

2014 Ambrose Scholars Community Projects



450

- Volunteers involved with student projects.

4,975

- Approximate number of people served by student projects.

11,450

- Estimated number of people impacted by student projects.

Project by Discipline

Allopathic Medicine

Andy Beltran

SUNY Upstate Medical University
Allopathic Medicine

Leading Health Indicator Topic Addressed: Mental Health

Project Summary: *Breaking The Silence* for 4th - 12th grade students

Project Highlight: With the help of this project, NAMI-Syracuse was recognized at “What’s Great in Our State- A Celebration of Children’s Mental Health Awareness” by New York State office of mental health and NAMI-New York State. Additionally, 37 programs now have a starting point to tackle trying to teach their students about mental illness.

Number of project volunteers: 10-20

Number of people served by project: Over 500

Lance Braye

Medical University of South Carolina
Allopathic Medicine

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

Project Summary: Lighten Up Forever: A Community Needs Assessment, a faith-based lifestyle modification for area churches

Project Highlight: The support from the MUSC community for the project was great, it definitely let me know that I am on the right track.

Number of project volunteers: 5-10

Number of people served by project: 1-25

Geneva DeGregorio

University of Massachusetts Medical School
Allopathic Medicine

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

Project Summary: ACEing Autism Tennis Program for children and families affected by autism in the Central Mass Area

Project Highlight: Please visit the website below for a video documenting the successes of our program.

<https://www.youtube.com/embed/pqW84URuG4?autoplay=1>

Number of project volunteers: More than 20

Number of people served by project: 50-75

Zachary Hermes

Emory University

Allopathic Medicine

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

Project Summary: Eat Well - Live Well for underserved, predominantly African Americans experiencing food insecurity in the Old Fourth Ward area of Atlanta, GA

Project Highlight: There have been many great connections as I've reached out to other organizations involved in the realm of food insecurity in Atlanta. Consequently, I've been able to be a part of building new collaborations between organizations or missions that were not previously aware of each others efforts.

Number of project volunteers: 10-20

Number of people served by project: 1-25

Shea Jorgensen

University of Iowa Carver College of Medicine

Allopathic Medicine

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

Project Summary: Low Carbohydrate Nutrition Workshop for overweight patients in Muscatine, Iowa

Project Highlight: The content of information and workshop itself went great! I learned a lot from partnering with the nutritionist and she was able to pass on advice to me about educating patients about nutrition in the future. She had a great example of visually showing people the number of sugar cubes in many typical food items found at home that helped to demonstrate how to read nutrition labels.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Rebecca Knackstedt

The Medical University of South Carolina

Allopathic Medicine

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

Project Summary: Weight education for medical students

Number of project volunteers: 1-5

Number of people served by project: 1-25

Gregory Snyder

Sidney Kimmel Medical College at Thomas Jefferson University
Allopathic Medicine

Leading Health Indicator Topic Addressed: Clinical Preventive Service

Project Summary: Physician Executive Leadership (PEL) program for medical students at SKMC

Project Highlight: Between our first and second years of existence, the PEL program grew 3-fold and accumulated a significantly larger cohort. The size of PEL's growth was one success, but we separately succeeded in our ability to create robust and productive collaborations with speakers, student groups, hospital administration, and healthcare leaders who shared our vision. Our mission was catalyzed not only by our leadership but by the ethos at SKMC and Thomas Jefferson University as a whole, which is one that embraces innovation and, under the leadership of our new (since 2013) President and CEO Stephen Klasko, deviation from the traditional mores and hierarchies of academic medicine. PEL has helped breathe new life into the broader institutional goals of TJU/SKMC by educating students appropriately.

