

Abstracts

The abstracts in this volume were submitted by UT Health Science Center students and reviewed by a committee of faculty and staff using a rubric. The authors of the top four abstracts are asked to present their projects in the student panel of outstanding CSL projects, which takes place during the annual CSL conference.

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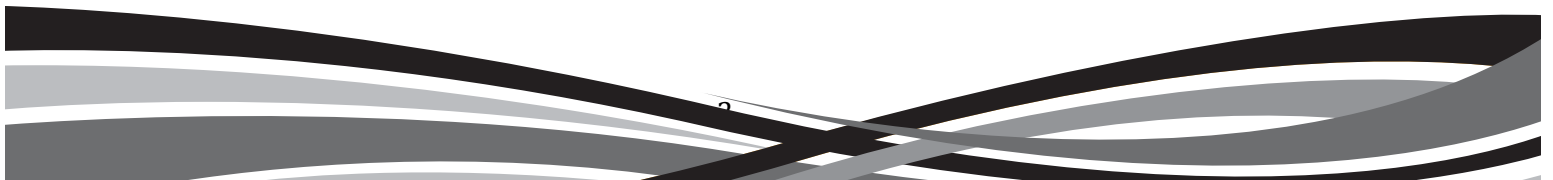
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Cardiovascular Education Program Needs Identified at the Worksite

Project Discipline: Nursing

Primary Presenter: Robin Francis

Secondary Presenters: David Buck

Students involved in project to date: Edgar Halford, Mario Medina

Community Partner: South West Research Institute /Jamie De la Rue, MSN, RNv

Project Location: 6220 Culebra Rd, San Antonio, TX 78238

Project Description:

Background: A comprehensive hypertension program for employees including condition definitions, treatments, common medications, multiple risk factors, stress management, and smoking cessation was requested by a San Antonio employer. Employees have been identified as at risk for cardiac disease, hypertension, and possible heart attacks.

Methods: A complete program was created to cover multiple topics and scenarios revolving around cardiovascular needs. The program was broken into 15-min. teaching segments and employees were allowed time to attend one-in-one teaching sessions. Pre and post assessments were utilized, and employees were allowed to prioritize their needs to maintain and improve cardiovascular health. Data was entered into a newly created data base, and employees were offered weight and blood pressure screenings.

Results: Employees attendance and response validated the need for education and screenings. The employer allowed time off for attendance, and employees actively participated. Body weight and blood pressures were decreasing and employees expressed appreciation and increased knowledge.

Conclusion: These efforts will continue with the partnership of this employer and UTHSCSA students. The clinic nurse expressed satisfied with the newly created program and requested additional student follow through to improve and expand program for future employee health care needs, especially newly diagnosed cardiac candidates who need intense up-front educational and screening opportunities.

Hunger Awareness in Houston

Project Discipline: Medical

Primary Presenter: Adanna L. Anyikam

Mentor: April Hatch

Community Partner: The Houston Food Bank, END Hunger Network

Project Location: Houston, TX

Project Description:

Background: Despite our relative wealth in America, people still go hungry, are uncertain about when their next meal will be, or are faced with scant non-nutritional meals. The Houston Food Bank and the End Hunger network work with over 400 hunger agencies in the 18 southeast Texas counties. This project re-enforces awareness about food insecurity, hunger, and nutritional meal preparation.

Methods: At the beginning of each shift volunteers will be asked: Define the concept of “food insecurity”? Are more households affected by hunger than food insecurity? How and where does the Houston Food Bank receive their food items? What nutritional considerations made in preparing hot meals? During these shifts these topics were discussed. At shift ending, questions about these issues were revisited and volunteers discussed how their knowledge has been broadened.

Results: A total of 21 volunteers were interviewed. At the beginning of each shift, over 70% of volunteers incorrectly viewed “food insecurity” as synonymous with “hunger” and 70% incorrectly thought that more individuals experienced “hunger” than “food insecurity”. Over 90% of volunteers were aware that food item sources were donated by private charities, corporate sponsors, and individuals. None of the volunteers were aware that the Food Bank actually purchased some of their food. volunteer was aware of the specific protein/carbohydrate (8-16oz), and fruit/vegetable (8oz) requirement used in making the two different types of adult hot meals (16 and 32 ounces). At the end of each shift, all volunteers were able to define and contrast hunger and food insecurity and recite the nutrition requirements for each prepared meal.

Conclusion: Volunteer knowledge was assessed and reinforced. After each shift, all volunteers expressed willingness to share what they learned and their experiences to their own communities. Future direction involves use of standardized survey to gauge awareness, knowledge, and attitudes.

South Texas Community Health Care and Wellness Resource Guide Development

Project Discipline: Medical

Primary Presenter: Reid N. Orth, Ph.D.

Mentor: Dr. Maria Munoz, MD

Community Partner: South Texas Area Health Education Center (AHEC)

Project Location: Rio Grande Valley

Project Description:

Background: Health care is a cornerstone to many communities in South Texas; facilities and personnel have increased in the area and are projected to continue increasing. Despite an expanding presence, border health faces certain challenges including limited access to health care facilities and providers, high rates of the uninsured and a higher-than-average prevalence of chronic diseases such as diabetes pose difficult and expensive challenges for South Texas businesses, their employees and state and local governments¹. The increasing health care coverage is not meeting demand according to the U.S. Department of Health and Human Services that identified 16 of the region's 28 counties as having a shortage of primary health care doctors, dentists and mental health professionals². Some individuals choose to travel for care, while others seek acute and chronic health care from mobile clinics, Promotoros (community health workers) and other individuals living and visiting these communities.

Methods: Information was gathered and resources developed through a series of discussions with individuals who provide health care across South Texas and internet searches.

Results: Resources have been collected to serve as a guide and aid individuals in areas with a shortage of primary health care providers. Materials exist in print form and are accessible online at <http://southtexashealth.googlepages.com/>. Many resources are provided in Spanish and English versions.

Conclusion: Challenges to health care in rural South Texas will be limited by the availability of health care providers, medical resources and equipment. These resources will continue to expand and hopefully will serve as easy-to-access information for rural individuals, Promotoros, medical students, and other individuals visiting these individuals in their communities.

¹ Susan Combs. "Focus on Texas: South Texas Health Care." <http://www.window.state.tx.us/specialrpt/tif/southtexas/healthcare.html>. Accessed 10/26/09.

²Texas Department of State Health Services. "Primary Care HPSA Designations: Whole County Texas 2008." <http://www.dshs.state.tx.us/chs/hprc/PChpsaWC.shtm>. Accessed 10/26/09.

TexasLivingWill.com

Project Discipline: Humanities and Ethics

Primary Presenter: Craig M. Klugman, PhD

Community Partner: Greater San Antonio Hospital Council

Project Location: San Antonio, Texas

Project Description:

Although advance directives (AD) have been employed for 20 years, their use is often problematic. Teno, et. al. (1997) found that only 12 percent of people have discussed an AD with a physician when completing it. Another study found that while 70 percent of people have heard of an advance directive, only 22 percent of people have one. Forty percent of people get their advance directives from an attorney, 33 percent from hospitals, and 18 percent from physicians, websites, and other sources (Pettis, Wells & Klugman 2006).

Two main issues with these documents are (1) many people have difficulty completing them and (2) once completed, many people have trouble finding them. Many states have attempted to solve these problems by implementing web-based advance directive completion programs. NVLIVINGWILL.COM and TEXASLIVINGWILL.ORG are two websites sponsored by academic ethics centers (Nevada Center for Ethics & Health Policy-Reno, NV and the Center for Medical Humanities & Ethics-San Antonio, TX). These efforts are attempts to translate bioethics theory into community praxis. The programs interview the user, asking for choices regarding wishes for end-of-life care. Users can store and print a completed advance directive. These programs also offer education through frequently asked questions, glossaries, contacts for additional information, and additional documents (e.g. out-of-hospital DNRs, letter to loved ones, and last hours-of-life worksheet).

In Nevada, electronic advance directive initiatives led to nearly 2000 people joining a state-wide registry. In San Antonio, the on line advance directive has been adopted by the Greater San Antonio Hospital Council and will be integrated into the regional electronic medical record that will link all hospitals. Texaslivingwill.org will launch on May 1 and should provide an opportunity to educate community members about advance directives, provide assistance in completing them, and help them figure out how to store them.

Arts and Aging in an Urban Context

Project Discipline: Nursing

Primary Presenter: Gretchel A. Gealogo, B.A., M.H.R.

Mentor: Adelita Cantu

Community Partner: Primrose Senior Community

Project Location: San Antonio, TX

Project Description:

A large body of research has indicated the positive impact of creative arts among older or aging populations. Descriptive research on art therapy among older adults has demonstrated improvement in quality of life measures, including enhanced sense of control and greater social interaction. Experimental designs on art and health have been used most often for clinical populations, such as older adults with dementia, but there is limited research using an experimental design with a general, ambulatory population of Mexican Americans who are 64 or older.

The purpose of this interdisciplinary, community-based participatory research project is to identify the lived experience and the effects of a professionally taught painting class on health outcomes of older, economically disadvantaged Mexican Americans in a senior residential urban community.

Forty-five residents of the Primrose senior community are expected to participate in this study. They will comprise three sample groups: existing participants in painting classes, new participants in a beginners' painting class, and non-participant residents. Immediately prior or during the first week of the painting class, 6 months after the class starts, and 12 months after the class starts, participants will be:

- a) surveyed on their physical and mental health, social activities and demographics;
- b) interviewed about their ideas on health, aging, and the arts, and observed during classes; and
- c) asked to keep track of doctor's visits, their prescription and non-prescription medicines, and number of falls while participating in the study.

