

2018 Ambrose Scholars Community Projects



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Access to Health Services

Ashley Burkart

Discipline: Medicine (DO)

Institution: Midwestern University

Project Summary: LGBTQ+ Wellness Initiative

Goals and Objectives: This project will develop and implement a sustainable wellness program promoting life management skills for the LGBTQ+ community. Promote and disseminate information about resources available within Maricopa County to support LGBTQ+ persons in optimizing their health and wellness. Assess the overall wellness of the LGBTQ+ community in Maricopa County. Identify policy, system and environmental changes necessary to support wellness and adoption of positive life management skills among members of the LGBTQ+ community.

Project Highlights: At the Rainbow Festival event my volunteers and I were passing out the health and social needs surveys to the festival attendees, and while doing so, one of the festival attendees came up to me and thanked me for helping her. She explained that she was a transgender female, and she was afraid to go to her physician because she was worried that she would be judged. She had previously completed a health and social wellness survey, and I had given her information regarding free/affordable LGBTQ+ friendly/safe medical clinics in Maricopa County. She explained that she was able to be seen at one of the clinics for a yearly exam and sexual health checkup. She was most grateful for the chance to go to a clinic where she felt safe, welcomed, and accepted. This is the exact purpose of my project. I wanted to make sure the LGBTQ+ community had access to affordable/free healthcare in a safe and welcoming environment.

Number of project volunteers: 5

Number of people served by project: 50

Number of people impacted by project: 50

Karen Custodio

Discipline: Medicine (DO)

Institution: Rowan University School of Osteopathic Medicine

Project Summary: Assessment of the Perceived Access to Health Care by Migrant and Seasonal Farm Workers in the Southern New Jersey Area

Goals and Objectives:

- Collect demographic information on the Migrant and Seasonal Farm Worker (MSFW) population in Southern NJ (Cumberland and Salem counties).
- Better understand the perception of MSFW on health care access in term of feasibility, availability, and convenience.
- Identify specific barriers to care.
- Identify areas of need and suggest appropriate intervention.

Project Highlights: Though our sample size was small, the surveys we were able to collect were obtained through a fantastic community partnership with a local physician at her free clinic for MSFW. Because this is an established entity in the community and she is well respected and trusted, we were able to survey every patient that came through. This doctor had considerable support and patience for our project, even offering for a member of her staff to assist with translation, greatly facilitating the project. This reinforces the idea that strong community partners are the key to doing research within vulnerable populations.

Number of project volunteers: 5

Number of people served by project: 75

Number of people impacted by project: 1,000

Jalesa Venning

Discipline: Physician Assistant

Institution: East Carolina University

Project Summary: Collaborative Interdisciplinary Approach to Community Health Needs and Assessment

Goals and Objectives: This project will collect a needs-based assessment from local communities related attitudes regarding towards health and access to health care through the creation of an interdisciplinary health fair, by partnering with multiple ECU Allied Health programs, community-based health programs, and individuals located within Pitt and surrounding counties. The fair will provide practical health information to populations that may be identified as lacking access to services.

Project Highlights: I would say researching the populations surrounding Pitt County. Despite all the differences in the counties each area was not doing well for different reasons. It was great to explore that information and present it to others who did take great interest in the matter.

Number of project volunteers: 5

Number of people served by project: 25

Jeff Wisniowski

Discipline: Medicine (DO)

Institution: University of New England

Project Summary: Management of chronic medical conditions in high utilizing emergency department patients: a study of characteristics and patient perceptions

Goals and Objectives:

- Analyze the patient visit data of 100 high utilizing Emergency Department patients
- Interview and survey 30 high utilizing Emergency Department patients
- Complete a report of common themes and concerns for high utilizing patients
- Use this report to guide patient education session
- Recruit 5 volunteers from health professions to preform 10, 20-30-minute patient health education visits after their scheduled in-hospital clinic follow-ups/appointments.

