

Getting Closer to Health

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UNGS 1201: Sustainable Development: Issues, Principles and Practices

Section 22

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1. Title of the project

Getting Closer to Health

2. Background of the project

Sustainable development can be referred to as a model of human development where the use of resources aims to meet human needs while preserving the environment at the same time for the use of future generations to meet their demands. Sustainable development is not about environmental problems alone. The main objective of sustainable development is to bring balance to economic, social, and environmental needs which in turn leads to well-being and resource availability for present and future generations. Besides, the sole motive of sustainable development is to gain a healthy environment where people deal with environmental, social, and economic problems jointly and avoid excessive use of resources. There are four principal ways of sustainable development which are environmental protection, stable economic development, preservation of natural resources, and social development and evolution.

Sustainable development could maximize human well-being or quality of life without endangering life support systems. Measures for sustainable development may vary in developed and developing countries according to their level of technological and economic development. Sustainable development is the best way to protect our natural resources by slowly changing our approach to the use and development of technology. The natural resources that are used for human activities must be at a rate that can be replenished naturally. Moreover, every resource used must be used sustainably to prevent it from becoming extinct which can lead to the extinction of life.

The 17 Sustainable Development Goals (SDGs), also known as the Global Goals has been adopted by world leaders at the United Nations summit in 2015. The SDGs are based on

the achievements of the Millennium Development Goals (MDGs) and are planned to go further. The United Nations is calling on all countries around the world to tackle the great problems facing humanity and to ensure that everyone has the same opportunities to live a better life without compromising our planet. The 17 goals of sustainable development are; (1) No Poverty, (2) Zero Hunger, (3) Good Health and Well-being, (4) Quality Education, (5) Gender Equality, (6) Clean Water and Sanitation, (7) Affordable and Clean Energy, (8) Decent Work and Economic Growth, (9) Industry, Innovation and Infrastructure, (10) Reducing Inequality, (11) Sustainable Cities and Communities, (12) Responsible Consumption and Production, (13) Climate Action, (14) Life Below Water, (15) Life On Land, (16) Peace, Justice, and Strong Institutions, (17) Partnerships for the Goals.

For our project, we choose to implement the third SDGs which is Good Health and Well-being because we found out that the health centre is very far from the student hostel which kind of difficult for the students to receive their treatment. The third SDG means that ensuring a healthy life can promote well-being for all ages. A clean environment is important for human health and well-being. On the other hand, air and water pollution, as well as poor chemical and waste management, contribute to health damage. Natural disasters and environmental shocks can have a major impact on health, including deaths, injuries, illnesses, disabilities, psychosocial problems, and other indirect effects with damage to health facilities and disruptions to long-term health service delivery. Therefore, we want to ensure that every student on campus gets adequate health services by providing transportation for students who want to go to the health centre.

3. Objectives

This report will be discussing about our proposal in proposing ideas for the betterment of our beloved university, IIUM. We chose to highlight the third SDGs in our project as we found it relate closely with the students of IIUM. This report will explain the background of

our project, our main objectives in proposing the ideas and the significance of it. This report will also focus regarding the challenges in implementing the ideas and recommendations that can be done in improving our university.

The main objective of the project is to ensure the health and welfare of IIUM students being maintained. This is in line with the third Sustainable Development Goals (SDGs) which is good health and well-being. In applying Sejahtera concept in IIUM community, we have to make sure that the students are getting treated accordingly and timely. Failures to do so may leads to any serious consequences related to students' health. There's a famous saying mentions preventions is better than cure. Therefore, early steps need to be taken before it may lead to any serious issues in the future.

Other than that, the objective of the project is also to ease the sick IIUM students in getting help when they're not feeling well. We do realize that they are difficulties for these students to seek medical helps because of the distance of IIUM Clinic with each Mahallah that are quite far. By building mini clinic at each Mahallah will not bring benefits to only the students but also to the whole IIUM community. Other than building mini clinic, we proposed to provide transportation to IIUM clinic. Both solutions proposed are to save time and cost for IIUM students. Some students refused to go to IIUM clinic because they are too busy with assignments and projects. According to the survey we made, they also claimed that their schedules are too packed and it is bothersome to get there as they have to pay for the fare to go to IIUM clinic by transporter. If emergency happens, not every transporter available at any time, therefore, by providing mini clinic or transportation to IIUM clinic will ease students to seek medical helps whenever they need.

4. Significance of the Project

There are many significances on this project. One of the significances of this project is to protect one of the Maqasid shariah which is to protect life. Maqasid shariah requires the realization of human well-being through it, on one hand, improving people's health or advantages (maslahah) and preventing harm (mafsadah) to others. Maqasid shariah aims to promote and protect human and nature's well-being. This project can be proved to protect life as we can go to the clinic that was much closer which is inside the Mahallah and faster if we sick. So, we can prevent diseases or illnesses to be more serious as we can cure the diseases in a short time.

Next, it also can make students life much easier. This is because, when we sick, we do not have much energy to go to the main clinic that was far away from Mahallah. So, if there was mini clinic at every Mahallah, we can ensure the students safety and can save time to go to the mini clinic. This is also important as the illness can come anytime and anywhere. Sometimes, the illness came at late at night or even in the early morning. With this, they can go to the mini clinic in a short time as the distance become shorter.

Besides, this project also can increase student performance. For this project, we also provide transportation for students who need to go to the main clinic as soon as possible by student car or motorcycle. This transportation has been provided due to some serious illness or diseases that make them need to go to the main clinic. Thus, we give starpoint to the students who volunteer to help to send the students to the main clinic. With this, we can help other students to go to the main clinic quickly at the same time give the students who help them starpoint. As we can see, starpoint is important for every student as it will reflect their activeness in the university during a job interview in the future. So, we can make sure that the students who help them did not waste their time just like that, but we give a reward to them.

