A photograph of the Suri Seri Begawan Hospital building, a multi-story structure with a distinctive roof featuring several large, upward-pointing, golden-brown panels. A sign in front of the building reads "SELAMAT DATANG KE HOSPITAL SURI SERI BEGAWAN KUALA BELAIT". The building is surrounded by a parking lot with several cars and some greenery.

Introduction to Health Awareness Program “TERAJA”

SURI SERI BEGAWAN HOSPITAL
KUALA BELAIT

INTRODUCTIONS

WHAT IS HEALTH AWARENESS PROGRAM “TERAJA”?

- Introduced and started in February 2009
- Opened for patients with Diabetes
- Collaboration between the Diabetic Nurse Educators from Physician’s Clinic and Dietitians of Suri Seri Begawan Hospital, Kuala Belait.

History of “TERAJA”

Most referred cases was found to have uncontrolled blood sugar level and during consultations, we found:

- 1) Did not collect the prescribe diabetic medications
- 2) Not taking medications/insulin treatment regularly
- 3) Non-compliance to diabetic diet
- 4) Missed appointment with physicians

A survey of 100 patients given and out of 100, only 90% of these patient know that they are diabetic but admit that they have:

- 1) Lack of knowledge
- 2) Lack of awareness

- Due to this factor, DNE's came up with an idea in forming a class to help patient to understand diabetes better.
- Paperwork was produced, a meeting was done with CEO and its committee which finalizes to an agreement to form this Health Awareness Program called “TERAJA”.



T- Tabah melalui kehidupan sebagai pesakit diabetes

(Persevere through life as a diabetic patient)

E- Elakkan daripada bersikap M.T.K.I (malas tah ku ingau) dan mudah menyerah kalah

(Avoid being ignorance and not to give up)

R- Rajin dan berusaha untuk meningkatkan ilmu pengetahuan mengenai penyakit diabetes

(Be diligent and strive to increase knowledge about diabetes)

A- Ambil langkah untuk mengawal paras darah gula,tekanan darah dan paras kolestrol darah

(Take steps to control blood sugar levels, blood pressure and blood cholesterol levels)

J- Jangan abaikan ubat-ubatan atau suntikkan insulin awda,sentiasa bergerak aktif dan mengamalkan makanan yang sihat dan seimbang

(Do not skip medications or injection, always be physically active and adopt a healthy and balanced diet)

A- Ambil langkah positif dan sentiasa berusaha ke arah pembaikan

(Take positive steps and always work towards improvement)

“TERAJA” MISSION

- TO REDUCE COMPLICATIONS AMONG DIABETES PATIENTS BY PROMOTING HEALTH AWARENESS THROUGH HEALTH EDUCATIONS





OBJECTIVES

- To increase awareness and education in diabetes.
- To increase their knowledge through motivational & health talks as well as demonstrations.
- To increase understanding for patients on the importance of good glucose control, health care and early preventive measures.
- To boost up their confident especially in achieving and maintaining a healthy life style.
- In response towards the Ministry of Health, Negara Brunei Darussalam's mission statement 2035 - "together towards healthy life"



Who are “TERAJA” participants

- Government Sector
- Non-government Sector
- Housewife
- Pensioner
- Hospital staffs



“TERAJA” SUPPORT GROUP

“Teraja” support group was formed in November 2009.

Functions of this support group:

- 1) To help hospital committee in achieving activities held especially in promoting health awareness.
- 2) To widen and to promote all informative facts regarding health care especially in diabetes
- 3) To help & give encouragement to other patients with diabetes
- 4) To contribute in all activities held related to the hospital
- 5) Become role model to all patients

