



# Assessing the Environmental, Social, Economic and Governance Impact of the Community Extension Project by a Philippine School of Nursing

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**Abstract:** The School of Nursing with the coordination of the Community Extension Services Department conducted health promotion and disease prevention activities related to the environment and social strategies to Barangay Masili residents and community. This study determined the environmental, social, economic and governance impact of the community extension project of the School of Nursing implemented from academic year 2016 to 2020. The research design of this study is mixed methods utilizing convergent parallel design. Data were gathered from 33 participants through a survey questionnaire and selected 10 participants from the same group for focus group discussion. The quantitative data was analyzed using descriptive statistics such as frequency count and weighted mean while the qualitative data was analyzed using thematic analysis. The study revealed that the project implemented by the School of Nursing was extremely impactful on the lives of the participants in environmental, social, economic, and governance aspects. The governance aspect was also rated as extremely impactful, which means that the project has an extreme impact on their lives. The qualitative impact led the residents to understand the importance of personal hygiene, waste disposal in disease prevention, apply health management practices at home, and benefit from free medical services. It is recommended for the School of Nursing and CESD to continue similar extension projects to Letran Calamba's adopted community, for the nursing faculty members to encourage more students to participate in extension projects, and for the barangay officials to continue inviting and encouraging the residents to participate in the activities of the School of Nursing.

**Keywords:** *environment, social, governance, community development, community extension*

## I. OBJECTIVES OF THE STUDY

One of the most important aspects of the Sustainable Development Goals (SDGs) is health. Together with SDG 1, which calls to "end poverty in all its forms everywhere," SDG 3.8 targets to "achieve universal health coverage, including financial risk protection, access to quality essential health care services, and access to safe, effective, quality, and affordable essential medicines and vaccines for all" (WHO, 2020). The 2030 Agenda for Sustainable Development adopted by all United Nations Member States in 2015, at its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, and spur economic growth. As a "blueprint to achieve a better and more sustainable future for all," the United Nations member states approved 17 Sustainable Development Goals (SDGs) in 2015. The goal of these SDGs is to achieve them by 2030.

A strong framework for promoting sustainable development and generating long-term value for companies and society can be created by integrating Environmental, Social, and Governance (ESG) issues with the 17 Sustainable Development Goals (SDGs) of the United Nations. ESG refers to a set of standards used to measure an organization's environmental and social impact (Krantz & Jonker, 2024). ESG is a framework that helps stakeholders understand how an organization is managing opportunities and risks related to environmental, social, and governance criteria.

The World Health Organization (WHO) states that health education is a technique for enhancing the overall health and wellness of a population by disseminating knowledge and encouraging healthy behaviors. In order to discover health problems and trends within a population, community health education looks at the health of the community as a whole. It then collaborates with various stakeholders to develop solutions. "As public health professionals, we work to ensure community wellness in terms of health education with the assistance of community leaders" (Obenson, 2024).

One of the components of the CES Hayuma Program of Letran-Calamba is environment and health which is the enhancement of community-based primary health care managed by the local community health workers and an environment management scheme that will protect, sustain and nurture the community system. Barangay Masili in the City of Calamba is Colegio's partner community. This was the chosen barangay because of its lowest Internal Revenue Allotment (IRA) among the 4 barangays near the colegio, manifests poverty indicators, difficulty to access the social services and high level of engagement between the colegio and the barangay. Based on the result of the Participatory Rapid Appraisal conducted in Barangay Masili in 2015, the identified needs by the students of Letran were: dengue and typhoid fever, stray animal, drugs, polluted or contaminated lake or body of water, contaminated drinking water, lack of waste segregation and education. In addition, the identified needs by the representative of the barangay were: livelihood, sickness, drugs, child abuse and flooding.

Health Education, Assessment and Research Training (HEART) was the name of the community extension project of the school of nursing for the academic year 2016-2020. The Health Education, Assessment and Research Training (HEART) conducted a series of community profiling in barangay Masili in AY 2015-2016. The eight identified common diseases in the family were: heart disease, hypertension, cough and colds, asthma, diarrhea, pneumonia, influenza, tuberculosis and diabetes. Based on the Community Profiling of the School of Nursing in Barangay Masili, to assist the Barangay Masili residents with its needs related to professional healthcare, it was included in the Health Education, Assessment and Research Training (HEART) Project Strategic Plan 2015-2016 to 2019- 2020, the provision of health education starting in 2016 and medical mission in 2018-2019.

