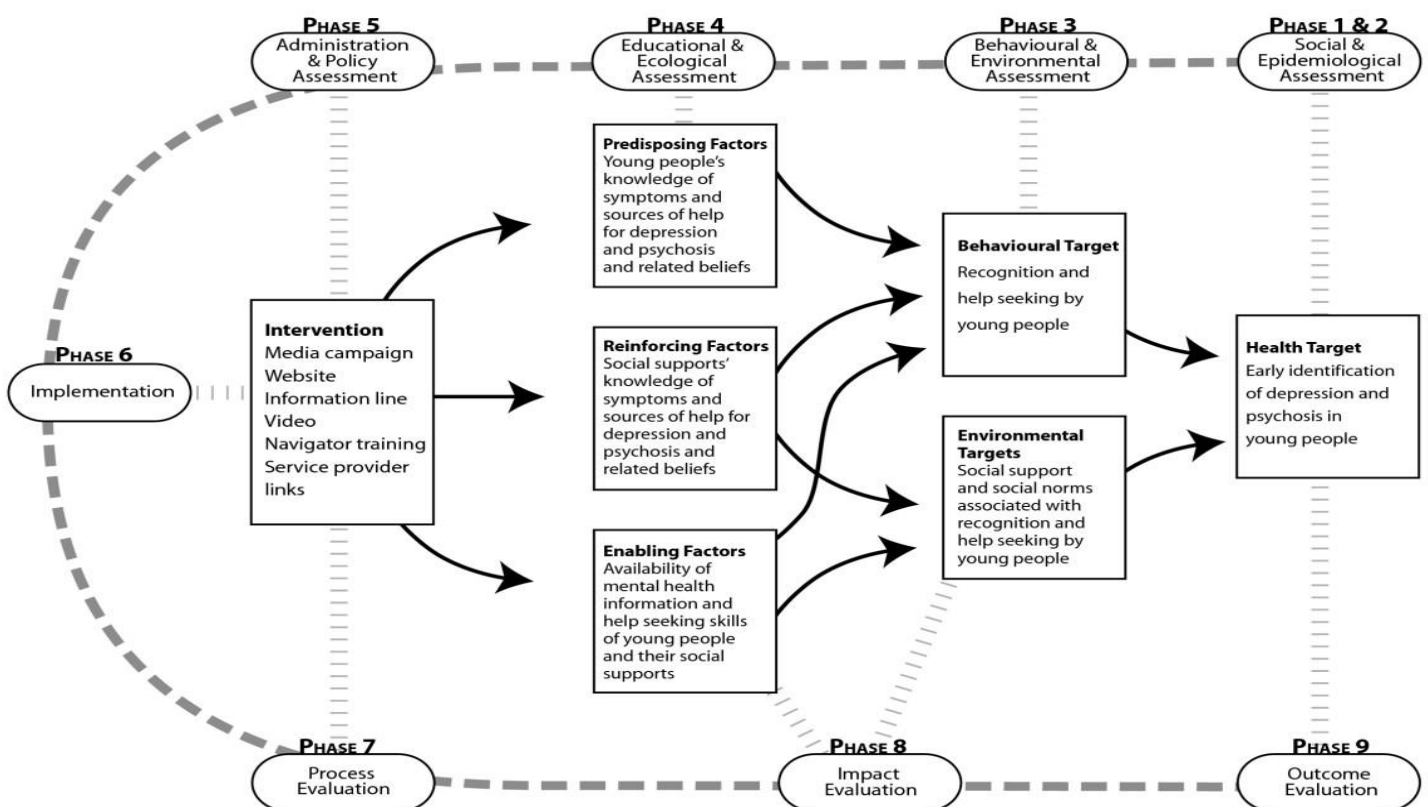
Awareness Campaign

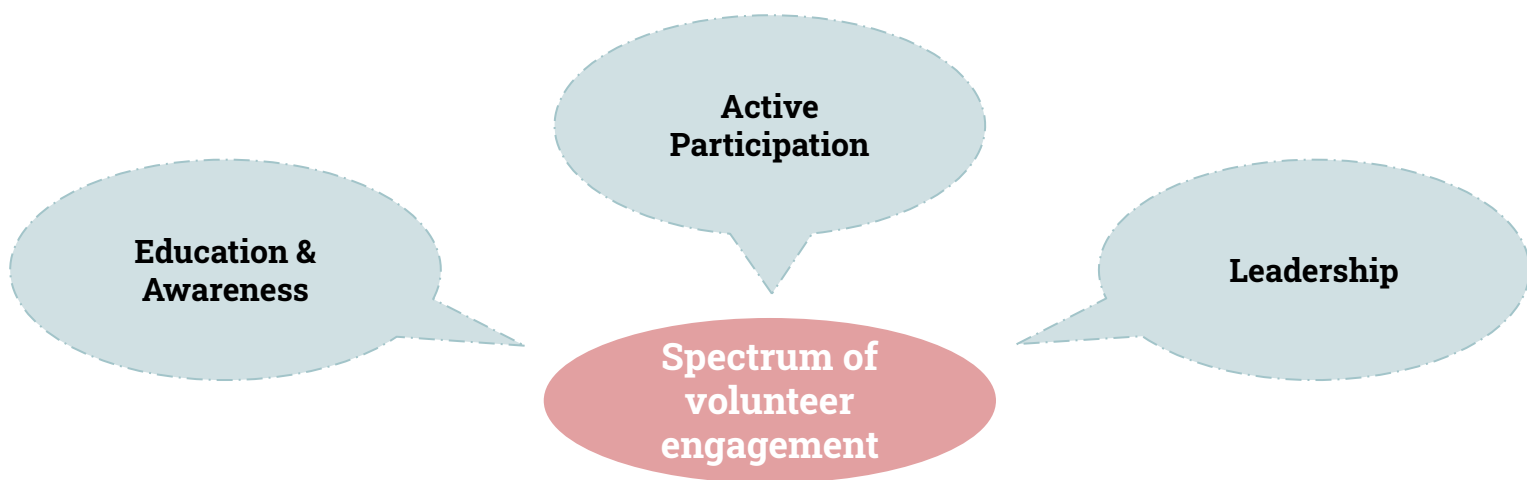
How to start an awareness campaign?

The Precede-Proceed Model

- ❖ The model involves nine phases is based on the premise that a thorough **assessment (Precede)** should be made **before planning** a health promotion intervention, and evaluation (**Proceed**) is built in to the process to **enable measurement** of the effectiveness of interventions.
- ❖ Priority **targets** for intervention are established through each phase of the assessment process (**phases 1–5**) on the basis of causal importance in the chain of health determinants, their prevalence and their changeability.
- ❖ The **results** of this assessment process **guide** the **development** of the intervention (**phase 6**)
- ❖ The evaluation (**phases 7–9**) then **tracks the impact** of the intervention on factors identified as important targets in the assessment process.

Application of the Precede-Proceed Model to the Company Strategy





Report writing and presentation of volunteering work

1. Awareness campaign topic
2. Why did you choose this topic? (importance)
3. How did you plan for the community awareness campaign ? (phases 1-5)
4. How did you do in the day of the community awareness campaign day? (phase 6)
