

Community Engaged Service Learning (CESL) Elective

Directory of Approved Projects

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INTRODUCTION

The service projects listed in this directory have been approved for the Community Engaged Service Learning (CESL) elective. First year students should select one to two of these groups to fulfill their CESL requirements. This directory will be updated periodically as new projects are approved.

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SERVICE CATEGORIES

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.

Category	Description	Service Projects
CLINICAL	Providing medical care for patients in clinical settings; Community based health screenings; Assisting patients in navigation of healthcare services	Domestic Violence Intervention Program HOPE Center – Patient Partnership Program Inter-PEN South Asian Health Initiative SAVE Program SFHCC – Main Clinic SFHCC – Fairmont/Apostle Student Sight Savers Program
EDUCATIONAL	Teaching organized lessons to groups of adults or children in community or clinical settings	Apostle’s House Health Literacy HOPE Center – Waiting Room Sessions Mini-Medical School New Moms PINACLE PUMA REACH
SOCIAL SUPPORT	Relationship building; Mentoring; Community building	ALL EARS Green Club NJMS Squared Project Pediatrics

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

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APOSTLE'S HOUSE HEALTH LITERACY PROGRAM

Project Description

Apostle's House Health Literacy Program partners with a local women and children's shelter in Newark to provide health literacy sessions. The goal of the program is to help the women at the shelter to improve their health literacy so that they may be their own health. Student volunteers prepare interactive presentations about various topics including women's reproductive system, pregnancy, sexual health, nutrition, exercise, hypertension, and family health. Each presentation is followed by a group discussion and handouts are provided for the women. Sessions are held once per month for approximately 1 hour. While one group of students is presenting a session for the mothers, there is a separate group of students presenting a session for the children on topics such as dental hygiene, nutrition, injury prevention, exercise, anger management, and stress relief.

Community Impact

For the women of Apostles' House, the Health Literacy program serves to:

- Improve their overall health literacy by helping them better understand their bodies, common medical problems they may face, and principles of health maintenance
- Empower them to take steps to maximize their health and that of their families
- Provide information and tools that will help them better navigate the health care system

Learning Objectives

Through involvement with Apostle's House Health Literacy Program, students will be able to:

- Establish supportive relationships with the women and children at Apostle's House
- Develop their communication and public speaking skills
- Gain experience in presenting complex health information in a way that is understandable for a lay audience
- Learn about the health and social issues that affect families in this shelter
- Mentor fellow classmates in preparing interactive and effective lessons

Evaluation Method

A survey is given to the residents of Apostles' House at the beginning and end of each session to assess what the residents have learned from the presentation. Pre and post surveys are also given to student volunteers to assess various competencies and comfort level in working with this patient population.

Student Leaders

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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. Once trained, students will visit a local domestic violence shelter to provide health screening services to for the survivors. Students also work with social workers and physicians in providing a multidisciplinary intervention for patients who screen positive for domestic violence in clinics. The intervention protocol includes patient evaluation and education, any necessary referral for specialty healthcare services, community resource referral, and documentation of outcomes. Students visit the shelter for 1 – 1.5 hours once per week. The faculty advisor will accompany them initially, but students eventually are able to visit the shelter on their own.

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

N/A

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 will 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. Green Club collaborates with Nicole Singletary, President of It Takes a Village, Inc. to teach residents of Newark how to grow vegetables and provides them with healthy food for free.

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 will distribute surveys before our planned activities for the year to assess how knowledgeable Fairmount residents are about health and nutrition and their access to affordable healthy foods. We will ask the residents to take another survey after 6 months of services from our garden that provide them with produce and lessons on how to grow and prepare their own vegetables.

Student Leaders

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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, 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

For patients in our community suffering from chronic medical conditions, the 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

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HOPE CENTER: WAITING ROOM EDUCATION SESSIONS

Project Description

When patients visit the doctor, they often wait long period of time before being seen. Then, when they do see their physician, they may be presented with a great deal of information with little time to process it and ask questions. The HOPE Center Waiting Room Sessions provide engaging and interactive health lessons and activities for patients while the wait to see their physician. Student volunteers will work in groups of two or more to present a health-related topic, including chronic disease management, healthy eating/cooking and awareness month activities. Patients will be provided branded HOPE Center items for participation and correct responses. Incentives include: cookbooks, mugs, pedometers, pens, magnets, health maintenance log books.

Community Impact

For patients in our community who are waiting long periods of time to see their physicians, the Waiting Room Education Sessions serve to:

- Provide important information about health maintenance and common medical conditions
- Provide engaging, interactive activities that will increase their interest in learning more about their health
- Answer their questions related to their health and medical care

Learning Objectives

Through involvement in the waiting room sessions, students will be able to:

- Develop an appreciation for the importance of health literacy and patient empowerment
- Improve their public speaking and presentation skills, especially as it relates to communicating complicated information to a lay audience
- Learn to utilize creative and engaging strategies to help patients understand medical information

Evaluation Methods

Students will evaluate the effectiveness of each presentation through a post-presentation oral quiz provided to the patients in the waiting room. Students will also fill out a questionnaire before and after each session to evaluate their own presentation skills, comfort with delivering health education, expectations regarding the patient/audience response, expectations for learning through participation in the activity.