Number of project volunteers: 5-10

Number of people served by project: Over 500

Elizabeth Zane

SUNY Upstate Medical University
Allopathic Medicine

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

Project Summary: Spring Sprouts: Reviving the Edible Garden at Dr. King Elementary School for 4th grade students

Project Highlight: I think ultimately the most positive part of the project for me was the satisfaction of taking active steps to stand with the community that supports the development of these young, vulnerable children who grow up in poverty, surrounded by violence and worried about things that no child should have to worry about. Being a part of their lives, showing them that they are important, valuable members of our community and that they can make contributions to their families and communities was by far the most important success. I like to this program allowed a unique opportunity for future medical professionals to gain invaluable insight into the lives of their future patients and to understand the complex risk factors that contribute to the problem of obesity and overweight in this country.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Dentistry

Raylien Chao

University of Minnesota School of Dentistry
Dentistry

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: Mission to Healthy Smiles for head start enrolled children

Project Highlight: I am touched by how many colleagues have stood out and expressed support and actions to help develop the project. When I approached the AAPHD core officers, they recruited the members and we were able to start with an orientation session about this project. The group was supportive from the beginning and onwards. It was exciting to see a group of young professions gather for the passion and giving.

Number of project volunteers: 10-20

Number of people served by project: Over 300

Mari Heslinga

University of Iowa College of Dentistry
Dentistry

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: Dental Clinic for attendees of the west liberty mobile clinic (a mostly hispanic population)

Project Highlight: Some of the best encounters were when some of the most reluctant patients finally decided to let us examine them. Perhaps because of our participation in back-to-school-exams, many parents brought in their children throughout the year for various concerns, but did not expect us to also offer services for adults. Although many were hesitant and shy at first, the adults generally had much worse oral health than the children did, and benefitted on an individual basis from our services the most. These patients badly needed oral health education and referral for complex issues, and this was where efforts to have Spanish-speaking dental student and faculty volunteers paid off the most.

Number of project volunteers: More than 20

Number of people served by project: Over 100

Eugen Kim

UCLA
Dentistry

Leading Health Indicator Topic Addressed: Tobacco

Project Summary: KAP analysis on smoking and oral Health among dental, medical, nursing, and public health students for future healthcare professionals studying at UCLA

Project Highlight: The support that my faculty mentor showed was absolutely encouraging, and I was introduced to some amazing individuals at UCLA. Because of my interest, I was invited to the Breathe Well Initiative's committee as a student advocate, and have been able to supplement my own education with the acquired knowledge.

Number of project volunteers: 1-5

Number of people served by project: Over 500

Brian Lehigh

UCLA

Dentistry

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: Operation Bruin Smiles for UCLA student veterans and former foster youth

Project Highlight: <http://dailybruin.com/2015/02/27/bruins-make-dental-procedures-affordable-for-student-veterans-foster-youth/>

Number of project volunteers: 10-20

Number of people served by project: 50-75

Matthew Mara

Boston University Henry M. Goldman School of Dental Medicine

Dentistry

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

Project Summary: Providing physician oral health counseling and a referral system for pregnant and addicted mothers at Boston Medical Center. My target population are the physicians, social workers and nurse practitioners of Project RESPECT at Boston Medical Center.

Project Highlight: My first interactions with the MDs at project RESPECT were really positive. They were so excited to have a male dental student interested in their work.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Paul Rolfes

University of Minnesota

Dentistry

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: A multi-factorial comparison of oral health clinical practices and referral programs for new arrival refugees in Minnesota

Project Highlight: Upon speaking with a couple of the providers, they stated that they would make more of an effort to evaluate the oral health of their patients, which was something they had never given much thought of doing prior to speaking with me.

Number of project volunteers: 5-10

Number of people served by project: 1-25

Marla Yee

University of Maryland School of Dentistry
Dentistry

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: Increasing oral cancer awareness in Baltimore City for residents and UMSOD dental students

Project Highlight: The lecture to dental students was a great success. Students were very interested in learning about the epidemiology of the disease and that the incidence of oral cancer is changing due to an increase in the number of HPV-positive oral cancer cases. Many students expressed that they enjoyed the material following the lecture.