The first activity for academic year 2016-2017 was about the environment which was entitled as, "Proper Waste Disposal". This activity started with an interactive discussion on how to segregate properly the different types of waste. The interactive discussions were participated by nursing students from first year to fourth year and led by the Community Extension Services (CES) moderator. The topics discussed were Reuse, Reduce, and Recycle of the 3 R and diseases that can be acquired from a dirty environment.

This was participated by 24 barangay Masili residents. To apply the health education dissemination campaign on environment, OPLAN Linis was done last September 23, 2016. This was participated by nursing students, faculty members and Barangay Masili residents. This activity got a perfect score as evaluated by Barangay Masili residents. The next activity for academic year 2016-2017 of the Health Education, Assessment and Research Training (HEART) project was "Usapang Puso: Paano Maaalagaan ang Aking Puso?". The topics discussed were about high blood pressure, heart attack and stroke. This was participated by 13 barangay Masili residents.

In 2016, when the Dominican Brothers from the Sto. Domingo Convent in Quezon City, visited Saint Albert the Great Convent and Letran-Calamba, they identified Barangay Masili, the partner community of Letran-Calamba as the beneficiary of 2017 Katarungan ng Diyos ang Ugat ng Payapang Adhikain (KADAUPAN) Medical Mission. The medical mission was conducted last March 25, 2017 (Saturday) entitled, "Alay Arriba-Kadaupan Medical Mission" at Castor Alviar National High School, Barangay Masili, City of Calamba with the following medical specializations: General Medicine, Minor Surgery, Obstetrics and Gynecology, Pediatrics, Ophthalmology and General Dentistry. The KADAUPAN, in partnership with the Colegio's Community Extension Services Department (CESD) and Sangguniang Barangay ng Masili, in cooperation with the School of Nursing, ALERT, and Letran Volunteer Corps, implemented the medical mission at Barangay Masili. Out of 600 beneficiaries of Alay Arriba-KADAUPAN Medical Mission, 40 % availed the medical services provided.

The next project was health teaching about pregnancy, the topics discussed were about the complications of pregnancy: gestational hypertension, gestational diabetes, preeclampsia, prolonged labor, tetanus toxoid immunization and postpartum care visit. This was done last October 28, 2017. The next project title was Health Teaching on Immunization with the theme of "Magpabakuna Upang Sakit ay Maiwasan" conducted last August 30, 2018. The topics discussed were about the importance of vaccination to their children. This was participated by 27 Barangay Masili residents.

The Shelter for Mankind Medical Mission conducted a medical mission with medical, surgical and dental services rendered and free medications last March 9, 2019. The medical mission was participated by Shelter for Mankind Medical Mission volunteers, mostly UST alumni, Colegio de San Juan de Letran community extension staff, School of Nursing faculty and students. The medical mission was participated in by 245 barangay Masili residents.

The project title of the training was Health Education on Basic Life Support and First Aid Measures, done last November 21, 2019. In cooperation with Mr. Eliseo Maligaya, barangay chairman; Mr. Christopher Apacionado, chairman on barangay Committee on Health; Nursing volunteer students, nursing faculty and the CES moderator. The guest speaker of the training was Mr. Fred Dalena, one of the faculty of Colegio de San Juan de Letran-Calamba that time. The Barangay Masili Rescue team participated in the training. The training was participated by 14 barangay Masili residents.

The health teaching and training implemented got a perfect score of 4 which means that they agreed that the objectives of the activity were met and implemented. There were 10 activities conducted in Barangay Masili.

The health education and medical missions conducted were participated by the barangay officials, barangay health workers, and barangay residents. The implementers of the activities were participated by the Community Extension Services Department officers, dean of the school of nursing, faculty, students, Alay Arriba-KADAUPAN volunteers and Shelter for Mankind Medical Mission volunteers.

Conducting an impact study on health education and medical missions is essential for identifying community health needs, evaluating program effectiveness and enhancing community engagement. These will contribute to building a more resilient healthcare system within the barangay.

## II. OBJECTIVES OF THE STUDY

The main objective of this study is to know the environmental, social, economic and governance impact of the community extension project implemented by the school of nursing in Barangay Masili.

