

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

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Title	MODEL FOR BALANCING BETWEEN MEDICAL AND SOCIAL LIFE USING (PACT) TM A CROSS SECTIONAL STUDY
Type	Oral Presentation <i>High-Quality Learning and Collaborations in the Health Workforce</i>
1st Author	KIRELLOS ATEF ZAKI ABOUD
Co-Authors	-
Country	EGYPT
Abstract N ^o	TUFH554
Content	<p>Background: Despite the big losses of COVID-19 pandemic and the quarantine, but it gave medical students some free time to think, innovate and involve in activities other than studying. Methods: This cross-sectional study aimed to develop a model for medical students using The Polarity Approach for Continuity and Transformation (PACT)TM. A virtual questionnaire was filled with medical students from four different countries. The questionnaire assessed how medical students manage their time between study and para-medical life and if the quarantine has given them more time for this balance. An initial polarity map was generated presenting the methods the students use for this balance, and another polarity map was generated showing the best tips and tricks for getting the most out of life for medical students. Results & Conclusion: Participants agreed that it is difficult for medical students to balance between the medical and other aspects life, but it is a challenge that we should accept and master as it will last for the rest of our life. The cornerstone for this is the students' morals, habits, and principles. And with the technology and special needs for this modern era it is making it more challenging. Cognitive, communication and clinical skills are very important, with persistence, resilience, and time management we could achieve the best outcomes. On the other hand, polarity mapping is a new tool for most of the students and this study aims to introduce it as a different way of thinking to achieve these goals.</p>