Number of project volunteers: More than 20

Number of people served by project: 25-50

Nursing

Sydney Thompson

The University of Texas Health Science Center Houston
Graduate Nursing

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Reducing inappropriate antibiotic use in pediatric upper respiratory infection in a retail clinic setting: a multifaceted approach

Project Highlight: I presented the project to colleagues at the CDC's Respiratory Diseases Branch and Get Smart! Know When Antibiotics Work program and received a lot of helpful feedback.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Lindsay Wilson

Seattle University
Graduate Nursing

Leading Health Indicator Topic Addressed: Clinical Preventive Service

Project Summary: Risk assessment tool for Type 2 Diabetes Mellitus in Pacific Northwest American Indian/Alaskan Native tribal health clinics

Project Highlight: I was able to do a clinical rotation with a PNW tribal health clinic. It was inspiring to see how motivated the tribe was to address T2DM prevention. This project has opened so many doors for me and I have become even more involved with my endocrinology from this project.

Number of project volunteers: 1-5

Number of people served by project: Over 500

Physician Assistant

Shontelle Berfet

Seton Hall University
Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Oral Health

Project Summary: NJ oral health awareness target to those with low socioeconomic status

Project Highlight: Particular success was with the expecting mothers at Raphael's life house. The young women were educated about proper hygiene for themselves while expecting and early child care. Many began to implement proper methods upon our departure with the children.

Number of project volunteers: More than 20

Number of people served by project: 75-100

Nicole Cottle

Quinnipiac University
Graduate Physician Assistant

Leading Health Indicator Topic Addressed: Environmental Quality

Project Summary: Connecticut asthma camp for children ages 6-12

Project Highlight: I had multiple parent emails stating their children had a great time and that they were very grateful for all of the educational materials and information that was provided.

Number of project volunteers: 10-20

Number of people served by project: 1-25

Joan Swanson

Emory University
Graduate Physician Assistant

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

Project Summary: Lifestyle Medicine: teaching and treating the causes of disease to improve population health for Emory PA faculty and current and future PA students

Project Highlight: My presentation to the Emory University faculty was well received. They agreed that lifestyle medicine education should be implemented in PA education and were interested in including this instruction in the curriculum as soon as Fall 2015.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Osteopathic Medicine

Andrew Evans

Edward Via College of Osteopathic Medicine (VCOM) - Carolinas Campus
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Clinical Preventive Service

Project Summary: Aiming to reduce the chronic disease burden of diabetic nephropathy through increased screening test compliance and patient education for adults (>18 years) with (self-reported) diagnosed diabetes

Project Highlight: A few of the patients really enjoyed participating and getting to talk to and learn from me about diabetes and screening tests. Having type 1 diabetes myself, I quickly developed a good rapport with some of the diabetic patients and felt I really made an impact with them, even though our encounter was brief. I hope this will translate into their retaining the information I went over and hopefully being knowledgeable and compliant with the diabetes screening tests.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Leia Franchini

Pacific Northwest University College of Osteopathic Medicine (PNWU)
Osteopathic Medicine

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

Project Summary: Yakima Memorial Hospital and PNWU's Diabetes Prevention Program for Yakima community members diagnosed with pre-diabetes (both spanish and english speaking people groups)

Project Highlight: The partnership between PNWU and YVMH had raving reviews from medical students, YVMH Diabetes Program Facilitators, and community members participating in the Diabetes Prevention Classes. YVMH Diabetes Program Facilitators felt the medical students were well trained, came prepared, were respectful, and offered great ideas and advice to community members. Community members loved having medical student perspectives especially since many of the students were able to be vulnerable and share their

own struggles with healthy living. Finally, many of the medical students were sad to not be able to continue beyond their three-week rotation and plan to participate when they return to campus in Fall of 2015.

Number of project volunteers: More than 20

Number of people served by project: 50-75

Austin LaBanc

Midwestern University
Osteopathic Medicine

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

Project Summary: Shared-use Roosevelt Health Impact Assessment (SHUR) for Roosevelt School District Phoenix, AZ

Project Highlight: The final report to the school district was great. After the representative from the health department finished going through the power point with all of our findings one of the committee members, Mary, who has lived in the school district for 30 years put all of her kids through the school system, and serves on the Girl Scout community out reach committee stood up and voiced her support of the project. The minute Mary stood up you could see the school board perked up and really listened. When all was said and done the board gave there full support to implement shared use in Roosevelt.