“TERAJA” SUPPORT GROUP



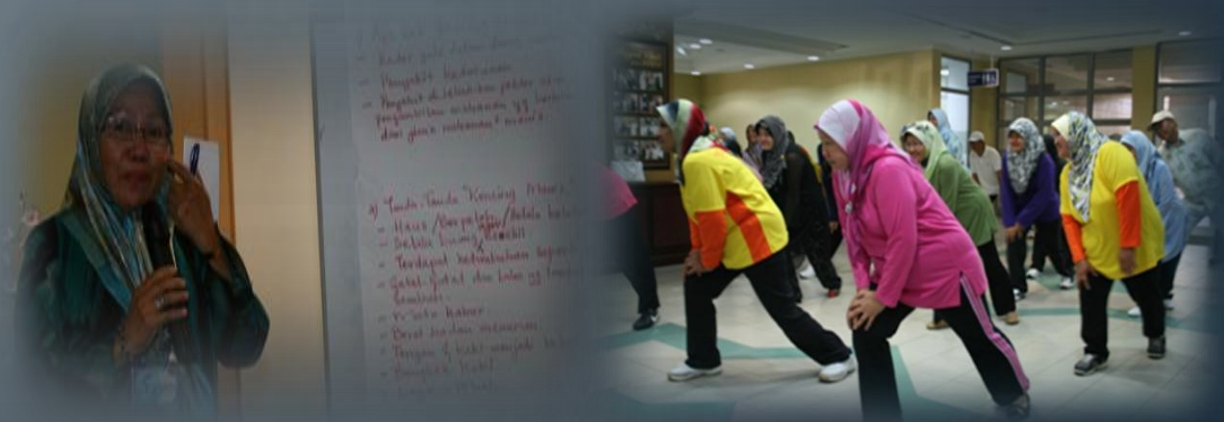


“TERAJA” ALLIED TEAM AND SPEAKERS

- ❖ Diabetic Nurse Educators
- ❖ Dietitians
- ❖ Pharmacists
- ❖ Podiatrists
- ❖ Hospital motivational speakers

“TERAJA” PROGRAM MODULE

- Motivational talks
- Lectures
- Demonstrations
- Discussions
- Group activities

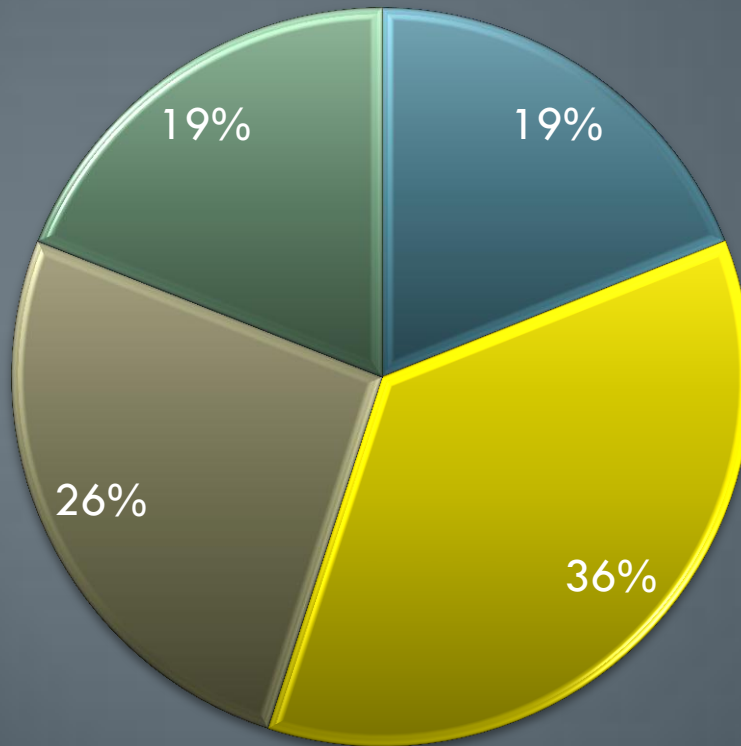


Methods for Evaluation

- HBA1C, assessment done 3 times throughout the 10 months program.
- Monthly written tests and group work to evaluate the participants knowledge and understanding.
- Blood glucose monitoring during classes:
 - Pre-breakfast/Post Breakfast
 - Pre-lunch/Post Lunch