Project Highlights: I learned a lot from working with IT, the hospital administration, patients and Emergency Department physicians to get the project completed. The process was difficult and took more time than I expected. However, once the time issue was out of the way the coordination among stakeholders was quite a success and a great learning experience. In addition, the opportunity to interview patients who frequently use the emergency department outside of the emergency department and in a different context was very enlightening. I was able to hear real stories and learn more about patients' narratives which brought them to the ED so often. It also was a huge element to learn the many challenges these patients face whether they are logistic in getting to primary care offices or barriers to obtaining prescriptions it was very interesting.

Number of project volunteers: 5

Number of people served by project: 50

Number of people impacted by project: 30

Clinical Preventive Service

Jacquelyn Bradley

Discipline: Pharmacy

Institution: University of Missouri - Kansas City School of Pharmacy

Project Summary: Expanding Generation RX in Southwest Missouri Through Community Engagement and Training

Goals and Objectives:

- Complete development of a TOT program by December
- Begin implementing TOT programs from January-March
- Complete a webinar style TOT to reach further outlying areas of our region
- Allowed those trained to begin teaching the Generation RX program to their groups
- Collect data via survey monkey to track numbers reached, and survey test results

Project Highlights: We were invited to present to Eminence Schools, which helped us to reach nearly the entire youth population of Shannon County. The Training-of-the-Trainer (TOT) program continues to train volunteers and has expanded to additional youth organizations including partnerships with Greene County's Child Protective Services targeting vulnerable populations.

Number of project volunteers: 20+

Number of people served by project: 500+

Number of people impacted by project: 1692

Fadi Jamaledin Ahmad

Discipline: Public Health

Institution: South Carolina College of Pharmacy

Project Summary: Apprentice Model Clinic and A1c Levels Among Hispanics in New Mexico During a Period of Political Stressors, 2015-2018

Goals and Objectives:

- Develop a study design, questionnaires, and training for student apprentices to determine whether receiving diabetes management can help reduce the A1C.
- Learn data collection techniques to evaluate the challenges of collecting data.
- Strengthen my skills in quantitative data analysis using primary and secondary data, under the mentorship of Dr. Tollestrup and Dr. Handal.
- Identify and assess methods of compiling and organizing secondary data from multiple sources that will supplement primary data to be completed by end of 2019.
- EMR was successfully created in 2015 for diabetes improvements, so it would be rearranged by the clinician by the end of July 2018.

Project Highlights: I have reduced the A1c levels of this community by almost 50%.

Number of project volunteers: 5

Number of people served by project: 300+

Number of people impacted by project: 100

Bailey Kernan

Discipline: Pharmacy

Institution: South Carolina College of Pharmacy

Project Summary: Prevention of the Escalation of Pre-Diabetes to Diabetes

Goals and Objectives: To make a difference in the lives of the pre-diabetic population identified at a patient centered medical home and help patients take control of their own health to (at least) delay the onset of diabetes. The scope was broadened to by moving the work to a community setting.

Project Highlights: By providing example snacks (i.e. mashed cauliflower, mini oranges), we were able to reign in the community members and interest them in our educational pieces. I think having a "reward" or "freebie" is an excellent way to encourage involvement.

Number of project volunteers: 20+

Number of people served by project: 100+

Number of people impacted by project: 200-300

Catherine Mahon

Discipline: Physician Assistant

Institution: Shenandoah University

Project Summary: Attitudes and Practice Regarding Screening and Treatment for Hepatitis C and HIV in Rural West Virginia

Goals and Objectives: To identify and address provider barriers to HCV/HIV screening and treatment in adults residing in the high-risk under-served Fayette County West Virginia in the primary care setting through New River Health Community Health Centers.

Project Highlights: The greatest success of the project was the enthusiastic and immediate implementation of standing orders for HIV/HCV screenings in accordance with current CDC recommendations with subsequent increases in recorded screenings system-wide.

