INTRODUCTION
The service projects listed in this directory have been approved for the Community Engaged Service Learning (CESL) elective. Medical students should select one of these projects to fulfill their CESL reflection requirements; however, they can participate in more than one to fulfill their direct service hours. This directory will be updated periodically as new projects are approved.

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The approved service projects are categorized based on the primary nature of the service activities: clinical, educational, or social support. Some projects may include activities that encompass components from multiple categories, but each group is categorized below based on its primary focus.

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ALL E.A.R.S. (ENCOURAGING ACTIVE RECEPTION AND SELF-REFLECTION)

**Project Description**
ALL E.A.R.S. is a student volunteer program sponsored by the Healthcare Foundation Center for Humanism and Medicine. We collaborate with the Palliative Care team at University Hospital to identify patients who are terminally ill, lonely, or facing long hospitalizations. Student volunteers are paired with these patients and spend time with them and their loved ones over the course of their hospital stay, providing social and emotional support. New students are partnered with experienced upper-classmen, who offer mentorship in communicating with patients and establishing meaningful connections. Students are asked to visit their patient at least 1 hour per week. Occasionally, there are opportunities for group-based activities that include music, crafts, and reading with patients.

**Community Impact**
For patients and their families, ALL E.A.R.S. serves to:

- Offer social and emotional support during a difficult hospital stay via a personal connection with a student volunteer

**Learning Objectives**
Through involvement in ALL E.A.R.S., students will be able to:

- Establish supportive relationships with patients in the hospital setting
- Develop active listening skills and learn methods for communicating with patients who are non-verbal
- Recognize and address the emotional needs of patients who are terminally-ill, lonely, or facing long hospitalizations
- Expand their understanding of end-of-life issues for patients and loved ones
- Foster their sense of empathy and compassion
- Mentor fellow classmates in providing humanistic care

**Evaluation Method**
Pre and post survey for student volunteers to assess various competencies and comfort level in working with this patient population

**Student Leaders**
Jessica Sher  js1519@njms.rutgers.edu
Anna Sheen  ajs587@njms.rutgers.edu
Andrew Caterfino  asc190@njms.rutgers.edu

**Faculty/Staff Advisor**
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Shelia Walsh, APRN, walshs1@uhnj.org
Tanya Norment, Program Administrator Healthcare Foundation Center for Humanism in Medicine

**Scholarly Presentations and Publications:**
ALL EARS featured in a NY Times article [http://www.nytimes.com/2010/06/03/health/03chen.html?_r=0](http://www.nytimes.com/2010/06/03/health/03chen.html?_r=0)
Journal Article: Sympathy, empathy, and compassion: A grounded theory study of palliative care patients' understandings, experiences, and preferences
[http://pmj.sagepub.com/content/early/2016/08/17/0269216316663499.1.full.pdf+html](http://pmj.sagepub.com/content/early/2016/08/17/0269216316663499.1.full.pdf+html)
Talk on “Empathy” by Rene Brown - [https://www.youtube.com/watch?v=1Ewygu369lw](https://www.youtube.com/watch?v=1Ewygu369lw)

Capacity: 15
**B-CON**

**Project Description**

This project was started to enhance the training of first responders, law enforcement and the lay public in bleeding control as recommended by the Hartford IV Consensus. Although born out of active shooter incidents, this program is applicable to everyday life and any instance where someone may be experiencing serious bleeding. We have created a didactic and practical component to this 2-3 hour program and have rolled out training to US Customs and Border Protection, Rutgers PD, Newark PD and NJMS Medical Students. We are looking to expand the program to include community organizations and public groups. After completing a training program, medical students will be used as instructors for lay public classes. These students will also have the ability to seek out and arrange their own classes within the community (under the supervision of the program leadership) in addition to classes that we arrange.

**Community Impact**

This project provides basic first aid knowledge to anyone willing to learn. Unfortunately, violent incidents are too common these days and it is important to be prepared and capable of helping when the time comes. Studies have found that a majority of lay persons, when faced with the situation, are willing to provide aid to fellow citizens who are injured. This can have a significant impact on the safety and health of the citizens and visitors to the City of Newark and the greater NJ area.

**Learning Objectives**

Through participation in “B-CON” participants will be able to:

- Become proficient in basic bleeding control
- Understand the principles behind bleeding control in a manner that makes one capable of teaching a novice audience
- Gain experience giving a lecture to a group of people and teaching them hands on skills
- Understand how community health programs are developed, implemented, and evaluated

**Evaluation Methods**

Questionnaires are handed out to students at the end of every class to evaluate the effectiveness of the instructors, presentation and hands on skills. In the future we plan to produce material worthy of publishing.

**Student Leaders:**

Brad Chernock  
Spandana Maddukuri  
Peter Alshariff  
Wissam Nasser  
Priya Kantesaria

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**Capacity**

15-20 students

**Faculty/Staff Advisor**

Dr. Adam Fox - foxad@njms.rutgers.edu
Project BEAM

Project Description
Project BEAM is an initiative moulded from the desire and the need to educate the youths of inner city Newark with the end goal of increasing their health literacy, along with the health literacy of the Newark community as a whole. Our program actively engages our students in order to expose them to health topics that are crucial and relevant to both their current and future health risks/outcomes in an interactive, informative, and practical way. By presenting health educational information regarding the prevalence, incidence, pathophysiology and clinical manifestation of different diseases, we can produce desirable outcomes that may lead to the reduction of health disparities among the community of Newark as a whole.

Community Impact
Objectives for the youth participants of our program is to:

- Gain an immediate understanding and appreciation for the impact of health literacy on their personal health and community as a whole
- Apply the knowledge gained through sessions to make measurable and sustainable improvements in adverse health behaviors
- Receive support, guidance, and mentorship for their personal and professional endeavors from preceptors

Learning Objectives
Objectives for the medical and graduate students of our program is to:

- Develop communication, public speaking, and teamwork skills
- Gain experience implementing focused interventions directly within communities
- Develop leadership abilities through serving as a mentor to at risk youth
- Apply medical knowledge to convey information in a digestible, culturally competent manner to non-health professionals in the local community

Evaluation Method
We provide pre- and post-surveys to the students before each session in order to gauge their prior knowledge and interest level for the pre-surveys, and their retention and suggestions for future sessions for the post-surveys

Number of Students Needed: 25-30

Student Leaders
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Aditya Hublikar arh94@njms.rutgers.edu
Kwame Awuku kawuku@njms.rutgers.edu

Faculty/Staff Advisor
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New Community Contacts
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(973) 464-6276
COMPANION CARE

Project Description

Companion Care is a program sponsored by the Healthcare Foundation Center for Humanism and Medicine that pairs NJMS students with patients at New Community Extended Care Facility to provide companionship and work with staff to meet their needs. New Community is a short walk from NJMS and a provider of care to Newark and surrounding communities. Students will engage with patients by spending time and having conversations with them and participating in group activities. Students will also present lectures to the residents and staff on various topics such as common diseases and their symptoms, preventive measures, and management.

