

Community Projects Summary

2013 Ambrose Scholars



510

- Volunteers involved with student projects.

5,325

- Approximate number of people served by student projects.

10,500

- Estimated number of people impacted by student projects.

Project by Discipline

Allopathic Medicine

Chidiogo Anyigbo

Emory University School of Medicine
Allopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Familias Saludables (Healthy Families): A healthy living workshop for Spanish-speaking, overweight/obese children and their parents.

Project Highlight: Many of the families who took part in the session began trying the recipes we taught in class. One patient in particular was very excited to work on all the homework assignments and at the most recent visit with the physician had lost 10 pounds. At the end of the five weeks, families commented on how they would miss the classes and really learned a lot.

Number of project volunteers: 1-5

Number of people served by project: 1-2

Anisha Bhatia

Northeast Ohio Medical University
Allopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Diabetes & Nepali Diet: A pilot study for Nepali refugees and health care providers.

Project Highlight: Three highlights: the planning and execution of my cooking demonstration, establishing partnerships with various community members, and garnering support for my project. I was able to motivate quite a few people to graciously donate their time in supporting my project.

Number of project volunteers: 1-5

Number of people served by project: 1-2

Lauren Collins

Boston University School of Medicine
Allopathic Medicine

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Interprofessional wellness fair for Spanish-speaking seniors.

Project Highlight: The seniors absolutely LOVED the more wellness-oriented stations (dancing, arts, nutrition) that were available to supplement the clinical stations. They worked up a sweat at the "Dance for Health" station where a choreographed routine was instructed, rehearsed, and executed! Almost every senior participated!

Number of project volunteers: More than 20

Number of people served by project: 75-100

Thomas Golden

Rutgers University Robert Wood Johnson Medical School
Allopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Diabetes education at East Jersey State Prison for inmates.

Project Highlight: I have learned the difficulties in navigating research approval and the IRB process. Thankfully, I have also learned that programs and mentors are available to help with research and community-oriented initiatives.

Number of project volunteers: 1-5

Number of people served by project: 15

Eric Jung

Penn State University College of Medicine
Allopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Assessing availability, accessibility, and affordability of healthy food options in Dauphin County, Pennsylvania for multi-ethnic underserved, indigent, disadvantaged populations in urban or rural environments.

Project Highlight: The most rewarding aspect of my project was the positive feedback from student volunteers speaking so passionately about their work.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Numan Khan

Baylor College of Medicine
Allopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: The Music and Wellness Program for Houston Middle School students.

Project Highlight: When reformulating the project to coordinate with another outreach program, it helped a great deal in terms of recruitment of program participants. Holding the program at an established institution also made it easier to acquire resources such as printing and video recording at no cost.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Robert Palmer

University of Central Florida College of Medicine
Allopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Florida Let's Get Moving for pediatric patient visits (Ages 4-9).

Project Highlight: The UCF COM trained an enthusiastic group of volunteers to carry out the project at a community health center. We organized three volunteer sessions and engaged approximately 25 children during each. After reading to the children and educating them on healthy lifestyles, we gave them their own copy of Henry Get's Moving to take home and share with siblings and friends.

Number of project volunteers: More than 20

Number of people served by project: 75-100

Dentistry

Keren Etzion

Stony Brook University School of Dental Medicine
Dentistry

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Assessing attitudes surrounding obesity screenings in the pediatric dental setting for caretakers of pediatric dental patients.

Project Highlight: Realistic goals are very important. Considering the timeline and asking for help when needed are key.

Number of project volunteers: Over 100

Number of people served by project: 100+

Elyse Hayes

University of North Carolina School of Dentistry
Dentistry

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: SHAC Clinic Oral Health Education Project for underserved, low income adults without regular dental care.

Project Highlight: I learned that public health projects often do not go as planned.

Number of project volunteers: Over 100

Number of people served by project: ~12

Alexandra Porcu

Stony Brook University School of Dental Medicine

Dentistry

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Assessing clinic resources for patients with limited english proficiency for Spanish-speaking patients with limited English proficiency.

Project Highlight: This project spread awareness among the faculty and students and helped to promote discuss and the resources I created as a supplement to this project. The data alerted us to the need for translation resources and the lack of utilization.