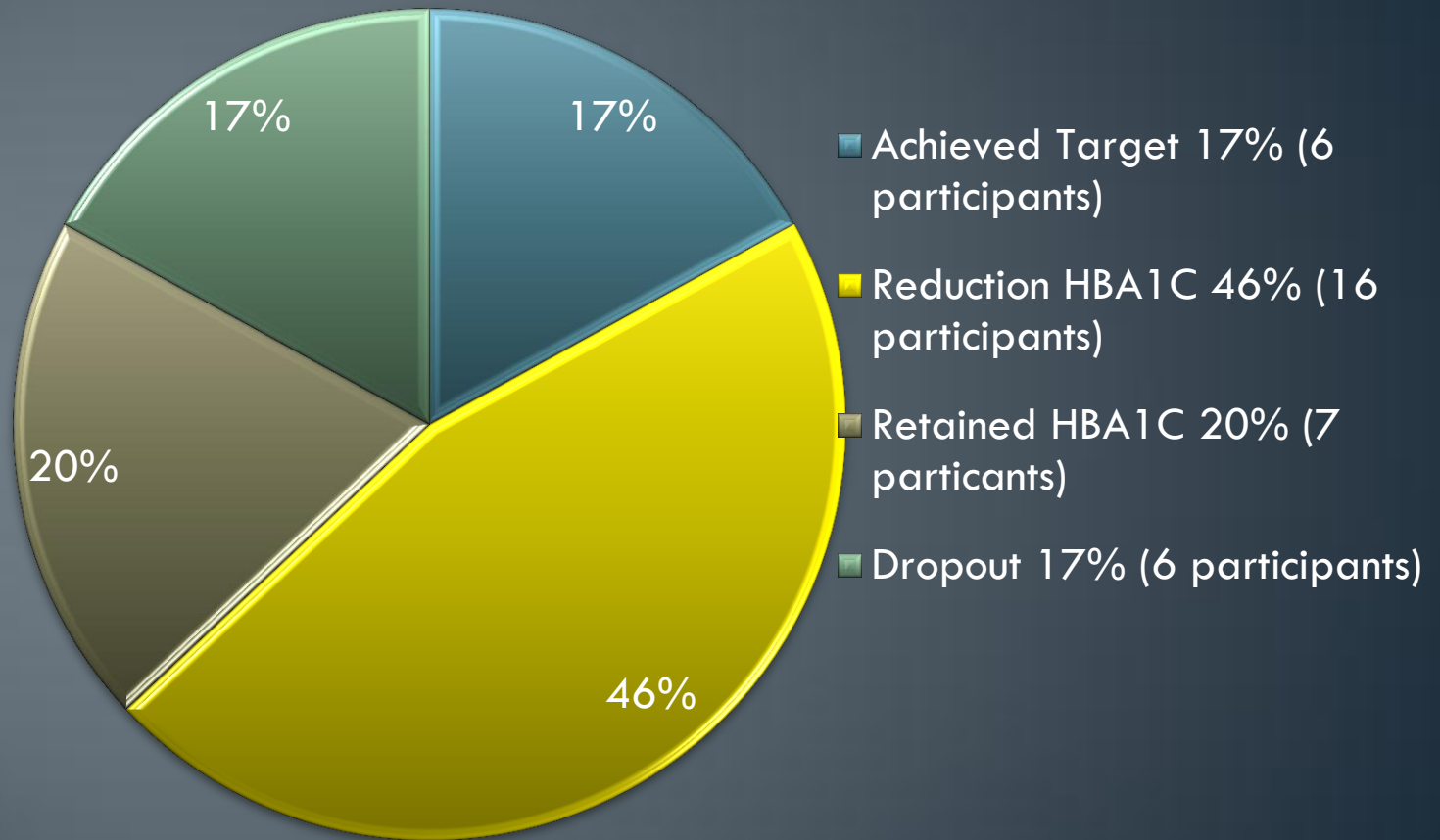
EVALUATION CHART

PERCENTAGE FOR "TERAJA 1" YEAR 2009

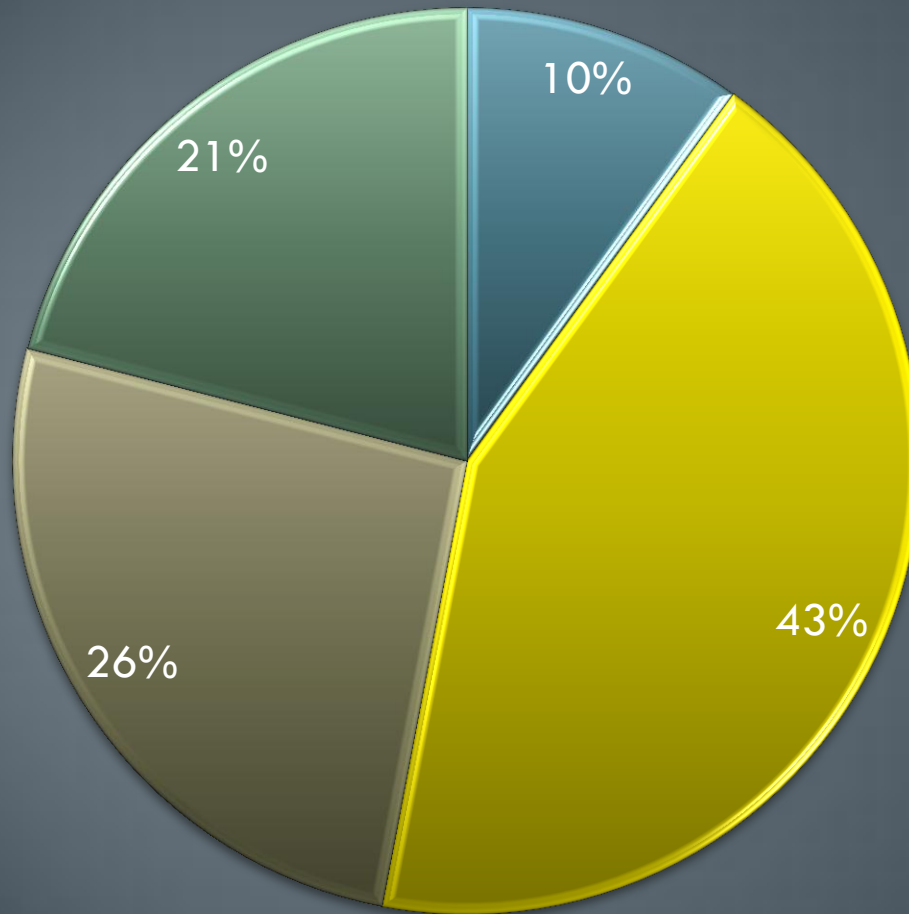


- Achieved Target 19% (8 participants)
- Reduction HbA1C 36% (15 participants)
- Retained HbA1C 26% (11 participants)
- Dropout 19% (8 participants)

