

7

Volunteering works and 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

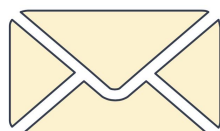
Color index:

Slides

Important

Doctors notes

Extra



Students are increasingly exalted to build up their CV profiles in the pursuit of enhancing employability.

Volunteering

Volunteering is promoted as a way of enhancing students' career prospects, at the same time as getting involved in community activities.

What is volunteering?

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

- 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 Hour's work to complete, followed by assessments.
- Volunteering can be a part of non-formal and informal learning.

Volunteering as an education activity

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.

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.

Volunteering work:

- 1 → What is volunteering?
- 2 → Who is volunteer?
- 3 → Why do you want to be a volunteer?
- 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?

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.

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

Factors favor volunteering

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)

Principle of volunteering:

1. Mutually beneficial. "To individual & organization"
2. Enabling & flexible. "Wherever possible"
3. Independently chosen & freely given.
4. Has a community or social benefits.
5. Offered to not-for-profit activities.

Ethics of volunteering:

1. Trustworthiness.
2. Respect.
3. Justice & fairness.
4. Compassion & generosity.
5. Responsibility.

Who is the volunteer?

- 1) is someone who does work **without being paid** for it, because they **want to do it**.
- 2) is 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)?

There are numerous reasons you should consider making volunteering a part of your everyday life

1

Volunteers live longer and are healthier.

during later life, volunteering is even more beneficial for one's health than exercising and eating well.

2

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

3

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.

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 opportunity 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	People don't want to	Nobody asked
<ol style="list-style-type: none"> 1. Lack of time 2. Physical boundaries 3. Lack of skills 	<ol style="list-style-type: none"> 1. Lack of benefits 2. Non-accountable 4. Stress from volunteering 5. social boundaries 	<p>Lack of opportunities</p>

- Preconceptions and attitudes within your organization/ college
- Inadequate community communication
- Limited experience
- History of being ignored
- Resistant leaders
- Sense of powerlessness
- Lack of time
- Lack of transportation
- Lack of child care
- Overcommitted leaders or citizens
- Too many involved
- Poor organization of existing action groups
- 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?



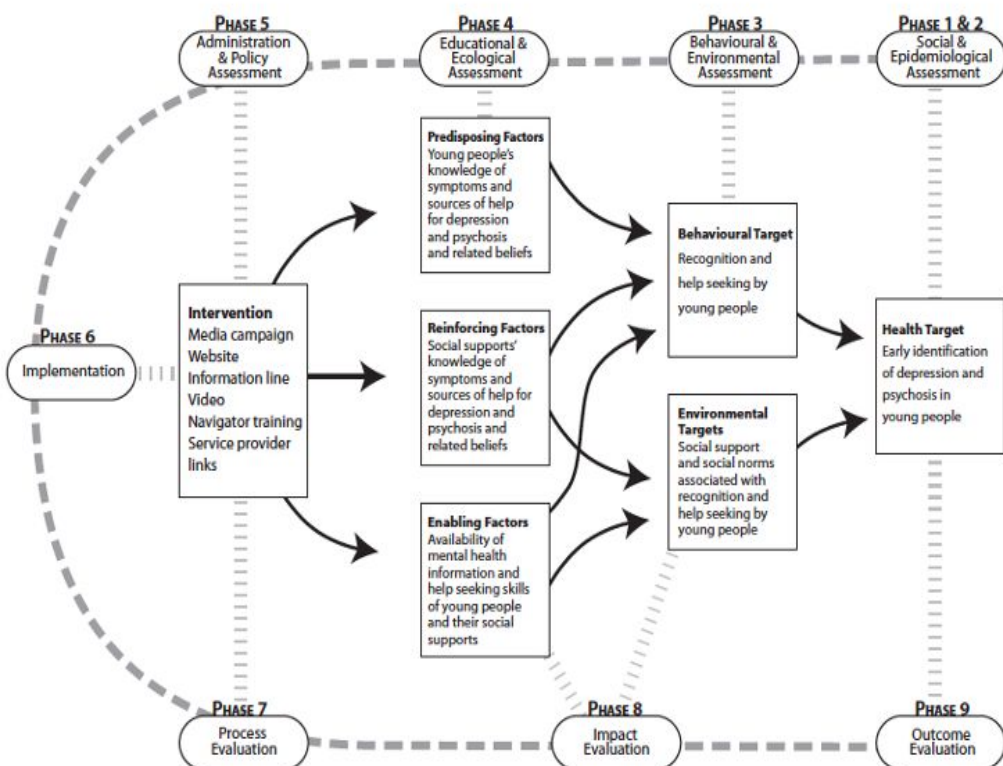
Awareness Campaign

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 Compass Strategy.



Spectrum of volunteer engagement



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).

Volunteering in health and social care settings and roles

Setting	Examples of roles
Community settings	Social support for vulnerable groups; signposting and improving access to services; teaching and training; advocacy and interpreting; providing wellbeing activities in the community; coaching patients through lifestyle changes; fundraising
Acute hospital care	Assisting with meal times; buddying; delivering supplies to frontline staff; collecting patient feedback; ambulance 'first responders'; plain language volunteers (to edit written materials); clerical support; welcoming and guiding around the hospital
Mental health care	Peer support; friendship schemes; running drop-in centres and sports groups.
Palliative care	Bereavement counselling; providing emotional support to families; running support groups; training other volunteers.
Home care	Visiting and befriending older people outside care homes to reduce isolation; home escorts for vulnerable patients; carer support services.

Team Leaders

Abdulrhman Alsuhaibany

Nourah Alklaib

Team Members

Abdulaziz Alrabiah

Abdullah Alsaeed

Abeer Awwad

Alaa Alsulmi

Alia zawawi

Basel Fakeeha

Haya Alanazi

Mohamed Albabtain

Raghad Soaeed

Sarah Almuqati

Shayma Alghanoum