Community Impact

For residents of New Community, Companion Care serves to:

- Provide company and support for patients who are unable or unwilling to leave their rooms
- Enhance participation in group activities
- Present lectures to further educate patients and staff

Learning Objectives

Through involvement with Companion Care, students will be able to:

- Establish meaningful relationships with patients within the Newark community
- Understand how to communicate with patients in different stages of life
- Recognize what patients go through as they progress through illness and how it affects them
- Understand the effect of needing extended care on patients and their families
- Learn from patients and their life experience
- Share their clinical knowledge with patients and staff

Evaluation Method

Pre and post survey for student volunteers to assess various competencies and comfort level in working with this patient population.

Number of Students Needed: 20-25

Student Leaders

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Faculty/Staff Advisor

Tanya Norment, normentm@njms.rutgers.edu

New Community Contacts

Elizabeth Brookins, Activities Director
Yonette Semple, Activities Assistant
(973) 624-2020
Division of Adolescent & Young Adult Medicine (DAYAM)-S.T.E.P.S Mentorship Program (Students Teaching Early Prevention and Success)

Project Description

Our goal is to integrate a medical student training and peer mentorship program between medical students and non-virally suppressed HIV+ adolescents and young adults identified from the DAYAM clinic in efforts to increase engagement and retention of patients, to empower HIV+ young adults as they navigate through the healthcare system, and to increase rates of viral suppression.

Learning Objectives

Through participation in the DAYAM-STEPS Mentorship Program, medical students all be able to:

- Learn about and apply best practices in motivational interviewing, health literacy, positive youth development models of communication, and basic HIV care through contributing to development of an individualized plan for the clients under the aegis of an interprofessional team.
- Develop a greater understanding of the psychosocial determinants of health and emotional needs of young adults living with HIV in Newark, including but not limited to medication adherence and barriers, compliance with medical appointments and barriers, risk reduction, support systems, housing status, and educational advancement.
- Gain experience in working in an interdisciplinary medical care team

Community Impact

For HIV+ young adults in the DAYAM clinic, the DAYAM-STEPS Mentorship Program will:

- Provide additional psychosocial support for adolescent and young adult HIV+ patients who are treatment naive, re-engaged in care, or not virally suppressed
- Allow high-risk patients to have increased communication and care personalization with their treatment care team
- Create safe spaces for young adults with HIV in Newark to discuss their concerns and needs as they navigate the healthcare system and transition into adulthood
- Provide incentives for medication adherence and viral suppression for patients

Student Name:
Aylin Unsal  abu10@njms.rutgers.edu

Capacity
10-15 students

Faculty Advisor:
Dominga Padilla, MD, Associate Professor, Division of Adolescent & Young Adult Medicine, dpadilla@njms.rutgers.edu
DOMESTIC VIOLENCE INTERVENTION PROGRAM (DVIP)

Project Description
This project is a collaboration of Rutgers New Jersey Medical School and domestic violence community agencies in Newark to provide care to women and children who have experienced domestic violence. Students undergo domestic violence training by the faculty advisor and/or domestic violence specialists. Once trained, students will visit clinical settings and local communities to provide screening, education, and intervention on domestic violence and its health related issues.

Community Impact
For women and children in our community who are survivors of domestic violence, this project serves to:

- Identify survivors through screening measures and provide a multidisciplinary intervention
- Address the physical and psychological health needs of survivors and their children
- Provide resources and education to help ensure their safety
- Interrupt the cycle of violence

Learning Objectives
Through involvement in this project, students will be able to:

- Learn about domestic violence screening and intervention recommendations
- Gain experience screening for domestic violence in clinical settings
- Develop their communication and counseling skills through their interactions with the families
- Collaborate with an interdisciplinary team including social workers and physicians to provide domestic violence intervention for survivors
- Educate survivors and their children on various health topics

Evaluation Method

- Client satisfaction survey following the intervention
- Pre and post survey for students to assess various competencies and comfort level in working domestic violence victims

Faculty/Staff Advisor
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Student Leader
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Gurbani Suri gurbani.suri@rutgers.edu
Nehal Dhaduk nd419@njms.rutgers.edu

Scholarly Presentations and Publications:

Capacity: 30
ESSEX-PASSAIC WELLNESS COALITION

Project Description
The Essex-Passaic Wellness Coalition (EPWC) is one of New Jersey's ten regional chronic disease coalitions, funded by the Office of Cancer Control and Prevention in the NJ Department of Health. We work to reduce the burden of cancer and other diseases, reduce health disparities, and increase access to care, screening, and health education in Essex and Passaic Counties through a broad array of interventions. A partial list includes: providing local health officers with actionable information on tobacco retailing in their communities; educating parents of middle school children about HPV immunization; educating the public about cancer screening; advising primary care practices on ways to improve HPV immunization and/or cancer screening rates; and improving sun safety practices to reduce exposure to UV light. Depending on what activity they are involved in, student participants may educate community members about cancer-related topics, inform local public health officers about tobacco control topics, or develop web pages and implement social media strategies to provide health information to the general public.

Community Impact
The EPWC works to reduce cancer and chronic disease incidence and mortality by improving community knowledge of steps that individuals can take to reduce their risk of cancer, as well as steps that municipalities can take, such as to reduce tobacco use and its harmful effects.

Learning Objectives
Medical students will learn to: effectively educate community members about health topics; implement practices in primary care settings to enhance immunization and cancer screening rates; advise local public health officers about tobacco-related matters; organize and promote health information to the public through electronic media; learn about the interactions among public health, medical knowledge, and institutional structures, and ways to navigate among them.

Evaluation Methods
We will assess: numbers of persons directly educated about the various topics for which we are providing community-based education; numbers of primary care practices informed about how to enhance immunization and cancer screening, as well as the sizes of those practices and the extent to which they adopt these methods; and changes in local policy with respect to tobacco that are guided by information we provide to local officials. For activities on electronic media, we will assess various analytic measures of readership.