Specifically, the study aimed to: Determine the intended impacts of the community extension projects of the school of nursing implemented to Barangay Masili residents and community in the environment, social, economic and governance; Identify the unintended impacts of community extension projects of the school of nursing implemented to Barangay Masili residents and the community; Determine the gaps between the intended and unintended impacts.

### Theoretical framework

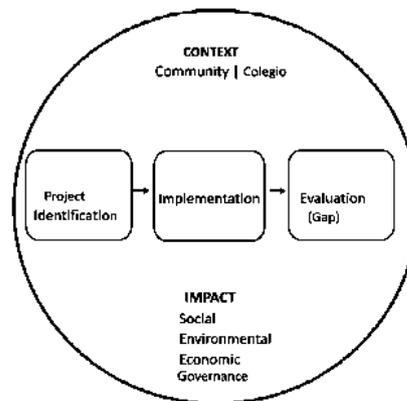


Figure 1. Conceptual Framework

The project identification was based on the identified needs and identified common diseases of the residents. The implementation of the project was consulted with the barangay councilor and approved by the barangay captain. This study focus on the impact of community extension projects of the School of Nursing implemented in Barangay Masili after 3 to 4 years of its implementation. To determine if its impact in areas of environment, social, economic, and governance is extreme, slight or no impact at all. Analysis of their responses support the findings of this study.

Environmental criteria consider how a community safeguards the environment, including policies addressing climate change, for example. Social criteria examine how it manages relationships with the people and the community. Governance deals with leadership, internal controls, and rights in the community (Brown, 2024).

## III. RESEARCH METHODOLOGY

### 3.1 Research Design

The research design of this study is mixed methods utilizing convergent parallel design. Convergent parallel design is a mixed-methods approach where both quantitative and qualitative data are gathered simultaneously but are analyzed separately. The findings from each type of data are then combined or integrated. This design facilitates the collection of in-depth, detailed information, leading to a thorough understanding of the research problem (Alele & Malau-Aduli, 2023). The convergent parallel design was used to directly compare quantitative results with qualitative findings for the purpose of validation.

### 3.2 Population and Sample

The population of this study were the Brgy. Masili residents for Academic Year 2016- 2020 who were the past participants of the activity implemented by the School of Nursing. The total number of respondents of this study were thirty three (33) past participants of the community extension project of the School of Nursing. Ten (10) of them participated in the focus group discussion. The documents including the list of attendees of the past participants of the projects implemented from academic year 2016-2020 were used by the researcher to be the respondents and participants of this study.

### 3.3 Data Sources

This study was conducted at Brgy Masili, Calamba, Laguna. This was chosen by Colegio due to its characteristics of being the poorest barangay, high incidence of hunger, with relatively low access to other social services such as hospital among the previous partner barangay (Bucal, Pansol, and Sucol) of the Colegio in the City of Calamba. In response to the need of community, beginning 2015-2016, various academic programs conduct community extension projects in the barangay which includes the Bachelor of Science in Nursing.

### 3.4 Data Collection

After the validation of the questionnaire, the questionnaire was distributed to ten (10) participants who went to barangay hall while the other questionnaire was distributed to the (23) respondents through home visit with the help of barangay health workers, barangay kagawad and with the approval of the new Barangay Chairman of Barangay Masili. The ten (10) participants went to barangay hall because they were informed by the barangay officers in coordination with Community Extension Services Department (CESD) officers of Letran-Calamba.

For the qualitative data, the researcher conducted a focus group discussion with the ten (10) past participants of the activity who went to barangay hall. Two of barangay health workers of the Barangay Masili Health Center participated the focus group discussion held at one of the room of barangay hall, one barangay kagawad who was assigned as Barangay Health Committee chairman for the year 2016-2020, and the rest were residents mostly of Purok 6 of Barangay Masili. The qualitative data was based on focus group discussion with the ten (10) past participants and two open ended questions from the questionnaire. The qualitative data were primarily collected through interviews who participated in the clean-up drive health education initiatives and medical mission. The past participants shared their experiences and insights regarding the impact of these projects on their health and environmental awareness. The open-ended questions allowed the participants to express their thoughts freely, leading to descriptive responses.

### 3.5 Research Instrument

The self-made questionnaire has 2 parts, the first part consisted of close-ended questions and the second part consisted of open-ended questions. The first part has fourteen (14) questions, number one to four (1-4) questions are about environment, number five to nine (5-10) questions are about social, number ten to twelve (11-12) questions are about economic and number 13-14 questions are about governance. There were two open-ended questions included in the questionnaire. The questionnaire was translated into Tagalog by the CES director. There was an expert validation of the questionnaire by the Research Department director and CES director.

