

CURRENT CESL APPROVED PROJECTS

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

Group Contact Info: allears@njms.rutgers.edu

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

AMERICAN ASSOCIATION OF NEUROLOGICAL SURGEONS (AANS)

Group Contact Info: aans@njms.rutgers.edu

Project Description - To improve medical student neurosurgical education, community health initiative involvement, and research.

Community Impact – To help educate the Newark community about general neurological health and safety through short informational talks that we create as well as participate in fundraisers supporting awareness and research for various neurological topics.

AMERICAN PREVENTATIVE SCREENING & EDUCATION ASSOCIATION (APSEA)

Group Contact Info: bn160@njms.rutgers.edu

Project Description - Through the NJMS American Preventive Screening and Education Association (APSEA), we aim to raise awareness about cardiometabolic conditions (e.g. hypertension, diabetes, obesity) within the local community by holding free health screenings at locations including, but not limited to, religious places of worship, farmer's markets, schools, large community fairs/festivals. At these screenings, participants can learn about their blood pressure, heart rate, blood sugar, BMI, fat percentage, among other measurements, and preventive strategies to avoid developing hypertension or diabetes, or successfully manage the conditions

Community Impact - We expect that this project will give the community, especially medically underserved residents, greater understanding of their current health as well as provide ways of making healthy decisions. Since we plan to serve people of all backgrounds, we believe that our health screenings will allow for an overall healthier and more knowledgeable community in the long-term. We also believe that our approach of partnering with local community centers and faith-based organizations will also help us reach as many people as possible and raise awareness about chronic disease in diverse communities.

On the individual level, we believe that this will empower the individual to be more confident in their

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knowledge of their current state of health as well as their ability to make healthier lifestyle choices to improve their health. On the family level, we believe that through effective communication, we can encourage families to lead healthier lives, understand that chronic diseases such as diabetes and hypertension can be familial, and empower participants to take preventative steps.

B-CON

Group Contact Info: Jsb316@njms.rutgers.edu OR jn563@njms.rutgers.edu

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.

COMPREHENSIVE ADDICTION RESOURCES & EDUCATION (CARE) NAVIGATORS

Group Contact Info: Michael Rafizadeh (mjr361@njms.rutgers.edu)

Project Description - The Student CARE (Comprehensive Addiction Resource and Education) Navigator Program serves people with opioid use disorder (OUD) in Newark, NJ. The people of Newark are among those most heavily affected by the opioid epidemic. In 2019, Essex County had an estimated 428 overdose deaths, the highest of any year on record, and the highest of any county in the state of New Jersey.

Community Impact - On the individual level, we expect that this project will provide opioid users in the Greater Newark area with greater access to treatment and assistance with issues they may face. Short term benefits include improved assistance with prescriptions, housing, or crucial documents needed to access services and benefits. Long term benefits of the project may include reduced risk of overdose in the community at large, as it will provide individuals with an understanding of how to safely administer naloxone in the event of an opioid overdose. As a result of more members of the Greater Newark community being versed in the proper administration of naloxone, the chance of overdose reversal may be enhanced. Families, communities, and individuals alike may benefit in both the short and long term by having those with opioid use disorder not only managed on agonist maintenance therapy but also being provided a stronger support system in the form of student navigators.

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DOMESTIC VIOLENCE INTERVENTION PROGRAM (DVIP)

Group Contact Info: dvip@njms.rutgers.edu

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

GREEN CLUB

Group Contact Info: greenclub@njms.rutgers.edu

Project Description - Green Club is a student-run organization that provides fresh produce from our community garden located just outside the George F. Smith Library to residents in Newark. Our garden currently has almost 15 raised beds where we grow an assortment of veggies and flowers. 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 and students 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 at Science Park High School and members of the community how to plant crops over the fall and winter so they can be transplanted outdoors in the Spring. At Science Park High School, we utilize their wonderful green house to teach students the importance of urban gardening.

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 For students grades 7-12 in the Newark community, Green Club serves to: • Educate students on the importance of urban gardening • Provide an outlet for students to openly discuss gardening and care for seedlings of their own

HUMAN RIGHTS INITIATIVE

Group Contact Info: njmshumanrights@njms.rutgers.edu

Project Description - The purpose of this project is to establish a sustainable student-run asylum clinic based at Rutgers New Jersey Medical School. Trained physicians and medical students will conduct free forensic medical or mental health evaluations for asylum seekers, in order to uncover signs and sequelae of torture or trauma and document their findings in medical affidavits. Medical students will be present during the evaluation to assist physicians in interviewing and examining the patients and subsequently write the medical affidavit under the supervision of the attending. The medical affidavits will be submitted to the court as evidence in support of the asylum applicant's claim. Medical students

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are also responsible for receiving asylum case referrals through our partners or other attorneys that directly contact the asylum clinic, and subsequently scheduling and managing the case, pre- and post-evaluation. To establish a sustainable asylum clinic for the long-term, we will develop standard operating procedures for the clinic operations and structure. We will also regularly evaluate strengths, weaknesses, and outcomes for continual improvement of clinic operations and logistics.

Community Impact - The work of the NJMS HRI will be vital to addressing the needs of the refugee community in the northern NJ area. By providing medical evaluation services for asylum seekers or other human rights violation victims, the clinic will improve asylum approval outcomes. Specific assets and community resources that will be utilized include the relationship that we establish with community organization to further visibility of the free student-run asylum clinic. Increased visibility of the clinic will help increase awareness among asylum seekers and their family/friends, attorneys, and healthcare professionals.

INVOLVEMENT WITH DISABILITY EDUCATION AND ADVANCEMENT (IDEA)

Group Contact Info: idea@njms.rutgers.edu

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.