Student Leaders
TBD

Faculty/Staff Advisors
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Daniel M. Rosenblum, PhD, Assistant Professor, Department of Medicine,
daniel.m.rosenblum@rutgers.edu

Capacity
~ 15 students
GREEN CLUB

Project Description
Green Club is a student-run organization that provides fresh produce from the Fairmount Garden to residents in Newark. The Fairmount Garden is located on 13th Avenue and Fairmount Avenue and currently has almost 20 raised beds. It is an open plot of land that allows residents to pick vegetables for free. We also provide raised beds within the garden for local residents so they can plant, grow, and harvest their own produce. Green Club meets usually once a week in the outdoor garden from spring to early fall. We then move indoors, where we teach students and members of the community how to plant crops over the fall and winter so they can be transplanted outdoors in the Spring. The Greater Newark Conservancy also supports the Green Club with supplies and raised bed construction.

Community Impact
For members of the local community who may have difficulty accessing or affording fresh produce, Green Club serves to:

- Provide free vegetables and a place to grow their own produce
- Teach residents how to easily prepare delicious, affordable, and healthy meals
- Provide a meeting place for community members to connect through gardening

Learning Objectives
Through involvement with Green Club, students will be able to:

- Learn the importance of sustainability
- Learn how to plant, grow, and harvest crops, build raised beds, and learn general garden maintenance
- Engage with members of our local community by providing free vegetables and helping them plant and grow their own produce

Evaluation Method
We intend to develop a tool to evaluate community knowledge about gardening and nutrition.

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John Wisener jpw154@njms.rutgers.edu
Graciela Cando gc393@njms.rutgers.edu
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Faculty/Staff Advisor
Dr. Pauline Thomas, thomasp1@njms.rutgers.edu

Scholarly Presentations and Publications:
http://greenclubnjms.tumblr.com/

Capacity: 30
HOPE CENTER: PATIENT PARTNERSHIP PROGRAM (PPP)

Project Description
Through the Patient Partnership Program, medical students establish a long-term, supportive relationship with a patient from our community who suffers from chronic medical conditions. Patients from the Ambulatory Care Center are referred to the program by the faculty advisor. Each patient is paired with two first year students, who will establish a partnership with will continue throughout their four years of medical school. Students will help the patient to understanding his conditions and treatment plans, call the patient to remind him to take his medications and attend appointments, and accompany the patient to doctors’ appointments when possible to serve as his advocate. Student participants will meet with the faculty mentors once a month to present their patients, discuss barriers to care and social factors that impact the health of their patients, and strategize possible solutions for strengthening the partnerships.

Community Impact
Patient Partnership Program serves to:
• Help them to better understand their chronic conditions and the consequences of poorly managed health
• Empower them to maintain their health through individualized education, meetings, phone calls, etc.
• Help them navigate the local medical care and charity care systems
• Facilitate a trusting relationship between the patients and their healthcare providers
• Help them to effectively utilize the community’s health resources in order to minimize preventable visits to the emergency room

Learning Objectives
Through participation in the Patient Partnership Program, students will be able to:
• Build a long term, supportive relationship with their patient partner
• Learn how to use Evidence Based Medicine resources in order improve their understanding of their patient’s disease processes
• Develop communication skills and facilitate trusting relationships between the patient and his healthcare providers
• Strengthen cultural competency through interactions with people of different cultures, religions, ethnic or socioeconomic backgrounds, or sexual orientation
• Gain a deeper understanding of social determinants of health and the specific challenges facing vulnerable populations in Newark
• Develop a greater understanding of the unique challenges and rewards of working in primary care in an underserved community

Evaluation Methods
Effectiveness of the program is assessed through various methods, including monthly meetings between all PPP participating students and monthly student reflections in the form of a one page journal entry or essay. At the end of each year, a short interview will be conducted between the patient and the program coordinator to assess the effectiveness of the student’s involvement in the patients’ quality of healthcare. Patient will be encouraged to provide any feedback and recommendation at any time throughout the program.

Student Leaders
Juanita Pinto       jp1084@njms.rutgers.edu
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Faculty/Staff Advisors
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Daphney Duperil, MPH, MPA dupervda@njms.rutgers.edu

Please contact Ms. Duperil if interested in getting involved.

Capacity: 10
Involvement with Disability Education and Advancement (IDEA)

Project Description
We work at a local school, JFK in Newark for only kids with specialized needs. We conduct bimonthly workshops with the students in different activities; arts and crafts, sports, etc. We also teach parents ways to enhance the learning environment of their children.

Community Impact
By working with students in Newark we help families economically disadvantaged better handle the difficulties that come with raising children who have specialized needs. We hope to bring physicians and students alike with the medical knowledge to both interact with the students and teach the parents.

Learning Objectives
Medical students will understand the more effective ways to communicate with individuals who have special needs and have different barriers in communication.

Evaluation Methods
We work closely with the school’s vice principal, Jill Summers, and our regular meetings help us tailor what our organization does to meet the school’s needs.

Student Leaders
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Faculty/Staff Advisors
Christin Traba, MD, Assistant Professor, Department of Pediatrics, morancm@njms.rutgers.edu

Capacity: 15
Project Description

InterPEN is an interdisciplinary team of students from several Rutgers Biomedical Health Science (RBHS) programs. We work with patients at University Hospital who have complex medical and social situations that have led them to high utilization of Emergency Department services. Students engage in authentic healing relationships with patients by listening to their stories, dialoguing to discover their unique health goals and barriers to care, and developing a plan for health partnership. Students work actively in interdisciplinary teams with medical, social work, pharmacy, and nursing students and advisors at RBHS. Activities teams may pursue with their patient include: healthy grocery shopping, health devices training (pillbox, pedometer, diabetic syringes, etc), motivational interviewing, and connecting to appropriate medical and social services. Students can expect to spend 0-5 hours per week on InterPEN activities, depending on their care team’s schedule for the week. This project is in collaboration with a student leadership and training program from the AAMC, Primary Care Progress, and the Camden Coalition.