The focus group discussion has six (6) questions. The first question was what was the situation of the residents before the project of the school of nursing started in the barangay. The second question was what was their experience while carrying out the project on health teaching and medical mission. The third question was if there has been any change in their knowledge and methods of maintaining cleanliness or health in the barangay after the project. The fourth question was if the health teachings and free treatments implemented by Letran-Calamba help improve their health. The number five and six questions were the same with the open-ended questions stated at the second part of the questionnaire.

### 3.6 Data Analysis

The data analysis described the findings of the impact of the health teachings and medical missions rendered to Barangay Masili. The quantitative data was analyzed using descriptive statistics such as frequency count and weighted mean, while the qualitative data was analyzed using thematic analysis.

The researcher conducted a survey questionnaire using the Likert Scale below:

Figure 2. Likert Scale

Rating	Range interval	Description/Interpretation
5	4.51 – 5.00	Extremely Impactful
4	3.51 – 4.50	Impactful
3	2.51 – 3.50	Somewhat Impactful
2	1.51 – 2.50	Slightly Impactful
1	1.00 – 1.50	No Impact

Thematic Analysis of Focus Group Discussion (FGD)

The qualitative data were analyzed using thematic analysis, a method for identifying and analyzing patterns within qualitative data. This approach involves several key steps: 1. Familiarization, by reading and re-reading the transcripts to gain a deep understanding of the content. 2. Coding: Initial codes were generated from the data, focusing on significant statements made by participants regarding their learning experiences, health practices, and environmental awareness. 3. Theme Development: The codes were then grouped into broader themes, themes emerged around the concepts of environmental impact (e.g., the importance of cleanliness and proper waste disposal), social impact (e.g., increased health awareness and family health management) and governance impact, and 4. Reviewing Themes: The developed themes were reviewed and refined to ensure they accurately represented the data and were distinct from one another (Nicolas, 2023).

## IV. RESULTS AND DISCUSSION

### 4.1 Environmental impact

Table 1 Environmental Impact

Environmental impact	Weighted Mean	Interpretation
1. Naging pamilyar ako sa mga gawaing pampamayanan ng Letran Calamba School of Nursing sa Barangay Masili katulad ng Pagtuturo hinggil sa kalusugan (Health Teaching)	4.87	Sobra ng Impak/Extremely Impactful
2. Dahil sa Health Teaching, natutunan ko ang kahalagahan ng kalinisan ng kapaligiran upang maiwasan ang mga sakit	4.24	May Impak/Moderately Impactful
3. Dahil sa Health Teaching, regular akong naglilinis ng bakuran upang makaawas sa Dengue Fever	4.72	Sobra ng Impak/Extremely Impactful
4. Dahil sa Health Teaching, regular akong sumasama sa paglilinis ng barangay o Clean Up Drive	4.24	May Impak/Moderately Impactful
<b>AVERAGE MEAN</b>	<b>4.51</b>	<b>Sobra ng Impak/Extremely Impactful</b>

Table 1 shows the environmental impact of the community extension project was interpreted as extremely impactful with an average mean of 4.51. Among the various indicators, the most notable highest impact was the increased familiarity of Barangay Masili residents with community activities organized by the nursing school with a mean of 4.87. This engagement included a clean-up drive as participant 1 mentioned, “Bago po kayo dumating ay meron na kaming clean-up drive pero wala pong health teachings at medical mission”. The higher mean score of 4.72 was attributed to the residents' learning about personal hygiene and proper waste disposal, emphasizing the role of these practices in disease prevention. This reflects a significant shift in awareness and behavior among community members. Participant 2 said “Opo medyo natutunan na rin po namin na dati yun nga about sa basura na nagko cause sakit ibig sabihin nagkakaroon kami ng idea na okay na kailangan nating linisin yung kapaligiran natin para hindi tayo dapuan ng mga iba't ibang epidemya o sakit.

Despite the positive outcomes, the participation in the clean-up drive was rated as moderately impactful, with a lower mean score of 4.24 which indicates that while awareness was raised, active participation varied among different groups. The respondents belonging to the Late Middle Age group (ages 45-64) were less able to participate in the barangay's clean-up drive activities but they learned to clean their surroundings.

