



Student Project Abstracts

2011 Paul Ambrose Scholars Program



ASSOCIATION FOR PREVENTION TEACHING AND RESEARCH

Total number of volunteers involved with student projects: 767

Total number of people served by student projects: >3,224

Table of Contents

Student Project Titles by Healthy People 2020 Topic	4
Adolescent Health	4
Cancer	4
Diabetes	4
Educational and Community-Based Programs	4
Family Planning	5
Health Communication and Health Information Technology	5
Heart Disease and Stroke	5
Maternal, Infant, and Child Health	6
Mental Health and Mental Disorders	6
Nutrition and Weight Status.....	6
Older Adults.....	6
Oral Health.....	6
Respiratory Diseases	7
Sexually Transmitted Diseases	7
Social Determinant of Health.....	7
Substance Abuse	7
Student Project Abstracts by Discipline.....	8
Allopathic Medicine.....	8
Social Justice Symposium: Social Justice in Health	8
Preventing Relapse in recovering MSM drug addicts through changes in sex behavior	8
The Health Literacy Project	9
Repaving the Road for Assault-Injured Youths	9
LGBT Psych-Ed Support Group	10
Healthy Today, Healthier Tomorrow	10
Not a Fan of an Indoor Tan.....	10
Dentistry.....	11
Help shaping the eating habits of underserved population in New York City using survey as an educational tool.....	11
Bridging the Gap: Oral Health Promotion Campaign.....	12
Healthy Hearts & Healthy Smiles	12
Oral Health Care during Pregnancy and Early Childhood Caries Prevention	13

Graduate Nursing 13

 Diabetes Day 13

 Expedited Partner Therapy..... 14

 Perspectives of Healthy Eating through the Lens of African American Youth: A Photovoice Project
 14

 Better for Baby - Environmental Health in Pregnancy 15

 Improving Cardiovascular Health through Exercise, Diet, and Smoking Cessation 15

 Implementing Living Well Workshops in Immigrants who Speak Mandarin of Louisville Metro Area
 16

Osteopathic Medicine 16

 Love Starts with Understanding Me Workshop..... 16

 Homeless Outreach through Medical Education: Teaching awareness of psychiatric emergencies
 amongst social workers..... 17

 Muslim Women and Vitamin D..... 17

 Learning how to Address Childhood-Obesity in Camden County (and beyond) 18

 Determining Medical Students’ Interest in Primary Care and Identifying Factors That Influence
 Choosing a Specialty..... 19

 Tuberculosis Education to a Homeless Population in Chicago..... 19

 Asthma in Appalachia..... 20

 Effects of Engagement Surveys on Type II Diabetes Outcomes 20

 Sound Minds, Healthy Hearts: Helping Patients meet Cardiovascular Challenges 21

Pharmacy 21

 From Wheeze to Breeze: an Interdisciplinary Approach to Asthma Education in an Urban Setting .21

 Development of Interview/Protocol for Medication Adherence Strategies upon Discharge of
 Psychiatric Patients 22

 Medicare Part D Clinic 23

 Medication Safety for Pregnancy and Infants..... 23

 Inexpensive Birth Control: Information you cannot afford to pass up! 24

 Carlton County Operation Community Connect..... 24

Physician Assistant 25

 One less: An HPV and STD Education Project 25

 Assessing Environmental/Social Barriers to Effective Treatment for Chronic Mentally Ill Patients .25

 Connecting cardiovascular complications and diabetes..... 26

 Latino Heritage Health Literacy Pilot program: Culturally sensitive strategy for STI/HIV prevention
 & testing in Latinos taking ESL classes..... 26

Cultural Competency and Health Care Disparities 27

The Silent Epidemic: A multi-pronged approach to screening and managing depression in a Family
Medicine residency training practice 28

Healthier Women, Healthier Minnesota: Nutrition and Healthy Lifestyles Curriculum 28

Student Project Titles by Healthy People 2020 Topic

Adolescent Health

Repaving the Road for Assault-Injured Youths
Bobby Kelly

Love Starts with Understanding Me Workshop
Magdala Chery

Cancer

Not a Fan of an Indoor Tan
Maryam Safaee

Diabetes

Diabetes Day
Deborah Fiore Bryant

Effects of Engagement Surveys on Type II Diabetes Outcomes
Vanessa Solomon

Connecting cardiovascular complications and diabetes
Vinvia Leung

Educational and Community-Based Programs

Help shaping the eating habits of underserved population in New York City using survey as an educational tool
Chun Pae Cho

Bridging the Gap: Oral Health Promotion Campaign
Sapna Lohiya

Healthy Hearts & Healthy Smiles
Julie McNeish

Perspectives of Healthy Eating through the Lens of African American Youth: A Photovoice Project
Saria Lofton

Implementing Living Well Workshops in Immigrants who Speak Mandarin of Louisville Metro Area

Xiaorong Wang

Muslim Women and Vitamin D

Zain Hasan

Determining Medical Students' Interest in Primary Care and Identifying Factors That Influence Choosing a Specialty

Jennifer Kroll

Tuberculosis Education to a Homeless Population in Chicago

Mary Lundgren

Development of Interview/Protocol for Medication Adherence Strategies upon Discharge of Psychiatric Patients

Ashanta Brady

Medication Safety for Pregnancy and Infants

Ashley Janis

Carlton County Operation Community Connect

Laura Palombi

One less: An HPV and STD Education Project

Meredith Freeman

Latino Heritage Health Literacy Pilot program: Culturally sensitive strategy for STI/HIV prevention & testing in Latinos taking ESL classes

Benjamin Olmedo

Cultural Competency and Health Care Disparities

Jessica Stein

Family Planning

Inexpensive Birth Control: Information you cannot afford to pass up!

