The Role Of patients in Times of Peace and Crisis From Self Empowerment to Social Mobilization

Hon. Yuthar Al Rawahy

Founder & Life president
Oman Cancer Association
Yuthar Al Rawahy

- Educated in Zanzibar/UK/ Baghdad/ Cairo.
- Married - 5 children, 8 grandchildren
- Worked SQU College of medicine Deans Office- Student Affairs
- 1998 (47) within 3 months diagnosed with three cancers
- 2000 - Founded the Oman Cancer Association
- 2014 15 years later 4\textsuperscript{th} Cancer diagnosed
- At present Founder & Hon. Life President of OCA
- Former Member of State Council
Hospital & ADVOCACY

Oncology ward

Royal hospital pediatric playroom

Eid greetings

Make a wish
Cancer Advocacy
Role of Patients

• Critical - Essential
• Supportive to the patients, families & community. (Public Work)
• Supportive & Complementary to the medical services deliverance
• Important resource to be engaged in Healthcare Policies Formation – Political Will
• In peace and Crisis.
Hospitals

Royal Hospital

Sultan Qaboos University Hospital
Cancer Centers
Cancer Survivors
Self Empowerment

- WHO Definition: “a process through which people gain greater control over decisions and actions affecting their health” (1998)

- Taking control of our life, setting goals, & making positive choices. We have to understand our strength and weakness, and have belief in ourselves
Information transfer

Training of Media Personnel

Human Pink Ribbon by School Children
Information Transfer 2

Successful Treatment Protocols:

- Patient’s health history.
- Doctors greatest resources.
- Conversation between them.
- Health Literacy.
- Confidence.
- Educating yourself with the diagnosis.
Patient Advocate and Champion

Yes, through repeated regular examination that leads to early detection, better prognosis, and cure.

Can cancer be prevented?

Oh, Thank you for the information.
Treatment Protocols

HCP: Evidence based clinical advise-treatment options.

Shared approach to decision making

Risks and benefits: Patients preferences and values
Doctor Patient Relationship Complementary

Health care professionals are the expert in the knowledge of the disease.

Acknowledgement that patients are experts by virtue of their experience of living with the disease.

Knowledge sharing and experience to reach common objectives.

Getting healthy and staying healthy
Oman Cancer Association

Vision
To reduce the burden of cancers Nationally Regionally and globally

Mission
To prevent and control cancers and improve quality of life of cancer patients, Survivors, their families and the community
Social Mobilization

*Social mobilization* is the process of bringing together all *societal* and personal influences to raise awareness of and demand for health care, assist in the delivery of resources and services, and cultivate sustainable individual and community involvement.

Supporting & complimenting the healthcare givers and hospitals to deliver holistic management and control.
1: Self Empowerment and social mobilization

1. Identify your ultimate goals
2. Believe in yourself
3. Commitment to the cause.
4. Work for the community.
5. Identify your stakeholders
2-Self Empowerment and social mobilization – Core Values

6. Transparency
7. Integrity, Professionalism
8. Respect for diversity
9. Compassion, Dignity
10. Passion
Create a safe platform to talk about cancer.

Repeated Regular Self Examination gives early diagnosis and cure.
Schools - Awareness
Awareness
MMU

Stage one MMU

Commissioning

HM Award
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<th>Al Batina</th>
<th>Ash Sharqiya</th>
<th>Al Dakhiliya</th>
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Partnership - PPP
Branches and Centers

South Sharqiya/Sur Branch

Dakhiliya Branch

Ibri Center

Dhofar Branch
Walkathon
Walkathon-2
Volunteerism/Leadership/Research/Training
Dar Al Hanan
Dar Al Hanan-2

Ms. Ban ki Moon visit

Duchess of Cornwall visit
Dar Al Hanan-3

Dar Al Hanan Play area

Children function at AlBustan Hotel
Palliative Care

Oman Cancer Association
Palliative Care Course, Leadership & Research
Wednesday 2nd to Sunday 6th November 2016, Oman Avenues Mall Meeting Hall, Muscat
Ultrasound

• Since 2014.
• More than 400 scans.
• More than 1,400 clinical breast examinations.
Bridging The Gap

- Daycare Rehabilitation center for terminally ill patients.
- Multispecialty Team.
- Train the Patient & family how to take care of their Patient.
- Reduce pressure on the hospital beds.
- Followed home by trained palliative care team.
- Free of charge. Average 10-14 days visits to the center.
Supplements

- For outpatient cancer Patients
- Since April 2018.
- So far more than 491 patients
- Bottles provided so far 27,581
- Free service
- Bank Muscat Account: 0315004093350069
Peace

- Peace gives us opportunity to holistically address all health initiatives with maximum capacity.
- Importance of role of self empowerment and social mobilization is paramount.
- Universal Health Coverage is a necessity.
- Health for Peace initiatives needs to be readdressed.
Peace

Peace gives us opportunity to holistically address all health initiatives with maximum capacity – BUT

A number of Diseases are stigmatized & are Taboos- *Cancer* one of them

1. Lack of community understanding and Fear.
2. Public education – lack of ownership
3. Lack of empowerment
4. Basic understanding of the disease.
5. The role of Patients/ Survivors
6. Patients Advocacy
Peace / Education

HCP advocacy and training

Mark Events Kayak Trip
Crisis

- Priorities and Agenda Change.
- Economy - negatively affected/Refugees
- Who to treat – Triage - Ignores NCDs
- What to address Urgently - Treatment & /Or awareness and Prevention and control.
- Education & Training HR development.
Empowered Patience
Nothing in life is to be feared; It is only to be understood

- Marie Curie

Thank You
Contact

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