Analysis is ongoing and will be completed by time of conference.

Results from this study are expected to have implications for informing interventions for community-dwelling Mexican American elders relative to their quality of life and health outcomes.

A Culturally and Linguistically Appropriate Health Service for “ La Gruta y Tepeyac de San Antonio”

Project Discipline: Nursing

Primary Presenter: Heather Mueller

Secondary Presenters: Cassandra Hunt

Mentor: Lyda C. Arévalo-Flechas PhD, RN

Community Partner: Oblate Missions : Our Lady of Lourdes Grotto/Tepeyac de San Antonio

Project Location: 5712 Blanco Road. San Antonio, Texas, 78216

Project Description:

Background: The spiritual center of the Oblate Missions in San Antonio, Texas, is Our Lady of Lourdes Grotto, dedicated in 1941. The Oblates erected the Grotto, the most perfect replica in America of the original Shrine in Lourdes, France. Later, an example of cultural competence came to fruition when the Hill of Tepeyac was added to the Grotto. “La Gruta/ Tepeyac” honors two revelations of the Virgin Mary: As Our Lady of Lourdes in the Old World and as Our Lady of Guadalupe in the New World. The first ever health care screening at the Grotto took place on February 15, 2009. The Oblate Father in charge of religious services agreed that the greater need for screenings was for the people attending 11:30 Spanish mass on Sundays.

Methods:

- Announcements of the event were made by the Oblate priest who regularly says 11:30 Sunday mass.
- All written teaching materials were written in Spanish (6th grade reading level).
- The data collection tool, health questionnaire in Spanish (with English translation in parenthesis), was designed using short simple questions.
- Students screening were either bilingual, or worked with a native Spanish speaker/translator.
- A Spanish speaking only member of the congregation handed out forms and teaching materials, and thanked participants in their native language.
- 2 Hispanic physicians, one bilingual and one Spanish speaking only, assisted taking blood pressures and answering participants’ questions.

Results: The response from this community was overwhelming with over 185 people screened. Our project had been designed to take place in four screenings with a total target number of participants set at 320 over four months.

Conclusion: Health care screenings can have a positive impact on medically underserved population when they are conducted in a culturally competent and linguistically congruent manner.

Diabetes Screening and Education Program

Project Discipline: Medical

Primary Presenter: Ha Lam

Secondary Presenters: Aliza Norwood, Megan Gray

Students involved in project to date: Oscar Hernandez, Jesse Martinez, Tyler Bloomer, Melissa Minor, Arti Allam, Jose Soto, Alfredo Camero

Mentor: Kristy Kosub, MD

Community Partner: Walmart

Project Location: Military and 4-10, San Antonio, TX

Project Description:

The San Antonio community is predominantly Hispanic, and has the highest rate of obesity among adults in the United States, both of which are associated with a high incidence of type 2 diabetes. We selected Walmart as the setting for screenings because it attracts a large number of residents and provides a wide sampling of the San Antonio population. The screenings take place approximately once per month on a Saturday or Sunday morning. This ensures a higher number of people to be screened as well as a high probability of selecting a fasting patient. Medical students take a partial history, including risk factors and family history for diabetes, before performing a blood glucose test. If the result points towards diabetes or prediabetes, the students counsel the patient on how to improve lifestyle as well as take down contact information for future correspondence. After a month has passed, the patients with high or borderline results are interviewed via phone or email. The students utilized the Stage of Change Model to determine how the patients change their behavior as well as to identify their motivation for change since the screening. Students also assessed access to healthcare and glucometers. The patients who provided addresses were mailed a packet with information regarding how to manage diabetes in everyday life, as well as a glucometer if needed. Results so far have been positive. Most patients have acknowledged their prediabetic or diabetic status. Changes have included visiting the physician, adjusting diet and physical activity level, and talking to friends and family. Challenges have included a multilingual population, patients with more complex health issues in addition to diabetes, patients not responding to follow-ups, and time limitations of the volunteers. We have learned how to impact the community one step at a time. We believe that this project filled a gap in the continuity of care, as some patients were unaware of steps that they could take to improve their health. We hope that future medical students will continue this project to establish a consistent program to reach out to friends and family of those screened. It is easier than we thought to make such a meaningful difference in patients' lives.

Diabetes Screening and Education Program

Project Discipline: Medical

Primary Presenter: Aliza Norwood

Secondary Presenters: Megan Gray and Ha Lam

Students involved in project to date: Jose Arvizu, Celeste Valencia, Matthew Jackson, Beth Melia, Sheridan Fielding, Jessica Koller, Kelly Fegan, Cameron Culver, Eric Andrews, Nancy George, Jessica Vasquez-Dunn, Christopher Sartin, Derek Koller, Michael Morales, Virendra Desai, Anne Johnson, Kathryn Schmidt, Shari Barnett, Monica Rivera, Jawad Ali

Mentor: Martha A. Medrano, MD

Community Partner: H-E-B

Project Location: 108 North Rosillo Street, San Antonio, TX 78207

Project Description:

San Antonio has one of the highest rates of obesity in the nation, and diabetes was the fourth leading cause of death in Bexar county in 2004. Interventions such as medical treatment, diet modification, and exercise can prevent or delay diabetic complications. The goals of this project are to provide diabetes education, to encourage those screened to take action to improve their health, and to provide a service learning opportunity to medical students. Free glucose screenings are held in the morning once a month at an H-E-B/Walmart to ensure a wide sampling of the community and a source of fasting patients. At the screenings, students take a relevant medical and family history before performing a blood glucose test. Students offer information about diabetes and a list of local clinics in English/Spanish for all patients. If test results indicate pre-diabetes or diabetes, students counsel the patient on lifestyle changes and then contact patients via phone or email in one month. Students use the Stage of Change model to determine patients' progress and motivation to change lifestyle habits since the screening and assess patients' access to healthcare and glucometers. Patients are mailed information on how to manage diabetes and a free glucometer, if needed. Results so far have been positive: 50% of patients contacted saw a doctor after a screening, and 75% began lifestyle changes such as diet modification and exercise. Challenges include a bilingual population, non-response to follow-up, multiple medical problems, and time limitations of students. Future goals include developing more rigorous data collection techniques, providing packets on the day of screening to those with fasting glucose >126 so that none are lost to follow-up, researching local exercise options, and strengthening community partnerships. We hope that medical students will continue this program to establish a consistent program to reach out to the families and friends of those screened.

The Edgewood Family Network Family Wellness Fair

Project Discipline: Nursing

Primary Presenter: Karen Fulton

Secondary Presenters: Cheryl Aranda

Students involved in project to date: Marie Coronado Calina, Yesenia Cory, Maria Del Pedraza, Marsha Lee Sierra, Enrique M. Rivera-Cortes, Brenda Mendoza, Krystal Wohlfahrt, Kassandra Ruth Hunt, Ugochinyere Otuonye, Carlos E. Garza, Tzu-Chian (Vita) Lin, Cheryl Aranda, Karen Fulton, Van Nguyen Thihong, Natalie A. Martinez, Blanca Alicia Allen

Mentor: Adelita G. Cantu, PhD, RN

Community Partner: Edgewood Family Network

Project Location: 8138 Westshire, San Antonio, TX

Project Description:

Background: The Edgewood Family Network is a grassroots organization that is committed to revitalizing the health of families in the west side of San Antonio. A Family Wellness Fair, a day of community fun, sharing and wellness was held on October 4th on the Southwest side of San Antonio. This audience was chosen due to high levels of obesity, diabetes and cardiovascular disease in this area. Intended activities include health screening (BP, blood sugar, cholesterol, BMI, vision checks, etc.). 15 nursing students volunteered to provide screenings as well as to be a part of teaching the community on healthy choices relative to healthy food choices, exercises, and stress relief.

Methods: Activities that were provided by the students for the community included: glucose, blood pressure, cholesterol and vision screening; height and weight with calculated BMI, and nutritional screening. From the screening, each person's risk profile was assessed and referred to a physician if needed.

Results: Over 300 hundred adults and children were screened and assessed for high-risk factors. Half were referred for additional follow up. Evaluations of the event were positive with most people describing the event as informative, easily accessible, and wanting it to continue next year.

Conclusion: All involved with project want to see it continue next year. Space was a challenge as there were a lot of people at one time and larger space may need to be considered for next year. Food was provided for adults and children and did not role model a healthy choice. Need to consider healthy food choices for next year.

Frontera de Salud

Project Discipline: Interdisciplinary: Medical, Nursing, PA

Primary Presenter: Cristina Ippolito

Secondary Presenters: Bryan Monier

Students involved in project to date: Arielle Perez, Kristi Pogue, Dave Shahani

Mentor: Ruth Berggren, MD

Community Partner: Several organizations in Laredo, Robstown and San Antonio

Project Location: Laredo, Robstown, San Antonio, Texas

Project Description:

Frontera's goals are two-fold: to provide care and education to the impoverished populations surrounding Corpus Christi, Laredo and San Antonio while also supplying an opportunity for UTHSCSA students to interact with and treat patients. Frontera reaches out to the Corpus Christi/Robstown and Laredo areas by providing weekend health clinics with services (such as education, vaccines, and screenings) that are based on the needs assessment of the area. We have only recently started to expand within San Antonio, but hope to collaborate with current school efforts in order to reach out to underserved communities.

Student feedback has shown that Frontera has been very successful in integrating students of different health professions and in allowing students to practice their clinical skills. Also, based on anecdotal evidence, it seems that Frontera de Salud has made a positive and lasting impact on the people of the Robstown and Laredo communities.