Number of project volunteers: More than 20

Number of people served by project: Over 500

Sarah Stokes

Edward Via College of Osteopathic Medicine
Osteopathic Medicine

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

Project Summary: Obesity education at the Danville Free Clinic for Danville residents and clinic patients

Project Highlight: Despite low numbers of participation, the education sessions that were conducted did appear to be helpful for participants based on pre and post surveys that showed an improvement in understanding and knowledge of the educational presentation and discussion.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Nathan VanderVinne

Edward Via College of Osteopathic Medicine
Osteopathic Medicine

Leading Health Indicator Topic Addressed: Clinical Preventive Service

Project Summary: Development and implementation of a community based asthma reduction program for low socioeconomic status individuals with unmet medical needs within Montgomery County, Virginia.

Number of project volunteers: 1-5

Number of people served by project: 25-50

Pharmacy

Cara Mazzarisi

University of Pittsburgh School of Pharmacy
Pharmacy

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Starting a clinic to provide comprehensive team based care to patients with chronic diseases for uninsured patients in the greater Pittsburgh area

Project Highlight: Three of the student clinic patients were able to enroll in health insurance through the health insurance marketplace, or on their own. There were also several patients that made dramatic improvements in their health. The first patient to be seen at the student clinic decreased his Hgb A1C from 12, to 8.7 in 8 weeks.

Number of project volunteers: 5-10

Number of people served by project: 1-25

Arika Mike

The University of New Mexico College of Pharmacy
Pharmacy

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Spanish translation of the Generation Rx Prescription Drug Abuse Initiative for spanish-speaking parent and student groups within the state of New Mexico.

Project Highlight: I believe that this presentation was very important to this particular community because it is not often that Spanish speakers can have a full conversation with a healthcare professional about prescription medications; especially when it comes to misuse and abuse. The parents were able to get their questions answered in a comfortable and constructive environment. Their questions might have either been something that they had been wondering about or something that the presentation may have sparked their interest in. These parents can now go out and spread our message about the dangers of prescription medication misuse and abuse, to others who might not have known about it due to language barriers. This seems especially meaningful because a large part of our population in New Mexico is made up of Spanish speakers. I feel that reaching this particular group of people made an impact on the prescription drug misuse and abuse problem in our community.

Number of project volunteers: 10-20

Number of people served by project: Over 100

Meaghan Paris

Western New England University
Pharmacy

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

Project Summary: Couch to 5K wellness initiative for Students, faculty and staff at Western New England University

Project Highlight: There was one participant who was very excited about beginning the program. She came in telling us how she had tried running in the past but was never successful. She was overweight and had asthma, so the activity was not easy. She came with this positive energy each week and did all of her additional workouts on her own throughout the week. Her positive energy was passed on to other participants. There were several people who showed up each week just to see how well she was doing. Because of her, other people were succeeding in reaching their goals. One week the participant came in and told us that she had gone on a long bus trip and when she came home all she wanted to do was go for a jog. She said, "I'm a runner! I never thought I would be able to say I am a runner." It was inspiring to see someone who had struggled with physical activity in the past commit to reaching a goal and succeed. I felt like the project was worthwhile because of this success story.

Number of project volunteers: 1-5

Number of people served by project: 25-50

Shiny Parsai

University of Iowa
Pharmacy

Leading Health Indicator Topic Addressed: Clinical Preventive Services

Project Summary: Controlling blood pressure in migrant farm workers by encouraging medication adherence

Project Highlight: It was nice when the nurse practitioner asked me to talk to a patient about her medications. It felt good to be valued by the other health care providers. Also after I counseled the patient, the mom wanted me to talk to her son so he could get some health education too.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Avni Patel

University of New Mexico College of Pharmacy
Pharmacy

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

Project Summary: A children's health fair with an emphasis on nutrition and physical activity for the prevention of childhood obesity for children ages 6-12 and their parents in an underserved community in Albuquerque, New Mexico