Diane Bezzant Ogborn

Health Communication and Health Information Technology

The Health Literacy Project

LoAnn Heuring

Heart Disease and Stroke

Improving Cardiovascular Health through Exercise, Diet, and Smoking Cessation

Kayla Stinson

Sound Minds, Healthy Hearts: Helping Patients meet Cardiovascular Challenges

Benjamin R. Stacy

Maternal, Infant, and Child Health

Better for Baby - Environmental Health in Pregnancy

Katie McElroy

Mental Health and Mental Disorders

Homeless Outreach through Medical Education: Teaching awareness of psychiatric emergencies amongst social workers

Christian A. Dean

Assessing Environmental/Social Barriers to Effective Treatment for Chronic Mentally Ill Patients

James Lesniak

The Silent Epidemic: A multi-pronged approach to screening and managing depression in a Family Medicine residency training practice

Amy Turner

LGBT Psych-Ed Support Group

Kabir Matharu

Nutrition and Weight Status

Learning how to Address Childhood-Obesity in Camden County (and beyond)

Jarrett Schanzer

Healthier Women, Healthier Minnesota: Nutrition and Healthy Lifestyles Curriculum

Abby Willaert

Healthy Today, Healthier Tomorrow

Marc Polacco

Older Adults

Medicare Part D Clinic

Corey Hayes

Oral Health

Oral Health Care during Pregnancy and Early Childhood Caries Prevention
Neelam Shah

Respiratory Diseases

Asthma in Appalachia
Stanley Marlowe

From Wheeze to Breeze: an Interdisciplinary Approach to Asthma Education in an Urban Setting
Shamsul Arif

Sexually Transmitted Diseases

Expedited Partner Therapy
Kahlil Demonbreun

Social Determinant of Health

Social Justice Symposium: Social Justice in Health
Adrian Jacques H. Ambrose

Substance Abuse

Preventing Relapse in recovering MSM drug addicts through changes in sex behavior
Andrew T. Gray

Student Project Abstracts by Discipline

Allopathic Medicine

Social Justice Symposium: Social Justice in Health

Adrian Jacques H. Ambrose

Institution and Year: John A. Burns School of Medicine, Class of 2014

Project Start Date: April 2, 2012 to April 7, 2012

Final Project Abstract

In an effort to integrate multidisciplinary approaches in health care, we inaugurated the first annual Social Justice in Health Symposium for the Oahu's professional and public community. The main purpose of the symposium was designed as a potential resource network and launching point for interested individuals to pursue health-related projects. Encouraging exchanges and interactions among professionals in different fields, such as Social Work, Law, Medicine, Public Health, and Nursing, we emphasize the notion of interdisciplinarity and collaboration in patient health care and advocacy.

The Symposium examined three main topics and culminated in a skill leadership workshop: 1) Community Development and Public Policy, 2) Introduction to Social Determinants of Health, and 3) Vulnerable Population Advocacy and Public Health. In each event, we examined a specific case study to provide fundamental knowledge on the topic, facilitate brainstorming for solution, and promote implementation of innovative ideas and collaborative projects. The event was extremely well received and attended by students, community members, faculties, and staffs from a variety of disciplines.

The resultant camaraderie and definitive plans for social activism among the participants highlighted the culminating success of the symposium. In this battle against health inequities, our symposium underscores the necessity of a collaborative and interdisciplinary effort for novel and sustainable interventions in our communities.

Number of project volunteers: 10 students and 5 mentoring faculties

Number of people served by project: 43

Preventing Relapse in recovering MSM drug addicts through changes in sex behavior

Andrew T. Gray

Institution and Year: Baylor College of Medicine, Class of 2012

Project Start Date: July 1, 2011

Final Project Abstract

The overarching purpose of my project was to help prevent relapse in gay drug addicts. In order to do this, I created a lengthy online survey looking at the sexual behaviors of gay drug addicts before their addiction, during their addiction, and during sobriety. My initial hypothesis was that gay men who engaged in particularly unusual or wild sexual practices during their addiction would be more likely to relapse if they continued those practices in sobriety. The results of my survey show that my hypothesis was completely wrong. In fact, gay men who resort to conservative sexual practices during sobriety were more likely to relapse. The next step in my project is to finish my paper and seek publication; however, this is not the endpoint of my project. I still plan to present my results in several different formats to my target audience (gay drug addicts). I will publish mainstream versions of my research in several gay publications and will present my research at several “Round Ups,” gay and lesbian recovery conferences held at various locations throughout the US.

Number of project volunteers: 90

Number of people served by project: Potentially 300-400+

The Health Literacy Project

LoAnn Heuring

Institution and Year: NJMS- UMDNJ, Class of 2012

Final Project Abstract

[Please see poster attachment.](#)

Number of project volunteers: Please see poster

Number of people served by project: Please see poster

Repaving the Road for Assault-Injured Youths

Bobby Kelly

Institution and Year: Drexel University College of Medicine

Project Start Date: July 2011

Final Project Abstract

Healing Hurt People (HHP) is a community-focused, hospital-based program designed to reduce reinjury and retaliation among youth ages 8-30. My project worked specifically with the youth program, serving adolescents aged 8-21 at St. Christopher’s Hospital for Children and Hahnemann University Hospital. I recruited fellow medical student volunteers to partner up with youth clients to help support them with academic tutoring, life-skills mentoring and college preparation.

Number of project volunteers: 8

Number of people served by project: 10

LGBT Psych-Ed Support Group

Kabir Matharu

Institution and Year: University of California, Davis, Class of 2012

Project Start Date: May 1, 2011

Final Project Abstract

The aim of this service project is to provide medical and psychiatric care to individuals with Medical or no health insurance in either California or Washington DC by holding sessions in which we provide food. Many of those whom we have served are homeless or indigent. In designing this project, particular goals I had in mind were to provide a welcoming environment through which Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) individuals can obtain care; encourage frank discussion within group sessions; and explore socio-cultural factors contributing to “minority stress.”

Number of project volunteers: 6

Number of people served by project: 40-50

Healthy Today, Healthier Tomorrow

Marc Polacco

Institution and Year: University of Iowa Carver College of Medicine, Class of 2014

Project Start Date: August 2011

Final Project Abstract

Healthy Today, Healthier Tomorrow is a program consisting of ten lessons designed to teach elementary school children about health and nutrition. Lessons consist of a didactic portion in which children are taught basic physiology, followed by instruction as to how nutrition and exercise affect the physiology presented. Each lesson also contains an activity which is geared toward active learners. At the end of a lesson there is a physical activity included to provide examples of how one can be active.