The findings significantly enhanced the residents' understanding of environmental health, particularly in relation to personal hygiene and waste management. While the overall impact was positive, the variability in participation among different age groups indicates a need for particular approaches to engage all community members effectively. The project not only improved awareness but also encouraged a proactive attitude towards maintaining a clean environment, which is important for disease prevention.

Some studies have found that educating residents on the importance of personal hygiene and proper waste disposal can lead to significant improvements in disease prevention and environmental cleanliness which were related to this study. A study in Ghana found that after being educated on hygiene indicators, the percentage of market traders who agreed that hygiene education is important increased from 10% among those with only basic education to 57% among those with tertiary education. This highlights how knowledge gained through education leads to greater appreciation for hygiene. A study in Bangladeshi universities revealed that students were aware of the importance of hand washing and had positive attitudes towards maintaining good hygiene, likely due to WASH education they received in school over the past two decades. Students from middle/upper-middle class families also had greater access to hygiene information through media.

## 4.2 Social impact

Table 2 Social Impact

Social Impact	Weighted Mean	Interpretation
5. Dahil sa Health Teaching, natutunan kong pangalagaan ang sariling kalusugan para sa sarili at pamilya	4.72	Sobra ng Impak/Extremely Impactful
6. Dahil sa Health Teaching, natutunan ko ang paunang lunas o First Aid na ginagamit ko para sa sarili at pamilya	4.81	Sobra ng Impak/Extremely Impactful
7. Nakatulong sa mga residente ng Barangay Masili ang mga isinagawang Health Teaching	4.72	Sobra ng Impak/Extremely Impactful
8. Naging pamilyar din ako sa pagsasagawa ng libreng gamutan sa Barangay (Medical Mission).	4.24	May Impak/ Moderately Impactful
9. <u>Napaaliguran</u> ako at ang aking pamilya ng Medical Mission na inorganisa ng Letran Calamba School of Nursing	4.75	Sobra ng Impak/Extremely Impactful
10. Nakatulong sa akin at aking pamilya ang Medical Mission upang magkaroon ng ginhawa o maayos na kalusugan.	4.6	Sobra ng Impak/Extremely Impactful
AVERAGE MEAN	4.64	Sobra ng Impak/Extremely Impactful

Table 2 shows the social impact was interpreted as extremely impactful with an average mean of 4.64. The highest mean of 4.81 attributed to participants' ability to apply their first aid knowledge and skills in which the training was not only theoretical but also practical, enhancing participants' confidence in handling health emergencies for themselves and their families. The medical mission organized by Letran was interpreted as extremely impactful with a mean of 4.75. Participants expressed lasting gratitude for the community extension programs, highlighting their significant contributions to health awareness and emergency preparedness. One participant noted, "Ako po hindi makakalimutan dahil ito po ay malaki ang naitulong," emphasizing the memorable and beneficial nature of the program. Health teachings focused on self-care and family health management was interpreted as extremely impactful with a mean of 4.72. Participants reported increased awareness and knowledge about health practices, with one stating, "Hindi ko malimutan ang mga naitulong ng Letran upang mas naging aware ang mga tao sa mga dapat gawin sa pangkalusugan." This reflects the educational success of the program in promoting health literacy.

In contrast, familiarity with free medical treatments offered in the community was interpreted as moderately impactful with a mean of 4.24. This lower score indicates that participants had limited awareness of the medical missions conducted in previous years (2017 and 2019), suggesting a need for improved outreach and communication regarding available health services.

The social impact of first aid training and community health initiatives organized by Letran indicate significant positive outcomes among participants, as indicated by high mean scores across various indicators, particularly in enhancing participants' practical skills and health awareness. However, the lower impact regarding familiarity with free medical treatments needs an area for improvement in community engagement and education. These could guide future initiatives to maximize their effectiveness and reach.

This was related to the study that evaluated the effects of Camarines Sur Polytechnic Colleges' extension initiatives in several partner barangays and communities. Rinconada Area of the Bicol Region, the Philippines. The results showed that the community extension services were producing programs with a satisfactory degree of skill development, health education, advocacy, and livelihood. Furthermore, extension services' effects on society and the economy were also deemed favorable. The program's social and economic impact was taken into consideration when determining the results. Proposals for improving and maintaining the efficacy of extension initiatives were also made (Salazar, T. B., 2020).