Project Highlight: Throughout the health fair, all the kids enjoyed the activities and engaged in each activity. Additionally, there were a few kids who asked additional questions to learn more. One particular success story from the health fair: As one of our volunteers was reviewing the Sugar demonstration with a family, one of the older siblings, age 16, reported she drank Starbucks Frappuccino's very frequently, and was surprised to see that a large one had 70 grams of sugar (which was more shocking when she visually saw this measured out). Additionally, parents were very impressed with all of the activities and how their kids were able to understand the material being explained. Parents also commented on how interactive the health fair was designed. Everyone enjoyed the health fair and would like us to continue this health fair in the future. All participants were surprised to see the sugar demonstration, which may have had the greatest impact. Out of the 10 valid survey responses, 7 responders were more inclined to eat low sugar foods due to this demonstration.

Number of project volunteers: More than 20

Number of people served by project: 50-75

Sana Sankari

Texas Tech University Health Science Center
Pharmacy

Leading Health Indicator Topic Addressed: Access to Health Services

Project Summary: Heart Healthy Project for uninsured, medicaid, and underserved residents

Project Highlight: It was a great experience to talk to patients and their family members. Patients were very appreciative of screening and educating them; they always thanks the volunteers for their help. It was amazing to talk and share our knowledge with patients!

Number of project volunteers: 10-20

Number of people served by project: Over 300

Hyojin Sung

University of California, San Francisco
Pharmacy

Leading Health Indicator Topic Addressed: Tobacco

Project Summary: Evaluation of tobacco cessation service in San Francisco long-term stay homeless shelters for

Project Highlight: My moment of success was when I had a meeting with a program director of homeless shelter that I had such a difficult time getting in touch with. Not only I was able to talk with her but also got referral to another program coordinator at different agency. This was a result of many phone calls, emails and walk-in to the facility so I couldn't be any happier. Perseverance was all I needed for this success.

Number of project volunteers: 1-5

Number of people served by project: 1-25

Alyssa Wenzel

Rosalind Franklin University of Medicine and Science
Pharmacy

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: HIV education at Milwaukee Public Schools for high school students

Project Highlight: It was really motivating when I noticed students participating more and more to our class sessions. I loved being able to answer all the absurd questions about Magic Johnson and HIV and feeling like I made an impact on a group of people. This project made me feel more connected to my community and I made some lasting relationships because of it.

Number of project volunteers: 5-10

Number of people served by project: Over 100

Public Health

Jessica Cohen

New York University
Public Health

Leading Health Indicator Topic Addressed: Reproductive and Sexual Health

Project Summary: Impediments to serostatus knowledge among young Black and Latino gay, bisexual and young men who have sex with men (YMSM) who live or have lived in the vicinity of East Harlem, ages 21-23; and community based healthcare organizations (CBOs) that provide HIV and STD services to LGBT youth

Number of project volunteers: 1-5

Number of people served by project: 1-25

Zulqarnain Javed

New York Medical College
Public Health

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

Project Summary: Healthy mom for a healthy baby for underserved and at-risk population, predominantly African-American, Hispanic/Latino, Asian and Native American

Project Highlight: I was able to use my knowledge of medicine and public health to help participants understand the risks associated with preterm birth. I strongly felt that participants were very interested in learning about the beneficial effects of a healthy lifestyle on the pregnant mother and the baby. Participants

were especially interested in learning about the link between excessive gestational weight gain/smoking and preterm birth since that was something new for a number of participants and I feel that was very satisfying, both at a personal and a professional level.

Number of project volunteers: 10-20

Number of people served by project: 25-50

Shilpa Venkatachalam

New York University
Public Health

Leading Health Indicator Topic Addressed: Clinical Preventive Service

Project Summary: Policy, PSA Based Testing and Prostate Cancer: The Way Forward for community, policy makers, clinicians

Project Highlight: Sharing and collaborating information with another country (India).

Number of project volunteers: More than 20

Number of people served by project: Over 500