In the future, we hope to better locate patients that have no other access to health services especially by fine-tuning "home visits" within the Colonias, trying out other possible locations for health fairs, and surveying the patient population itself. We also envision a system where the medical and other health profession students teach and motivate patients to stay healthy by interactive teaching methods, and keeping in contact with them outside of the clinic.

Health Screenings and Information for Seniors

Project Discipline: Nursing

Primary Presenter: Paul Ornales

Secondary Presenters: Michael Fiecas

Mentor: Jane Cardea, PhD, RN

Community Partner: YWCA, Madrid Center

Project Location: Castroville Avenue, South West San Antonio

Project Description:

Background: Obesity, diabetes, and hypertension are three primary health challenges among the Hispanic population in San Antonio, especially in the lower economic area of the city served by this YWCA Center. Discussions with the Center director and program coordinator for the “Senior Connection” quickly indicated the need to provide health screening and related information sessions to senior members, other Center visitors, and Center staff.

Methods: Weekly blood pressure plus height and weight screenings, and occasional blood sugar and cholesterol screenings with referrals as needed were conducted across an eight-week period in conjunction with scheduled morning exercise and dance classes. Related information on health topics (i.e., diabetes, stroke, nutrition) was provided by flyers presented in both English and Spanish and displayed on a permanent poster made to identify upcoming dates and topics for student presentations. Participants were asked to sign in on an agency form each week, and portable individual records were made for each person participating in the screenings to assist them in monitoring results over time and provide information to their personal health care provider during visits.

Summary: A total of slightly over 400 individuals participated in the provided screenings, with approximately 20 seniors accessing the health screenings and information each week. In addition, as time went by, Center staff often approached students regarding health issues and recommendations regarding personal concerns. An unexpected service occurred on voting day, as numerous people waiting to cast their ballot in the presidential election at the next door library had to access the bathrooms at “the Y”, and often elected to participate in the blood pressure screenings. Students noted “The highlight is when we see the screening cards filled each week. This tells us they are interested with what we do and offer them. One barrier is that the clients are mobile and active and unable to stay much beyond the scheduled times for scheduled exercise classes.”

Heart to Heart

Project Discipline: Medical

Primary Presenter: Lauren Holguin

Students involved in project to date: Albert Parra, Andrew Theilen, Katherine Cox, Emma Ramahi, Joe Dannenbaum, Clint Thome, Jantzen Thorns, MK Hyland, Austin Eagleton, Ashley Cooley, David Tremblay

Mentor: Dr. Martha Medrano

Community Partner: Reaching Maximum Independence, Inc.

Project Location: RMI office, RMI apartments

Project Description:

Background: RMI helps individuals with intellectual disabilities to live as independently as possible. Many of their clients have been diagnosed with some form of depression, and one possible cause of their depression is social isolation. Our project is designed to bring RMI clients into social contact with UTHSCSA students in order to alleviate depression in RMI clients. Studies have demonstrated disparities in healthcare provided to people with disabilities compared to people without disabilities, and a major factor contributing to this inequality is the comfort level of healthcare providers when working with disabled patients; thus, our goal is to provide opportunities for UTHSCSA students to interact with individuals with intellectual disabilities so that the students can provide better healthcare for this patient population in the future.

Methods: 18 RMI clients were evaluated for depression using artwork, a common tool for assessing depression in pediatric psychiatric patients. RMI clients and UTHSCSA students attend monthly social events from January through April. The RMI clients will be evaluated for depression again at the conclusion of the project, and the artwork from each endpoint will be compared. Participating UTHSCSA students will fill out surveys to reflect on how this interaction has changed them.

Results: This project is still underway. The second depression assessment is scheduled for the end of April 2009.

Providing Medical Aid in Peru

Project Discipline: Medical

Primary Presenter: Jennifer A. Walker

Students involved in project to date: Samantha Gomez, Theresa Strong

Mentor: Dr. Sarah Lapey

Community Partner: Dr. Wilfredo Hernandez

Project Location: Peru

Project Description:

In August 2007, earthquakes devastated the southern region of Peru. Although the earthquake occurred over a year and a half ago, there is a continuing need for assistance, since much of the aid to that area has essentially ceased. This project was designed to aid the underserved, post-earthquake community of El Carmen, which is a small town of mostly Afro-Peruvians in Ica, Peru.

Initial contact was made with Dr. Hernandez, who is the primary healthcare provider in the region. He described the medical needs of the community, and both financial and medical donations were obtained in the United States from generous donors. In February 2009, our small group traveled to the area, assessed the community need, purchased medications and supplies, and provided five days of intensive medical brigades, in addition to helping in the town's main clinic.

Approximately 30 patients were seen per campaign. This particular population consists primarily of field workers with deplorable working conditions, and the most common pathologies treated involved pain syndromes, arthritis, GERD, severe dehydration and multiple infectious processes.

Many challenges existed, most obviously with cultural and linguistic barriers, but also, bureaucratic issues prevailed in a country with rampant political corruption. Another challenge involved the difference in medical care provided by the Peruvian healthcare system, where imprudent use of antibiotics is commonplace and harmful medications are readily prescribed. Each of these challenges taught our group many lessons about international and community medicine, especially concerning the difficulties in spearheading a project where previous contact has not been made. Also, many lessons about socioeconomic and educational issues were discussed. Now that community assessment and initial contact has been made, I hope to return to this area with a more direct plan to provide medical care along with educational initiatives in the future.

San Antonio Metropolitan Ministries Pediatric Preventative Clinic

Project Discipline: Dental

Primary Presenter: Justin Nylund

Secondary Presenters: Jantzen Anderson

Students involved in project to date: John Aniemeke

Mentor: Dr. Norma Partida

Community Partner: San Antonio Metropolitan Ministries

Project Location: San Antonio Metropolitan Ministries Transitional Living Center Dental Clinic

Project Description:

Background: The SAMM Transitional Living Center serves as a temporary home for homeless families. Access to proper dental care is extremely limited for children in this center. Low parental income and educational status and the lack of a stable “dental home” render them extremely vulnerable to dental disease, placing them in the demographic of the 20% of children who experience 80% of childhood caries. Our goal was to establish a sustainable Pediatric Dental Clinic to address the access to care of this vulnerable population.

Methods: Over six nights at an onsite dental clinic children received a dental screening, prophylaxis, fluoride, oral hygiene instructions, and the placement of appropriate sealants when indicated. The project was staffed by volunteer dental and dental hygiene students from UTHSCSA, overseen by volunteer members of the UTHSCSA dental school and dental hygiene school faculty. Supplies were donated by Patterson Dental and Ultradent or were purchased with grant money from the Association for Teaching Prevention and Research Paul Ambrose Program and from the Morehouse School of Medicine.

Results: Over twenty children were seen, each receiving a prophylaxis, fluoride, and oral hygiene instructions. Numerous sealants were placed. A number of these children presented with significant dental needs.

Conclusion: Oral Health Questionnaires reveal the significant need for oral health care education among the parents served by this project. The degree of unmet dental needs varied by families, with some children evidencing considerable needs, and others displaying a fairly high “dental IQ.” Overall, intraoral exams revealed a degree of neglect and disease consistent with the low socioeconomic bracket of these children. By providing sealants, cleaning, fluoride, and especially oral hygiene instructions, these young patients are no longer falling through the crack in society. We have empowered these children and their parents to be active participants in their dental

Service Learning Opportunities in an Underserved Southwest San Antonio Population

Project Discipline: Nursing

Primary Presenter: Edgar Halford

Secondary Presenters: Mario Medina

Students involved in project to date: Esmeralda Castillo, Yadira De Hoya

Mentor: Jo Anne Dispanet, MSN, RN

Community Partner: Methodist Health Care Ministries Westlawn Site

Project Location: 122 So. San Manual, San Antonio, TX 78237

Project Description:

Background: Methodist Health Care Ministries Westlawn serves a population in need of health prevention screenings as evidenced by a high prevalence of cardiac disease and high blood pressures among the community population. Rosanna Vallin, the parish nurse identified the severity and prevalence of the problem, and the need for additional equipment for screenings. We purchased additional equipment and were able to expand upon screenings.

Methods: Flyers were created to advertise screenings and educational programs free of charge to the community. A health fair was established on a Saturday when church members had a children's event already planned. A large Catholic Church in the community allowed us to offer screenings at their Church. **Results:** The health fair was successfully attended, physician referrals were appropriately made for elevated blood pressures and blood sugars. Educational information was provided in take-home flyers.

Results: Community residents were made more aware of services provided by Methodist Health Care Ministries and UTHSCSA nursing students. The health fair was well attended. Information was requested by participants. Local businesses participated in advertising on-going screenings.

Conclusion: These efforts will continue with the partnership of Methodist and UTHSCSA students. The parish nurse identified increased information and knowledge obtained by the community population. Future clinical groups will continue to build upon the scope of screenings and health education. 2-community residents reported seeing their physician post referral; and expressed appreciation.

Student-Run Skin Clinic

Project Discipline: Medical

Primary Presenter: Amanda Wolthoff

Secondary Presenters: Megan Hogue

Students involved in project to date: Grant Hogue, Emily Den Boer, Tessa Cervantes

Mentor: John Browning, MD

Community Partner: Bexar County Jail

Project Location: Bexar County Jail

Project Description:

Background: The homeless and the incarcerated are two unique populations not only with a growing need for adequate medical care, but with a documented disproportionate amount of skin pathology. We decided to target these two communities. We, along with members of the UTHSCSA Dermatology Interest Group and faculty members from the departments of Dermatology, Internal Medicine and Family Medicine hold clinic at the Bexar County Jail bi-monthly. This location already had a UHS general medicine clinic and welcomed us to use their facilities for our specialized student run skin clinic.