Number of project volunteers: 5

Number of people served by project: 500+

Number of people impacted by project: 500

Sindhuja Ranganathan

Discipline: Medicine (DO)

Institution: University of New England College of Osteopathic Medicine

Project Summary: Role of Mobile Communication Technology in Addressing Medication Noncompliance: A Pilot Study

Goals and Objectives: The primary goal of this project is to explore a method for increasing medication compliance in a specific patient population in the hope that it will ultimately prove successful and applicable in urban communities as a whole.

Secondary goals include:

- Assessing the prevalence of medication noncompliance in Newark, NJ
- Reducing the disease burden of hypertension
- Empowering patients to take control of their health through adherence to their medication regimen
- Gaining a better understanding of the public health needs of my community

Project Highlights: There were a couple patients with whom I really connected while talking about this study. As study enrollment took place in a bustling emergency department, those moments connecting with patients felt very rewarding for me and I don't think I would have had the opportunity to spend that much time simply talking with them had I been on their provider team.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 10

Melissa Rabinek

Discipline: Physician Assistant

Institution: Shenandoah University

Project Summary: Prevention of Catheter Associated Urinary Tract Infections at Reston Hospital Center Using More Judicious Urine Testing Practices

Goals and Objectives:

Objective: Development and subsequent implementation of an algorithm that would guide healthcare providers at Reston Hospital Center (RHC) through the appropriate indications for when/how to use urine testing, with a focus on patients with indwelling catheters.

Project Highlights: I enjoyed the process of researching a topic that was of particular interest to me and developing an algorithm on how to help generate change. I ultimately was able to utilize the research I conducted and the algorithm I created to make a poster and submit a final paper for my Capstone Seminar for PA school. I received feedback from faculty at my program saying they were impressed with the topic I selected and the research I conducted.

Number of project volunteers: 5

Number of people served by project: 25

Maternal, Infant, and Child Health

Pamela Audrey Lee

Discipline: Physician Assistant

Institution: Shenandoah University

Project Summary: Identifying Barriers and Facilitators to Screening for PPD and PTSD Among Mothers Who Experienced NICU Care for Their Infant

Goals and Objectives:

- Increasing understanding of current practice to identify postpartum depression and PTSD in mothers who had a child admitted to the NICU.
- Identify Barriers to implementing mental health screening in at-risk mothers.
- Provide education to healthcare providers on the increased risk of postpartum depression and PTSD in mothers who had a child admitted to the NICU.
- Identify local resources for parental support and mental health referrals post NICU discharge.

Project Highlights: Ideally, the needs assessment survey would be distributed within a NICU or practice over a six-to-twelve-month period. At the conclusion, the survey would be analyzed, and a plan created and implemented to screen and treat mothers. In smaller census medical practices, a survey period closer to twelve months would better allow for a strong response rate.

Number of project volunteers: 20+

Number of people served by project: 100+

Number of people impacted by project: 2000

Mental Health

Janice Guider

Discipline: Public Health

Institution: Benedictine University

Project Summary: Mitigating Major Depressive Episodes in the Adolescent Population Ages 12-17

Goals and Objectives:

Healthy People 2020 (HP2020) aims to reduce the proportion of adolescents age 12-17 years who experience major depressive episodes (MDEs). The goal of this study is to determine risk factors for depressive disorders in the adolescent population, ages 12-17 in DuPage County, IL. We plan to examine social determinants of health, including sociodemographic, including academic performance. The HP2020 target goal is a 10 percent improvement from the baseline of 8.3% for this population.

Hypothesis: Identifying predictors of depressive disorders may mitigate major depressive disorders in the adolescent population through early referrals for diagnosis and treatment.

