

# C.E.S.L.

## (Community Engaged Service Learning) Projects

Academic Year 2024-2025

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## **Advantage Tennis CESL Information**

**Project Contact Info:** [advantagetennis@njms.rutgers.edu](mailto:advantagetennis@njms.rutgers.edu)

**Project Purpose:** We would like to provide the Newark community, specifically the youth of Newark with a tennis program taught by NJMS medical students. We would like to volunteer for GNTE programs. They have a spring and summer tennis program, which we would like to volunteer for. Also, throughout the year, we would also like to hold other activities, perhaps a campus tour to mentor the tennis players about the pre-medical track. No training is involved due to our partnership with GNTE and our volunteers already know how to play tennis.

**Service Details:** We want to provide our students with the opportunity to connect with the Newark community in hopes that they learn about the disparities that exist. Tennis is an expensive sport that is difficult to get exposure to if the player and the player's family cannot afford it. This is why we want to provide this service to Newark, so that the youth in our community has the opportunity to learn. In return, NJMS students will be able to connect with the Newark community and learn soft skills that come with teaching and mentorship.



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## **All EARS (Encouraging Active Reception and Self Reflection) CESL Information**

**Project Contact Info:** [allears@njms.rutgers.edu](mailto:allears@njms.rutgers.edu)

**Project Purpose:** The purpose of ALL EARS is to provide nonmedical companionship to patients that are experiencing significant hardships at University Hospital. We visit patients who are referred to us by the palliative care team in order to provide comfort and empathy during their time with us.

**Service Details:** We collaborate with Palliative Care to identify patients who may require additional social support, and request that NJMS student volunteers visit patients at their own convenience to provide company and comfort while also establishing meaningful connections.



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## **APSEA (American Preventative Screening and Education Association) CESL Information**

**Project Contact Info:** [apsea@njms.rutgers.edu](mailto:apsea@njms.rutgers.edu)

**Project Purpose:** Through the NJMS American Preventive Screening and Education Association (APSEA), we aim to raise awareness about cardio metabolic 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.

**Service Details:** Students will be able to interact with participants to take blood pressure, heart rate, blood sugar, BMI, fat percentage, among other measurements, and give general preventive strategies to avoid developing hypertension or diabetes, or successfully manage the conditions.



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## **BCON (Bleeding Control) CESL Information**

**Project Contact Info:** [bcon@njms.rutgers.edu](mailto:bcon@njms.rutgers.edu)

**Project Purpose:** BCON aims to provide education about bleeding control techniques to members of the Newark community. By running educational talks and demonstrations using techniques like packing, pressure and tourniquets BCON hopes to create informed bystanders that can act in the event of an accident or injury where bleeding occurs.

**Service Details:** We teach high school students proper techniques in bleeding control via monthly school visits. We perform both didactic and active lessons where students learn to stop bleeding on fake legs and become proficient in techniques including compression, wound packing and tourniquet application.



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## **Bergen Barbers CESL Information**

**Project Contact Info:** [BergenBarbers@njms.rutgers.edu](mailto:BergenBarbers@njms.rutgers.edu)

**Project Purpose:** Bergen Barbers aims to serve the Newark community, specifically the patients in University Hospital. The program particularly places emphasis on the patients with long hospital stays and the unhoused population, who lack access to basic hygiene amenities like showers and shaves. Throughout the past year, we've encountered patients who greatly appreciate our services, particularly shaving, for reasons ranging from cleanliness during mealtime and surgical procedures to boosting confidence through improved appearance. The target patients of Bergen Barbers primarily consist of those in need of grooming services (haircut, shave, combing, etc.) to enhance their hospital experience. Hospitalization often induces stress and isolation, and simple acts like a haircut or shave can restore a sense of normalcy, elevate self-esteem, and contribute to overall well-being. Feeling good about one's appearance can foster a more positive outlook and may even aid in the healing journey.

**Service Details:** Bergen Barbers offers a valuable avenue for patient interaction by providing a friendly face outside the context of the patient's medical condition. This social engagement benefits both patients and medical students, as this service can also improve students' communication with patients in the hospital setting. Finally, our services directly impact the hygiene of patients, which, as nurses and family members have attested, helps with meals (as food gets stuck in facial hair) and surgeries (especially those performed on head and neck). Our resources include a dedicated team of medical students willing to commit multiple hours a month, and also barber tools and skills to deliver these grooming services effectively.