5. What did you learn during this activity? (phases 7,8,9)
6. What difficulties did you have during this activity? (phases 7,8,9)
7. How will you improve same/another community awareness campaign activity?
8. Attach photos and working schedules of the community awareness campaign (details name and task of each participant).



A SHOUTOUT TO ALL TEAMWORKS

This is a THANK YOU letter for each Team Leader & Member

*Thank you for volunteering & giving some of your time & effort to make life easier for us
The fact that you are doing this out of your free well shows how a great person you are :)
We will always be in your debt*



*Please keep up your GR&AT work
All love & appreciation 🙏❤️*

- Professionalism Team



Superheroes behind it all



*Family & Community
Medicine*



*Hematology
438 teamwork*



**438
HISTOLOGY TEAM
KING SAUD UNIVERSITY**



**MICROBIOLOGY
TEAM 438**



**pharmacology
Team 438**



Team leaders

Abdulrahman Bedaiwi

Amirah Al-Zahrani

Team members

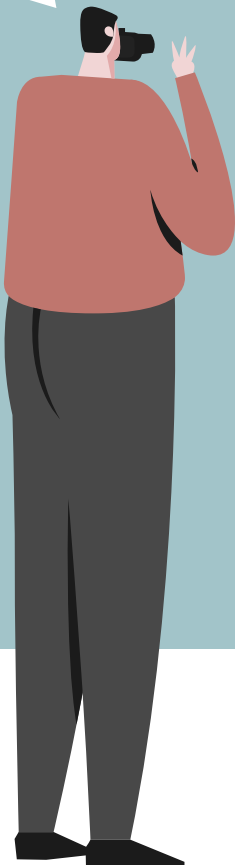
- Abdullah Alassaf
- Abdullah Alasmari
- Abdulrahman Almezaini
- Khalid Alkwai
- Mohammed Alhamad



Deema Almaziad

- Elaf Almusahel
- Rema Almutawa
- Renad Almutawa
- Shahd Alsalamah
- Taif Alotaibi
- Tarfah Alkaltham

Say
cheese
:)



THANK YOU!



Give us your feedback!