PERCENTAGE FOR "TERAJA 2" YEAR 2010

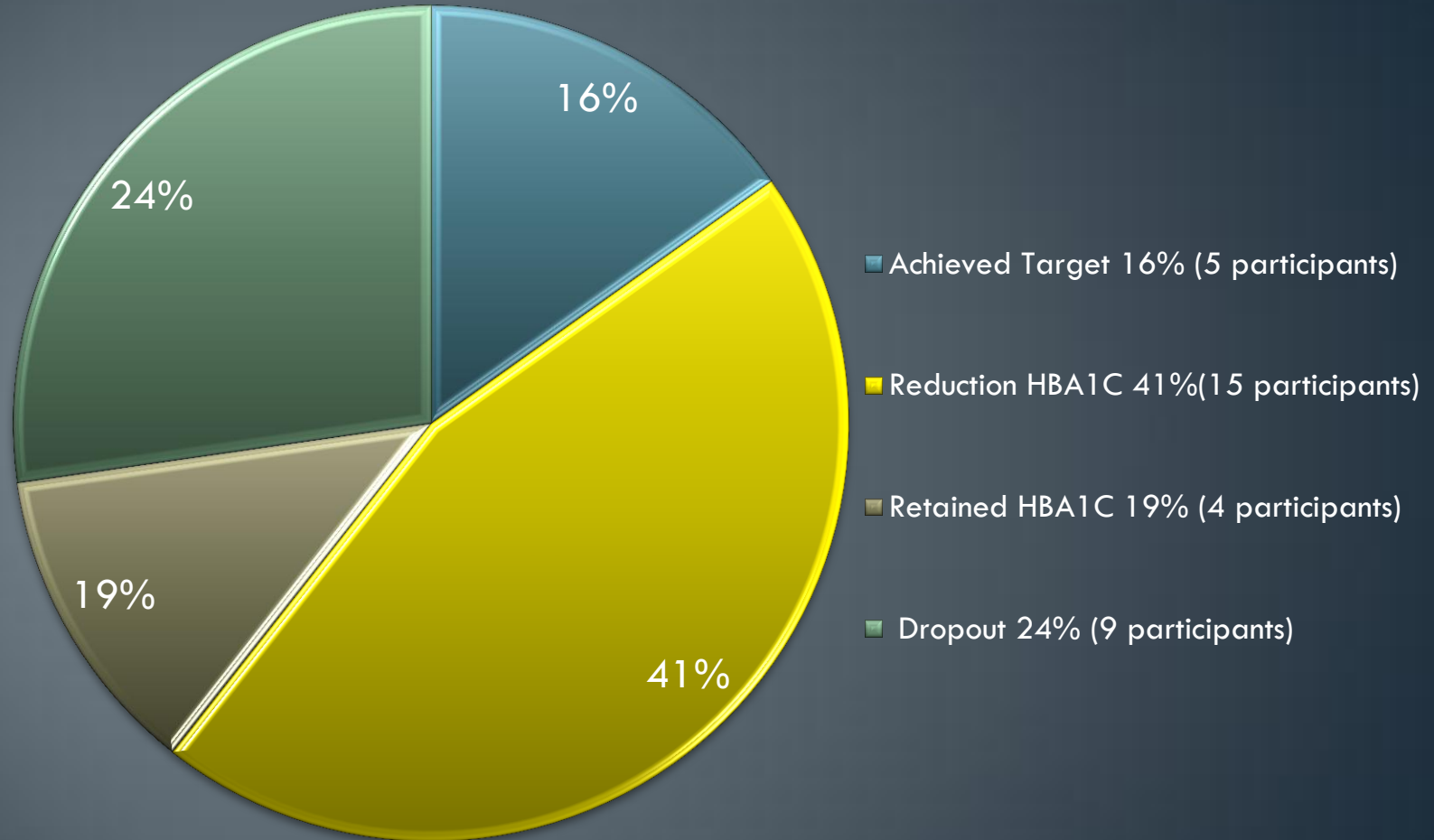


PERCENTAGE FOR "TERAJA 3" YEAR 2011



- Achieved Target 10% (4 participants)
- Reduction HBA1C 43% (17 participants)
- Retained HBA1C 26% (10 participants)
- Dropout 21% (8 participants)

PERCENTAGE FOR "TERAJA 4" YEAR 2012



“TERAJA” ACHIEVEMENTS

An established “Healthy Food Corner” formed in 2011.

In conjunction with World Diabetic Day 2011 organized by Suri Seri Begawan Hospital Kuala Belait.



The 1st published “Teraja” book entitled: “BERSAMA MU TERAJA”