We have also recruited other volunteers from all specialty and primary care interest groups to volunteer as the skin is often involved in many systemic disease. Before opening the clinic a seminar was held to inform potential volunteers about common skin diseases ie. Recognition, description and basic treatment options.

Methods: Three main objectives we successfully achieved thus far:

- a. Education to students and the general public regarding the sun and skin cancer in an effort to increase awareness of the most common type of cancer in the US.
- b. Experience for students to describe, recognize and assess common skin conditions. Dermatology is not a high yield topic in medical school but is very prevalent regardless of specialty once in the clinical setting. All students have benefitted from this experience.
- c. Free treatment or at least education regarding skin conditions to the general public who would normally ignore or not seek treatment secondary to financial reasons or lack of access.

Results: Results have not been finalized yet.

Conclusion: The skin clinic at the Bexar County Jail has been very successful. Students have expressed appreciation in learning about common skin conditions and basic knowledge of procedures. Inmates have also expressed gratitude at being given a timely response to their skin concerns. Grant money has been used to buy basic clinical equipment and supplies at the jail clinic. Initially plans had been made to potentially start a skin clinic at Haven for Hope as well. However, the opening of the shelter has been delayed from Spring 2009 to Fall 2009, beyond our time in medical school thus future DIG students and Humanism in medicine students will have the opportunity with strong faculty support to fulfill our initial objective. Because of the jail's generosity in providing supplies for our clinic, we were able to buy more advanced equipment for use in the clinic. With the remaining funds, we were able to purchase numerous additional supplies that can be used not only at the jail, but also in the future at Haven for Hope.

Sustainable Health Care in the Central Plateau of Haiti

Project Discipline: Medical

Primary Presenter: Christopher Gibson

Secondary Presenters: Beth Melia

Students involved in project to date: Elizabeth Fernandez, Jamie Felton, Megan Gray, Aliza Norwood, Sheridan Fielding, and Jessica Koller

Mentor: Dr. Natalie Nierenberg, Dr. Ruth Berggren, Dr. Rick Spurlock and Dr. Jean-Claude Ulysse

Community Partner: Project Medishare

Project Location: Thomonde, Haiti

Project Description:

Haiti is the poorest nation in the western hemisphere, with annual healthcare expenditure of \$71 per capita. Our project is located in Haiti's Central Plateau, which has the highest rates of chronic malnutrition in the country in children 0-5 and mortality rate before age 5. The goal of our project is to improve healthcare in the Central Plateau region of Haiti while enriching medical student education. Nine students, four physicians and four translators travelled to Haiti. During three mobile health clinics we evaluated and treated nearly 600 patients. We surveyed patients about their source of water, dietary practices, and access to latrines. Follow-up care was provided by Project Medishare community health workers, who perform nearly 30,000 home visits each year.

A variety of illnesses were identified and treated including typhoid and malaria, infected wounds, parasitic infestations, scabies, stroke and hypertension. The survey indicated that of our patient population, 63% do not use a latrine, 53% have fewer than three meals per day, 28% never eat meat, 42% never have dairy, and 30% have diarrhea at least twice a month.

To improve the health of the people of Haiti's central plateau, we have had both direct and indirect effects. We directly cared for approximately 600 Haitians. Since our trip we identified core areas of need including a lack of adequate nutrition, and we are currently raising at least \$50,000 to complete a Project Medishare Nutrition Center in Thomonde. To enrich medical student education, this trip provided an invaluable out-of-classroom experience, which reinforced clinical skills and identified global health as a career priority for many students. To continue meeting our stated goal, we are planning multiple student-led trips to Haiti each year, as well as developing community partnerships in Thomonde.

The Grotto/Tepeyac of San Antonio: Not a Parish, Therefore “invisible?”

Project Discipline: Nursing

Primary Presenter: Cassandra Hunt

Secondary Presenters: Heather Mueller

Mentor: Lyda C. Arévalo-Flechas PhD, RN

Community Partner: Oblate Missions : Our Lady of Lourdes Grotto/Tepeyac de San Antonio

Project Location: 5712 Blanco Road. San Antonio, Texas, 78216

Project Description:

Background: For many Hispanics living in San Antonio, the only opportunity to receive health education and screenings is attending free health care fairs. The Grotto/Tepeyac de San Antonio was selected as the community partner for this project because:

1. Congregation attending Sunday 11:30 mass is Spanish speaking only.
2. The Grotto is not a parish. No personal-identifying data is collected from pilgrims or visitors.
3. The Oblate Fathers had never been approached to host a health screening at The Grotto. The 1st Mini-Feria de la Salud was scheduled for February 15th 2009.

Methods: 185 people were screened (IBW, Blood Pressure, Cholesterol, and Glucose). Attendees completed a questionnaire about basic knowledge of hypertension and diabetes. A series of brochures and handouts in Spanish (6th grade reading level) were given to each person to take home.

A second event was scheduled to take place 5 weeks later. The same questionnaire will be administered to attendees, and the data from that form will be compared.

Results: Preliminary analysis of data indicates that more than 80% of participants were unable to answer all items in the questionnaire. Only 25% of participants acknowledged knowing what the consequences of having a high blood pressure were, or what things could be done to lower it. The items related to knowledge of diabetes yielded a higher percentage, with 45% of participants writing correctly a basic definition of diabetes. However, the items related to frequency of glucose testing indicated that only 10% of participants answered this item correctly regardless of being a diabetic or not.

Conclusion: The need for health education in Spanish for this community has been validated. The response was overwhelming forcing us to modify the project from 4 events to 2 due to the cost of glucose/cholesterol screening supplies. Future projects need to consider alternate data collection methods (oral interview), teaching methods (audio-visual), and financial sponsors.

Women's Health Fair

Project Discipline: Nursing

Primary Presenter: Alison Montoya

Students involved in project to date: Melissa Lopez

Mentor: Jane Cardea, PhD, RN

Community Partner: Methodist Family Resource Center, Las Palmas

Project Location: Castroville Ave and Las Palmas Shopping Center, SW San Antonio

Project Description:

Background: This Family Center, located in a large shopping center and adjacent to a major bus terminal, provides free pregnancy testing, referrals, and relevant services such as free infant car seats and educational programs for women of reproductive age who mostly come from underserved and lower-economic families. Of the approximately 700 women tested each month, over 80% of the women are Hispanic, and many are teenagers who are accompanied by friends. The program administrator identified a need for these women waiting in a central area for pregnancy testing or results to be informed about relevant and available services at the Family Center and throughout the sponsoring health care system.

Methods: Discussions with the program administrator and staff identified the need for an audio-visual program to be developed in both English and Spanish that presented information about services (mostly free) available to these women during their potential pregnancy and beyond. The program was to emphasize the need for early and continued prenatal care, and staff availability to immediately assist in obtaining Medicaid coverage for all eligible in a much quicker turn-around time than can be obtained downtown. Further, the program was to be designed to encourage women to know and utilize available services.

Summary: A PowerPoint presentation was developed to take advantage of a captive audience of women with specific needs and interests in the hope that more of these women will take advantage of available services and/or inform others of these services. In addition, the presentation will be utilized at local health fairs and the large San Antonio Health Fair that is held annually at the Henry B. Gonzales Conference Center in center city San Antonio. As noted by the student "I realize that even though my project does not involve purchasing special materials or distributing items, I feel that since I am providing information that will be viewed by hundreds of people and will be used long after I have completed this semester, I am making a difference".

Bad Air Quality Awareness for School-age Children, Faculty, Parents, and the Community

Project Discipline: Nursing

Primary Presenter: Katie Williams

Secondary Presenters: Jeff Farley

Mentor: Jane Cardea, PhD, RN

Community Partner: Christian Academy of San Antonio

Project Location: Castroville Avenue, Southwest San Antonio

Project Description:

Background: San Antonio has one of the worst air pollution problems among larger cities in the United States, and the prevalence of asthma among children is rapidly increasing in the city and surrounding communities. A county-sponsored program on air quality that had been adopted by several public schools, but unknown to the school nurse in this private school was of interest, as she had noted more children needing to take asthma medication during school hours.

Methods: Instructional information was obtained from the county, and packets with relevant information were put together for teachers, students, and parents that included content on the definition of air quality, how air quality is evaluated, and what can be done to improve air quality. Teacher packets also included age-appropriate experiments to help the children about air pollution. A "Bad Air Quality" yellow flag was ordered for the school to be flown on air quality alert days, and information about the significance of the yellow flag will first be posted on the large marquee on school property that faces a main commuter street to inform everyone associated with the school and community visitors or residents.

Summary: Parents, teachers, approximately 500 children (pre-K through 12th grade), and motorists passing the school when the flag is flying will learn of the air alert, and school children with asthma will know they have to stay inside during recess. As noted by the students, "By doing this project, we realized that the number of kiddos being diagnosed with asthma or other respiratory illnesses increases every year. When parents are unaware of the dangers of poor air quality, it only increases the danger to the children."

Caring for My Physical Body: A Series of Mini Health Information Sessions for Women Recovering from Addiction

Project Discipline: Nursing

Primary Presenter: Kristine Flury, BSN, RN

Mentor: Jane Cardea, PhD, RN

Community Partner: Alpha Home

Project Location: North Central San Antonio

Project Description:

Background: Alpha Home is a private, non-profit, residential treatment facility that annually provides services for the long-term needs of over 400 chemically-dependent women. A formal program of body self-care instruction has long been identified as a need by residents, staff, and program administrators.