Other studies have explored the impact of health education initiatives on participants' awareness and management of health practices, aligning closely with the themes of empowerment and practical application. The study emphasizes the importance of health education programs in empowering individuals to make informed healthcare decisions. It highlights that tailored programs can significantly enhance participants' confidence in managing their health and the health of their families. The study advocates for innovative and flexible health education approaches to improve health literacy and promote preventive care, which aligns with the idea of fostering personal responsibility for health (Rizvi, 2022).

The evaluation of nursing student volunteers engaged in health education of community extension projects also reflected on the positive comments of the participants. One student expressed, "The most significant experience as a volunteer was seeing the participants' smile on their face and being satisfied with our intervention and when verbally saying that they learned from us". A second volunteer shared, "There is a sense of accomplishment as well as the fulfilled feeling of seeing the clients leaving with a smile". A third volunteer remarked, "Knowing how much a small amount of effort to contribute simple knowledge could benefit others more than we think it would".

The positive comments of the participants were reflected on the overall mean of the evaluation of the health education done in the barangay. The average mean of participants' evaluation of health teachings done for academic year 2016-2018 was 4, which was the highest mean and this means that they strongly agreed that the criteria of the project were achieved.

Table 2.1 Average Mean of Participant's Evaluation of Health Teachings done Last Academic Year 2017-2018

Criteria	Weighted Mean	Interpretation
A. The objective of the task was clearly presented.	4	Strongly Agree
B. The stated objective was accomplished.	4	Strongly Agree
C. The speaker is well-prepared and knowledgeable	4	Strongly Agree
D. The leaders or organizers of the activity are excellent	4	Strongly Agree
E. The place/venue of the activity is suitable.	4	Strongly Agree
F. There is an adequate food allocation.	4	Strongly Agree
G. The program starts and finishes on time.	4	Strongly Agree
H. There is sufficient quantity and types of materials needed for the activity.	4	Strongly Agree
I. The materials needed were given on time.	4	Strongly Agree
J. The objective of the activity was achieved within the specified time and budget.	4	Strongly Agree
K. The project/activity's objective was achieved without encountering any issues related to funding, personnel, and resources.	4	Strongly Agree
<b>Average Mean</b>	<b>4</b>	<b>Strongly Agree</b>

### 4.3 Economic Impact

Table 3 Economic Impact

Economic Impact	Weighted Mean	Interpretation
11. Nakatulong sa akin at aking pamilya ang Medical Mission dahil malaking halaga ng pera ang natipid namin sa pagpapagamot nang libre	4.87	Sobra n Impak/Extre mely Impactful 9
12. Nakatulong din sa gastusin ng aking pamilya ang libreng gamot at bitamina na ipinamigay	4.84	Sobra n Impak/Extre mely Impactful 9
<b>AVERAGE MEAN</b>	<b>4.85</b>	<b>Sobra n Impak/Extre mely Impactful 9</b>

Table 3 shows the economic impact was interpreted as extremely impactful with an average mean of 4.85 which indicates that participants perceive the economic impact as highly favorable. This is reinforced by a mean score of 4.87 which was interpreted as extremely impactful regarding the financial relief provided by free medical services, which included consultations, dental care, and circumcision, as well as the distribution of free medicines and vitamins, which further alleviated family expenses with a mean of 4.84. The testimonies from participants underscore the mission's effectiveness. For instance, one participant expressed gratitude for the free dental services and medications, stating, "Tsaka may libreng gamot at libreng linis ng ngipin package na po masaya po talaga." Another participant highlighted the importance of the dental extraction and circumcision services, saying, "Yun pong nabunutan ako ng ngipin" and "Libreng tuli sa aking anak." These statements illustrate the direct benefits received by families, emphasizing the mission's role in addressing their health needs and contributing to their overall well-being. The barangay kagawad also acknowledged the mission's substantial contribution to the community, noting, "Actually Malaki po na iyong naiambag nun sa barangay sa mga medical mission, dental, at libreng tuli." This sentiment reflects a community-wide recognition of the mission's impact, that such initiatives are important for improving access to healthcare in underserved areas.

The economic impact of a medical mission in Barangay Masili revealed significant benefits for individuals and families, particularly in terms of financial savings from free medical treatments. The medical mission not only provided essential health services but also fostered a sense of community support and relief from financial burdens, demonstrating its role in enhancing the quality of life for Barangay Masili residents.