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## **Bystander CPR (Cardiopulmonary Resuscitation) Training CESL Information**

**Project Contact Info:** [bystandercpr@njms.rutgers.edu](mailto:bystandercpr@njms.rutgers.edu)

**Project Purpose:** Cardiac arrest does not discriminate, and many cardiac arrests occur at home. A certain percentage of the Newark community will witness a loved one go into cardiac arrest, and they may be the only one available to act. Providing them with bystander CPR training can make them less anxious in that situation, and increases the chance that the patient will survive. Communities with strong bystander CPR and AED programs see much higher CPR survival rates than communities that lack these options. Training would also allow students to share what they learned with family members, empowering them to act in an emergency as well.

**Service Details:** NJMS students would attend a one day training course preparing them to teach classes. Afterwards, they would be able to teach bystander CPR (adult, infant, and child), AEDs, epi-pens, naloxone, choking, and bleeding control. A full class covering all topics would last several hours and require multiple instructors to monitor approximately six students each. However, shorter classes could be offered to meet the needs of different groups or events. For example, trained students could set up a table at a community event and provide five minute instructions on how to do hands-only CPR for an adult. Instructors would work one-on-one with each student for a brief period, allowing a smaller number of instructors to teach many students. Because of this flexibility, the group size, frequency of activities, and sites of service could vary to suit the needs of the community.





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## **CARE (Comprehensive Addiction Resources and Education) Navigators CESL Information**

**Project Contact Info:** CAREStudentOutreach@njms.rutgers.edu

**Project Purpose:** To provide social support for patients suffering from opioid use disorder via student navigators

**Service Details:** Our main activity now is providing naloxone kits and education about their use to opioid use disorder patients



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## **CASC (Community Audiometry Screening Clinic)**

### **CESL Information**

**Project Contact Info:** [casc@njms.rutgers.edu](mailto:casc@njms.rutgers.edu)

**Project Purpose:** Through the NJMS Community Audiometry Screening Clinic, we aim to raise awareness about hearing loss within the local community by holding free hearing screenings through partnerships with organizations that provide community health screenings. At these events, participants can learn about their level of hearing and preventive strategies to avoid developing hearing loss. 21 Furthermore, we hope to characterize levels of hearing loss in the population of Newark. Altogether, CASC stands to screen an average of 500 people a year.

**Service Details:** We are partnering with Newark Public Library to have screenings at various library events. In addition, we are working with APSEA and their community connections and events to rapidly increase the number of screenings we are able to conduct initially. We anticipate conducting around 20 screening events (approx. 2hr long with 2 student each) a year with 15 patients every event for 300 patients every year. Furthermore, we believe we can bring approximately 5 students to each of these screenings, offering approximately 80 hours. Altogether, CASC stands to screen an average of 300 people a year.



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## **CLM (Chinese Language and Medicine)**

### **CESL Information**

**Project Contact Info:** [clmatnjms@njms.rutgers.edu](mailto:clmatnjms@njms.rutgers.edu)

**Project Purpose:** NJMS Chinese Language and Medicine aims to provide NJMS students with basic training in Medical Mandarin to facilitate effective patient communication and medical interviewing. We also aim to introduce medical students to the field of Traditional Chinese Medicine through a series of guest lectures.

**Service Details:** We volunteer with Tzu Chi to conduct health-screenings for a largely Chinese-American population.



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## **CoOrdinated Outreach and Linkage Program (C.O.O.L.)**

### **CESL Information**

**Project Contact Info:** [cool@njms.rutgers.edu](mailto:cool@njms.rutgers.edu)

**Project Purpose:** To address an identified gap in care delivery for LGBTQ+ populations in Newark and Essex County, the ID Practice at NJMS established a community engagement arm in 2022, the COordinated Outreach and Linkage program (C.O.O.L.), consisting of a mobile van testing unit as well as a team of community engagement specialists who conduct focus groups and needs assessments, provide HIV testing and counseling in non-traditional settings, partner with community-based organizations (CBOs) for special events, HIV testing, and sexual health counseling, and connect people to care for HIV prevention and treatment services. Over the past year, C.O.O.L. has established the new mobile van unit, offered testing and counseling outside of ID Practice usual operating hours (evenings, weekends), provided health and economic education sessions at the Newark Public Library, performed needs assessments in the form of focus groups, spearheaded a destigmatizing re-branding effort for the ID Practice, and engaged with numerous CBOs, community events, and community advisory boards.