Project Highlights: Meeting various community members indicates there is an awareness for the prevalence of depressive episodes in the adolescent population. There is some thought that geographic location is possibly a variable, and we should study to determine the variability of geography. Unfortunately, the mortality rate for death by suicide in the DuPage community in 2017 increased by 80% as within 12 months, three high schoolers died. Barriers still exist and there is a need to educate better parents as well as educators to understand how to identify symptoms. Additionally, we need to continue improving resources to help young people cope with depression. In 2018, the mortality rate for death by suicide in the adolescent population in the DuPage community was, fortunately, zero.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 5

Nutrition, Physical Activity, and Obesity

Samantha Hammock

Discipline: Physician Assistant

Institution: East Carolina University

Project Summary: Development and implementation of a mobile application for community based physical activity and nutrition interventions

Goals and Objectives:

Weight loss of at least 5%; Application utilization

26% of residents in New Hanover County are obese (BMI >30) and that number has not improved according to the last community health assessment for the county. This project is specifically looking to see whether users lose at least 5% of their weight while using the application and will track mobile application utilization throughout June 2019 based on how frequently users log their weight (at least 1x/week) and how frequently they open the app (at least 3x/week).

BMI trend

One of the long-term goals of this project is to detect whether users of the application have a downward trend in BMI over the course of 5 months. The application will calculate BMI when users log their weight. This project aims to optimize behavioral patterns for long-term weight loss and acknowledges that optimal long-term weight loss in overweight or obese patients may require pharmacotherapy or surgery.

Project Highlights: Initial development of the application was going well, and it was interesting to see the process and details needed for each component. I learned a lot about the IRB and administrative processes that are necessary for the implementation of something this scale.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 1

Britney Harris

Discipline: Medicine (MD)

Institution: West Virginia University

Project Summary: Weight Bias Reduction

Goals and Objectives: The overarching goal is to reduce implicit weight bias in third year medical students via an intervention that aims to do the following:

- Educate students on the medical and psychosocial causes of obesity.
- Educate students on the barriers obese patients face including bias from healthcare providers, food deserts, finances, and education.
- Educate students on implicit bias including raising their awareness of their own bias as well as strategies to combat their own bias.
- Improve students' weight loss/nutrition counseling techniques.

Project Highlights: I had several students reach out after the fact saying they appreciated the project as it hadn't been something they had thought much about, but not realized the impact it has on their patients. They said they were trying to use the strategies discussed to decrease their own bias.

Number of project volunteers: 5

Number of people served by project: 100

Number of people impacted by project: 200

Rachel Horn

Discipline: Medicine (DO)

Institution: Edward Via College of Osteopathic Medicine Virginia Campus

Project Summary: Improving discussion on nutrition topics in a rural clinic setting between primary care physicians and pediatric patients

Goals and Objectives: The objective is to determine:

- How often is nutrition discussed between PCPs and patients?
- What are patient barriers to receiving nutritional info/accessing healthy foods/preparing healthy meals for kids?
- Is increasing nutrition conversation sustainable through PCPs, nurses, office staff, and students?

Project Highlights: It was such a great opportunity working with the clinic in my own hometown while focusing on a goal that I am very passionate about. I think this project was a great start to what could be an awesome intervention for children's health in southwest Virginia.

Number of project volunteers: 5
Number of people served by project: 300+
Number of people impacted by project: 500+

Preeya Patel

Discipline: Medicine (DO)

Institution: Edward Via College of Osteopathic Medicine – Carolinas Campus

Project Summary: Northside Community Partnership

Goals and Objectives: The goal of this project is to collaborate with the community in hosting a monthly event in an underserved neighborhood to increase awareness on the importance of healthy eating habits and exercising to prevent obesity and reduce the development of chronic conditions such as heart disease and diabetes.

Project Highlights: One of the community members that came to an NCP walk really touched my heart. This woman was a mother who had lost her children to the state because she was unable to provide for them. She was a chronic pain patient and had been unable to hold a steady job. She started coming to our walks and when she first shared her story with me, I was extremely sad. She truly had lost everything. She had to walk everywhere because she did not have a car, which made keeping a steady job difficult. At one of our walks, we raffled off a bicycle and she won it! She was crying so many tears of joy, I think many of the volunteers, including myself, were brought to tears as well. The fact that this event had made a difference in just one person's life made me extremely happy!

