



3 GOOD HEALTH AND WELL-BEING



Outreach

Blood Donation Drive to Strengthen Community Health and Well-Being

Saving lives starts with accessible health initiatives, and a blood donation program was organized to provide safe blood supplies for medical needs. The activity included health checks for donors, counseling on the importance of regular blood donation, and collaboration with medical professionals to ensure proper procedures. This effort not only supports emergency healthcare but also promotes a culture of preventive health within the community, contributing to improved well-being and resilience.

Polio Immunization Initiative for Children Led by ITS

ITS participated in Surabaya's Sub-National Immunization Week for polio by engaging faculty and students from the Faculty of Medicine and Health. The program involved assisting healthcare professionals in administering free polio vaccines to children at local clinics and public areas, as well as educating parents about the importance of immunization.



ITS also provided opportunities for medical students to gain practical experience under the supervision of the Surabaya Health Agency. This effort contributed to Surabaya achieving one of the highest immunization coverage rates in East Java and earned ITS recognition for its role in supporting child health through preventive measures.

ITS Health Faculty Educates Community on Antibiotic Resistance

ITS' Faculty of Medicine and Health conducted a health education program in rural areas about antibiotic resistance. The program featured interactive counseling for residents on the dangers of antibiotic misuse, proper medication practices, and preventive health. Medical students and faculty collaborated with local health workers to deliver accurate information and encourage responsible antibiotic use, aiming to reduce health risks and strengthen community resilience against infectious diseases.

Healthy Home Renovation for Tuberculosis Patients as Part of ITS Community Outreach

A program was implemented to renovate homes of tuberculosis patients to meet healthy living standards, focusing on improving ventilation, sanitation facilities, and natural lighting to support recovery and reduce infection risk. The initiative involved collaboration between the Faculty of Medicine and Health of ITS, local health authorities, and community members to create safer environments for patients and their families, contributing to better health outcomes and minimizing disease transmission.

Stewardship

Promoting Emotional Intelligence for Staff Health: A Stewardship Initiative at ITS

ITS carried out a community outreach program aimed at enhancing emotional intelligence among children. The activity included interactive sessions where children were guided to recognize and express emotions appropriately, practice empathy, and develop basic stress management techniques through games and storytelling. Psychologists and facilitators provided practical exercises to strengthen self-awareness and social interaction skills, ensuring that emotional development is nurtured in a supportive environment. This initiative reflects ITS' commitment to fostering mental well-being and resilience in younger generations through educational engagement."

Teaching



First Aid Training to Strengthen Emergency Health Preparedness

Building capacity to save lives starts with knowledge, and a comprehensive first aid training was conducted to equip participants with essential emergency response skills. The program included hands-on practice in CPR, wound care, and management of common injuries, guided by certified instructors to ensure accuracy and safety. This initiative enhances readiness to handle health emergencies effectively, reducing preventable risks and promoting well-being in both workplace and community settings.

Research

AI Innovation for Therapy and Learning of Children with Disabilities

ITS introduced an AI-based solution to assist therapy and learning for children with disabilities. Its interactive features support speech therapy, cognitive development, and personalized, adaptive educational modules. This technology provides accessible tools for educators and therapists to improve communication skills and developmental progress, contributing to better health and educational outcomes for children with special needs.

Innovative Toileting Wheelchair and Artificial Hand by ITS

ITS developed two assistive technologies for children with disabilities: a toileting wheelchair with ergonomic and hygiene features, and an adaptive artificial hand to aid daily activities. Both innovations aim to improve health, independence, and functional capability. These solutions were implemented through community engagement to ensure accessibility and practical benefits.

Application Development for Monitoring Chronic Kidney Disease

A mobile application was developed to monitor individuals with chronic kidney disease, integrating health data tracking, medication reminders, and real-time communication with healthcare providers. This app, created through collaboration between academic and medical experts, ensures continuous care, improves treatment adherence, and enables early detection of complications, ultimately supporting better health outcomes for patients.