**Service Details:** Up to 5 students per year could participate in this CESL project. The service for this project can consist of several activities: Staffing the mobile unit to assist with HIV/STI testing, counseling/education around sexual health, and promotion of services available at the ID Practice. HIV education and safety training for the mobile unit will be provided by the C.O.O.L staff. One student at a time can be on the mobile unit, which operates Monday-Friday, including late hours on Thursdays, as well as 2 Saturdays a month. Participating in implementing needs assessments through focus groups to gain understanding on the most important priorities of the communities we serve with respect to sexual health.



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## **DEMI (Dry Eye Management Initiative)**

### **CESL Information**

**Project Contact Info:** [demi@njms.rutgers.edu](mailto:demi@njms.rutgers.edu)

**Project Purpose:** To screen for, educate on, and provide materials for the management of dry eye to the underserved populations of Newark

**Service Details:** We will visit local shelters in Newark and conduct screening questionnaires for dry eye. Then we will provide materials such as warm/cold compresses, eyelid wipes, sunglasses, artificial tears, etc. to individuals with moderate to severe dry eye. We also will provide short educational presentations on the risk of dry eye and ways to marginalize symptoms.



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## **Dermatology Community Service Project**

### **CESL Information**

**Project Contact Info:** [dermig@njms.rutgers.edu](mailto:dermig@njms.rutgers.edu)

**Project Purpose:** It has been well-documented that Caucasian/White patients have better health outcomes and reduced morbidity and mortality rates associated with dermatologic conditions when compared to non-white patients. This disparity may be attributed to a lack of diversity in dermatology medical imagery.

**Service Details:** The first part of our project will be to increase educational resources to the Greater Newark community, either at community events or in neighboring school districts to students. In order to cater to the specific needs of the Newark community, we will train students on how to present skin cancer related information to members of the community. For example, we plan to discuss the benefits of sunscreen and sun protective clothing, and educate them regarding the warning signs of melanoma and non-melanoma skin cancer, specifically in those with darker skin types. The second part of the project will be providing dermatology resources and medical services to the Greater Newark community via a partnership with ScreenNJ, a mobile healthcare facility from Rutgers Cancer Institute of New Jersey. Due to a lack of dermatology facilities at University Hospital and within the Newark community in general, this mobile healthcare facility will help us provide residents with a free skin screening while also providing continuity in care by providing them information on nearby dermatology facilities if a follow-up is needed.



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## **DHLO (Diabetes Health Literacy Outreach)**

### **CESL Information**

**Project Contact Info:** [DHLO@njms.Rutgers.edu](mailto:DHLO@njms.Rutgers.edu)

**Project Purpose:** This project will aim to improve the health outcomes of patients in Newark living with diabetes, and hopefully bridge disparities in complications secondary to uncontrolled diabetes for patients in the ID outpatient clinic at UH. In the short term, we expect more compliance with diabetes management (timely use of oral medications, blood glucose monitoring, insulin use, healthier diet, and exercise) as patients will have more immediate and convenient access to someone who can sit with them one-on-one and provide counseling on their condition.

**Service Details:** Students will learn the basics of diabetes management, which includes monitoring blood glucose levels, dosing/self-injecting insulin, and making lifestyle changes to improve the long-term health status of diabetics. This is helpful for all students regardless of their desired specialty, as the effects of diabetes are widespread and relevant to every body system; across preceptorships in preclinical years and M3 and M4 rotations, medical students will inevitably work with several patients that need counseling on diabetes management or living with the condition. We are certain that this organization will be valuable to students in such situations. In addition to these hard skills, students will develop their cultural awareness and competence as they interact with disadvantaged patient populations (ex: patients receiving gender-affirming care, at risk of or living with HIV, etc).



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## **DVIP (Domestic Violence Intervention Program) CESL Information**

**Project Contact Info:** [dvip@njms.rutgers.edu](mailto:dvip@njms.rutgers.edu)

**Project Purpose:** DVIP is a project in collaboration with NJMS and domestic violence community agencies in Newark to provide care to women and children that have experienced domestic violence. Our project intends to teach medical students how to screen for and provide resources for patients experiencing domestic violence in order to ensure their safety and future wellbeing of survivors and their children.