Number of project volunteers: More than 20

Number of people served by project: Over 500

Elizabeth Robinson

University of North Carolina at Chapel Hill

Dentistry

Leading Health Indicator Topic Addressed: Tobacco

Project Summary: TEC-NOH: Tobacco Education and Cessation, Nutrition and Oral Hygiene for elementary children and school nurses.

Project Highlight: I was able to identify several children with dental infections and inform the parent about their child's need as well as ensure they got dental care.

Number of project volunteers: 1-5

Number of people served by project: Over 500

Teryn Sedillo

Creighton University

Dentistry

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Evaluating a web-based educational module on oral cancer examination based on a behavioral framework for primary care providers.

Project Highlight: Once we got over the initial volunteer gathering, we were able to move much more quickly and efficiently in the evaluation process. In fact, one of the other Paul Ambrose scholars (Rich Bottner) had heard of my study during the convention and he introduced me via email to one of his PA instructors, explaining that she would be very interested in our project. Once I started speaking to her on the phone, I realized that she was already on our possible volunteer call list/email! What a small world. From Omaha, Nebraska to New Haven, Connecticut connected on a common goal!

Number of project volunteers: 10-20

Number of people served by project: 1-25

Lisa Simon

Harvard School of Dental Medicine

Dentistry

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Uniting healthcare providers to improve oral health in Chelsea, Massachusetts for Spanish- and English-speaking patients attending the crimson care collaborative medical student-run clinic.

Project Highlight: Attending my first Crimson Care Collaborative session as a dental resident supervising other dental students was thrilling. It was also really rewarding to see dental students in years below me presenting on oral health topics to their medical school and nursing school colleagues, and observing the conversations that ensued.

Number of project volunteers: 5-10

Number of people served by project: 75-100

Nidhi Taneja

UCLA School of Dentistry

Dentistry

Leading Health Indicator Topic Addressed: Maternal, Infant, and Child Health

Project Summary: Precious moms for WIC population coming to Venice family clinic and their families.

Project Highlight: A personal success from the project would be the ability to serve a population in need and their positive feedback. The high point was when they brought in their family members and wanted me to take care of them as well. They trusted me and that was very satisfying.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Abraham Tang

UCSF School of Dentistry

Dentistry

Leading Health Indicator Topic Addressed: Oral Health

after cooking with kids for family shelter children.

Project Highlight: A family of three children had an aunt who used to work as a hygienist. During the program, these children were more experienced and already knew much of the oral hygiene techniques that we taught. What is great is that these children also helped other kids around them to learn these techniques and supported each other and becoming more knowledgeable about oral hygiene. The aunt personally told me she felt it was so great that we had such a program and wished this type of educational opportunity was more readily available.

Number of project volunteers: 1-5

Number of people served by project: 25-50

Nursing

Jade Burns

University of Michigan

Graduate Nursing

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: To Tweet or Not to Tweet : Exploring the use of social media and sexual health behavior in African American Youth for African American adolescent males.

Project Highlight: I really enjoy what I am researching. I find that when I describe my research interest to audiences, so many people have lots of questions to ask. From health care providers, to researchers and even my target audience seems very interested in this type of research. Technology is a very popular topic and applying it to the adolescent population puts a new twist on reaching this population.

Number of project volunteers: More than 20

Number of people served by project: 50-75

Lisa Chan

Wocester State University

Graduate Nursing

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Toxins and Your Health Workshop for nurses, students, and faculty.

Project Highlight: Was a great learning experience! I was able to organize the workshop together from start to finish and overcame challenges.

Number of project volunteers: 5-10

Number of people served by project: 75-100

Physician Assistant

Jeffrey Bonnaud

Quinnipiac University
Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: Undergraduate sexual health education, prevention, and services for first and second-year undergraduate students at Quinnipiac University.

Project Highlight: The biggest success was establishing a continual influx of PA Students to earn community service credit by working Team Sexy events in teaching undergraduate students sexual education. With three classes of PA students present at a time, each class is comprised of 5-10 students that function on different levels as second year students are away on clinical rotations. During events, members comprise a good amount of the student volunteers while allowing their expertise to be paired with another graduate PA student. Many undergraduate students verbalized their appreciation as they learned many new things while in a non-threatening, inviting, and fun manner.