Number of project volunteers: 20
Number of people served by project: 75
Number of people impacted by project: 60

Luisa Taylor

Discipline: Nursing

Institution: Creighton University

Project Summary: Integration of Health: A Faith-Based Collaboration to Disease Prevention in the Hispanic Community

Goals and Objectives: Increase knowledge in the Hispanic population by offering a lifestyle modification course following a church service. The goal is to increase knowledge in diet, exercise, and stress management.

Project Highlights: The interdisciplinary intervention was comprised of a nurse practitioner, a nurse, a physical therapist, and a local, Hispanic health coach. The material was provided in Spanish. A survey of knowledge regarding food and nutrition and exercise was administered prior to the intervention. A post-survey was given after the two-hour intervention. The results revealed an increase in knowledge about nutrition and exercise.

Number of project volunteers: 5
Number of people served by project: 50
Number of people impacted by project: 27

Oral Health

Taylor Velasquez

Discipline: Dentistry

Institution: A.T. Still University

Project Summary: How to Become a Leader in Your Community

Goals and Objectives:

- Bring awareness to the ALTCS dental benefit that provides \$1,000 worth of dental treatment to individuals with special needs.
- Create a dental home for those that didn't have one before.
- To show the dental community in Arizona how underserved the special needs community is.
- Bring more individuals with special needs to dental offices across Arizona.
- To increase the dental benefit from \$1,000 to a larger amount to provide more coverage.

Project Highlights: Honestly, we had small groups at these meetings, and this went perfect because the students were all engaged and wanted to be there. Every time we presented, I loved it and the kids did too. On the last presentation, there was a freshman girl that had a question at the end and asked, "You know, I have disabilities and I'm afraid that I won't be able to do something like this. Do you think I can become like a dentist even if I have a disability?" I wanted to jump up and hug this girl, but I decided to dive into a motivational speech. The gist of what I said was that she can do whatever she wants to do in life and if she wanted to come shadow me when I started working, she was more than welcome too. We stayed late every time we talked to them so that we could answer all their questions.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 50

Reproductive and Sexual Health

Matthew Drause

Discipline: Physician Assistant

Institution: Yale Physician Associate Program

Project Summary: Know the Risk New Haven

Goals and Objectives: To educate target populations about at-risk sexual behaviors, provide basic HIV information in relatable language, and inform them of community resources available locally.

Project Highlights: One of the greatest successes of this story came while distributing flyers. After speaking with a corner store owner for permission, I was approached by a woman while posting one of the flyers for our project. She explained to me that she had 2 children in their late teens. She explained to me that several of her friends had homosexual children of a similar age. The topic of HIV risk and spread for young people really energized this woman. She admitted that though she never wanted to accept that her children are engaging in sexual activity, she knows several of their friends are. She thought understanding the risk of HIV and discussing it

with her children was important. We went on the HIV Risk Estimator her phone and discussed risk factors as well as safer practices for sexually active young people. This encounter really emphasized how parents and mentors can be guides to promoting safer sexual health. Speaking with her also highlighted that the topic is often never brought up on its own. Tools like the HIV Risk Estimator can be a tool for education as well as facilitating discussion about the topic and in doing so, prevention can be greater taught and emphasized.

Number of project volunteers: 5

Number of people served by project: 50

Number of people impacted by project: 75

Hytham Rashid

Discipline: Public Health

Institution: Nova Southeastern University College of Osteopathic Medicine (NSUCOM)

Project Summary: Opiate Overdose Reduction Among HIV/HCV Co-Infected MSM in Miami

Goals and Objectives: To decrease opiate overdoses among substance using HIV/HCV co-infected Men who Have Sex with other Men (MSM) at a local sex club in Miami by 50% in one year through Narcan Distribution and Overdose Prevention Education of staff and clients in conjunction with weekly HIV/HCV testing services.