**Service Details:** Students undergo domestic violence training by the faculty advisor. Once trained, students will visit a University Hospital's OBGYN clinic or local domestic violence shelters 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.

### **How you can sign up!**

**Via:** Attend DVIP training sessions, M1s may attend the mandatory domestic violence HHH session, attend events, volunteer to screen patients for domestic violence and PTSD in the OBGYN clinic and refer them to social workers for further resources.





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## **Green Club**

### **CESL Information**

**Project Contact Info:** [greenclub@njms.rutgers.edu](mailto:greenclub@njms.rutgers.edu)

**Project Purpose:** We aim to provide produce to the Newark community while educating the community about sustainability and importance of produce and teaching various gardening techniques.

**Service Details:** We tend to the outdoor garden which provides produce that the community can access; we organize planting events with the local community center; we attend various fairs/events where we table to educate people about the club and gardening itself.



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## **IDEA (Involvement with Disability Education and Advancement) CESL Information**

**Project Contact Info:** [idea@njms.rutgers.edu](mailto:idea@njms.rutgers.edu)

**Project Purpose:** We aim to enrich the lives of children with specialized needs and assist parents with enhancing their child's educational environment.

**Service Details:** We provide educational/interactive workshops for the JFK School in Newark for kids with special needs.



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## **Inspire CESL Information**

**Project Contact Info:** [inspire@njms.rutgers.edu](mailto:inspire@njms.rutgers.edu)

**Project Purpose:** INSPIRE (Initiative for Newark Student Population Interventional Radiology Education) is an initiative to teach high school students about the field of radiology and medicine/STEM fields. We teach students who are already interested in the sciences and medicine, such as at Science Park High School for example. By fostering and growing this interest from students, we encourage them to pursue higher education and continue to follow their goals. Since exposure to the field of radiology remains limited in the premedical years, we aim to supplement these students' anatomy/physiology and science courses with interesting, interactive sessions that will further their excitement for and knowledge about this area of the medical field. Early exposure to the field of radiology at the high school level can help these students explore their medical interests early in their career, which is helpful for their future success. Since many students in our target population are minorities, we also hope to encourage and uplift minority students in their pursuit of entering a field of medicine that is lacking in diversity. Through this project, NJMS students will be able to hone their communication skills, grow their teaching skills by explaining medical topics in an approachable manner, and deepen their own understanding of radiology topics such as procedures and modalities. Medical students can also benefit from being able to use ultrasound and other image-guided techniques during our interactive sessions, as these opportunities to be hands-on in a simulated environment are limited within the preclinical years.

**Service Details:** Medical students lead virtual or in-person interactive sessions with high school students in the Newark area consisting of lessons that integrate diagnostic tools, image-guided procedures, and radiological career paths. Sessions also may include an interactive portion; for example, prior sessions have included students using ultrasound on organ models. The medical students also offer advice and encouragement to the high school students on their pre-medical path. These sessions are often 1-3 hours in total and involve participation from 3-5 medical students. Occasionally, INSPIRE partners with Mini Medical School to conduct our interactive teaching sessions. Similarly, these sessions are 1-2 hours and involve 3-5 medical students. We also participate in teaching sessions for the general community at community-wide events like the UH/AANS Annual Stroke Fair. At this fair, members of the community come to seek out stroke-related education and screening services, and INSPIRE's role here is to help community members understand and demystify imaging procedures involved in stroke care so that the community members can better navigate and feel more comfortable receiving health care. These events are 3-6 hours and involve participation of 3-5 medical students.



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## **Ironbound Initiative**

### **CESL Information**

**Project Contact Info:** [ironboundinitiative@njms.rutgers.edu](mailto:ironboundinitiative@njms.rutgers.edu)

**Project Purpose:** Support and improve the health of the large Portuguese and Brazilian immigrant community in the Ironbound section of Newark. Many have limited English proficiency, limited health literacy, and lack health insurance. Ironbound Initiative aims to help bridge these healthcare gaps by offering preventative care and connecting these individuals to healthcare services.