Community Impact

InterPEN serves to:

• Creatively work with the patient and their Primary Care Physician to partner in management of health conditions
• Offer support and guidance in helping them achieve their personal health goals
• Help patients navigate complex medical and social services

Student Learning Objectives

Through involvement with InterPEN, students will be able to:

• Identify root causes of high healthcare utilization at University Hospital
• Identify barriers that medically and socially complex patients face to obtaining high-quality care and maintaining health
• Propose solutions for delivery of population-based primary care
• Carry out key aspects of high-utilizer interventions, including data-based patient selection, patient and community engagement, motivational interviewing, transitioning patients to PCPs, recording patient outcomes
• Describe topics such as safety in the field, harm reduction, building trust with patients and providers, patient navigation and accompaniment, and presenting patient stories
• Work effectively in context of an interdisciplinary team, understanding the scope and roles of other health professions of students across the RBHS schools (adapted from https://www.camdenhealth.org/programs/student-hotspotting/ )

Evaluation:

In the future we hope to measure impact on patients’ health literacy and chronic condition self-management ability before and after our intervention. We also hope to measure the impact on students’ ability to work effectively in interdisciplinary teams, and confidence in working with patients with medically and socially complex situations through pre and post surveys.

Student Leaders:

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Monica Maloney        mmm522@njms.rutgers.edu

Faculty/Staff Advisors:

Ana Natale-Pereira, MD, MPH       natalean@njms.rutgers.edu
Patricia Findley, DrPH, MSW       pfindley@ssw.rutgers.edu

Capacity: Has reached capacity
IRONBOUND INITIATIVE

Project Description
The Ironbound community is a culturally rich area and one of the highest Brazilian and Portuguese immigrant populations in the country. This patient population consists of documented and undocumented immigrants who have little access to healthcare and are challenged by language and cultural barriers. Therefore, with the creation of the Ironbound Initiative, we hope to fill a gap in our own community by addressing the needs of the Ironbound community centers and their patient populations.

Community Impact:
Offer the following services for clients in the Ironbound community through partnership with Mantena Global Care:
- Health screenings by measuring vital signs and blood glucose levels.
- Collaboration with NJMS STOP Program’s HIV Rapid Test Van.
- Health education sessions on preventative primary care and nutrition measures.
- Refer clients and advocate for them through further care with SFHCC, if deemed necessary.

Learning Objectives:
Through involvement with the Ironbound community, students will be able to:
- Describe the health and social needs of this community and reflect on strategies to address community needs;
- Gain competence in presenting health care information related to preventative measures;
- Gain experience measuring vital signs, testing blood glucose, and HIV counseling;
- Develop an understanding of the barriers that underserved immigrant populations encounter while seeking health care;
- Improve cultural competency and medical terminology when collaborating with Portuguese and Brazilian populations.

Evaluation Method
We will monitor the number of sessions and lectures, clients serviced, and each student will do a reflection exercise prior to and after engaging in the project. Surveys will be distributed prior to and after health screenings and health teaching sessions to assess the effectiveness of these programs. Additionally, we will consistently meet with the leaders of Mantena Global Care to remain abreast of concerns raised by community members and foster an open exchange of ideas. Student growth will be addressed via surveys exploring their understanding of this patient population to improve cultural competency.

Student Leaders:
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Faculty/Staff Advisor: Dr. Ann Natale-Pereira  natalean@njms.rutgers.edu
MINI MEDICAL SCHOOL

Description
Mini Medical School (also known as the Pre-Medical Honors Program) is coordinated through New Jersey Medical School’s Office of Public Medical Education. The fall semester program is designed to attract promising high school students to medicine and the health sciences, seeking to especially to recruit local students from communities under-represented in the medical field. The spring semester program is expanded to include adults with an interest in health care. Both nine-week courses take place on Wednesdays from 5:30 – 9pm. First- and second-year medical students act as preceptors and facilitate 30-minute seminars on various topics such as vital signs, the brain and drugs, cardiovascular health, diabetes and cancer. The medical student preceptors also help supervise students during formal lectures delivered by medical school faculty, and help run elective classes and tours.

Community Impact
For local high school students, Mini Med serves to:
- Offer a glimpse of the intellectual, emotional and physical demands of medical school
- Simulate a portion of medical education by having them sit in the very seats of medical students and listen to lectures by medical school professors
- Provide educational information about important health topics such as nutrition and exercise, sexually transmitted infections, and recreational drugs
- Offer opportunities to discuss recent findings in medical research and healthcare
- Provide encouragement to students interested in pursuing careers in the medical field

Learning Objectives
Through involvement in Mini Med, NJMS students will be able to:
- Offer support and guidance to high school students wishing to pursue healthcare careers
- Improve their communication and public speaking skills
- Develop their teaching skills by delivering complex medical concepts in an understandable, approachable manner
- Deepen their own knowledge of the various health topics covered in seminars
- Establish connections with students from northern and central New Jersey and learn more about their communities

Evaluation Methods
- Formal student feedback and evaluation forms at the end of the program
- Student feedback during discussions with medical student preceptors
- Honors quiz administered at the end of the course to gauge how much information the students retained from seminars and lectures

Student Leaders:
Olivia Kan - Preceptor Coordinator/Director  osk9@njms.rutgers.edu
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Caroline Prins - Treasurer/Director  caroline.prins@rutgers.edu
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Faculty/Staff Advisors:
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Scholarly Presentations and Publications:

Capacity: 20
NEW MOMS

Project Description
New Moms is a volunteer organization that focuses on women’s health outreach in the Newark community. We host educational sessions for underserved pregnant women and new mothers at Harmony House Women’s Shelter, which is a short drive from campus. At each session, we discuss a variety of topics ranging from nutrition, sexually-transmitted diseases, perinatal health, newborn health and development, and health screenings. In addition, we perform blood glucose and blood pressure screenings. Each education session includes a lively, open discussion during which the women can share their stories as patients, their birth experiences, and the challenges they face in obtaining proper prenatal and healthcare and sustaining a healthy lifestyle for themselves and their families. In order to encourage attendance, we provide food at each session and run drives for donations of health and hygiene items. Sessions occur twice per month and last approximately 2 hours each.

Community Impact
For underserved pregnant women and new mothers in the Newark area, New Moms serves to:
- Provide important education about women’s health issues and prenatal care, especially because these women may be exposed to unreliable sources of health information
- Answer their questions related to healthcare
- Conduct blood glucose and blood pressure screenings
- Provide toiletries and daily hygiene products

Learning Objectives
Through involvement with New Moms, students will be able to:
- Develop skills in delivering healthcare information at a patient’s level of understanding
- Gain experience performing blood glucose and blood pressure screenings
- Establish supportive relationships with women in a community setting

Evaluation Methods
We will administer surveys to evaluate the women’s satisfaction with the lectures, including the effectiveness of the lectures, how well their questions were answered, and how comfortable they felt. They will also be able to comment on what needs to be improved and what topics they would like to hear about at our next visit.