Number of project volunteers: More than 20

Number of people served by project: Over 300

Richard Bottner

Quinnipiac University
Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Nutrition Detectives for individuals of lower socioeconomic background who are particularly susceptible to obesity.

Project Highlight: We followed up with the ACEs school later in the year for another program, and students were recalling information pertaining to the nutrition detectives program.

Number of project volunteers: More than 20

Number of people served by project: Over 100

Sara Bunyaratapan

Drexel University
Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Mental Health

Project Summary: Adolescent depression screening for primary care providers who routinely care for adolescents.

Number of project volunteers: 5-10

Number of people served by project: 1-25

Matthew Lassen

James Madison University
 Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Ask a PA! --Community health education for low-income/homeless individuals at a community center.

Project Highlight: Although it was difficult to coordinate schedules of local PAs for the events, the certified PAs that participated had a very positive experience and all expressed a desire to return. A lot of medical providers have a desire to educate and enjoy the opportunity to provide community education. The PA students that participated also had positive experiences in giving back to the community.

Number of project volunteers: 10-20

Number of people served by project: Over 100

Amanda Reamy

New York Institute of Technology
 Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Increasing provider competency towards LGBT patients for certified PAs and PA students.

Project Highlight: My limitation in how many projects I can juggle simultaneously.

Number of project volunteers: More than 20

Number of people served by project: >500

Osteopathic Medicine

Sterling Haring

Lake Erie College of Osteopathic Medicine
 Osteopathic Medicine

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Creating a database of low-cost healthcare services for low-income individuals who need health care.

Project Highlight: Once I learned to develop a leadership team and share the success of this project, I found that things moved much more smoothly. Giving people both responsibility and credit for sections of the project only made the project more successful.

Number of project volunteers: 1-5

Number of people served by project: Over 500

Kayla Humenansky

Edward Via College of Osteopathic Medicine
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Effectiveness of a community health fair on preventative medical knowledge for the underserved community in Spartanburg, SC.

Project Highlight: All of the student volunteers were very enthusiastic about helping, which made the health fair a welcoming place to be.

Number of project volunteers: More than 20

Number of people served by project: Over 100

Melanie Ripley

University of New England College of Osteopathic Medicine
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: A community garden project for children participating in community gardening initiative, and high school mentors.

Project Highlight: I think the project was a huge success as I think that the children were exposed to fruits and vegetables in a garden, which would not otherwise happen in an urban population. The children experienced foods and a dining experience that they might not otherwise have done. The children also participated in a daily exercise program which is very important.

Number of project volunteers: 1-5

Number of people served by project: Over 100

Isata Sesay

Rowan University School of Osteopathic Medicine
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: HIV/AIDS health fair in South Africa for newly diagnosed HIV/AIDS patients.

Project Highlight: I had to tell a 16 year old girl that she was HIV positive. She was extremely devastated and had no family support. Her parents and boyfriend had abandoned her due to her disease. She even contemplated committing suicide. During her stay in the hospital, I was able to offer support and resources. She

followed up twice in the clinic and we developed a strong connection. At the end of my project, she was hopeful about the future. I felt very blessed to have been there for her in her time of need.

Number of project volunteers: 1-5

Number of people served by project: 50-75

Cory Sonnemann

Pacific Northwest University of Health Sciences College of Osteopathic Medicine
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Substance Abuse

Project Summary: Achieve Health Montana (substance abuse prevention in pre-college students) for middle and high school students.

Project Highlight: People who attended my booth were very receptive to my message. I was able to provide them with some very valuable information.

Number of project volunteers: 1-5

Number of people served by project: 75-100

Joshua Stake

William Carey University COM
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Live Healthy 2013 for 2nd and 3rd grade children with BMI greater than 25.

Project Highlight: Persistence is a necessity when the obstacles are many. It is important to not get discouraged when you do not receive the response that you expect from the community.

Number of project volunteers: More than 20

Number of people served by project: 46 Students

Pharmacy

Joshua Brown

Univ of Arkansas for Medical Sciences
Pharmacy

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Medicare Part D selection clinics for the elderly.

Project Highlight: Students were able to provide significant cost-saving suggestions. Some people could save >\$1000 which supplied a few exuberant celebrations.