**Service Details:** Our project meets on the second Saturday of every month at Mantena Global Care, a nonprofit organization located at 294 Ferry St, Newark, NJ. Students take patient's blood pressures and hand out surveys that inform us of any gaps in the patient's care like being behind on recommended screenings. We educate patients about where they can get primary care and health screenings, including free colonoscopies if they qualify. Being fluent in Portuguese is a plus but is not a requirement. We occasionally go to additional health fairs as well which are larger events.



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## **LEP (Limited English Proficiency) Service Learning Program**

### **CESL Information**

**Project Contact:** [lepspanish@njms.rutgers.edu](mailto:lepspanish@njms.rutgers.edu)

**Project Purpose:** The purpose of the project is to offer translating services to members of the Newark community who are of limited English proficiency since their native language is Spanish. In the hopes that it reduces the language barrier they face when seeking healthcare.

**Service Details:** Medical students who speak Spanish natively or at an advanced level volunteer at the student clinic to offer translating services. Medical students could also assist other CESL projects who go out to the community of Newark to offer preventative health screenings to members who speak Spanish and have LEP. We also hope to establish Medical Spanish workshops through the Spanish/Portuguese Department of Rutgers Newark so members can improve their Spanish, especially medical Spanish.

### **How you can sign up!**

Contact us through email or approach us at the CESL fair, then interview for the position. As members we send information to sign up at the Student Clinic or other events that are in need of translators.



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## **MiniMed (Mini Medical School) CESL Information**

**Project Contact Info:** [minimedschool@njms.rutgers.edu](mailto:minimedschool@njms.rutgers.edu)

**Project Purpose:** Provide an introductory level medical school curriculum to expose underserved high school students to the medical field to further increase diversity in medicine as well as provide mentorship opportunities to these students.

**Service Details:** MiniMed preceptors teach introductory-level medical topics to high school students interested in the healthcare field by presenting hour-long lectures once a week for six weeks. Preceptors also help to facilitate lectures given by NJMS faculty members and elective sessions that are run by various NJMS student groups.



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**MSFC (Medical Students for Choice)**  
**CESL Information**

**Project Contact Info:** [msfc@njms.rutgers.edu](mailto:msfc@njms.rutgers.edu)

**Project Purpose:** The main learning outcomes for students involved in offering patient companionship and navigation services will be:

- Gain communication/verbal skills and interpersonal skills with patients.  
Integrate clinical knowledge
- Support all pregnancy outcomes and experiences
- Effectively work as part of a healthcare team- interdisciplinary knowledge
- Learn to document encounters
- Learn about barriers and hardships of women seeking abortion care
- Improve patient advocacy and navigation skills, and serve as intermediary between patients and providers

**Service Details:** We will prepare our students for what it means to provide others with support during emotionally charged and vulnerable situations during our workshops. We offer our students with a safe space during monthly workshops to talk about their experiences and to offer each other with support. These debriefing sessions are critical in our program.



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## **Neurosafe**

### **CESL Information**

**Project Contact Info:** [neurosafe@njms.rutgers.edu](mailto:neurosafe@njms.rutgers.edu)

**Project Purpose:** We will be serving the Newark high school population by educating students on the importance of traumatic brain injury and spinal cord injury prevention during their driver's education class. We will be working alongside patients from Kessler who will volunteer their time to educate students on their experiences after injury. We hope to address the high incidence of motor vehicle accidents in Newark and convey the message that safe driving is a important skill to develop to prevent traumatic injury. We also will be address gun violence by explaining how a single gun injury can lead to significant physical and psychological impairment. We are currently working with the NJ chapter of ThinkFirst and the school district of Newark to allow us to go to classrooms throughout the city.

**Service Details:** The content and information presented to the local Newark high school students will consist of: driving safety advice (speeding, texting, driving under the influence), statistics on SCI/TBI prevalence among the students' age group, animations of injury during accidents, and overviews of neuroanatomy and their correlation with injury. These presentations will involve PowerPoint presentations, anatomic models, videos, and bringing in patients with neurological injuries (also known as Voices of Injury Prevention or VIPs) from the ThinkFirst NJ organization/network to discuss their personal experiences and challenges after they received their injuries. During the PowerPoint presentation, trained NJMS students (Health Educators) will present an easy to understand explanation of SCI and TBI mechanisms of action and provide injury prevention knowledge that can be applied to their day-to-day lives.