Student Leaders:
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Faculty/Staff Advisor
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Capacity: 20-30
NEWARK JUNIOR MENTORING SOCIETY (NJMS Squared)

Project Description
NJMS Squared is an organization that provides tutoring and mentoring for at-risk youth in our community who come from minority and low socioeconomic backgrounds. We currently serve students at Science Park High, a Newark Public School, grades 7-12, and students at Discovery Charter School, grades 4-8. Each medical student volunteer is matched with one local student from one of these schools based on the student’s specific needs (ie - math tutoring). Volunteers visit their mentees once per week on a flexible basis and work with them in the classroom, library or computer lab. There are three tracks to choose from: High School Mentoring (science careers), High School Tutoring (all subjects), Elementary/Middle School Mentoring.

Community Impact
For students from our local community, NJMS Squared serves to:
- Help them improve their grades/school performance
- Increase their likelihood of graduating from high school
- Encourage pursuit of higher education and professional goals
- Provide mentorship and guidance

Learning Objectives
Through involvement with NJMS Squared, medical students will be able to:
- Engage with local elementary, middle and high school students in an academically underserved population
- Gain insight into the needs of at-risk youth in Newark
- Learn and implement the mentoring skills necessary to effectively work with at-risk youth

Evaluation Methods
Our hope is to ultimately increase the graduation rate at the local schools we work with and increase graduates' enrollment into higher education institutions. Also seeing improvements in report card markings, and positive feedback from parents, teachers, and the students themselves are ways to measure NJMS Squared effectiveness. Moreover, This experience should translate into medical students and future medical professionals providing care to underserved populations.

Student Leaders
General Tutoring Chair: Shafali Mahidadia (sm1604@njms.rutgers.edu)
SAT Chair: Matthew Fastiggi (mjf243@njms.rutgers.edu)
Mentorship Chair: Claire Ruane (cer150@njms.rutgers.edu)
Secretary: Marcin Ciesla (mmc255@njms.rutgers.edu)
Treasurer: Micheal Song (ms2399@njms.rutgers.edu)

Faculty/Staff Mentor
Maria Soto-Greene, MD, Vice Dean, New Jersey Medical School, sotogrml@njms.rutgers.edu

Capacity: 50
NJMS Lifestyle Medicine (NJMSLM)

Project Description:
Garde

Project Description: Garden State Scholars (GSS) and Walk With a Doc (WWAD) are partnering initiatives that look to communicate the benefits of lifestyle modification in preventing, treating, and even curing chronic disease. GSS will lead interactive weekly workshops with school children to teach the importance of developing healthy habits. The lesson plans will include major lifestyle medicine (LM) topics to address common misinformation or lack of understanding leading to unhealthy behaviors: nutrition, exercise, sleep hygiene, stress management, smoking cessation, etc. Each session will include a short, evidenced-based didactic lesson that focuses on current research and public health concern followed by a hands-on activity designed by current NJMS students and co-taught by undergraduates from Rutgers-Newark. Similarly, monthly WWAD events will feature 10-minute educational talks on LM topics to educate participants while enjoying Newark’s green spaces or indoor recreational facilities. Then, everyone will walk, speed-walk, or even jog while conversing with one another for 45-50 minutes. WWAD sessions will be held in various locations around Newark on a rotating basis to reach a larger population, and is supported by the Newark, NJ recreation, Cultural Affairs, and Senior Services Department.

Community Impact
Students will reach both Science Park High School students through GSS and the greater Newark community through WWAD. During GSS lessons, students help prepare teenagers transition into a healthier adulthood, and empower them to be champions and advocates within their schools, households, and neighborhoods. Then, during the monthly community walks, students help instill the idea that walking is a low-impact, fun, and easy exercise. NJMS students and physicians can build long-lasting relationships that will instill physical and mental wellness, combat chronic disease, and help make physicians seem more approachable and less intimidating. The walks can also bring community members together to start their own walking groups that will meet on a more regular basis.

Learning Objectives
Students who participate in GSS and WWAD events will:

…further develop public speaking skills and their ability to communicate effectively with people of different age groups, cultures, and backgrounds.

…be able to communicate health related topics to individuals with varied educational backgrounds.

…act as mentors, educators, & community activists for pre-medical students & community members.

…develop relationships with members of our local community and the residents of Greater Newark.

Evaluation Methods

- GSS: Evaluation forms before and after course to gauge what students have learned
  o Teach-back method employed at the end of each session
  o Feedback form at the end of the course to identify areas of improvement

- WWAD: Measure attendance and returning participants
  o Qualitative feedback from walkers, including NJMS students, at the end of the walk

Student Leaders
Grace An (ga286@njms.rutgers.edu)
Simran Arjani (sa1301@njms.rutgers.edu)

Capacity
Walk With a Doc: No capacity on members. Students may sign up for walks when they are available.
Garden State Scholars: 15 Students, each student will be expected to attend at least every two weeks.

Faculty/Staff Advisor
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PARTNERSHIP IN NEWARK ADVOCATING COMMUNITY LEADERS’ EMPOWERMENT (PINACLE)

Project Description
PINACLE aims to educate and empower members of the Newark community by providing useful information about pressing medical issues. We accomplish this primarily through training community leaders -- including pastors, teachers, counselors -- in disease prevention and treatment so that they may deliver this important information to the members of their respective communities. NJMS student volunteers help to coordinate PINACLE Institutes throughout the year to teach our community leaders about a variety of health topics such as hypertension and asthma. Following each Institute, community leaders will organize health workshops in which student volunteers can provide educational information and conduct screenings for members of the community. Previous health education workshops held include Healthy Lifestyle trainings at New Hope Baptist Church and Pathways Women’s Cancer Teaching Project.

Community Impact
For community leaders and members of the Newark community, PINACLE serves to:
- Provide relevant health education and increase health literacy in topics such as cardiovascular illness, diabetes and nutrition
- Empower leaders to pass on important preventive health information to their members of their respective communities
- Inform families of essential local health resources available in the community

Learning Objectives
Through involvement with PINACLE, students will be able to
- Learn to assess the health needs of our local communities
- Develop public speaking and professional skills as health education leaders
- Improve creativity and writing skills in developing presentations, pamphlets and posters for the health education sessions
- Facilitate training sessions and learn the administrative aspect of project coordination
- Connect with a network of health advocates comprised of physicians, social service coordinators and other community leaders in the local area

Evaluation Methods
We provide surveys to the community leaders that seek to identify community health needs and efficacy of training sessions. In addition, student volunteer surveys would assess the quality of student experiences, opportunity to apply knowledge learned in the medical curriculum, and suggest improvements to the programs to allow opportunities for enhancing leadership skills.