Methods: Revision of a previously-designed presentation on personal hygiene, and development, implementation, and evaluation of new “mini learning modules” on topics of exercise, nutrition and food safety, safe sex, adult and immunizations, and access to health care programs at the federal, state, and county level were conducted. Adult learning principles and a sensitivity to the educational literacy needs of the intended audience provided guidance in determining what information to include in each presentation. PowerPoint presentations with voice-over and interactive elements along with handouts were used as primary teaching-learning strategies for each presentation. Participants were encouraged to take notes to help focus their attention on the presented topic and to use as a later reference.

Summary: As time went by, participants began to look forward and anticipate these informational sessions. Several hard copies of the PowerPoint presentations were left in a notebook, and a CD copy of all presentations for computer use was provided for future resident access. Program administrators and staff were very pleased with the presented content and results. This health information is now included as a routine part of program information available for access during evening or unscheduled hours with “points” awarded for successful completion of each presentation and “post test” that can be combined with other points for residents to progress with additional house privileges. As noted by the student, “I will journal my progress, record my observations, and elicit feedback from a variety of people to improve future module presentations and my personal comfort speaking in front of people”.

Educating Area Teachers To Use and Follow a Standardized Curriculum for Sex Education Programs in Area Schools

Project Discipline: Medical

Primary Presenter: Danny Bowman

Mentor: Kristin Plastino, M.D.

Community Partner: Wise Choices for Youth

Project Location: Schools Affiliated with UTHSCSA Sex Education Program

Project Description:

Background: In Texas, there are an estimated 80,000 teen pregnancies each year, costing Bexar County about 70 million dollars. STDs are also prevalent, likely above the national average. The UTHSCSA Department of Ob/Gyn has established a sex education program to provide sex education to schools in South Texas using the Worth the Wait curriculum. This program uses UTHSCSA personnel to train local teachers to teach these sex education classes according to the guidelines.

Methods: I attended a teacher training conference, where 40 local teachers were trained to teach the curriculum. They were given a pre-test and a post-test and were expected to increase their scores by 15%. I also went into the classrooms to observe the teaching of the curriculum, to see how comfortable the teachers were and their ability to correctly answer the student's questions. The students were also given a pre- and post-test and were expected to increase their scores by 20%. Lastly, parent-teacher conferences were attended to help present what the students are learning and to answer any questions.

Results: Three teachers were observed at a local school district. The results have not been finalized yet, but I anticipate that the teachers' pre- and post-exams had a satisfactory increase. I also expect the students to have a satisfactory increase in their pre- and post-tests from schools that were observed.

Conclusion: This program provided some good insight into how the curriculum is translated and delivered to the classroom. It was very surprising to see how educated some of these adolescents are on the subject of sex. The teachers seemed thankful to have someone around to answer questions they did not know the answer to. The biggest challenge was the difficulty in entering local schools. Many of them were planning on teaching the classes, but changed their plans to increase study time for state required examinations. I think this could be developed further in the future, and provide a way for teachers to have a medical professional available during the teaching of these classes.

Female Felony Offender Program

Project Discipline: Nursing

Primary Presenter: Rebecca W. Bell, RN BSN

Mentor: Norma Martinez Rogers, PhD, RN, FAAN

Community Partner: National Institute of Corrections (NIC) US Western District Court of San Antonio

Project Location: Communities of each member of the female felony offender program

Project Description:

This project is designed to provide information regarding the prevention of the Human Papilloma Virus (HPV) and benefits of the Gardasil® vaccination to female felony offenders participating in community service. Empowerment gained from this new knowledge enabled them to educate their community using and recording culturally sensitive teaching techniques. People within different communities are at a disadvantage when information is presented without cultural sensitivity. Healthcare information pertinent to one's continued quality of life must be applicable to not only the level of education but to the sensitivity of ones' culture.

This service activity consisted of two one-hour phases on consecutive Monday evenings. The first phase involved education about HPV and Gardasil® as well as the introduction of tools needed for effective teaching. The group members were instructed to pay close attention to the cultural characteristics found in their specific communities and the way their teaching reflected sensitivity to this. The second phase assessed the response of the audience who received the information, how it was relayed and its effectiveness. The influence of cultural differences was identified and addressed through the various teaching strategies by each individual offender and demonstrated through role play.

The methods used to assess, identify and ultimately combine each community's educational needs and cultural uniqueness were interviews with the individual members and discussions describing their own teaching experiences. Surveys and re-enactments of actual teaching methods were also utilized providing outcomes of each teaching challenge and identifying the unique processes uniting and intertwining cultural diversity within the educational instruction. Employment of these specific techniques and information as well as awareness of lifestyle components, levels of education, translation of language/slangs, mannerisms, and actions recognizing various cultural differences were used to improve learning outcomes. Strategies used to teach the information to members, how it was received, which age groups showed interest, most needed it and used it in a positive nature and how the answers to these questions varied in relation to the various cultural groups were defined. Role playing identified different learning requirements and teaching strategies needed for new knowledge to be remembered.

The conclusion of this project has not been finalized as of this date.

Fitness and Nutrition

Project Discipline: Medical

Primary Presenter: Praveen Rao

Secondary Presenters: Seema Mahale

Students involved in project to date: Lindsey Williams

Mentor: Javier Martinez

Community Partner: Javier Martinez

Project Location: Zachry Middle School

Project Description:

The adult population in San Antonio has an obesity rate of 31.1% according to the American Obesity Association. The long-term effects of obesity leads to a lifetime of chronic diseases. In addition, childhood obesity is an increasing problem throughout our country. It has been well-documented that childhood obesity increases the likelihood of being afflicted by diseases such as Diabetes, Hypertension, and Cardiovascular Disease. In an effort to help fight childhood obesity, we decided to hold an after school session with middle school students to discuss and the importance of having a healthy lifestyle. In order to make an impact, we also aimed to create a long-term relationship between the school and students at the medical school. We contacted the principal of Zachry Middle School, Mr. Martinez, who felt the students would benefit tremendously. Our initial aim was to only teach middle school students. However, during the event many parents attended, resulting in a more effective workshop. A pre-test survey was distributed to everyone who attended to evaluate the students' baseline knowledge. Next, we explained how to read a food label. Then a medical student volunteer who has a Nutrition degree reviewed the food pyramid and emphasized the importance of variety and whole grains. At this point we incorporated a game to emphasize the ideas we had just discussed. The group was divided into two teams and asked to identify which of two food choices was the healthier choice. This exercise provided the most amount of learning for the parents since they had an opportunity to practice reading a food label and understand why each item was healthier than the other. After this, we discussed the importance of physical activity. We concluded with a closing survey to assess if our teaching methods were effective. The students were given a food and activity log to record how active they are and what they eat for one week. The city of San Antonio donated pedometers that were distributed to all of the attendees. One week later, we had a follow up session during lunch, to which students were expected to bring back their food and activity logs. Unfortunately, none of the students attended the follow up session. The data we have obtained from the health fair surveys have not yet been analyzed. In conclusion, we feel that the parents of these children understand the importance of healthy lifestyles. However, there is a lack of knowledge or even a misunderstanding of what is and is not healthy. By teaching middle school children at an early age about healthy choices, they will have the knowledge to make right choices when they are adults.

FreshStart Smoking Cessation Program

Project Discipline: Medical

Primary Presenter: Diane Godar Caranta

Mentor: Captain Kasie O'Neil

Community Partner: Osan Air Base Health and Wellness Center

Project Location: Osan Air Base, Republic of Korea

Project Description:

Tobacco abuse hinders military service members' ability to perform at their maximum level and places a large strain on health resources. Osan Air Base, Republic of Korea has one of the highest tobacco abuse rates in the Air Force, estimated at 27.5% of active duty service members according to Dental Clinic Records. The Air Force has set a goal of reducing this to 14% by 2010. The American Cancer Society's FreshStart Tobacco Cessation Program seeks to help accomplish this goal through four behavior modification classes. Additionally, after completing two of four classes' participants were given the option to consult a Primary Care Physician for adjuvant pharmaceutical therapy. There were six groups which went through the program over a two month time frame with four groups attending a traditional schedule of one class per week and two groups completing all four classes in one afternoon. The six groups completing this course contained an average of six participants per group, representing a 200% increase in attendance from months prior. Additionally, over the two months, the drop out rate was 10.8% for the four traditional groups. Of those who completed the traditional course, the amount of tobacco used was reduced by 65% by the end of the course. Additional long-term follow-up is needed to ascertain the full benefits of the course. While results demonstrate the FreshStart program can be a successful part of a tobacco cessation strategy, the scope is still not broad enough to address the overall Air Force need to reduce the rate of tobacco abuse to 14% by next year.

Handwashing for Elementary School Students

Project Discipline: Nursing

Primary Presenter: Angeleen Contreras

Secondary Presenters: Becky Muenich

Mentor: Jane Cardea, PhD, RN

Community Partner: Athens Elementary School

Project Location: Southwest San Antonio

Project Description:

Background: Athens Elementary has been designated as one of several in the Greater San Antonio area serving a vast majority of low-income families. The school nurse noted that there was a deficit in knowledge and the practice of effective hand washing and infection control strategies that was especially prevalent in kindergarten students and asked that an educational program be developed to address this concern.