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**NJMS Knotted**

**CESL Information**

**Project Contact Info:** [knotted@njms.rutgers.edu](mailto:knotted@njms.rutgers.edu)

**Project Purpose:** The main learning outcomes for the project are to introduce suturing to high school students, to improve access of minority youth to careers in healthcare, and to maintain mentorship relationships between NJMS and Science Park. Working with Science Park High School students provides them with a unique opportunity to learn about academic, health, and general life challenges that result from living in and around Newark. Through Knotted, NJMS students can learn about the barriers that lead to a lack of representation in the medical field, particularly those that impact inner city youth. As a result of meaningful conversations, the NJMS volunteers will gain a better understanding of how a lack of representation in medicine manifests in these impressionable young adults.

**Service Details:** A more open, discussion-based approach has been used to gauge how NJMS students feel after participating in suturing workshops. The feedback shared amongst the organization's members has been dynamically implemented as workshops have passed allowing for a smoother and more educative experience for both NJMS and Science Park High School students alike.



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## **NJMS Sight Savers**

### **CESL Information**

**Project Contact Info:** [sightsavers@njms.rutgers.edu](mailto:sightsavers@njms.rutgers.edu)

**Project Purpose:** The goal of Sight Savers is to provide vision screenings to members of the Newark community for early detection of vision threatening diseases, including glaucoma, cataracts, diabetic retinopathy, and age-related macular degeneration. We also provide counseling and information to these patients and refer them to appropriate follow-up services in our hospital. In addition to this primary focus, we serve as the ophthalmology interest group for NJMS students by coordinating training workshops on our ophthalmic equipment and educational talks led by faculty and residents.

**Service Details:** We conduct community free community eye screenings and hold educational sessions in the community making people aware of the risks that may expose them to vision-threatening situations and diseases.



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## **NJMS (Newark Junior Mentoring Society) Squared CESL Information**

**Project Contact Info:** [njmssquared@njms.rutgers.edu](mailto:njmssquared@njms.rutgers.edu)

**Project Purpose:** Through involvement with NJMS Squared, medical students will be able to:

1. Engage with local elementary, middle and high school students in an academically underserved population
2. Gain insight into the needs of at-risk youth in Newark
3. Learn and implement the mentoring skills necessary to effectively work with at-risk youth

**Service Details:** 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. Each medical student volunteer is matched with one local student from one of these schools based on the student's specific needs (i.e. - math tutoring). Volunteers meet with their mentees once per week on a flexible basis and work with them over Zoom or in the classroom.



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## **Nourishing Newark CESL Information**

**Project Contact Info:** [nourishingnewark@njms.rutgers.edu](mailto:nourishingnewark@njms.rutgers.edu)

**Project Purpose:** Nourishing Newark is a student-led initiative focused on addressing food insecurity among emergency department patients in University Hospital's Emergency Department.

**Service Details:** Club activities include administering surveys to identify food insecurity, teaching patients about nutritional literacy, providing patient-specific information about local food banks and nutrition resources, and assisting eligible patients with SNAP/WIC registration. We aim to provide CESL hours on a weekly basis.

The club aims to make a tangible impact on individual, family, and community levels by providing immediate hunger relief and long-term nutritional education. It also offers students valuable experience in understanding social determinants of health, developing patient communication skills, and engaging in community outreach. Through this initiative, the club seeks to address critical community needs while enhancing members' medical education and preparing them for future careers in healthcare.



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## **Prenatal Patient Partnership CESL Information**

**Project Contact Info:** prenatalpartnership@njms.rutgers.edu

**Project Purpose:** PrePP aims to educate and provide resources to expectant mothers in the Newark community as they navigate this time.

**Service Details:** Student participants will be trained to lead education sessions in certain topics of prenatal and postpartum care to help promote healthy behaviors in pregnant patients. This project works with the patient coordinator in the OB/GYN clinic to conduct third trimester and breastfeeding education sessions for expecting mothers.



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## **Project BEAM (Beyond Education, Academics in Medicine) CESL Information**

**Project Contact Info:** [projectbeam@njms.rutgers.edu](mailto:projectbeam@njms.rutgers.edu)

**Project Purpose:** Project BEAM is an initiative out of O'Darah Outreach, a certified NJ non-profit organization, and our purpose is to educate inner-city youth with the end goal of increasing their health literacy along with the health literacy of their community as a whole.