IRONBOUND INITIATIVE

Group Contact Info: ironboundinitiative@njms.rutgers.edu

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: o Health screenings by measuring vital signs and blood glucose levels. o Collaboration with NJMS STOP Program's HIV Rapid Test Van. o Health education sessions on preventative primary care and nutrition measures. o Refer clients and advocate for them through further care with SFHCC, if deemed necessary.

LEP - Limited English Proficiency Community (Spanish Language) Service Learning Program

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Group Contact Info: Anurag Modak (am2134@njms.rutgers.edu), Jessica De La Cruz (jdelacru@njms.rutgers.edu), Valeria Fernandez (vf111@njms.rutgers.edu), Lisa Piñero (Imp321@njms.rutgers.edu)

Project Description - Spanish is the second most common language spoken in the United States. As the proportion of Spanish speaking individuals who are community members and patients increases, it is critical for trainees to learn how to communicate effectively with this population in their preferred language. Speaking with Spanish dominant or bilingual community members in their preferred language is beneficial for community members and trainees. For community members, they are able to recount historical and current lived experiences that may influence their perspectives on access to health care and health issues. For trainees it serves as an opportunity to build familiarity and trust with a community often overlooked or stigmatized. Moreover, students can enhance their Spanish proficiency, and specifically Medical Spanish.

Community Impact - Trainees will interact with community members in various venues including health fairs, community centers, and clinical environments. Community members will be asked to share their perspectives of the health care system, access issues for LEP individuals who predominantly speak Spanish, and other determinants of health for Spanish language dominant individuals. Through this dialogue trainee may fill in health-related knowledge deficits and provide links to resources.

MINI MEDICAL SCHOOL

Group Contact Info: Madeleine Andreas (mpa77@njms.rutgers.edu) OR minimedschool@njms.rutgers.edu

Project 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 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

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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 grades 7-12 at Science Park High, a Newark Public School. Each medical student volunteer is matched with one local student at this school based on the student's specific needs (i.e. - 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: General Tutoring (all subjects), SAT Tutoring, and Chess Club.

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

NJMS LIFESTYLE MEDICINE (NJMSLM)

Group Contact Info: njmslifestylemed@njms.rutgers.edu

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.

PRENATAL PATIENT PARTNERSHIP (PPP)

Group Contact Info: prenatalpartnership@njms.rutgers.edu

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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

PROJECT BEAM

Group Contact Info: projectbeam@njms.rutgers.edu

Project Description - Project BEAM is an initiative shaped 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

PROJECT PEDIATRICS

Group Contact Info: projectpediatrics@njms.rutgers.edu

Project Description - 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

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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

PUBLIC UNDERSTANDING OF MEDICINE IN ACTION (PUMA)

Group Contact Info: Esther Ogbuokiri [eo281@njms.rutgers.edu] OR Hector Lisboa [hrl21@njms.rutgers.edu]

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

RUTGERS COMMUNITY HEALTH CENTER (RCHC)

Group Contact Info: sn615@njms.rutgers.edu (Smriti Nair) OR sbp120@njms.rutgers.edu (Stephanie Perricho)

Project Description - This is an opportunity for students who are interested in community medical education initiatives, urban health, and social outreach in the Newark community. We work closely with the Holiday Inn Shelter and other local organizations based in Newark to provide access to health care, such as the COVID vaccine, and information on various topics in healthcare that the residents express interest in.

Community Impact - Students can participate in educational service activities with homeless shelters in Newark. These typically include sharing a slideshow presentation either virtually via Zoom or in person, as well as taking any questions and sharing our own personal experiences when applicable.

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SOUTH ASIAN HEALTH INITIATIVE (SAHI)

Group Contact Info: aapi@njms.rutgers.edu

Project Description - SAHI members conduct health fairs/workshops and preventive screenings for the South Asian community in Newark and several areas throughout New Jersey. Our health fairs/workshops are held in-person or online and members deliver presentations and provide recommendations for the management of diabetes, hypertension, and several other health issues common in South Asian population within the cultural context of these communities.

Community Impact - Our preventive screening events are typically held at South Asian cultural centers and members receive training for numerous clinical skills, including measuring blood pressure and other vital signs, intercultural sensitivity, clinical interpretation, and providing patient assessments and plans. We interact closely with several national organizations, such as North American Disease Intervention, to prepare and disseminate educational materials for our patients.

STREET MED

Group Contact Info: [Mina Ghbrial \[mmg226@njms.rutgers.edu\]](mailto:mmg226@njms.rutgers.edu) OR [Miriam Ibrahim \[mji33@njms.rutgers.edu\]](mailto:mji33@njms.rutgers.edu)

Project Description – There is a 32-year life expectancy disparity between the chronically homeless and general US population. The city of Newark hosts a significantly large homeless population surrounding NJMS. Yet, despite the presence of many health resources serving the homeless, there still remains a large gap in their access to these resources. To assess and actively target the health needs of this population, and establish a connection between the homeless population surrounding NJMS and the many resources the school provides, primarily the residents of Newark Hope Shelter and individuals residing around Penn Station.

Community Impact – Biweekly lecture series on a variety of general health and wellness topics at Newark Hope Shelter • Biweekly distribution of care packages including clothing, general/dental/female hygiene products, first aid kits at Newark Hope Shelter • Monthly street run at Newark Penn Station, providing individuals with food, care packages, informative fliers on available health resources, and being a liaison and resource for their general health or social work needs.

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

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5:30-8pm. **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.

STUDENT FAMILY HEALTHCARE CENTER (SFHCC) FAIRMONT SHELTER and APOSTLE'S HOUSE CLINICS

Group Contact Info: njmssfhhcc@njms.rutgers.edu

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

STUDENT SIGHT SAVERS PROGRAM (SSSP)

Group Contact Info: sightsavers@njms.rutgers.edu

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

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