Resources: HIV/HCV mobile testing: Latinos Salud, Care Resources, and Pridelines, Narcan distribution: UM Idea Clinic, Venue: Club Aqua

Activities: Testing, Treatment, and Overdose prevention education

Outputs: Collaborative partnership to develop interagency protocols for recognizing and treating opiate overdoses in the community setting, measuring total number of overdoses recognized and treated to determine prevented fatalities. I will also track HIV/HCV testing results, number of staff and clients trained to distribute Narcan, as well as units of Narcan distributed for an assessment of impact.

Outcomes: Short term: To decrease overdoses from once per month to once per two months in the first year, Long term: to decrease overdoses to once per year in the second year.

Number of project volunteers: 5

Number of people served by project: 100+

Number of people impacted by project: 1000

Eryn Wanyonyi

Discipline: Medicine (MD)

Institution: University of Missouri-Kansas City School of Medicine

Project Summary: Peer-to-Peer STD Curriculum

Goals and Objectives: Peer-to-peer education is about an exchange of knowledge through conversation rather than a one-sided lecture. The culmination of the curriculum would be the students developing a public service announcement about one of the STDs they've learned about and a unique prevention message.

- Educate high school students in the KC Metropolitan area about HIV and STD prevention

- Implement an effective, sustainable, and engaging sexual health curriculum

Project Highlights: I had an incredibly supportive project mentor that was with me every step of the way.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 100+

Social Determinants

Sahil Angelo

Discipline: Medicine (MD)

Institution: Emory University School of Medicine

Project Summary: Grady Healthy Living: Addressing Social Determinants of Health in Primary Care Clinics

Goals and Objectives:

- Support patients' efforts to manage their chronic diseases and accomplish their lifestyle modification goals.
- Equip first-year medical students with the knowledge and skills required to become effective health coaches and inculcate in students the importance and impact of patients' social determinants of health (SDH).
- Provide Grady Memorial Hospital with SDH data on their primary care patients.

Project Highlights: I believe that screening over 1000 primary care patients was a great success in terms of capturing the needs of our patient population. This is the first time something on this scale has been done at Grady. Furthermore, our greatest success was using our data to convince the administration to integrate our tool and resource guide into the electronic medical record, and to develop a Social Determinants of Health dashboard. We also developed a strong relationship with the Grady primary care administration that will be helpful for the next phases of the project.

Number of project volunteers: 20

Number of people served by project: 500+

Number of people impacted by project: 1000

Saya Yusa

Discipline: Medicine (MD)

Institution: Michigan State University College of Human Medicine

Project Summary: Resiliency Training: A Model for ACEs Education for Caregivers of Children with Allegations of Abuse

Goals and Objectives: To provide educational and community resources on ACEs and Resiliency for the non-offending parents and guardians of abused and/or neglected children. We will be working with parents/guardians who attend the support group at Weiss Child Advocacy center on Thursday nights. It will be a two-session curriculum, the first session consisting of an ACE presentation and Resiliency training, and the

second session which reflects on knowledge gained since the first session. We will be working closely with the Weiss Child Advocacy staff as well as local child advocates, psychologists, and health care providers.

Project Highlights: The parents were very receptive to the training and many found that they themselves had experienced ACEs and therefore could benefit from learning resiliency tools.

Number of project volunteers: 10

Number of people served by project: 50

Number of people impacted by project: 50

Angela Burla

Discipline: Physical Therapy/Occupational Therapy

Institution: St. Catherine University

Project Summary: Educating Parent English Language Learners on Healthy Routines for Children

Goals and Objectives:

Long-term: To increase the number of immigrant and refugee children graduating from high school within 4 years of beginning high school (will not actually be measured as this would require a longitudinal approach).

Short-term: To increase music routines in the homes of refugee and immigrant children as indicated via picture surveys.

Short-term: To teach children/and families academic-based music activities to be implemented in the home as indicated via picture surveys.

Short-term: To teach nonmagician staff members ways of implementing musical activities targeting pre-academic skills as indicated by staff post-project survey.