Number of project volunteers: 21

Number of people served by project: Approximately 450 children

Not a Fan of an Indoor Tan

Maryam Safae

Institution and Year: University of Utah School of Medicine, Class of 2014

Project Start Date: May 2011

Final Project Abstract

Skin cancer has become the most common cancer diagnosed in the United States. The incidence of melanoma and nonmelanoma skin cancers is increasing at a rapid rate, especially among young adult women. UV radiation whether from natural sunlight or from the use of tanning beds remains to be the single most significant modifiable risk factor in the prevention of melanoma. It has been reported that there is a 75% increase in risk of Melanoma for users of artificial tanning devices, especially if before the age of 35. Data from the 2011 Utah Prevention Needs Assessment (PNA) Survey reveals that 9.5% of all Utah students in grades 6, 8, 10, and 12 used a tanning device one or more times in the previous 12 months. Between 2001-2005 the rate of new melanoma diagnoses, was 37% higher in Utah than the national average. During the fall of 2011 I performed a study to evaluate the baseline knowledge, behavior and attitude towards tanning, of sophomores and juniors in Salt Lake City high schools, the students ranged between the ages of 15-17. The study involved a pre-presentation survey assessing the objectives listed above and then followed by an informative presentation on the risks associated with indoor tanning. The study revealed some interesting facts; an alarmingly 67% of students reported never being told by their physician any information regarding sun protection or the harms associated with UV radiation. However, those students that had been educated by their physicians did report that they knew UV radiation could cause skin cancer; this was in contrast with the students that were not educated. In addition, many of the students who engaged in indoor tanning also had family members such as mothers, sisters, or aunts who participated in this activity with them. Although, this was a very preliminary study it did reveal the lack of education among the adolescent population. This is further evidence that in addition to policy change there needs to be ongoing education initiatives targeting the youth from both their health care providers and school system.

Number of project volunteers: 3

Number of people served by project: 500

Dentistry

Help shaping the eating habits of underserved population in New York City using survey as an educational tool

Chun Pae Cho

Institution and Year: New York University College of Dentistry

Project Start Date: November 15, 2011

Final Project Abstract

It is clear that any type of intervention whether tobacco cessation or nutritional counseling can help increase one's awareness for healthy habits. Any amount of time spent on patient education can positively affect community as a whole if implemented systematically. This study clearly shows patients' desires to eat better given the opportunity for education. It is also interesting to note that this survey itself became a teaching tool for these patients as we went over the

questions together. There is a huge need to develop more educational surveys to help with patient education and to help clinicians work more efficiently with limited resources.

Number of project volunteers: 4

Number of people served by project: 19

Bridging the Gap: Oral Health Promotion Campaign

Sapna Lohiya

Institution and Year: UCLA School of Dentistry, Class of 2013

Project Start Date: January 2012

Final Project Abstract

Studies have shown that untreated tooth decay plagues about 23% of children in the U.S. between the ages of 6 and 19. Economic and social disadvantages in the underserved communities of Los Angeles, California effectively mean that there is also a decreased access to dental care and knowledge necessary for prevention of this infectious disease. As a dental student, I have witnessed firsthand the detrimental effects poor diet and oral hygiene practices can have on not only patients' dentition but also on their overall health. I see children who commonly practice drinking soda before going to bed and others who are not aware of simple practices that can allow them to lead healthier lifestyles. My PASP Final Project aimed to bridge this gap in knowledge by teaching the proper techniques of oral hygiene while inspiring elementary school children to improve their daily oral hygiene through appropriate diet/nutrient information and the promotion of dental visits twice a year. In creating an interactive yet informative presentation and providing toothbrushes, toothpaste and floss to take home, my plan was to provide these children with the opportunity to develop lifelong habits that may lead to the preservation of oral health. My PASP project also aimed to bridge the gap between what is being taught at school and at home by creating pamphlets and bags that reminded families how to take care of their oral health.

Number of project volunteers: 30

Number of people served by project: Projected estimate for 2012-13 year: 5500 children

Healthy Hearts & Healthy Smiles

Julie McNeish

Institution and Year: University of Connecticut, Class of 2013

Project Start Date: January 2012

Final Project Abstract

The purpose of my project was to create a community-based nutrition and oral health education program for delivery through the public schools, as well as other community centers or faith-based institutions. This ended up only being delivered to the guardian group through a

community center in Hartford. As a member of the Urban Service Track at my school, an important part of my mission was to provide interdisciplinary education that allows for the community to connect all aspects of health care and to understand the continuity that should exist between different areas in maintaining one's health. This was accomplished. My main initiative for this specific program was to target the lack of knowledge and awareness that exists and persists in communities, especially in urban ones, where health care access is limited and chronic disease is high. I was able to confront the community on their knowledge regarding healthy diet and proper oral healthcare. All of the attendees were parents so a part of the program focused on how they need to educate their children and younger relatives.

Number of project volunteers: 12

Number of people served by project: 32

Oral Health Care during Pregnancy and Early Childhood Caries Prevention

Neelam Shah

Institution and Year: Boston University Goldman School of Dental Medicine

Project Start Date: August 1, 2011

Final Project Abstract

The project established a referral system with the obstetrics and dental departments at the South End Community Health Center. The nurses and doctors in the OB/GYN department educated their patients on the importance of maintaining oral health care during pregnancy and referred them to make a dental appointment. In this way, the project increased oral hygiene, in order to prevent caries and improve their periodontal status.