**Service Details:** Project BEAM hosts interactive small-group teaching sessions at Great Oaks Legacy Charter School, presenting information about the prevalence, incidence, pathophysiology, and clinical manifestations of different diseases.



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## **Project Pediatrics**

### **CESL Information**

**Project Contact Info:** [projectpediatrics@njms.rutgers.edu](mailto:projectpediatrics@njms.rutgers.edu)

**Project Purpose:** We aim to improve the social support provided to children of UH and the Newark community.

**Service Details:** We volunteer in the UH playroom, organize activities for children at UH, and organize drives to benefit the children of Newark.



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## **RCHC (Rutgers Community Health Center) CESL Information**

**Project Contact Info:** [ruchc@njms.rutgers.edu](mailto:ruchc@njms.rutgers.edu)

**Project Purpose:** This is an opportunity for students who are interested in community medical education initiatives, urban health, and social outreach in the Newark community. The purpose of RCHC is to educate vulnerable populations about topics related to personal health and hygiene.

**Service Details:** Students will bring educational discussions and presentations to various shelters in Newark.





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## **RECOVER (Recovery of Equipment for Capacity Building OVERseas) Initiative**

### **CESL Information**

**Project Contact Info:** [project.recover@njms.rutgers.edu](mailto:project.recover@njms.rutgers.edu)

**Project Purpose:** We collect clean, unused medical and surgical supplies from UH's OR, ER, SICU, IR, and other departments. These supplies are sorted and shipped out to countries in need, including Sierra Leone, Haiti, and most recently Ukraine. This not only diverts medical supplies from becoming waste, but also addresses the issue of lacking access to valuable medical resources. The supplies we send out makes it possible for physicians abroad to provide life-saving care.

**Service Details:** On a weekly basis, we collect supplies from various departments around UH. Each week we collect an average of 40 lbs. We then sort the supplies so that we have an organized stock in place for when we are ready to put together shipments. Fundraising is another key aspect of the club, as it provides funding to ship the supplies abroad.



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## **SCANS (Students for Cancer Awareness and Navigating Screenings) CESL Information**

**Project Contact Info:** [scans@njms.rutgers.edu](mailto:scans@njms.rutgers.edu)

**Project Purpose:** Through SCANS, we hope to help the hospital bridge the gap in cancer detection and care, empower our students to make a positive difference in the community, and foster better health outcomes for all Newark patients, particularly those most vulnerable to cancer disparities

**Service Details:** Student volunteers of SCANS (Students for Cancer Awareness and Navigating Screenings), will actively contribute to cancer screening and education initiatives, focusing on breast, colon, cervical, and lung cancer. Our role as student patient navigators extends beyond support and includes impactful activities centered around screening and education.



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## **See, Test & Treat**

## **CESL Information**

**Project Contact Info:** [ceslstdt@njms.rutgers.edu](mailto:ceslstdt@njms.rutgers.edu)

**Project Purpose:** The population we will be serving is underinsured and uninsured women in the greater Newark community. Women who are underinsured and uninsured have higher incidence of cervical and breast cancers and a more advanced disease than the general population. Efforts have been made to increase screening for these cancers by reducing barriers to care for underinsured women. See, Test & Treat is a pathologist-supported program to provide free cervical and breast cancer screening to underserved and underinsured patient populations. In addition, STT has other community and medical school organizations come and provide additional screening and health care education. For example, Sight Savers does ophthalmology screening for patients and SFHCC comes and does blood pressure screening.

**Service Details:** The main role of student volunteers at this event is to help in varying areas of the fair. Some students help with translation as much of our patient population speaks other languages. Some students help navigate patients from one part of the fair to another, which allows us to better engage the patients coming to our fair and allows them to be able to interact with all the services and resources we are providing. Some students help with the screenings, some students help in patient rooms to do pap smears. These are just examples of the various roles we have. The site of the service is the Cancer center at UH. There is a yearly event, so 2 in 18 months. The average group size of students volunteering for just the event itself is around 50 students.



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## **SFHCC (Student Family Health Care Center) Main Clinic**

### **CESL Information**

**Project Contact Info:** [njmssfhhcc@njms.rutgers.edu](mailto:njmssfhhcc@njms.rutgers.edu)

**Project Purpose:** SFHCC is a student-run organization helping to provide healthcare for underserved patients in and around Newark.