Method: Three classes of 10-15 minutes each were designed to provide approximately 60 students with age-appropriate knowledge and instruction on good hand washing practices. Discussion, question and answer interaction, an outline of a “germ” on a piece of paper for later coloring, and proper “air” or pretend demonstrations by student leaders and return demonstration by class members were learning strategies used to present and reinforce the provided information. To assure students washed their hands for the requisite period of time, each class was taught to sing “Happy Birthday” while “washing” their hands. At the completion of each class, a small bag of treats was given to each student as a small reward for their attention and participation. To further reinforce good hand washing practice, posters were created showing pictures of step-by-step directions that could be easily understood by all school students, and these posters were placed in all restrooms at eye-level for kindergarten-age students. (Existing posters reminding students and visitors to wash their hands were posted in the bathrooms, but this information was usually placed above the towel dispensers and out of routine eye level of the younger students.)

Summary: The school nurse provided access to the three classrooms by first discussing her proposal with each classroom teacher and obtaining their willingness to have the students provide the instruction during a convenient time. Both the student leaders and kindergarten students enjoyed the teaching-learning experience, and classroom teachers noted that “Happy Birthday” was heard coming from the restrooms for days after the presentation.

Healthy Choices for Kids

Project Discipline: Interdisciplinary: Medical, Nursing and Pre-medical

Primary Presenter: Cristina Ippolito

Secondary Presenters: Jeannette Palacios

Students involved in project to date: Ashley Garcia, Byron Ihegword, Cristina Ippolito, Linu Mathew, Jeannette Palacios, Teck Tan, Valorie Umbehr

Mentor: Dr. Ruth Berggren and Dr. Adelita Cantu

Community Partner: Good Samaritan Community Services

Project Location: Good Samaritan Community Services, 1600 Saltillo Street, San Antonio

Project Description:

The Healthy Choices for Kids Program is an 8-week summer course created by Dr. Ruth Berggren and Dr. Adelita Cantu, in which medical, nursing and undergraduate students collaborate to build a curriculum for kids age 10-15 which is focused on fitness, nutrition, obesity related diseases, sex education and healthy relationships. The program begins with a 2-week didactic session, in which experts from each field are brought in to teach their discipline's fundamentals to participants, and is followed by the design of the curriculum, making use of the information learned. The program was implemented in the summer of 2008 at the Good Samaritan Center Day Camp in zip code 78207 with over 100 children.

Based on participant feedback, we found that Healthy Choices for Kids made a positive impact on the kids of the community. Many of the kids improved eating habits/exercise and increased their knowledge about staying healthy in both nutrition/sports as well as healthy relationships/sex education. Future improvements for Healthy Choices for Kids will likely focus on continued integration of both nursing and medical students, as well as expanding the program within Good Sam and beyond to other underprivileged areas of San Antonio.

Healthy Choices for Kids

Project Discipline: Interdisciplinary: Medical, Nursing and Pre-medical

Primary Presenter: Melanie Stone, MPH, M.Ed

Community Partner: Good Samaritan Community Services

Project Location: Good Samaritan Community Services, 1600 Saltillo Street, San Antonio

Project Description:

Healthy Choices for Kids in an interdisciplinary effort that trains nursing and medical students to work collaboratively with Hispanic children and their families to understand and make healthy choices, including healthy eating, participation in physical activity, safe sex practices, and healthy relationship development. This is an interdisciplinary community service and educational effort that will allow UTHSCSA students to enhance their understanding of the contextual risk factors of Hispanic childhood and adolescent relative to these practices. UTHSCSA students will be trained using a collaborative approach for creating culturally relevant community-based interventions that are realistic for the family at home.

The medical and nursing students were given a 2-week didactic training course on the culture of poverty, healthy eating, physical activity techniques for children/adolescents, abstinence-plus sex education and healthy relationship development. Following this, they spent 3 days a week for 8 weeks working with low-income Hispanic children/adolescents who were part of a summer day camp at a community center located in an urban barrio in San Antonio, TX. After the 8 weeks, positive changes were found in nutritional knowledge, sex education, weight, BMI and physical activity levels.

Interdisciplinary efforts are essential to understand the complexity of the risk factors that lead to unhealthy choices by low-income Hispanic children/adolescents.

Hypertension: A Community-Centric Approach in East San Antonio

Project Discipline: Medical

Primary Presenter: Ryan K. White

Secondary Presenters: Jantzen Thorns

Mentor: Dr. Martha Medrano

Community Partner: Turning Headz Barbershop, Frank Bryant Health Center

Project Location: Turning Headz Barbershop, San Antonio, Texas

Project Description:

Heart disease disproportionately affects millions of minorities each year. Among the risk factors for heart disease is hypertension. Affecting nearly 40% of African-Americans¹, hypertension is most prevalent in black communities. Raising awareness and educating the community about hypertension is key in reducing the incidence and detrimental effects of heart disease. The goal of this project was to utilize a specific barbershop on the east side of San Antonio where men frequently congregate and converse, to educate about hypertension and its impact on the African American community.

In April 2008 initial contact was made with the barbers at Turning Headz Barbershop, who served as key informants to the needs of the community. Subsequently, needs assessment surveys were conducted and contact was made with Frank Bryant Health Center to gain further insight. This particular community was identified as having a need for a convenient means of hypertension education.

Clients at the barbershop were approached and asked if they were interested in learning about hypertension as they waited to get their hair cut. Those willing to participate received a pre-test regarding their initial understanding of hypertension. The intervention consisted of one-on-one education about the definition, causes, and affects of high blood pressure. Once the intervention was complete, clients received a post-test over their new understanding of hypertension and how it can be controlled. The post-test was followed up with the option to have their blood pressure checked.

So far over the course of this project approximately 75 people have participated and it is evident that the barbershop serves as both an effective and efficient means for hypertension education. We found a majority of the clients interviewed eager to participate and many expressed a need for more services like this in the near future. All of the barbers at Turning Headz barbershop have gained an understanding hypertension and how to check blood pressure, enabling them to serve as peer educators. Now that a permanent base for hypertension screening, education, and prevention has been established at this barbershop, we look forward to enlisting a local beauty salon, church, and neighborhood service center to investigate the effectiveness of a well rounded community-centered approach to hypertension in East Antonio.

¹What About African Americans and High Blood Pressure? (2007). American Heart Association.

I am Worth The Wait

Project Discipline: Medical

Primary Presenter: Stacey Carter

Secondary Presenters: Jennifer Street

Mentor: Kristen Plastino, MD

Community Partner: Wise Choices for Youth

Project Location: Bexar County

Project Description:

According to the 2007 CDC, 47.8% of all high school students report ever having sexual intercourse. Youth in Bexar County have twice the rate of teenage pregnancies than the national average which, according to SAMHD teen pregnancy report, cost tax payers 70 million dollars in 2006. For the past 5 years, Kristen Plastino, MD, has implemented a sex education program in San Antonio Schools entitled “I am Worth the Wait” in conjunction with the non-profit organization Wise Choices for Youth. This program is integrated into 11 of the 16 school systems in Bexar County and encourages students from 6th to 12th grade to abstain from sexual practices, while simultaneously providing them with education regarding STDs and contraceptive methods. The program provides 16 hours training for teachers, educating them not only on the curriculum, but also on interactive and effective ways to talk to teens about sex which they then take back into their classrooms. The program also offers Parent Student Programs (PSPs), inviting parents to attend an evening session with their children where they are presented with the curriculum and encouraged to partake in a fun and interactive forum, centered around sex education.

Methods: We administered surveys that had been pre-approved by the Wise Choices for Youth program to both parents and middle and high school students both before and after exposure to our curriculum. The surveys assess participants’ demographics, knowledge, and overall impression of the presentation. We analyzed a total of 45 pre- and 56 post- tests using SPSS software.

Results: Data Pending

Conclusions: Sexual health education presentations provide youth as well as their parents with accurate information regarding STDs, contraception, and encourage teens to make wise decisions for their futures and strategies to avoid risky behavior.

Learning Through Listening

Project Discipline: Nursing

Primary Presenter: Jessica Bjerck

Secondary Presenters: Rachel Blum

Students involved in project to date: Adrienne Garcia, Amanda Stoddard

Mentor: Dr. Kelly Dunn

Community Partner: Ministerial Alliance of South San Antonio

Project Location: Harlandale Baptist Church

Project Description:

Background: Type two diabetes accounts for 90-95% of diagnosed diabetes with 10.4% of diabetes cases involving Hispanic Americans (http://ndep.nih.gov/diabetes/pubs/FS_HispLatino_Eng.pdf). The Harlandale community has a 96% Hispanic population. Partnering with the Ministerial Alliance of South San Antonio (MASSA), and their program “Salva Tu Vida/Save Your Life,” we worked with the Harlandale community to provide diabetes information and education

Methods: The program was a 12 week course that consisted of weekly educational sessions, and followed up with home visits. There were a total of 25 participants. During the educational sessions, various speakers from the community spoke on a range of topics including diet, exercise, medication management, and foot care. The participants were also interviewed utilizing the 8-question explanatory model by Jezewski to determine their own values and beliefs about various health conditions.

Results: The participation increased by 3.2 times the starting number. The blood pressure was reduced by an average of 7.2 points. Healthy cooking and exercise habits were demonstrated. The graduate nurses gained a rich understanding of the participants view of various health conditions through using the 8-question explanatory model.

Conclusion: Overall the project was successful. The challenges included being on the second floor, media support, and resistance regarding the home visits. These issues were resolved by the end of the course except the meeting location. The parish nurses with the help of different graduate nurses will continue the program this spring, hopefully in a more suitable meeting location.