Number of project volunteers: 7

Number of people served by project: 250

Graduate Nursing

Diabetes Day

Deborah Fiore Bryant

Institution and Year: Yale University, Class of 2012

Project Start Date: September 2, 2011

Final Project Abstract

The goal of this project was twofold: to coordinate comprehensive health services for current diabetic patients in the community health centers in Connecticut, as well as raise awareness about diabetes and provide health lifestyle education to at-risk, underserved populations. A self-management program was developed for the diabetic patients at The Community Health and Wellness Center of Greater Torrington. This included instruction on correct medication

administration, healthy eating, physical activity and stress reduction. Nursing staff was trained for successful implementation. In November, Diabetes Day invited current diabetics to come to the clinic to receive all of their services in at one time – this ranged from checking A1c to foot exams. Additionally, student volunteers were trained to educate residents of the local housing project in New Haven at the Healthy Neighbors Fall and Spring Health Fairs. Residents received diabetes risk screenings and, if appropriate, glucose screening as well as pedometers and healthy recipes in English and Spanish.

Number of project volunteers: 30

Number of people served by project: 165

Expedited Partner Therapy

Kahlil Demonbreun

Institution and Year: Medical University of South Carolina

Project Start Date: May 7, 2012

Final Project Abstract

This project aims to assure a practice standard is recognized as consistent with the current prescriptive privileges of Advance Practice Registered Nursing (APRN) in the state of South Carolina (SC) to include an innovative treatment option for the management of select sexually transmitted infections (STIs). Infections caused by *Chlamydia trachomatis* and *Neisseria gonorrhoeae* hold significance negative health consequences for the collective demographic of citizens in SC especially women. Whereas treatment is fairly simple, difficulties exist for treating patients as well as their partners simultaneously. Expedited Partner Therapy (EPT) is the treatment of partners of patients diagnosed with these infections. This evidenced based treatment option is recommended by the Centers for Disease Control and Prevention (CDC) and has recently been adopted by the SC Board of Medical Examiners but for physician implementation only. Thus this project seeks to augment policy to assure utilization of this strategy for APRNs by gaining an Advisory Opinion on the matter from the SC Board of Nursing.

Number of project volunteers: 0

Number of people served by project: Approximately 4,680,000 (policy change to would affect all citizens of the state)

Perspectives of Healthy Eating through the Lens of African American Youth: A Photovoice Project

Saria Lofton

Institution and Year: Rush University, 4th year Doctoral Student

Project Start Date: May 2012

Final Project Abstract

I have 10 students that will take photographs of what they consider to be healthy eating and non-healthy food options. We will have a focus group discussion around the photographs. I will also work with this same group regarding healthy habits. I created a 4 week mini-curriculum to engage students. I will be working with preteen/teen girls that are participating in a softball program established by a community-based organization, Near West Community Development Corporation in Chicago.

Number of project volunteers: 2

Number of people served by project: 15

Better for Baby - Environmental Health in Pregnancy

Katie McElroy

Institution and Year: University of MD School of Nursing, 1st year doctoral student

Project Start Date: Materials Development – 9/11-12/11; Implementation – July 2012

Final Project Abstract

This project entailed the creation of a class for low-income pregnant women in Baltimore City. The class, called Better for Baby: Environmental Health in Pregnancy, consists of five modules that can be taught together or in separate sessions. Topics covered include an introduction to environmental health, mercury, lead, pesticides and safe use of plastics. The materials created include an instructor's guide, activities for participants and participant handouts. The class will be implemented during weekly Mom's Club meetings for women participating in the B'more for Healthy Babies initiative.

Number of project volunteers: 1-2

Number of people served by project: Initially a cohort of 7-10, with opportunity to serve multiple cohorts in the future

Improving Cardiovascular Health through Exercise, Diet, and Smoking Cessation

Kayla Stinson

Institution and Year: University of Louisville, Class of 2012

Project Start Date: August 29, 2011

Final Project Abstract

Improving Cardiovascular Health Through Exercise, Diet, and Smoking Cessation was developed to help low income senior citizens in West Louisville understand the impact that diet, exercise, and smoking have on their health and to assist them in making lifestyle modifications to improve their cardiovascular health status. Three education sessions were held at Oak and Acorn Senior Center covering each of the three topics. The sessions were lead by the Nurse Practitioner student who designed the program. During the session on diet, participants were taught the

components of a healthy diet, and ways to buy healthy foods on a reduced income. Examples of healthy food were presented to participants then raffled off at the end of the session. In the exercise session, participants learned benefits of exercise and were taught how to do exercises at home without the use of any equipment. Several participants practiced the exercises with the instructor. The smoking cessation session educated the senior community members about the dangers of smoking related to cardiovascular health along with several options for quitting. All sessions included both a pre and post test to evaluate learning. Participants were given handouts at each of the sessions to increase sustainability of the sessions. Many of the participants reported learning new ideas for a healthier lifestyle. Additionally during the program, a free cancer screening mobile unit was brought to Oak and Acorn. Eighteen community members participated in the screening.

Number of project volunteers: 4

Number of people served by project: 25

Implementing Living Well Workshops in Immigrants who Speak Mandarin of Louisville Metro Area

Xiaorong Wang

Institution and Year: University of Louisville

Project Start Date: August 2011- April 2012

Final Project Abstract

The Living Well Workshops (LWW) is one evidence-based chronic disease self-management program developed by the Stanford University School of Medicine. The University of Louisville Department of Family & Geriatric Medicine has successfully implemented the LWW in English-spoken populations of Louisville Metro area, but encountered difficulty in reaching immigrants. Partnering with the department, the initiative was to recruit immigrants to participate in and take advantage of the LWW. The total of 18 immigrants who spoke Mandarin attended the workshops. Participants met in a community setting with three trained facilitators, 2.5 hours, once a week for 6 weeks. Topics covered include symptom management, medication usage, evaluation of new treatments, food choices, physical activity, problem solving, and communications. Post-workshop evaluation indicated that participants were satisfied with the program. Substantive gain in both knowledge of health management and friendship with other attendants was also indicated as an outcome of attending the program.