Furthermore, this project also can reduce the unemployment rate in our country. This is because of many people loss their job during Covid-19. With this project, we can help our country to reduce the unemployment rate by increasing opportunity job to others. This job can be fill with medical students either for their intern or permanent work. We also can improve their skills, experience, and knowledge at this course as the cases were different every day. Finally, this project can achieve two of our sustainable development goals which are good health and health being and decent work and economy permanent. This can be proven as the opening of mini clinic inside every Mahallah will increase opportunity job and help cure the students much faster.

5. Challenges

When one is sick, one tends to lose energy, strength and is uncomfortable to move. Walking to the clinic that is located far from Mahallah might be difficult to them. In addition, while enduring their sickness to go to the clinic, students need to walk through stairs and hills which could be troublesome and tiring.

However, in order to build a mini clinic in each of Mahallah, there would be many challenges for the university to face. The first challenge is the financial cost. The budget to hire a nurse, providing medicine, and future expenses in each Mahallah could be high and exceed the budget that the university had allocated for students' healthcare.

Next, the challenges in hiring nurses. To hire the nurses, university might spend a lot of money and time for recruitment only. Advertisement, resume screening, screening call, assessment test, in-person interviewing, background checks, reference checks, making decision, and training the new nurses takes up a lot of cost as generally known. However, the cost does not stop there. If the newly recruited employee is not performing well, additional cost to cover the inefficiency is required be paid by the university. This is because the university

cannot lay-off the workers to their pleasure when they are still working in the period agreed in the contract. As an example, university would need to send the employee to trainings or seminars.

Lastly, the challenge faced by students to get a transportation to Health Centre. Diseases are one of the things that is unexpected in one's life. Therefore, it may come at the time that are unpredicted. Sometimes when it occurs, there are no transportation available at that time. Hence, it will be difficult for the students who are sick to get their treatment. The students who are sick may need to go there by themselves. If the students were to go for the treatment alone, considering their unstable health, many unpleasant things might happen. As an example, fainting on the way to go to the clinic, falling down the stairs, and many more possible accidents.

6. Recommendations

To cope with this problem, we would like to propose a few recommendations. The first suggestion is to establish a mini clinic at each Mahallah. Based on the survey, many students would want professional help when they are sick, but the help is too far. Plus, in their unhealthy state, it would be hard for them to move around. Therefore, establishing this mini clinic would be a great help. However, this mini clinic is only for early help. As an example, if a student fell within the Mahallah compound, the student can go to the mini clinic and disinfect the wound properly. In case of emergency or in need of more equipment, the student will be forwarded to the IIUM Health Centre. This suggestion also creates new job opportunities for the public. However, it would be better if the employee is an IIUM graduate as one knows the system of IIUM better compared to other graduates.

The second suggestion is to provide transportation for the sick. For this suggestion, establishing a club would be the most effective way. Just like how few clubs like Gamelan

Club and Reserve Officer Training Unit (ROTU) can count as credit hours, it would be interesting if this type of club can be included. Students can be scheduled on standby to send sick students from a specified Mahallah to the health centre. Establishing a club would make the flow more systematic. Allowance for the club can be used to pay for the service. The transporter can be both the employee at the mini clinic or student, and they will be paid at the end of the month according to the number of students they had transported for the month. The members of this club can benefit both economically and academically.

These recommendations will cost quite a lot. Therefore, it is best to implement them by stages. It might be hard to establish the mini clinic at each Mahallah so, the management can consider establishing one at each junction. As an example, Junction 12 (J12) in IIUM Gombak have three Mahallah which is Mahallah Nusaibah, Mahallah Sumayyah and Mahallah Salahuddin. The mini clinic can be established at Mahallah Sumayyah for the first stage. After that, the management can consider establishing it at the other two Mahallahs if it meets the university's budget. To ensure the club functions as planned, a limit of members can be imposed for each semester to ensure the quality of the club. This is to ensure that students did not join the club half-heartedly or to just fill up their credit hour. The newly hired employees should sign a pledge promising that they will carry out their Amanah responsibly. Penalties can be imposed if the employee is caught violating the pledge after a throughout investigation.

7. References

Galatsidas, A. (2015, January 19). *Sustainable development goals: changing the world in 17 steps –interactive*. Retrieved from The Guardian: <https://www.theguardian.com/global-development/ng-interactive/2015/jan/19/sustainable-development-goals-changing-world-17-steps-interactive>

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8. Appendixes



Questionnaire:

IIUM Health Access Survey - copy

We hope you guys can spend a minute to answer our survey. Thank you in advance and have a good day ahead! 😊

*** Required:**

Do you have any chronic illness? *

Yes

No

Have you ever fell sick in IIUM? *

Yes

No

If you fall sick, where do you reach out first? *

Nowhere (stay at room)

Mahallah Office

IIUM Health Clinic

What is the reason you choose the answer above? *

Too far

To seek professional guidance

Already have basic medication supply

Mahallah Office is nearer than IIUM Health Clinic

No transportation

Other: _____

If you chose IIUM Health Clinic, what is your mode of transportation?

By foot

By car

By motorcycle

By bicycle

If transportation is provided for you to go to IIUM Health Clinic everytime you fall sick, would you go there? *

Yes, gladly

No, I would rather stay at my room

Do you think it is a good idea to establish a mini clinic at each Mahallah Office? *

Yes

No

Submit