Student Leaders
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Faculty/Staff Advisor
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Capacity: 50
**PRENATAL PATIENT PARTNERSHIP (PPP)**

**Project Description**
Through the Prenatal Patient Partnership, medical students establish a supportive relationship with a prenatal patient from our community. Patients from the Ambulatory Care Center are referred to the program by the faculty advisor. Each patient is paired with first year students, who will establish a partnership that will continue throughout the pregnancy and postpartum period. Students will help the patient to understand her conditions and treatment, communicate regularly with the patient, accompany the patient to doctors’ appointments, and meet with the patient for casual post- or pre-appointment meetings. Student participants will meet with the faculty mentor regularly to present their patients, discuss barriers to care and social factors that impact the health of their patients, and strategize possible solutions for strengthening the partnerships.

**Community Impact**
- Help the patient to better understand changes in their bodies that occur due to pregnancy;
- Empower the patient to maintain their health through individualized education, meetings, phone calls, etc.;
- Facilitate a trusting relationship between the patient and their healthcare providers;
- Help the patient to effectively utilize the available health and social resources in order to minimize preventable visits to the emergency room;
- Help promote healthy behaviors such as but not limited to: good nutrition, regular exercise, breastfeeding, postpartum follow up and contraception, inter-conceptual care, and emotional/mental self-care.
- Serve as an active, encouraging listener for patients with family and social risk factors.

**Learning Objectives**
Through participation in the Patient Partnership Program, students will be able to:
- Learn how to use Evidence Based Medicine resources in order improve their understanding of pregnancy and postpartum issues;
- Develop communication skills and facilitate trusting relationships between the patient and her healthcare providers;
- Strengthen cultural competency through interactions with people of different cultures, religions, ethnic or socioeconomic backgrounds, or sexual orientation;
- Gain a deeper understanding of social determinants of health and the specific challenges and rewards of serving vulnerable populations in Newark.

**Evaluation Methods**
Effectiveness of the program is assessed through various methods, including:
- Regular meetings between all PPP participating students
- A short interview or essay detailing experiences in the program
- Patients will be encouraged to provide any feedback and recommendation at any time throughout the program.

**Student Leaders:**
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**Capacity:**
2- 10 students as new patients become available

**Faculty/Staff Advisors:** Damali Campbell-Oparaji, Department of Obstetrics, Gynecology and Women’s Health  campbedm@njms.rutgers.edu
PROJECT LINK

Description
Project LINK is a self-sustaining volunteer organization focused on mentoring and tutoring students at Link Community Charter School (LCCS) in Newark who wish to pursue a career in the healthcare profession. Through a combination of formal medically-related presentations, subject-specific tutoring, and general mentorship, we work with students grades 5-8 to expose them to the healthcare field. Volunteers will visit the Link School during the school’s lunch hours to hold these mentorship sessions. Also, volunteers will be paired with either an individual, or a small group of students, and will serve as their formal mentor throughout their time at NJMS. In the 2017-2018 academic year, one event in the fall, and one event in the spring will be held at the NJMS campus that further exposes the Link students to the medical profession.

Community Impact
For students and families at Link Community Charter School, Project LINK serves to:
Further expose them to the healthcare field
Provide encouragement to students interested in pursuing careers in the medical field
Offer mentorship and guidance

Learning Objectives
Through involvement with Project LINK, NJMS students will be able to:
Establish connections with students from the local area, and learn more about their communities
Offer support and encouragement to students wishing to pursue healthcare careers
Improve their communication and public speaking skills

Evaluation Methods
Formal student and school counselor feedback forms at the conclusion of each academic semester
Student feedback during discussions with medical student volunteers

Student Leaders
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Faculty/Staff Advisor
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Acknowledgements
We would also like to thank the Link Education Partners, for without their support this project would not be possible.
**PROJECT PEDIATRICS**

**Description Project**
Project Pediatrics coordinates several volunteer opportunities with pediatric patients at University Hospital (UH) and with children in the community. Medical students will be able to volunteer in the playroom in the UH pediatric unit, which has toys, video games, and art supplies for the patients. The playroom will typically be open two days per week based on students’ availability. Students may also volunteer in the intermediate nursery to rock, feed, and change the babies and to offer support for the nurses. In addition, we plan holiday parties throughout the year (Halloween, Valentine’s Day, St. Patrick’s Day) for the patients in the UH pediatric unit. For these events, volunteers prepare goodie bags to distribute and participate in crafts with the children.

**Community Impact**
For pediatric patients and children in the community, Project Pediatrics serves to:
- Provide a safe environment for patients to play and have fun during their hospital stay
- Provide the children with attention and offer respite for their parents and nursing staff

**Learning Objectives**
Through involvement in Project Pediatrics, students will be able to:
- Gain experience building rapport with pediatric patients and their families
- Develop organizational and planning skills through coordination of holiday parties
- Recognize the emotional strain that children and their families may experience during a hospital stay
- Engage children through creative and interactive activities

**Evaluation Methods**
We will distribute pre and post surveys for student volunteers to assess their comfort level with working with and coordinating activities for the patients. We would also ask the patients how they think the playroom is being run and what improvements could be made. We will facilitate open communication about new ideas and projects in the Newark community and at University Hospital.

**Student Leaders:**
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**Faculty/Staff Advisor:**
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**Capacity:** Open to all who are interested
PUBLIC UNDERSTANDING OF MEDICINE IN ACTION (PUMA)

Project Description
PUMA is an outreach organization that partners with local community based correctional facilities in Newark to deliver health lessons to men, women and adolescents who are transitioning from the criminal justice system to the community. Specifically, we work closely with Kintock House and the Newark Renaissance House, which are both within a short driving distance from campus. Medical student volunteers lead lessons and discussions on various medical topics, including, nutrition, cardiovascular disease, diabetes, cancer, mental health, sexual health. Two or three students will act as preceptors per class group. PUMA takes place once every week for a total of 6-8 sessions per semester. Each session lasts approximately two hours.