Number of project volunteers: 4

Number of people served by project: 18

Osteopathic Medicine

Love Starts with Understanding Me Workshop

Magdala Chery

Institution and Year: UMDNJ- School of Osteopathic Medicine, Class of 2014

Project Start Date: July 27th 2012

Final Project Abstract

On July 25, 2012, The first “Love Starts with Understanding Me” workshop was held in Camden, NJ. The workshop was done in conjunction with a summer program that is conducted through Woodrow Wilson High School in Camden. The event had nearly 60 participants in attendance. The day was broken down into 3 sessions and a lunch to allow students to socialize. Session 1 was held with all the male students, session 2 was held with all the female students, and the 3rd was an open forum combined with all the students. The workshop served as a forum to discuss the elements of dating violence and the components of healthy relationships. Students were encouraged and given tools that would assist them in making healthy smart choices. Other topics discussed include STD’s, goal setting, and self-empowerment.

Number of project volunteers: 6

Number of people served by project: 55 students

Homeless Outreach through Medical Education: Teaching awareness of psychiatric emergencies amongst social workers

Christian A. Dean

Institution and Year: University of North Texas Health Science Center at Fort Worth- Texas
College of Osteopathic Medicine

Project Start Date: April 17, 2012

Final Project Abstract

My project was to determine the clinical knowledge level of case managers and social workers that work with the Fort Worth homeless population in regards to psychiatric disorders. Preliminary discussions with several key community and mental health leaders guided the development of the project; this culminated in an interactive case-format-driven discussion about common psychiatric disorders prevalent amongst this community. Pre- and post- discussion assessment to determine if the knowledge level changed showed 30% point improvement in understanding of the psychiatric disorders covered in the presentation.

Number of project volunteers: 6

Number of people served by project: 55

Muslim Women and Vitamin D

Zain Hasan

Institution and Year: LECOM, Class of 2013

Project Start Date: October 2011

Final Project Abstract

Women who take to conservative clothing especially in the lake brims of central North America, are at danger for decreased total Vitamin D from lack of sun exposure. In Erie, PA especially there is a lack of sunlight due to the “cloud affect” that leads to decreased levels of vitamin D. Through new research it has been known that decreased levels of Vitamin D lead to osteoporosis and fracture’s amongst other more dangerous ramifications like cancer. Research conducted at Detroit medical center showed the levels of Muslim women were more than 2x less than that of their southern counter parts. My project was intended to empower and educate the populations of Erie PA and then the greater wings of the lake brim. In this process a presentation at local mosques in Erie, along with physician education in Erie helped spread the knowledge. Education was given to not only patients but also the physicians in order to help make people aware. Currently a Youtube channel is being made along with CDs that can be sent out to other Mosques in the area to further the education. If this goes well the next step will be the Amish community in south eastern PA as they have a similar dress pattern.

Number of project volunteers: 5

Number of people served by project: 35 directly, over 200 indirectly

Learning how to Address Childhood-Obesity in Camden County (and beyond)

Jarrett Schanzer

Institution and Year: UMDNJ SOM, Class of 2013

Project Start Date: April 2012

Final Project Abstract

Childhood obesity has become a major local and national health issue. Genetic, environmental, socioeconomic and cultural factors have all been implicated as contributing factors. There are especially vulnerable periods during childhood development where major co-morbidities may ensue; therefore, it is important to educate kids on nutrition and physical activity as it relates to their everyday life. Since there are already established organizations helping to achieve a common goal (Revitalizing Education & Advancing Camden's Health, “Project REACH”), together, we are able to make a more profound impact; this is currently being achieved by adding a physical activity module, and restructuring the nutrition module of Project REACH with evidence-based medicine. Approximately 20, 6th-8th-grade students at East Camden Middle School participate in 3 hours/week of extracurricular, problem-based learning over the course of 7 months (October – April). The ultimate goal is to help reduce the prevalence of childhood obesity in Camden County, and beyond.

Number of project volunteers: About 10 Medical students at UMDNJ SOM and 5 volunteers from Rutgers University (Camden Campus)

Number of people served by project: About 20, 6th-8th graders / week

Determining Medical Students' Interest in Primary Care and Identifying Factors That Influence Choosing a Specialty

Jennifer Kroll

Institution and Year: AT Still University Kirksville College of Osteopathic Medicine, Class of 2014

Project Start Date: March 2012

Final Project Abstract

The purpose of my study was to determine the level of interest in pursuing a career in primary care among medical students attending ATSU-KCOM and identify factors that influence students' specialty choices. An online survey was distributed to current KCOM students from the classes of 2013, 2014 and 2015 and 208 surveys were completed. Of the 208 completed surveys, 55% of students chose a primary care specialty (Family Medicine, Internal Medicine, Pediatrics and Obstetrics and Gynecology) for their first choice, 36% plan to specialize and 9% were undecided/other. Further data analysis will be completed over the next coming months as part of my academic fellowship. The percentage of current KCOM students choosing primary care (55%) is much higher than the 32% of graduating students who completed the American Association of Colleges of Osteopathic Medicine (AACOM) 2010-11 Academic Year Survey of Graduating Seniors. Based on previous research, I believe that the primary factors influencing students' specialty choices will include: age, gender, race, controllable lifestyle and educational debt.

Number of project volunteers: 208

Number of people served by project: 0

Tuberculosis Education to a Homeless Population in Chicago

Mary Lundgren

Institution and Year: Midwestern University - Chicago College of Osteopathic Medicine, Class of 2014

Project Start Date: August 2011

Final Project Abstract

My Paul Ambrose Scholars Project involved providing education to a population at high risk from tuberculosis. I sought to develop a presentation (written and oral) for medical students to give to patients in the waiting room. The presentation included a pamphlet with simple pictures and diagrams, as well as information written below a 6th grade reading level in large print in a pamphlet for the patients. I provided a more descriptive PowerPoint presentation as background in tuberculosis education for the medical student volunteers so that they are prepared to answer any questions that the patients may have.

I would like to use this project as a framework, which would be adapted to future educational projects informing patients of other pertinent health topics to continue health awareness for this

community. The ultimate goals of this project was to develop a greater sense of community health awareness in this patient population and to expose medical students to the benefits of focusing on the health of the community in addition to the health of the individual.