Student Leaders

N/A

Faculty/Staff Advisors

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INTERPROFESSIONAL PATIENT EMPOWERMENT AND NAVIGATION (INTER-PEN)

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

For patients with multiple chronic conditions and several hospital admissions and ER visits in the past 6 months, 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.

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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 healthcare. 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:

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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 pregnancy health, sexual and reproductive health, newborn health and development, and proper female health screenings. In addition, we perform blood glucose and blood pressure screenings. We close each education session with an 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 gift bags containing basic health and hygiene items at each session. 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 have no other source for primary care 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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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.

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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. In the 2015-2016 academic year, maximum of one educational event per month will be held in which students will participate.

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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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. One of our community based initiatives includes a bike safety presentation and helmet distribution for children at a local charter school, in collaboration with the Emergency Medicine Interest Group.

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
- Educate elementary-age children about bike safety and healthy eating habits

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.

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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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RELATIONSHIPS IN EDUCATION FOR THE ADVANCEMENT OF COMMUNITY HEALTH (REACH)

Project Description

REACH coordinates several activities that seek to promote healthy lifestyle strategies for families in the Newark community. We collaborate with Discovery Charter School to hold a bimonthly "healthy hour" in which we teach yoga and relaxation skills to fourth to seventh graders. We will also be working with the Women, Infant, and Children (WIC) center twice a month to educate families about proper nutrition, inform them about local farmer's markets in Newark, and provide examples of healthy recipes they can cook at home. Each session at the school and the WIC clinic last approximately 1 hour. Additionally, we are in collaboration with the AMA on implementing The Patient Promise, which aims to have students and medical professionals adhere to the same principles that we advise our patients.

Community Impact

For the community of Newark, REACH serves to

- Educate students about strategies for maintaining mental and emotional health, including yoga, meditation, relaxation techniques
- Educate families about proper nutrition and provide recommendations for healthy recipes
- Promote local farmers' markets to families who may have limited access to fresh produce

Learning Objectives

Through involvement with REACH, students will be able to

- Develop important communication and counseling skills by educating children and adults on healthy lifestyle strategies
- Collaborate with teachers from a local school in promoting mental health and stress relief techniques for students
- Learn about the challenges families in our community may face in accessing healthy food options
- Learn about the nutritional and social services offered by our local Women, Infants and Children (WIC) Center and collaborate to meet the needs of the families they serve

Evaluation Methods

We will distribute surveys to the students and teachers at Discovery Charter School, as well as to participants at WIC educational workshops, to evaluate the effectiveness of our programs and identify areas for improvement.

Student Leaders

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Faculty/Staff Advisor

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SAVE PROGRAM (SCREENING ACCESS OF VALUE TO ESSEX WOMEN AND MEN)

Description

Through a grant from NJ Cancer Education and Early Detection (NJCEED) program and partnership with University Hospital, the S.A.V.E mobile cancer screening program offers patient education and free cancer screening services for the uninsured population in Essex County who fall below the 250% poverty level. Cancer screening services include breast and cervical examinations in a state-of-the-art mobile mammography unit as well as prostate and colorectal cancer screening. The S.A.V.E program offers these services two to three days a week at one of the 40 local community organizations and health care facilities we have partnered with. Students can offer patient education services, conduct patient interviews to obtain pertinent information prior to screening, and assist with our outreach efforts to recruit participants and hosting sites in underserved areas.

Community Impact

For the uninsured population of Essex county, the SAVE program serves to:

- Raise cancer awareness and promote cancer prevention
- Provide free screening access at a convenient location in their community

Learning Objectives

Through participation in the SAVE program, students will be able to:

- Learn how to evaluate the geographic area to identify areas of need
- Gain experience facilitating interactive health education workshops about cancer screening guidelines & benefits, cancer symptoms, and the detection, diagnosis and treatment process.
- Enhance cultural competency skills through interactions with the English, Spanish, Portuguese and Haitian Creole communities we serve

Evaluation Methods

- Identify the number of new community agencies recruited in underserved areas
- Through group discussion, assess the ability to identify cultural differences in health practices
- Observe student interaction with participants during the question and discussion portion of health education workshops

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Student Leader(s):

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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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STUDENT FAMILY HEALTHCARE CENTER (SFHCC) MAIN CLINIC

Project Description

The SFHCC is a student-run clinic that provides free primary care services 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 family 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 clinic is located on campus and is open on Tuesday and Thursday evenings from 5:30-8pm. 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, procedural skills (ie 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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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.

Student Leaders

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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

Student Leaders

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Faculty/Staff Advisor

Dr. Ben Szirth, Director of Telemedicine Ocular Program Services

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.

Student Leaders

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