Community Impact
For the residents of Kintock and Renaissance Houses in Newark, PUMA serves to:
- Provide important information about various health topics and common medical problems that may directly affect them
- Empower them to take an active role in their own health promotion by emphasizing the importance of awareness and preventive measures
- Provide opportunities to address their health related questions

Learning Objectives
Through involvement with PUMA, students will be able to:
- Gain experience teaching health lessons on a variety of topics, with an emphasis on preventive health
- Connect with individuals from a particularly vulnerable population in our community, who may have limited access to important health information
- Develop interpersonal skills, including teamwork, leadership and communication
- Learn about the unique needs of individuals transitioning from the criminal justice system to the community
- Reflect on stereotypes and biases related to this population in an effort to foster greater empathy and understanding

Evaluation Methods
To measure the effectiveness of our program, we will conduct pre- and post-surveys every semester to both ask participants which topics they would be most interested in learning about, and to assess how much participants already know about a given topic and how much they have learned from the presentation.

Student Leaders
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Faculty/Staff Advisor
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Capacity: 30
Rutgers Community Health Center (RCHC) Program

Project Description
Rutgers New Jersey Medical School prides itself on community engagement. Diversity, aid to the underserved, and humanism are main components of NJMS’s character and service goals. One component of this service involves student-organized patient outreach.

The RCHC program seeks to bring primary healthcare directly to Newark residents. Working with the staff of the RCHC and community members, students will see patients on-site at the RCHC locations within Stephen Crane Village, Pennington Court, John W. Hyatt Court, Terrell Homes and other public housing developments as the program expands. Clinical experiences will also occur at the Rutgers Nursing School’s Focus Clinic on Broad Street. Students will work in inter-professional teams with colleagues from Nursing School and other RBHS programs such as the school of health profession, pharmacy, and dental school. The ultimate goal of this outreach would be to provide preventive health services and maintain continuity of care in the community as well as to reduce morbidity, mortality, and hospitalizations. Students will present their patients to nurse practitioners and, when available, residents or attending physicians. Students should aim to see one to two patients per visit, or spend the session directly engaging community members with community health workers to bring patients into the RCHC system. This is a unique social, clinical, and inter-professional experience never before offered to NJMS students except as a 4th year elective.

Community Impact
- Provide comprehensive primary care services to local Newark residents
- Recruit patients into the RCHC and Rutgers Health System
- Augment the trusting relationship built in RCHC between healthcare providers and Newark citizens and their community leaders
- Increase healthcare literacy
- Reduce hospitalizations and ED visits by increasing health literacy and educating community residents in ways to prevent chronic diseases

Learning Objectives
- Gain a deeper understanding of the social determinants of health through the lives of Newark residents
- Practice inter-professional collaboration with members from other health professions
- Improve clinical skills such as medical interviewing, physical examinations, note writing, oral presentations, assessment/plan formulation, and teaching skills

Evaluation Methods
- Evaluation of the program and the student participants is to be determined
- Four-years of direct contact with RCHC staff, who will provide personalized feedback

Student Leaders
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Email njmsRCHC@gmail.com for more information || Capacity: 30 (15 per year)
SOUTH ASIAN HEALTH INITIATIVE (SAHI)

Project Description
The South Asian Health Initiative (SAHI) is a community outreach project coordinated by the NJMS Association of American Physicians of Indian Origin (AAPI), particularly aimed to serve local South Asian communities within New Jersey. SAHI holds several health screenings throughout the year at local temples, gurdwaras, mosques and other locations. Student participants conduct blood glucose and blood pressure screenings, and provide health education for members of these communities. We would like to hold 4-5 screenings throughout this academic year. We are in contact with SATHI - another South Asian Health interest group at Robert Wood Johnson, and we hope to potentially collaborate with them.

Community Impact
For South Asian communities throughout New Jersey, SAHI serves to:

- Identify health care issues prevalent among this population, such as metabolic syndrome, diabetes, heart disease, tuberculosis, cancer, HIV/AIDS, mental illness, domestic violence, and asthma
- Help patients overcome some of the barriers that may hinder their ability to access quality healthcare services, including language, mental health concerns, and domestic violence
- Motivate South Asians to adopt healthier lifestyles that are still compatible with their cultural sensibilities

Learning Objectives
Through participation in SAHI, students will be able to:

- Gain experience utilizing various clinical skills in community settings, including blood pressure and blood glucose screening
- Develop important communication and counseling skills through relaying important preventive health information to patients in a community setting
- Develop an awareness of some of the cultural factors that influence health among South Asian communities in New Jersey
- Participate in research studies about health issues affecting South Asian populations

Evaluation
Research and satisfaction surveys handed out at the end of the health screenings. The health surveys help us to identify prevalent illnesses impacting the community we are serving so that we may provide further education on those topics.

Student Leaders
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Faculty/Staff Advisor
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Capacity: 20
STUDENT FAMILY HEALTHCARE CENTER (SFHCC)
MAIN CLINIC

Project Description
The SFHCC is a student-run clinic that provides free primary care services primarily to uninsured patients from the Newark community. Services provided include general health maintenance, chronic disease management, and gynecologic care. Each patient is seen by a team of 3-5 medical students under the supervision of board-certified physicians. During a patient visit, the medical student team will take a thorough history, perform a physical exam, present to the attending, and counsel the patient regarding recommendations. If the patient is unable to make it to their appointment, upperclassmen will lead the team in a teaching session or reflection session. There are also opportunities for students to get involved with subcommittees that coordinate Quality Assurance Quality Improvement (QA/QI) studies, patient education sessions, and interprofessional student experiences. The main clinic is located on campus and is open on Tuesday and Thursday evenings from 5:30-8pm. There are clinics located at two local homeless shelters. Each of these clinics is held twice per month. Students will be expected to participate in approximately 6 clinic sessions per year.

Community Impact
For uninsured patients in Newark and the surrounding community who are unable to access or afford medical care, SFHCC serves to:
- Provide free comprehensive primary care services
- Provide health education and counseling specific to the patient’s unique concerns
- Ensure that patients can afford their medications and help them apply for insurance and other social resources.