Number of project volunteers: Approximately 10

Number of people served by project: Uncertain as of right now

Asthma in Appalachia

Stanley Marlowe

Institution and Year: Lincoln Memorial University, Class of 2013

Project Start Date: May 2011

Final Project Abstract

In this project, I researched many peer-reviewed articles and found out which substances most exacerbate asthma attacks. I then took this information and compiled a pamphlet. I took the pamphlets and distributed them across several counties in southwest Virginia and southeast Kentucky. The information in the pamphlet was set at a 5th grade reading level.

Number of project volunteers: 2-3

Number of people served by project: Unknown, at least a few hundred

Effects of Engagement Surveys on Type II Diabetes Outcomes

Vanessa Solomon

Institution and Year: Western University of Health Sciences – College of Osteopathic Medicine of the Pacific, Class of 2012

Project Start Date: IRB submission was September 2011 with approval in November 2011

Final Project Abstract

Behavior change is critical to successful prevention and management of numerous chronic diseases, including Diabetes Mellitus. Research indicates that simply asking patients about their disease state or behavior may be enough to evoke positive change. This study serves as a pilot project to examine the effect of intentional minimal engagement and focused education through a brief engagement survey on Type II Diabetes outcomes. The goal of this intervention is to examine the benefit of a brief engagement survey on health outcomes related to type II diabetes as well as the effects of concise dietary advice on such outcomes. A total of 30 patients were enrolled in a three-arm randomized protocol in which all patients received the standard of care for type II Diabetes as defined by Standards of Medical Care in Diabetes – 2011 published by the American Diabetes Association, a second arm also received basic dietary information based on the ADA diet, and a third arm received the same dietary information and an 8-item engagement survey about Type II diabetes knowledge of disease complications, risk behaviors, and available community resources. The primary endpoints of the study were: HbA1c, blood pressure,

cholesterol measurements and weight with follow-up points at 3, 6, and 9 months. Data was also collected on the patients' level of education, primary language spoken, fluency with English, and previous experience with diabetic education courses. Due to delays in Institutional Review Board approval and the limited number of available patients meeting inclusion criteria enrollment was not completed until April 2012. 3-month follow-up data will be available in July 2012.

Number of project volunteers: 5

Number of people served by project: 30 subjects enrolled – number served will depend upon publication

Sound Minds, Healthy Hearts: Helping Patients meet Cardiovascular Challenges

Benjamin R. Stacy

Institution and Year: Edward Via College of Osteopathic Medicine – Virginia Campus
OMSII

Project Start Date: March 15, 2012

Final Project Abstract (one paragraph)

The purpose of the research is to gauge the interest of the local population in mind – body methods to help reduce cardiovascular challenges. The focus is on how mental health concerns such as stress may contribute to cardiovascular problems including high blood pressure. The sample will be given an informative handout offering them area locations providing mindfulness training to improve their cardiovascular health. The handout's goal is to improve the knowledge and inform the public. After receiving the handout the subjects will be given post survey focused on their likelihood of participating in mind-body methods to improve cardiovascular health and to determine which methods they would like to receive more instruction about. Collected data obtained will be anonymous and statistically analyzed for trends to help determine effective mind-body strategies to prevent cardiovascular disease. The current research is ongoing and still in the data collection process to improve sample size in order to yield more accurate outcomes.

Number of project volunteers: 10

Number of people served by project: >100

Pharmacy

From Wheeze to Breeze: an Interdisciplinary Approach to Asthma Education in an Urban Setting

Shamsul Arif

Institution and Year: University of Connecticut School of Pharmacy, Class of 2012

Project Start Date: June 2011

Final Project Abstract

From Wheeze To Breeze is an hour long interactive education session developed for asthma patients or their families/caregivers. The curriculum has three identified components: Partnering with Provider, Learning about Medication and Avoiding Triggers. These components were identified using NHLBI's asthma management brochure for public. Audiences partake in an activity to learn about each component. A quiz is administered pre- and post-session to both enhance and assess asthma knowledge gained by the audience. The quiz is an abridged version of the Asthma Self-Management Knowledge Questionnaire that was developed using content areas identified by NHLBI's NAEPP and published in the Journal of American Academy of Nurse Practitioners.

Number of project volunteers: 4

Number of people served by project: 6

Development of Interview/Protocol for Medication Adherence Strategies upon Discharge of Psychiatric Patients

Ashanta Brady

Institution and Year: Howard University College of Pharmacy, Class of 2012

Project Start Date: Proposed Start Date-September 2011, Actual-April 2012

Final Project Abstract

The development of various formulations of antipsychotic medication has led to improvements in the optimal management of schizophrenia. Depot preparations are proven to improve adherence and may lead to optimal therapeutic outcomes for patients and caregivers. Moreover, injectable formulations are recommended for maintenance, while conventional and dissolving tablets are used for patients who may require acute stabilization. During my advanced practice clerkship at St. Elizabeth's Psychiatric Hospital in Washington, DC the Director of Medical Affairs approached me and a classmate about developing a drug use evaluation on the utilization of concomitant long acting injectable and oral therapies. While most patients benefit from the use of different antipsychotic medications, the benefit of utilizing the same antipsychotic medication in different formulations was less clear and supported by few studies. We developed a presentation of findings which turned into a cross sectional study for providers that have patients on concomitant therapies. Out of 98 patients on long acting injectables (N = 288), 28 patients were on concomitant therapy. For patients on concomitant therapy providers were contacted via email to respond with a brief explanation of this specific therapy approach. As results are currently ongoing, I am in contact with the preceptor to see the direction of the project.

Number of project volunteers: >2

Number of people served by project: 30-90 inpatients at St. Elizabeth's Hospital

Medicare Part D Clinic

Corey Hayes

Institution and Year: University of Arkansas for Medical Sciences, P4

Project Start Date: September 1, 2011

Final Project Abstract

The Medicare Part D Clinic was established at the UAMS Institute on Aging to aid seniors in making well-informed decisions about which Medicare Part D plan best fits their needs. The clinic is staffed by third year student pharmacists and overseen by two pharmacists at the Institute on Aging. Since many seniors are on a fixed budget, we made it our duty to utilize the clinical knowledge and insurance experience student pharmacists have to help make the plan options more understandable. For its initial season, the clinic saw around 40 patients and had a potential cumulative savings of \$28,929 in comparing patients' current plans to other suitable options.