Number of project volunteers: 10-20

Number of people served by project: 50-75

Stephanie Burke

University of Michigan
Pharmacy

Leading Health Indicator Topic Addressed: Mental Health

Project Summary: Growing Resilient, impassioned teens for middle and high school girls in an underserved community.

Project Highlight: By the end of program, I had a consistent group of about five girls at both Community Action Network and Bright Futures. This was a great achievement!! Also, at the end of every-other session, I had the girls fill out anonymous surveys about what they gained from the program and what they thought could be improved. Every girl answered that she would recommend the program to a friend, and many left positive comments about their experience such as, "I like ho we talked about life issues and how we can cope with them." When answering how the program could be improved, one girl commented "Longer time together." These comments and others really made me feel that my program was effectively engaging these girls in a comfortable environment that allowed them to open up and share their own stories. Whether this was true with one girl, or twenty, it was success in my book.

Number of project volunteers: 5-10

Number of people served by project: 1-25

Peggy Groeneveld

Creighton University
Pharmacy

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Managing high blood pressure with lifestyle medicine for adults with hypertension.

Project Highlight: First two attendees were very enthused by the heart healthy snacks I prepared and asked for the recipes.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Laura Hart

University of Washington
Pharmacy

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Diabetes management for underserved individuals with diabetes or at-risk for diabetes.

Project Highlight: I developed a survey to assess student learning and growth. It was wonderful being able to read through the completed surveys and realize that the health fair not only impacted patients, but also had a profound effect on students' learning, growth, and perspectives. It was also great receiving positive feedback from the patients we served and feeling like the health fair made a difference in their lives.

Number of project volunteers: More than 20

Number of people served by project: 25-50

Jessa Koch

University of Pittsburgh
Pharmacy

Leading Health Indicator Topic Addressed: Tobacco

Project Summary: Smoking cessation for men with substance use disorder.

Project Highlight: I would have to say that the greatest successes from my project were all of the close therapeutic relationships that I had with the men over time. Overall, being able to supply the necessary "tools" to quit smoking enabled me to further build a therapeutic relationship with the men. Only through a trusting relationship could I truly individualize each smoking cessation group based upon what I knew was occurring in each man's lives.

Number of project volunteers: 1-5

Number of people served by project: 50-75

Michael Lamb

Lipscomb University
Pharmacy

Leading Health Indicator Topic Addressed: Injury and Violence

Project Summary: OTCs count for older adults

Project Highlight: The project actually happened, that is a success to me.

Number of project volunteers: 5-10

Number of people served by project: 25-50

Eva Levbarg

Western University of Health Sciences
Pharmacy

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: Increase awareness of free HIV testing at community interprofessional health fair for Latino youth, women, migrant populations and suburban residents.

Project Highlight: It's not easy to break the stigma of HIV testing in Latino community. Because we had our event happening the Easter egg hunt proposed by Valley Swap Meet, we were able to get family members tested.

Number of project volunteers: 1-5

Number of people served by project: Over 100

Jaganmohan Maturi

University of Houston College of Pharmacy
Pharmacy

Leading Health Indicator Topic Addressed: Tobacco

Project Summary: Generation One Health Outreach for underserved community members of Houston's third ward.

Project Highlight: Community members were not aware of the complications that could result from smoking alongside the massive cost burden when viewed from a yearly perspective.

Number of project volunteers: 10-20

Number of people served by project: 50-75

Shawn Mazur

Regis University School of Pharmacy
Pharmacy

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: The Undetectable Campaign for HIV-positive males in the Denver metro area.

Project Highlight: The early data returns suggest that the majority of attendees learned something from our event. I hope this will correlate with the reduction in the incidence of HIV in the Denver metro area.

Number of project volunteers: 10-20

Number of people served by project: 50-75

Kalynn Rohde

University of Wisconsin-Madison School of Pharmacy
Pharmacy

Leading Health Indicator Topic Addressed: Tobacco

Project Summary: BeatNIC Tobacco Cessation Program for tobacco users.