Let's Get Physical

Project Discipline: Nursing

Primary Presenter: Toni Brent, RN

Secondary Presenters: Tandra Rathey

Students involved in project to date:

Mentor: Jane Cardea, PhD, RN

Community Partner: Alpha Home

Project Location: North Central San Antonio

Project Description:

Background: Alpha Home is a residential treatment center for women recovering from alcohol and substance abuse. Approximately 30 women reside in the main center, with the center serving over 400 women each year. Although physical exercise is an important part of recovery, no formal exercise program was included in the residents' program schedule.

Methods: Discussions and interviews with residents, program administrators, and program counselors/therapists indicated the need and requested some type of formal exercise program be developed for inclusion in identified recovery program expectations and schedule. Staff also requested that the designed program be flexible enough to include all residents irrespective of time in program or physical abilities. A formal hour-long physical exercise was designed to help increase activity through floor exercise and to provide stress relief in conjunction with an anger management group. A DVD was purchased with several exercise levels available for access. Students lead the exercise program each week, and for those residents unable to participate in the floor exercises, breathing exercises and simple arm and leg motions were designed to match abilities and to keep time with the music.

Summary: Challenges were minimal because all stakeholders identified a need for a formalized exercise program, and all readily invested in program success. The women quickly embraced the program and looked forward to the weekly sessions. They began to express benefits from the exercise, and they also began to identify body areas they wanted to target with requests for appropriate exercises to accomplish their individual goals. The therapist for the anger management group often participated in the exercises with the residents and will continue to incorporate this program into the overall resident schedule; a copy of the DVD was provided to help with program continuation; and facility administration further embraced the project by purchasing exercise floor mats. Students agreed to continue to volunteer at the center as a personal extension and valuing of project design and outcomes.

Mission Trinidad: Diabetes Education

Project Discipline: Medical

Primary Presenter: Erica G. Jarrett

Mentor: Dr. Ramirez-Colon and Dr. Maria Munoz

Community Partner: Crossroads Missions

Project Location: Piedras Negras, Mexico

Project Description:

Although there is free social medicine in Mexico, many facilities are severely under-funded and under-staffed making it impossible for Mexican healthcare workers to properly address the needs of their community. Furthermore, preventative care is lacking, leading to high rates of morbidity and mortality that could be avoided with improved nutrition and health education. Coahuila was recently ranked the most obese state in Mexico, and also has explosively high rates of Type II Diabetes. Crossroads Missions and many other groups conduct short-term medical clinics in Mexico, and while these clinics provide a useful and popular service, they usually take place without any patient follow-up and most people providing care speak English only. The goal of Mission Trinidad (mission trinity) is to work towards holistic health. During this project diabetes education was provided with the aim that those trained would become involved as educators in their own communities. Participants attended about 10 hours of class over five days. Those who attended gained skills to better care for themselves, their families and neighbors. They were taught health advocacy and teaching skills to begin preparing them to serve as lay diabetes educators. They will now begin to serve as health educators during Crossroads Missions short-term medical clinics, supplementing the work of American volunteers. They will also be encouraged to host blood sugar screenings in their churches and neighborhoods with the help of a Crossroads staff member. In the end of the five-day training five women completed all five days of the training and 12 people attended overall. The training was very successful with increasing attendance daily. Future steps will be to do a refresher course in the spring and begin involving those trained in medical clinics and train some further so they can begin teaching others. A second goal is to connect with similar minded programs locally to allow participants to be certified as health educators by a local organization and as to not duplicate similar programming if it is already in place.

Service Learning Projects for Frank Madla Elementary School Students with Identified Needs

Project Discipline: Nursing

Primary Presenter: Maria Yanelli

Secondary Presenters: Delia Gonzales-Conover

Students involved in project to date: Lori Pung

Mentor: Jo Anne Dispanet, MSN, RN

Community Partner: Frank Madla Elementary School (SSISD)

Project Location: 6100 royal gate San Antonio, Texas 78242

Project Description:

School nurses in the Southside Independent School District serve an underserved, at-risk population. This district is reporting excesses and increases in diabetes, asthma, and nutritionally sound diet knowledge/practice. This particular school with 635-students also noted the need for seizure education, colitis education and breast cancer awareness for faculty.

Methods: Pictorial and verbal explanations and examples were provided to target students. They were encouraged to role play, use words and cues they could understand and express. Small groups were provided educational and hands-on learning opportunities to share with the facilitator and one another. Small prizes were given to the children who could correctly identify and implement portions of their teaching segments. They were given information to take home and share with family members and friends.

Results: 25-kindergarteners with a fellow seizure classmate were able to recognize and verbalize signs and symptoms of a seizure, understand how to get help, and what to do and not do to assist their classmate. 25-fifth grade students with a classmate frequently compromised by ulcerative colitis attacks learned how to help their classmate with proper food choices, not sharing the wrong foods, and signs and symptoms requiring the need for assistance. 8-newly diagnosed asthmatics learned critical aspects of their disease, and demonstrated understanding and ways to educate family members.

40-faculty members participated in a breast cancer awareness program and expressed appreciation and increased knowledge/understanding.

Conclusion: Chronic diseases are increasingly affecting elementary school age children. They repeatedly demonstrate lack of knowledge/understanding, and the ability to learn and understand when provided the opportunity to do so. Primary educational offerings geared to their age and understanding makes a difference in their health practices. These programs and others will continue with current and future students due to the success of learning as demonstrated by all students.

Sun Safety, Skin Cancers and Nutrition for Teenagers

Project Discipline: Medical

Primary Presenter: Lucia Diaz and Pamela Villalobos

Mentor: Dr. Manuel Oscos-Sanchez

Community Partner: McCollum High School

Project Location: San Antonio, TX

Project Description:

As part of an education effort on the southside of San Antonio, we taught health classes at McCollum High School (9th-12th grade) about sun safety, skin cancers, and a health related topic that student's felt was most important - nutrition. We chose to teach about sun safety and skin cancers because the majority of sun damage occurs during teenage years, and the rate of pediatric melanoma in Texas is growing more rapidly than the national average. Additionally, health teachers expressed the need for presentation of these topics as they are often left out of the high school curriculum. Our workshops consisted of multiple sessions where we utilized interactive power points, images quizzes, and breakoff groups along with pre and post tests that assessed knowledge, attitudes, and behavior. Our primary goal was to improve the students' baseline knowledge of sun safety, skin cancers, and nutrition so that they are able to make healthier lifestyle choices. We also hoped that students would share this information with family and friends. Results of our project are currently being analyzed. Challenges included determining the complexity and format of presentations that would be most effective for a high school audience. In the future, we would like to conduct our workshops in other San Antonio schools to determine if student knowledge base and impact of our project varies between schools with abundant vs. limited educational resources.

A Teamwork Approach to Providing Comprehensive Care for Diabetic Patients

Project Discipline: Dental

Primary Presenter: Yana Kushner

Secondary Presenters: Reena Mathew

Students involved in project to date: Diane Deng

Mentor: Dr. Juanita Pineda

Community Partner: Frank Bryant Clinic, Centro Med, UTHSCSA medical school

Project Location: San Antonio, TX

Project Description:

BACKGROUND: As dental students, we have noticed that many of our diabetic patients are uneducated about the relationship between their systemic disease and periodontitis. Consequently we have concluded that there is a need for a teamwork approach between primary care physicians and dentists to enhance comprehensive care for diabetic patients to include oral disease prevention. We have been using community health clinics as avenues for educational presentations at their respective physicians' meeting.

METHODS: Our presentations have focused on the two way relationship between diabetes and periodontal health. The design involves a PowerPoint presentation, 8X10 color handouts, pamphlets, and sample dental products targeting the oral health needs of diabetic patients. We distribute post- presentation surveys to assess the likelihood of the physicians to incorporate dental education in their counseling of the diabetic patient. We also plan to provide a list of community dental clinics for physicians who refer their patients for dental care.

RESULTS: Thus far, we have had good success with our presentations at physicians meeting. The surveys collected show an interest by physicians to use the knowledge and resources provided into their regular patient education sessions.

Using Oral Hygiene Demonstration Activities to Improve Halitosis in Hearing Impaired Children at Sunshine Cottage in San Antonio, Texas

Project Discipline: Health Professions

Primary Presenter: Kristy Wiler

Secondary Presenters: Gabriela Gomez and Angelica Ochoa

Students involved in project to date:

Mentor: Carol A. Nguyen, RDH, MS

Community Partner: Sunshine Cottage School for Deaf Children

Project Location: 103 Tuleta Drive, San Antonio, TX

Project Description:

BACKGROUND: Throughout speech therapy teachers reported a high incidence of halitosis during face to face interaction. Consequently, our study focused on oral hygiene education. The purpose of this project was to decrease halitosis and improve oral health for hearing impaired students. To be included in the study, children had to be registered for a third grade class at Sunshine Cottage.

METHODS: Plaque was assessed by using an O'Leary's plaque index. A pre and post questionnaire was given to the children before and after each presentation to measure oral hygiene knowledge using an experimental design. Project variables were plaque indices and oral health knowledge. In addition, limited demographic information was gathered. Data was collected by direct data entry into an Excel spread sheet for statistical analysis. Modifications were made in communication between the oral health providers, the teachers, and students. The modifications included texting, microphone use, and removal of face mask to allow lip reading.

RESULTS: While providing a service-learning experience for students, this project led to better oral health status and created enthusiasm about oral care. Specifically, the skills learned were brushing, flossing, and oral health prevention to include halitosis. As the students absorbed the information given, it was a demonstrated learning experience because the students showed great improvements in their pre-test versus their post-test. Additionally, it helped to encourage them to demonstrate enthusiasm about oral care.