Number of project volunteers: 28

Number of people served by project: 56

Medication Safety for Pregnancy and Infants

Ashley Janis

Institution and Year: James L. Winkle College of Pharmacy, University of Cincinnati, Class of 2012

Project Start Date: June 2011-December 2011

Final Project Abstract

I prepared and presented two one-hour learning sessions for the pregnant women in the UC Health University Hospital Centering Program focused on medication safety. It was focused particularly on proper acetaminophen dosing guidelines, as they have changed drastically over the past two years. Each mother was provided a dosing guideline card, as well as oral dosing syringes to ensure effective dosing. I also demonstrated how to use the dosing syringe to make sure they were familiar with how to use it properly. Children's ibuprofen was also displayed so I could explain the difference and why acetaminophen was the proper agent for a newborn as it is a common misconception that they are interchangeable medications. A variety of over-the-counter products were also passed around the room and we discussed the importance of medications while breastfeeding.

Number of project volunteers: 2

Number of people served by project: 20

Inexpensive Birth Control: Information you cannot afford to pass up!

Diane Bezzant Ogborn

Institution and Year: University of Utah College of Pharmacy, Class of 2012

Project Start Date: August 1, 2011

Final Project Abstract

I gathered information regarding the most affordable types of birth control available in Utah County, UT for individuals with no health insurance. Information included cash prices (\$9 and \$12) of the two lowest cost generic birth control pills on the market. The location and hours of a free clinic, Mountainlands, and a clinic which provides free condoms, Planned Parenthood, were also included in the flyer. I compiled this information into a bold, clear flyer that was distributed to individuals living in two low income housing complexes. Flyers were also given out at a community event in Lehi, UT.

Number of project volunteers: 8

Number of people served by project: 64 individuals and their families

Carlton County Operation Community Connect

Laura Palombi

Institution and Year: University of Minnesota College of Pharmacy, Duluth, Class of 2012

Project Start Date: January 2011

Final Project Abstract

Operation Community Connect was a great success this year, serving 386 individuals from 185 households. As the health screening coordinator, I was thrilled to bring together pharmacy students from the University of Minnesota College of Pharmacy, nursing students from Fond du Lac Tribal and Community College, graduate nursing students from the College of St. Scholastica as well as community nurses and pharmacists. Over 200 coats, over 100 blankets and over 300 meals were served at Operation Community Connect. Over 20 financial partners from the community helped to make this day a success and 48 vendors were present to help individuals find resources for housing, employment, energy assistance and other services. Over 40 individuals received foot care, over 50 received blood glucose, A1C, bone density or medication reviews, and 71 flu shots were given.

Quick Facts from 2011 OCC

386 served from 185 households

48 vendors

65 volunteers (between event and planning)

71 flu shots given

300 meals served

hundreds of coats distributed

over 100 blankets distributed

over 20 financial partners (donors)

Number of project volunteers: 65

Number of people served by project: 386 individuals from 185 households

Physician Assistant

One less: An HPV and STD Education Project

Meredith Freeman

Institution and Year: Butler University, Class of 2012

Project Start Date: August 2011

Final Project Abstract

I was able to plan several educational topics and activities for my project location. I met with 3 groups of women over the course of 6 months. The 3 topics discussed were HPV, STD education, and healthy lifestyles for women and children with low income. All of the women that attended the meetings gave me positive feedback and encouraged me to schedule more visits. They felt the information presented on various health topics and STD education extremely useful and helpful and wanted more women at the shelter to be able to learn more. Unfortunately my project site location became more difficult to work with and schedule events due to change in management and coordinators at the beginning of the new year. I was unable to schedule another visit that would work for the women and my schedule. I was grateful to be able to at least meet 3 times but would have enjoyed spending more time there.

Number of project volunteers: 1

Number of people served by project: 30

Assessing Environmental/Social Barriers to Effective Treatment for Chronic Mentally Ill Patients

James Lesniak

Institution and Year: Jefferson College of Health Sciences, Class of 2011

Project Start Date: April 2011

Final Project Abstract

This project sought to identify common barriers to meeting treatment goals for patients with a history of psychiatric conditions with an intended outcome of enhancing continuity of care and improved compliance with medical management. Medical chart reviews of 50 psychiatric patients who were listed on rapid readmit lists between October 2010 and March 2011 were conducted. Admission notes and discharge summaries were reviewed for each patient for all psychiatric admissions within the previous twelve (12) months. Information gleaned from medical charts included: number of psychiatric admissions in the previous 12 months, number of

days the patient was on the inpatient psychiatric ward, reason(s) for admission/readmission, number and type of psychotropic medications, presence of substance abuse, suicidal ideations/attempts, homelessness, presence of family support, location to which the patient was discharged, and whether or not the patient has a primary care provider, counselor or psychiatrist. In addition to chart reviews, interviews were conducted with individual patients admitted to the inpatient psychiatric ward who had a history of rapid readmissions. These interviews sought to assess the reasons for treatment failure and the cause of readmission from the perspective of the patient themselves. Finally, interviews were conducted with psychiatric services providers including: Psychiatrists, Psychiatric Registered Nurses, Psychiatric Nursing Assistants, Social Workers, Case Managers and Outpatient Clinicians. These interviews sought to identify inadequacies in the current system of psychiatric services provided to the chronic mentally ill with the intent of proposing changes to services to better serve the patients.

Number of project volunteers: 1

Number of people served by project: None directly. Indirectly hopefully the findings can be used to provide better care for chronically mentally ill patients.

Connecting cardiovascular complications and diabetes

Vinvia Leung

Institution and Year: Midwestern University, Class 2013

Project Start Date: August 5, 2011

Final Project Abstract

One major complication of diabetes is risk for cardiovascular events. In order to address the importance of diabetes control and its relationship to markers such as blood glucose levels and blood pressure, three major components were included in screening and outreach events in the greater Chicagoland area: hypertension screening, diabetes screening and diabetes education. Screening events emphasized the importance of patient empowerment through knowledge to manage or prevent diabetes and complications of diabetes.