**Service Details:** Students in SFHCC can partake in clinic nights, during which a group of students will see a patient, formulate a plan with an attending physician, and navigate continuing care after the visit. Students can also take part in community health fairs, screening events, and numerous other activities.

### **How you can sign up!**

All new first years interested in becoming part of SFHCC apply for membership, though any student can come to clinic nights if there are available spots.



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## **SFHCC (Student Family Health Care Center) Satellite Clinic**

### **CESL Information**

**Project Contact Info:** njmsfairmont@njms.rutg

**Project Purpose:** We at SFHCC Satellite Clinic see individuals in outpatient settings across the city of Newark. We currently service three locations; Newark Hope Village which is a shelter for people without housing. Fairmont Clinic which is a shelter servicing men. Apostles House which is a shelter serving women and children.

**Service Details:** We see patients as a group of four medical students, under the supervision of a preceptor. Students will be able to practice their history taking, physical exam and differential formulation skills.

### **How you can sign up!**

Students should provide their contact information to receive an application for SFHCC Satellite Clinic. We accept a limited number of applicants every year due to limited spots in our clinical shifts.



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## **Street Med CESL Information**

**Project Contact Info:** [streetmed@njms.rutgers.edu](mailto:streetmed@njms.rutgers.edu)

**Project Purpose:** 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.

Street Med is an organization that aims to address the challenges facing the homeless population in Newark.

**Service Details:** Health Literacy Sessions, Health Maintenance Sessions, Student-Run Clinic, Food Drives, and much more.



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## **VLO (Vaccine Literacy Outreach) CESL Information**

**Project Contact Info:** [immunomed\\_njms@njms.rutgers.edu](mailto:immunomed_njms@njms.rutgers.edu)

**Project Purpose:** Vaccination rates are decreasing across the nation aside from the COVID-19 pandemic, thereby increasing the risk of local outbreaks and morbidity from dangerous infectious diseases such as measles, H. flu, pertussis, etc. This disproportionately impacts younger generations, as parents would have been more likely to receive their own childhood vaccinations in youth.

Vaccination rates already tend to be lower amongst ethnic minorities, so this intersection exacerbates an already prevalent health risk in Newark communities. Due to their positionality as it relates to healthcare institutions, medical students occupy a unique role through which they can serve as community educators. Medical students who seek to learn from members of the community and who may be less likely to be perceived as members of the out-group of healthcare providers are in a unique position to serve as conduits for health education.

**Service Details:** This organization reaches out to local community spaces (YMCA, local gyms, grocery stores) through tabling and providing incentives for individuals to engage in discussions surrounding vaccinations. Tabling will occur once a month, and at a greater frequency from October to March, due to the increase in communicable diseases during this time (ie Influenza/COVID-19). Training will be provided for students prior to engaging in volunteering services. This training will involve providing a unified narrative when discussing vaccines, building empathy towards those with apprehension, and navigating how to address common misconceptions surrounding vaccinations/infectious diseases.



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## **Weight Management (inactive) CESL Information**

**Project Contact Info:** [weightmanagement@njms.rutgers.edu](mailto:weightmanagement@njms.rutgers.edu)

**Project Purpose:** 1) Students will gain first-hand experience working one-on-one with patients understanding the lived experience of obesity and barriers to weight loss. 2) Students will understand the social determinants of health that contribute to obesity. 3) Students will understand different perspectives about weight, struggles with weight loss, and weight bias in society. 4) Students will gain knowledge about healthy weight loss nutrition principles. 5) Students will gain experience with motivational interviewing and how to promote behavior change.

**Service Details:** This project aims to have a positive impact on the Newark community by helping patients seeking weight management achieve a healthier lifestyle according to their goals. By addressing the health needs that our Essex County patients self-identified from our needs assessment project, we hope to better assist our patients improve their health and lifestyle in a way they find meaningful. We hope this project will ultimately help patients reach their weight management goals at the Weight Management Center. By focusing on interventions such as nutrition and behavior change, we also hope that patients will be able to take these skills and apply them at home with their family and friends and improve the health of their homes and community. The interventions will take place within University Hospital. The additional resources we plan to use are a dietician and a mental health specialist. Health Literacy Sessions, Health Maintenance Sessions, Student-Run Clinic, Food Drives, and much more.