CONCLUSION: The implications of this project were appreciated by the faculty at Sunshine Cottage because it improved the teaching/learning environment. Multiple modalities engaged the children to transfer short term learning into daily oral hygiene habits. As a result, this created an improved knowledge and attitude toward oral hygiene care.

What I didn't learn in medical school: Bridging the gap between the clinic and the community

Project Discipline: Medical and Public Health

Primary Presenter: Cameron Culver and Sarah Duong

Mentor: Claudia Miller MD, MS; Beatriz Tapia, MD, MPH; Roger Perales, RS, MPH; and Pat Bortoni

Community Partner: Over 32 individual and institutional partners on both sides of the US-Mexico border

Project Location: Harlingen/Laredo, Texas and sister cities in Mexico

Project Description:

Background: Traditionally, medical students have received very little formal education on community assessment or how an appreciation of a patient's community can augment the development of more informed diagnoses and enhance the practice of medicine. Through STEER, the MD/MPH dual degree program at UTHSCSA allows medical students the opportunity to receive shared credit for both the MPH practicum and a 4th year MD elective, while emphasizing community service and its implications on future practice. Thus, STEER provides medical students with an opportunity to gain a better understanding of the communities they serve.

Methods: STEER utilizes both classroom and community-based activities to educate students on issues surrounding the Texas-Mexico Border, health disparities, and the connection between the environment, public health, and medicine. It provides for the direct application of classroom knowledge in the service of local communities. By participating in community activities including: environmental house calls, Promotora trainings, water treatment plant inspections, Colonias surveys, school health education, and visits to Texas and Mexican hospitals, health departments, and community clinics, STEER students are afforded the opportunity to learn through service.

Results: After participation in STEER, students leave with an increased appreciation of not only the needs and complexities of the community, but with an appreciation of how circumstantial hardships have direct impacts on a population's health and lives. This provides students, such as ourselves, a new outlook on the impact that the environment plays on health as well as the etiology of disease. We left the experience with a new perspective on patients as more than a disparate sum of signs and symptoms, but rather as individuals part of and influenced by a community.

Conclusion: STEER offers a unique learning opportunity that teaches students the importance of understanding the community that their patients come from. If possible, similar programs should be embedded into medical school curricula.

Women's Health Fair

Project Discipline:

Primary Presenter: Alison Montoya

Secondary Presenters: Tracey Woods

Mentor: Jane Cardea, PhD, RN

Community Partner: Women at the Well House

Project Location: Christ Church, near downtown San Antonio

Project Description:

Background: Women at the Well House is a transitional residence for women newly-released from prison. Management of personal health has not been a priority for these women, except during the time of incarceration when others assumed responsibility for basic health needs. Discussions with program administrators and some of the residents identified the need to identify health care priorities and available resources for these women and others with limited finances.

Methods: A four hour health fair was organized and conducted at a local church that offered free space and parking accommodations. Women from other half-way houses and facilities were also invited, and flyers were posted around the community describing the fair and its events. Basic screening initiatives (blood pressure, cholesterol, blood sugar) and referrals were conducted, and 15-20 minute interactive lectures were provided on topics such as establishing and maintaining healthy relationships, alcohol abuse, nutrition, breast health and examination, and personal hygiene. Representatives from Planned Parenthood, AIDS Foundation, and the dental school were also available to distribute information or answer questions.

Summary: Screenings were completed on 25 participants. As many as 7 participants at a time listened to the provided lectures that were often accompanied by handouts. Food was provided, and several participants accessed the health fair as a result of the local food bank distributing food in another church hall during similar hours. Though the preparation time was very consuming, those who participated in the fair as volunteers or consumers found the fair to be a success. Comments from student leaders say it all: "It is hoped that the women who participated in this fair will learn that they do have health needs and there are people in the community that can help them. This should increase their ability for self health care and in turn help us to have a more healthy community". "We want these women to now take their health more seriously and making their health a priority".

“Mi Casa es Su Caso” Frontera de Salud Home Visits

Project Discipline: Interdisciplinary (Medical, Nursing, Allied Health)

Primary Presenter: Tara Kinra

Students involved in project to date: John Ray, Kyler Elwell, Katrina Leonard, Miles Farr, Emily Nia, Tim Farris, Garth Williams, Ricardo Guerra, Eric Baggerman, and countless other UTMB student participants

Mentor: Dr. Kirk Smith, MD, PhD

Community Partner: Iglesia San Felipe (Cameron Park, TX), Brownsville Community Health Center (Brownsville, TX), Jesse Tree (Galveston, TX)

Project Location: Cameron Park, Gulf Breeze Senior Center in Galveston

Project Description:

In order to better understand and address gaps in the health care system to meet the needs of individuals, home visits have allowed Frontera de Salud health care professional students to see patients in the context of their community. Over the past 10 years, interdisciplinary teams of medical, nursing, and allied health students from UTMB in Galveston have traveled for weekend service projects to Cameron Park, a small underserved colonia (neighborhood) in the Rio Grande Valley. Residents with health concerns are pre-identified by the local health educator Promadoras in this community. These are integral partners, trained in health education to serve the community with classes, promote healthy activities such as their neighborhood walking group, and aid in the follow up with referrals to the Brownsville Community Health Center. Build relationships like these within the community hopefully will promote more effective preventative health care. Complementary to the home visits, students conduct a health screening the following day at a local catholic church Iglesia San Felipe. In the future, we hope to encourage more students in reviving this tradition of the house call as an important educational experience which may even serve to overcome otherwise threatening barriers to health care. Feedback from participants continually reflects positive lessons learned on part of the students from all disciplines. Over the last year, we have expanded our outreach closer to home to include residents living in Galveston at Gulf Breeze Senior Center, through collaborating in outreach with the Jesse Tree to coordinate home visits and health screenings along with their food basket program. As future health care professionals practice bringing health care assessments into the context of the home and community of the individual, the hope is that health care will become more relevant to meeting their needs.

Camp C.A.M.P. Equipment and Supplies Review and Update

Project Discipline: Medical

Primary Presenter: Trey Bates

Mentor: Judy Foster, BSN, RN

Community Partner: Camp C.A.M.P.

Project Location: Center Point, TX

Project Description:

Camp C.A.M.P. (Children's Association for Maximum Potential) is an organization that provides a unique camping experience for children and adults with special needs and respite for their caregivers. To provide for the medical needs of these campers, there must be a well-stocked and organized supply of medical supplies and equipment. Throughout the year, C.A.M.P. receives many donations of these items and purchases the other items needed. My project involved taking inventory of the current items on hand, disposing of any out-of-date supplies, surveying and determining the needs for the upcoming year's camps, creating a well-organized storage area for next summer to be used by medical volunteers, and determining what additional items needed to be ordered. I spent three entire weekends at the C.A.M.P. site in Center Point, Texas and met with my mentor, Judy Foster BSN/RN, on multiple occasions. I further believe that my experience with C.A.M.P. allowed me to gain more compassion for these unique children. I will now be able to take on a new role and begin to utilize my knowledge in a broader context. Sure I understand how the disease may have occurred, but what good is that knowledge if I cannot realize the hardships these children and their caregivers endure on a daily basis. Hopefully, when I have my own patients, I'll be able to look back to this experience and better understand their concerns.

I interviewed with Judy Foster, Chief Health Officer and Head Nurse at C.A.M.P., as well as other parents, campers, volunteers and staff to assess the need for this project and the impact. The approximately 150 medical volunteers, 800 summer campers, and various members of their families will be impacted if this project makes providing the campers medical care easier, safer, faster, and more efficient. Furthermore, getting an understanding of what it takes to put on a camp of this nature and magnitude will be invaluable knowledge for any person in the medical field who might come in contact with a person of special needs. I feel it is important for me and my fellow medical students to get a first-hand look at the requirements of people with syndromes that we have only read about in books at this point in our careers. At the completion of this project, there will be a comprehensive list of what medical supplies and equipment are needed to efficiently run a camp of this magnitude for campers with special needs. Also, at the completion of this project, there will be an organized, labeled storage area for these medical supplies and equipment which will allow medical staff to provide better and more efficient care to campers and staff. On a more personal note, I believe I have gained invaluable knowledge into the lives of these children and their caregivers. Hopefully I will be able to convey their unique hardships with my poster presentation and reflection paper.

Although this project will greatly benefit the summer camp participants, I was also interested in finding out how my new, more organized system will benefit the medical staff. At the smaller respite event that occurred during this project, I was able to survey the medical staff involved and see how the changes have affected their ability to function more efficiently. For example, many are now more aware of all the supplies at their disposal and feel comfortable with the amount of medical supplies on-hand. Mrs. Foster mentioned that in the past, the medical staff was unaware of what supplies were on-hand, and since their supply room is "such a mess," they sometimes do not even bother going in to see what is available. Instead, they work with what they have even though many of the items were becoming expired or out-dated. It became clear that much of the equipment that the camp previously believed was well-stocked is actually expired or out-dated and incompatible with modern devices. Furthermore, C.A.M.P. has received numerous donations of supplies over the years, and although these donations are appreciated, many are simply unnecessary or incompatible with today's modern medical devices and only take up valuable storage space and add clutter to an already inefficient system. I was able to assess what is necessary and what needs to be removed. I then created a thorough list of supplies and met with Judy Foster to decide what we need to order to accommodate the larger summer camp. I also gave a visual tour of my new, organized, and more efficient supply room to the other medical staff at Camp C.A.M.P. that use the supplies and care of the campers. I believe their concerns have been relieved and they now will feel comfortable with how to locate, and how to keep a better on-going inventory of the supplies available for each summer session.