Number of project volunteers: >30

Number of people served by project: >90

Latino Heritage Health Literacy Pilot program: Culturally sensitive strategy for STI/HIV prevention & testing in Latinos taking ESL classes

Benjamin Olmedo

Institution and Year: Yale School of Medicine PA Program, Class of 2011

Project Start Date: February 27, 2012; First set of Classes started on March 5, 2012

Final Project Abstract

Chlamydia and Gonorrhea cases in the state of CT are disproportionately high in Latino young adults, further increasing their risk for HIV infection. As of 2006, the Hispanic HIV/AIDS

population in CT is 41%, which is 23% higher than the national average. There is a shortage of culturally and linguistically appropriate HIV/AIDS prevention for Latinos of all ages but particularly in high risk Latino immigrant groups. The proposed pilot program incorporated strategies from motivational interviewing and combined them with proven methodologies into a Latino socio-cultural context to improve Health Literacy, decision-making and knowledge regarding STI/HIV transmission and treatment. The program consisted of three 60 min modules (with additional activities) conducted in both Spanish & English covering cultural stigmas, STI/HIV knowledge, HIV transmission, HIV/AIDS as a chronic disease and health literacy that were employed over the course of the three sessions in two planned cohorts of a male only group of 6 students and female only group of 6 students. Testing before and after the program will be employed to measure changes in STI/HIV knowledge. Additionally, the locations of free and confidential screening/testing sites were offered at the conclusion of the program. Follow-up will include an anonymous survey one month after the intervention to measure changes in attitudes, determine if testing was conducted and to receive feedback on the pilot program. The primary goal of the pilot program is to demonstrate that a culturally centric program is superior to generalized counseling methods for increasing STI/HIV screening/testing rates and decreasing STI/HIV prevalence in Latino populations. La Junta is the program that sponsored the program and offers ESL classes to over 700 Latino students in the Southern Connecticut area, which could reach a broad audience if the program is picked up, and implemented over the course of a year. Currently, an agreement between interested students at Yale and La Junta is being pursued to ensure the continuation of the program for the course of 9 months (equal to one “school year” of ESL class offerings).

Number of project volunteers: 2 volunteers involved with the initial pilot project implementation (6 volunteers involved with establishing the agreement for long term implementation)

Number of people served by project: 6 male students + 6 female students planned; due to personal issues, work requirements, and attendance issues only 4 students completed all planned sessions; the other students were present for 0 – 2 sessions.

Cultural Competency and Health Care Disparities

Jessica Stein

Institution and Year: NYIT, Class of 2012

Project Start Date: March 2012

Final Project Abstract

I organized interactive educational sessions containing videos, games, and handouts for future Physician Assistant students on different competency issues. Sessions include cultural health disparities as well as which diseases are more prevalent in certain populations how to work with interpreters, information about different religions and cultures, information about healthcare issues for those with physical and developmental disabilities as well as overlooked communities: geriatrics, LBGT, the homeless, the rural community and those living in poverty. These sessions were meant to increase the quality of care in healthcare.

Number of project volunteers: 18
Number of people served by project: 18

The Silent Epidemic: A multi-pronged approach to screening and managing depression in a Family Medicine residency training practice

Amy Turner

Institution and Year: Emory University, Class of 2012
Project Start Date: April 2012 (provider and staff education sessions), May 14-18, 2012 (universal depression screening week)

Final Project Abstract

Background: Depression is a common chronic medical condition seen in primary care which is largely under-recognized and undertreated. Depression also accounts for profound patient disability and is a major risk factor for noncompliance with medical treatment. **Design:** Cohort Study **Setting:** A family medicine training practice in Atlanta, Georgia. **Objective:** The purpose of this intervention was to determine the prevalence of depression at a single family medicine training practice, teach residents and staff about validated written depression screening tools, and provide the clinic with an updated list of mental health community resources while promoting a team approach for screening for depression. Long term goals include making depression screening the standard of care at this clinic and to demonstrate a need for future interventions for depression management. **Methods:** The intervention was divided into 3 phases: clinic staff and physician education, one week of universal depression screening, and continued annual and targeted screening practices. This paper focuses on the preliminary data from the first two phases of the study. **Results:** 256 depression screening instruments were collected at the family medicine clinic over one week which is an overall response rate of 76.42%. The prevalence of major depressive disorder and subsyndromal symptomatic depression was 8.59% and 3.96%, respectively. **Conclusions:** The high prevalence of depression at this clinic combined with the lack of knowledge of written screening tools and community resources prior to implementation of this intervention, support continuation of depression screening at least annually and when indicated by the U.S. Preventive Services Task Force guidelines. Low rates of physician documentation of depression diagnosis and treatment plans also warrant further investigation.

Number of project volunteers: 4
Number of people served by project: 256

Healthier Women, Healthier Minnesota: Nutrition and Healthy Lifestyles Curriculum

Abby Willaert

Institution and Year: Augsburg College, Class of 2012

Project Start Date: August 15, 2011

Final Project Abstract

Healthier Women, Healthier Minnesota: Nutrition and Healthy Lifestyles Curriculum set out to develop a nutrition curriculum which could be utilized by clinicians at the Family Tree Clinic in Saint Paul, Minnesota during their preconception model appointments. Over the last nine months, I modified my original idea significantly; choosing instead to focus on one age group, young women aged 16-21. The curriculum developed is for a two-class series, which can be taught either by me or by staff clinicians in the future. The “Healthy Eating Class Series” focuses on teaching young women nutrition fundamentals and gives them the tools necessary to make informed decisions when it comes to food. Areas of focus include grocery shopping, budgeting for food, reading a nutrition label, healthy cooking, keeping and analyzing a food diary, and eating well when eating out. There is also a significant focus on the relationship between food and emotions, and how this can affect the food choices we make. Each woman who completes the class series will receive a variety of handouts and tools to use in their lifestyle change, including a walking log and free pedometer as an incentive for completing the course.

Number of project volunteers: 2

Number of people served by project: Approximately 12-15 women/course