This study was related to some studies that demonstrate the beneficial effects of medical missions, especially in terms of improving health outcomes and offering free medical services to marginalized communities. One study focused on the long-term effects of interprofessional medical mission service trips in Sierra Leone. It found that these missions not only provided immediate healthcare but also contributed to the education and training of local healthcare staff. Participants reported significant improvements in health knowledge and cultural competence, indicating that such missions can have lasting benefits beyond the immediate provision of services. The study emphasized the importance of aligning mission activities with local health needs to ensure sustainability and effectiveness (Doe, & Smith, 2023).

A study on short-term medical missions (STMMs) developed an assessment tool to evaluate the quality of care provided during these missions. The tool identified key factors such as cost, impact, and sustainability. Results indicated that while missions performed well in cost and impact, there were areas needing improvement, particularly in education and sustainability. This highlights the necessity of ongoing evaluation to enhance the effectiveness of medical missions and ensure they meet the health needs of the communities served (Smith, et al 2023).

Table 4 shows the governance impact was interpreted as extremely impactful with an average mean of 4.87. The assistance provided through medical missions and community activities were interpreted as extremely impactful with a mean of 4.84 and 4.90, respectively. Medical missions conducted by the Letran Calamba School of Nursing in Barangay Masili have significant positive outcomes as perceived by the community members. Residents of Barangay Masili expressed a strong desire for the continuation of the Community Extension Project, particularly the medical missions and provision of free medications. The barangay kagawad emphasized the necessity of these services, stating, “Ibalik po ulit ang medical mission para po sa lahat ng tao,” highlighting the community's collective need for ongoing health support. The barangay health worker echoed this sentiment, noting the lack of available medications at the local health center, which exacerbates the community's health challenges.

The medical missions were characterized as well-organized and effective, with participants praising the performance of the medical team and volunteers. Feedback included remarks such as “Maayos at mapayapa” (well-organized and peaceful) and “Mahuhusay sila” (they are excellent), reflecting the community's appreciation for the quality of care received. This positive statement underscores the missions' role in addressing immediate health needs while fostering trust and collaboration between healthcare providers and the community.

The expressed need for continued medical missions is further supported by the lack of resources at the barangay health center. The community's request for regular medical missions indicates a recognition of the long-term benefits these initiatives provide, not only in terms of immediate healthcare access but also in building a sustainable healthcare model that empowers local residents. This aligns with broader findings in the literature that emphasize the importance of medical missions in addressing healthcare disparities and fostering community health education.

The community extension project of Letran\_Calamba aligns closely with various studies and initiatives focused on community health, particularly in underserved areas. Research has shown that community health programs, especially those that provide direct services like medical missions and free medications, can significantly improve health outcomes in underserved populations. These programs not only address immediate health needs but also foster long-term community resilience and self-sufficiency (Doe, J. (2023).

#### 4.4 Unintended Impacts

The intended outcomes of the community project in Barangay Masili included improved access to healthcare, increased awareness of healthy behaviors, and enhanced capacity of barangay health workers. Positive unintended impacts included knowledge sharing among health workers, who were able to teach others in the community, and improved health-seeking behaviors, with residents learning to consult doctors promptly when ill.

However, the project faced some negative unintended impacts. Health workers struggled to invite participants due to their household responsibilities, while residents experienced long wait times during medical missions, leading to overcrowding and difficulties in managing the crowd. Initial resistance from the community also posed challenges, as some were hesitant to attend at first. Additionally, prolonged waiting times caused physical discomfort, particularly for vulnerable populations.

These issues highlight the need for better crowd control and community engagement in future medical missions. Overall, while the project showed many benefits, addressing these challenges is essential for ongoing success.

