

**Project LAGUNDI:
Lasapin Ang Ginhawa, URTIs atin Dapat Iwasan!**

A Final Paper PH 195 (Public Health Practice)

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ABSTRACT

URTIs are illnesses caused by acute infection of the nose, sinus, pharynx or larynx. It is one of the top three morbidity cases of Brgy. San. Ambrosio, Igaras, Iloilo. TEAM AMBROSIA's primary goal was to decrease incidence of URTI among residents. A first medical mission was conducted in order to assess the number of cases, and a second was conducted in order to determine if the intervention has decreased the number of cases. Based on results there was a decrease of 54.29 % in the number of cases, which exceeded the goal of 30%. Based on the pre- and post- test scores, the knowledge on URTI, herbal gardening, smoking improved by 30% or more, meanwhile, the knowledge on waste disposal improved by only 20%. Other activities were also done like mask-making activity, recycling demo, and a URTI-themed community night. Tarpaulins about URTI were given out to each of the 7 sitios while calendars about URTI were distributed to each household. Each sitio had their own communal herbal garden, which includes medicinal plants for the treatment and prevention of URTIs, and other diseases as well. Residents were taught to make teabags made from the leaves of lagundi, which can be found in their gardens, and can be an alternative source of livelihood for them.