Learning Objectives
Through involvement with SFHCC, students will be able to:
- Establish meaningful relationships with patients and provide continuity of care over the course of their 4 years at NJMS
- Gain experience with clinical skills including history, physical exam, providing patient education, procedural skills (i.e. blood draw, EKG), note writing, and presenting to an attending
- Collaborate interprofessionally with student case managers in developing an appropriate assessment and plan that accounts for the patient’s unique biopsychosocial context
- Develop a greater understanding of the challenges that uninsured patients face in accessing appropriate health care services
- Offer mentorship and instruction to underclassmen students in helping them to develop their clinical skills

Evaluation Methods
SFHCC conducts multiple Quality Assurance Quality Improvement (QA/QI) projects, which evaluate the effectiveness of the clinic in following specific primary care guidelines. These projects have led to many improvements in our clinic such as the incorporation of a women’s night and the creation of satellite clinics for people in Newark with limited access to transportation. Other studies may be done to evaluate patient progress as patients return to clinic for follow-up visits to see how well the clinic manages chronic illnesses.
- Through town hall meetings with our upperclassman at the school, we are able to get feedback on the strengths and weakness of clinic from a student perspective and resolve
issues that students have been facing. Through these town hall meetings, we are able to formulate better educational objectives and teaching practices for the underclassman.

- Through monthly directors meetings, we reflect on major issues that arose in the past month and attempt to implement policies to prevent such issues from occurring in the future.

**Student Leaders**

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Capacity: Open to all who are interested
**STUDENT FAMILY HEALTHCARE CENTER (SFHCC)**
**FAIRMONT SHELTER and APOSTLE’S HOUSE CLINICS**

**Project Description**
The SFHCC has two satellite clinics in the Newark community: Fairmont Homeless Shelter and Apostle’s House. These clinics serve to provide free primary care services for residents of the shelters. Volunteers work in teams of 3-4 medical students and one graduate student case manager. Each team typically sees 1-2 patients per night and performs thorough histories and physical examinations, as well as bloodwork if needed. Students present to an attending physician and work collaboratively to form a treatment plan best suited for the patient. At Fairmont Shelter, students are able to care for adult patients with a wide variety of medical needs. At Apostle’s House, students provide care for women and children. There are also opportunities for students to lead educational sessions on various health topics for the residents at each site. Medical students are selected to participate in this program through an application process. New students are typically assigned to 3 clinic visits per semester.

**Community Impact**
For residents of Fairmont Homeless Shelter and Apostle’s House, the student clinics serve to:
- Provide free comprehensive primary care services, including acute complaints, chronic disease management, and general health maintenance
- Offer pediatric care for families at Apostle’s House Clinic
- Provide health education and counseling specific to the patient’s unique concerns
- Ensure that patients can afford their medications and help them apply for insurance if they are eligible

**Learning Objectives**
Through involvement in Fairmont Shelter and Apostle’s House Clinics, students will be able to:
- Establish meaningful relationships with patients and provide continuity of care over the course of their 4 years at NJMS
- Gain experience with clinical skills including history, physical exam, procedural skills (ie blood draw), note writing, and presenting to an attending
- Develop a greater awareness of the challenges that patients from underserved communities face in accessing healthcare services
- Learn to provide compassionate care for individuals experiencing homelessness or domestic violence
- Collaborate interprofessionally with student case managers in developing an appropriate assessment and plan that accounts for the patient’s unique biopsychosocial context
- Offer mentorship and instruction to underclassmen students in helping them to develop their core clinical skills

**Evaluation Methods**
Quality Assurance/Quality Improvement surveys are continuously being completed to assess the care we are providing to the patients we see in the clinics.
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STUDENT SIGHT SAVERS PROGRAM (SSSP)

Project Description
50% of people living with vision threatening diseases such as age related degeneration, cataracts, diabetes, or glaucoma are not aware of having them. The Student Sight Savers Program aims to help eliminate preventable eye disease through telemedicine vision screenings and education. In order to help the Newark community, we visit soup kitchens in St. John's and St. Ann's once per month to offer retinal image screenings for homeless men, women, and children. Students are trained to use tonometer and auto refractor equipment for measuring intraocular pressure and visual acuity. In early signs of disease, we will recommend lifestyle changes like smoking cessation, wearing sunglasses, and diet changes. In advanced stages of disease, we refer them to visit ophthalmologists in University Hospital for surgical intervention. For patients who have an immediate need for visual acuity correctional eyeglasses, we also distribute vouchers sponsored by New Eyes for the Needy.

Community Impact
For homeless families in the Newark community, Student Sight Savers serves to
- Identify signs of vision threatening diseases including glaucoma, cataracts, age related macular degeneration, and retinopathy
- Provide education about overall health maintenance and prevention of vision threatening diseases
- Refer patients with vision threatening disease for appropriate medical care and surgical intervention

Learning Objectives
Through involvement in Student Sight Savers Program, students will be able to:
- Learn about the pathologic processes, clinical manifestations, and treatments for various vision threatening diseases
- Learn to use telemedical equipment in providing important vision screenings
- Develop skills in educating families in our community about protecting their vision and making important lifestyle changes for their overall health

Evaluation Methods
A survey at the end of the year to evaluate how pleased students were with their participation and what can be improved

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Scholarly Presentations and Publications:
Article: Type 1 Diabetes Update at Children with Diabetes Community
http://openventio.org/Volume2_Issue1/Type_1_Diabetes_Update_at_Children_with_Diabetes_Community_DROJ_2_e004.pdf
**STUDENTS LEARNING ABOUT MEDICINE (SLAM)**

**Project Description**
SLAM is a program that will actively engage students at University High School in Newark, NJ in order to expose them to many areas of medicine in an interactive and informative way. The principal goal is to increase interest in health and science professions and to encourage students to pursue careers in these fields. SLAM will hold sessions at the high school after school once per month for approximately 2 hours. Medical students will lead lessons on topics such as medical careers and related health professions, vital signs, first aid, nutrition, and sexual education. High school students will be encouraged to participate in the discussions and ask questions. Medical students will be able to offer encouragement and guidance for any students at University High School who are interested in pursuing studies and training in a health profession.

**Community Impact**
For students at University High School, SLAM serves to:
- Provide an interactive introduction to exciting career possibilities in science and health professions as well as discussions about important health topics including nutrition and sexual education
- Provide a glimpse of the academic content, practical skills, and teamwork that are present in health professions training programs
- Offer support and guidance from medical students who can provide insight into the process of applying to medical school

**Learning Objectives**
Through participation in SLAM, medical students will be able to:
- Gain experience preparing and delivering interactive lessons about various health topics
- Develop their communication, public speaking, and teamwork skills
- Develop supportive relationships with local high school students and offer guidance for them to pursue their goals
- Learn about some of the challenges teenagers from our local community may face in pursuing their education

**Evaluation Methods**
Effectiveness of the program will be measured using monthly surveys at each session to assess how much the high school students learned from the lesson and discussion. The high school students will also be able to offer recommendations for improvement and request other topics they would like to learn about in future sessions.

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