

MEDICAL OUTREACH, PUBLIC HEALTH EDUCATION, AND REHABILITATION IN SRI LANKA

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INTRODUCTION

In many communities across Sri Lanka, local families face significant gaps in basic medical care due to transport limits, language barriers, and a lack of preventative health resources. For my six-week Leadership in Action project, I worked on the ground with a community-based medical center in Wattala to help tackle these issues. The project was designed to bring acute health screenings, clinical triage support, and practical wellness education directly to vulnerable populations, focusing on improving overall health literacy and making preventative care more accessible at a grassroots level.

Objectives

- 1) Conduct Community Workshops
 - Organize and deliver health education, nutrition, and wellness sessions for local patients to improve everyday health literacy.
- 2) Support Clinical Screening
 - Assist onsite medical teams to help increase the number of community members accessing preventative care and early diagnostics.
- 3) Develop Resource Materials
 - Partner with local healthcare workers to distribute clear, accessible health insights and provide direct paramedical support.

Experiences

- 1) Clinical Triage & Patient Flow
 - Managed the vital signs station, checking patient blood pressure, heart rates and blood glucose levels while organizing the queue to keep the busy clinic running smoothly.
- 2) Dengue Screening Support
 - Interpreted automated hematology reports, monitoring key blood metrics like platelet counts to help physicians flag dengue fever cases.
- 3) Interdisciplinary Collaboration
 - Teamed up with local nurses and clinicians to deliver health education on common diseases, balanced nutrition and dengue prevention



Takeaways

This project showed me that true medicine extends far beyond the walls of a standard clinic room; it requires building real trust and breaking down the barriers that keep people from getting help. Working directly with patients in Wattala taught me how to communicate clearly across language and cultural divides, especially when explaining complex health metrics. Stepping entirely out of my academic comfort zone forced me to adapt quickly to a fluid environment, helping me build critical leadership skills, learn how to collaborate across multidisciplinary healthcare teams, and lead effectively without needing formal authority.

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