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## **A MEDICAL MOBILE CLINIC FOR UNDERSERVED COMMUNITIES IN THE PHILIPPINES**

In 2017, ABC's for Global Health (ABCGH) successfully launched our Mobile Clinic, serving 16 medically underserved communities. ABCGH addresses the prevention, maintenance, and improvement of noncommunicable diseases which disproportionately affects those lacking medical access, health education, and financial resources through a multi-program approach. Hypertension and diabetes remain the highest risk factors amongst Filipinos causing further disease complications and mortality. ABCGH has established partnerships with government and non-governmental organizations and identified 18 communities, including 3 indigenous peoples and 1 jail. Clinics run monthly per location, establishing reliable, longitudinal primary care.

The mobile clinic and telemedicine are innovative approaches in providing low-cost medical visits, free medications, and culturally sensitive health education. With a focus on research, medical records and patient surveys are collected utilizing an electronic health records (EHR) and data analytics platform. ABCGH also provides month-long immersion programs for local Philippine and abroad students. With the expansion of our medical headquarters, partnerships, and community outreach, ABCGH is an established medical presence in the served communities.

In the first four years, the majority of hypertensive and diabetic patients improved or maintained their blood pressure and blood sugar. We have observed improvement in patient's medical adherence, engagement, and health education.

Continuing to establish local community and government partnerships allows for ABCGH expansion through additional mobile clinics. Currently, a pilot program is in place to expand services to new cities. As ABCGH continues to provide services, we hope our mobile technology will be a new paradigm shift in offering primary care in the Philippines.

Since 2017, our Mobile Clinic has seen a total of over 7,043 patients. The top diagnoses consulted are hypertension, type 2 diabetes mellitus, dyslipidemia, and their complications for noncommunicable diseases. Respiratory tract infections are the top consults for communicable diseases.

Patients on regular follow-up with ABCGH have improved blood pressure and sugar control. Approximately 80% of patients have maintained their blood pressure and 70% have improved or controlled blood sugar. In 2020, 86% of our 1610 hypertensive patients showed improved control of blood pressure within target.

During the COVID-19 pandemic, we observed better compliance and follow-up rates as patients became reliant on continued care with ABCGH, which serves as a more affordable and accessible healthcare option.

**COMMUNITY PARTNER**

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