**Table 4.1 Kadaupan Medical Mission Evaluation last AY 2016-2017**

Healthcare Team (Item)	😊	☹️	Total Number of Respondents
Doctor	247	0	247
Nurse	247	0	247
Volunteers	247	0	247
Place	247	0	247
Time	246	1	247
Organization/Set-up	247	0	247
Overall rating of medical mission	247	0	247
Mean	246.71	1	247
Percentage	99.88 %	0.29 %	100%

#### 4.5 Gaps between the Intended and Unintended Impacts

The results indicate that the medical mission successfully achieved its intended impacts. Participants reported satisfaction with the services provided, such as: free medical consultations, free medicines, free dental check-ups and free circumcision. These services contributed positively to the residents' well-being and happiness, showcasing the mission's effectiveness in meeting its goals. Despite the positive feedback, it also highlights significant unintended impacts that emerged during the medical mission: one is that some participants faced difficulties in accessing services due to long waiting times. This led to experiences of discomfort and hunger while waiting for consultations, indicating that the demand for services may have outstripped the available resources. Second is participation barriers, the barangay health worker and assigned barangay kagawad encountered challenges in encouraging resident participation. The large number of participants complicated efforts to maintain order and manage the line effectively, leading to frustration among residents.

These unintended consequences suggest that while the mission aimed to provide comprehensive health services, the implementation faced operational difficulty that affected the overall experience of the participants.

#### Summary of Significant Findings

The extension project successfully increased environmental awareness and some positive practices in the community, but more work is needed to boost active participation, especially among older residents. The social impact was viewed as extremely beneficial, with participants emphasizing its lasting positive effects on their health literacy and community well-being but familiarity with free medical treatments offered in the community was interpreted as moderately impactful. The economic impact provided significant financial relief to families, and these services helped alleviate family expenses. Residents expressed a strong desire for the continuation of the Community Extension Project, particularly valuing the medical missions and free medications provided.

The project in Barangay Masili demonstrated significant unintended positive impacts, particularly in enhancing the knowledge and skills of health workers and residents. By empowering local health workers and promoting healthy behaviors, the spread of information contributed to improved health outcomes within the community.

The project faced several challenges that negatively impacted participant engagement and logistics: difficulty inviting the participants, long waiting times, maintaining order in lines, convincing the residents to attend and some participants experienced hunger during long waits. These gaps highlight that, while the mission achieved its primary health service goals, operational difficulties significantly impacted participant satisfaction.

#### V. CONCLUSIONS

Based on the findings, the following conclusions were:

The Community Extension Project enhanced environmental awareness and fostered positive practices within the community. While the social impact improved health literacy and overall community well-being, there remains a need to engage older residents more actively. The economic benefits have also been significant, offering financial relief and reducing family expenses. Residents have expressed a strong desire for the project to continue, particularly appreciating the medical missions and free medications. Overall, while progress has been made, ongoing efforts are essential to sustain and expand these positive outcomes.

The project has led to notable positive outcomes, particularly in the areas of health worker training and community health awareness, the initiative has effectively enhanced the dissemination of vital health information. This has resulted in improved health outcomes for the community, demonstrating the significant role of local health initiatives in promoting public health and well-being.

The project encountered several operational challenges that hindered participant engagement and satisfaction. Addressing the gaps will be essential for enhancing future initiatives and ensuring a more positive experience for all participants.

#### RECOMMENDATIONS

Culled from the results of this study, the following recommendations are offered:

Enhance the distribution of information regarding free medical treatments by providing a clear and concise brochures that outline the types of free medical treatments through home visits in the community to see the present situation of the residents, especially the older ones. This will provide clear communication and encouragement for the residents to participate. Collaborate with non government health organizations to secure a sustainable supply of medications. Continue to implement regular evaluation processes to assess the impact of the project on community health, literacy, and economic well-being.

Continue to enhance healthcare services to ensure residents have consistent access to quality healthcare. Provide regular training and resources for barangay health workers to maintain and improve their ability to deliver effective health services. Establish community gatherings where health workers can share their knowledge and experiences, fostering a culture of learning within the community. Promote campaigns that encourage timely medical consultations, emphasizing the importance of early intervention in health issues.

Conduct awareness campaigns that highlight the benefits of participation. Engaging with families directly and addressing their specific needs may also help. Enhance logistical planning by increasing the number of staff available during peak hours to prevent long waiting times during the medical mission. Train volunteers or staff in crowd management techniques and provide clear signage and communication about the process that can reduce confusion. Provide basic refreshments or snacks for participants waiting for services.

Future Researchers investigate strategies that enhance the sustainability of health programs, particularly those that empower barangay health workers (BHWs) through ongoing training and support. This can help maintain the positive impacts observed in health service delivery and community engagement. Engage with community members to gather qualitative data on their experiences and perceptions of the health services provided. This can enrich the understanding of the program's impact and highlight areas for improvement.

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