Project Highlight: One particular success occurred while planning for the pneumococcal vaccination program. The executive board at my project site had proposed that my project team seek support from other public health professionals in the area. We were able to present to a nursing council, which supported the project. They saw benefit in vaccination services being provided by pharmacists at the pharmacy site proposed by my project and thought a substantial number of underserved individuals could benefit from this program.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Keene Saavedra

Medical University of South Carolina
Pharmacy

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: Hepatitis B and Hepatitis C in Charleston Tri-County for Asians.

Project Highlight: Asians who took the survey and voluntarily shared their thoughts about the survey told me that it was great to address healthcare issues among Asians.

Number of project volunteers: 1-5

Number of people served by project: Over 500

Kim Stefan Ta Duc

University of the Pacific – Thomas J. Long School of Pharmacy and Health Sciences
Pharmacy

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Access to health services by overcoming financial and language hurdles for underserved communities and the elderly population of Chinatown-San Francisco.

Project Highlight: The greatest success of was the screening flow at the health fair and overcoming the language barrier to receive health care. For example, at the end of all screening stations, we had 2 pharmacists who sat down with each patient and went over the screenings results together while explaining and educating them about their values. This health fair was unique for our school because not only was it 1.5 hours away, but it targeted a population whose first language was not English but Chinese. All patients greatly appreciated this service. In addition, for many pharmacy students, it was the first time they were able to converse with patients at a health fair in Chinese and it was a positive experience for both patients and volunteers.

Number of project volunteers: 10-20

Number of people served by project: Over 100

Emmeline Tran

University of Utah
Pharmacy

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Breaking Barriers in the Utah Refugee Population: Increasing chronic disease management for Utah refugee population.

Project Highlight: When I first participated in the pharmacy clinics, we had many patients who did not understand the need to continuously take their hypertension medications. I had one patient who told me she would take it when she thought her blood pressure was high. When asked what a high blood pressure was, the patient did not know. The patient was very grateful to have someone tell her what a good blood pressure number is. I met several patients who were told by their healthcare providers to monitor his or her blood pressures and were given a prescription to get a blood pressure monitor. However, most of these patients do not have insurance or are on Medicaid, which does not cover medical supplies. When we gave a patient a blood pressure monitor, she was extremely grateful. I was struck by the patient's desire to do everything she could to be healthy, but not having the available tools to do so.

Number of project volunteers: 1-5

Number of people served by project: 25-50

Shanice Waller

Florida A&M University
Pharmacy

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: Cervical cancer awareness for women aged 13-50.

Project Highlight: I believe that the women's health summit Mind Body and Soul targeted adult women in the Orlando area.

Number of project volunteers: 1-5

Number of people served by project: 75-100

Jenna Gourlay

Rutgers University
Physical Therapy

Leading Health Indicator Topic Addressed: Nutrition, Physical Activity, and Obesity

Project Summary: Synergy- Exercise group for special populations, patients with chronic stroke.

Project Highlight: I learned that planning is the easy part and implementing is the difficult part. It is difficult to change your expectations/ change any of the project after you have spent so much time planning. It is difficult to accept that it is not the ideal outcome that was depicted throughout the planning process.

Number of project volunteers: 10-20

Number of people served by project: Weekly class of about 8-10

Claire Millman

University of South Florida
Physical Therapy

Leading Health Indicator Topic Addressed: Injury and Violence

Project Summary: Muscle-strengthening activities at local wellness fair for underserved adults who are migrant farmworkers.

Ryan Pontiff

Texas Woman's University
Physical Therapy

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Using the PRECEDE-PROCEED Model for development and implementation of a community health fair for individuals with chronic conditions at an urban adaptive recreation center in Houston, Texas for low ses, individuals with disabilities, individuals with chronic illness.

Project Highlight: Overall, I would say the whole event went well. Of course there were little alterations which needed to be made last minute and during the event but it was a huge success with reaching so many. Before the event a needs assessment was completed to see what the community wanted/needed and as such we were able to provide these services to them. Another exciting thing was how pleased the vendors were with the event. They all said they would love to participate again next year and gave us all great scores when we asked them how the event went in their eyes. I was happy also with the response that I got when many attendees found out that the event was put on by students. Everyone thought it was very well put together and believed it was run by a professional organization and were pleasantly surprised when told otherwise.

Number of project volunteers: More than 20

Number of people served by project: Over 100