Project Highlights: Several of the parents were so interested in incorporating the activities that we were doing in the classroom into their home routines that they stayed after their class time while we worked with the second groups. One of the parents even asked to use my guitar so that she and her son could play some traditional music from their culture. It was very promising to see parents taking such a strong interest in how incorporating these activities may help improve future academic performance/education for their children.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 50

Substance Abuse

Micah Anthony

Discipline: Pharmacy

Institution: Xavier University of Louisiana

Project Summary: Increasing Alcoholism Awareness Amongst University Students

Goals and Objectives: My project will address Healthy People 2020 Leading Health Indicator 14.2 of Substance Abuse: Reduce the proportion of students engaging in binge drinking during the past 2 weeks. The goal of this project is to educate approximately 60 college freshmen on the risks of binge drinking as it relates to alcoholism and substance abuse. Through conducting an informational seminar for students, I hope to decrease the number of students engaging in binge drinking. To better help prevent binge drinking amongst college students, I also intend to survey students to determine the psychosocial factors contributing most to their desire, or lack thereof, to engage in binge drinking.

Project Highlights: The defining point of success for my project came during the close of my second presentation as I gathered feedback from the freshmen participants and held an open discussion. So many of the young ladies shared stories with me, expressed how helpful the presentation was, and that the information provided changed their views on the subject. The participants made many remarks that they would go on to make changes to their lifestyles and make different choices pertaining to alcohol consumption and binge drinking.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 13

Kelsey Melgaard

Discipline: Pharmacy

Institution: University of Minnesota College of Pharmacy

Project Summary: Stigma Reduction and Increasing Naloxone Access for Substance Use Disorders

Goals and Objectives:

SMART short-term goals/objectives

- Finalize toolkit & flowchart for implementation in a few pilot pharmacies of opioid education and naloxone distribution for community pharmacies by July 2018.
- Disseminate toolkit & flowchart for community pharmacy use in a small cohort in Minnesota by August 2018.

SMART long-term goals/objectives

- Increase the number of pharmacies in St. Louis County, MN who dispense naloxone by protocol from 13/48 up to 20/48 within 1 year.
- Reduce opioid related overdose fatalities in Minnesota from 395 in 2016, categorized as “getting worse” according to the Minnesota Department of Health’s Opioid Dashboard to seeing improvements with fewer opioid overdose fatalities within 5 years with this project and other work

that is being done across the state.

- Increase opioid awareness and stigma reduction of substance use disorder – unmeasurable starting point, but will include questions in the survey – to more holistically support patients at risk of overdose.

Project Highlights: I think most students felt they had success in impacting patient care in some way. There was one local pharmacy chain that was interested in developing a protocol, so our students were able to educate this pharmacy on how to develop, implement, and utilize a naloxone protocol in their practice. A few students had success in working with chain pharmacies that they interned at to help develop a way that the protocols could be better utilized.

Number of project volunteers: 10

Number of people served by project: 300+

Number of people impacted by project: 100

Carly Noel

Discipline: Medicine (DO)

Institution: NYIT College of Osteopathic Medicine

Project Summary: Is Alcohol Education for College Students Beneficial in an Arkansas Dry county to Reduce Alcohol Related Morbidity and Mortality?

Goals and Objectives: Excessive drinking and intoxicated driving is an issue in Craighead County, and is one that is not open spoken about. The main objective is to reduce the number of intoxicated driving morbidities and mortalities and to increase public knowledge of safe drinking practices. This will be achieved by opening up the conversation about safe drinking practices and come up with solutions and resources for people in this culturally conservative community. A secondary goal for this project is to open up the conversation about other sensitive topics in this community, such as safe sex practices.

Project Highlights: During the data collection portion of the project, many students mentioned to me that they think alcohol education is something they need at their school. They have recognized that there is a problem on campus. One student said to me "I am so glad someone is stepping up to talk about this." Additionally, while it was difficult, I had many great conversations with various leaders in the Jonesboro community about the project. While they may not have agreed with the premise of it, it was necessary to start the conversation and I am glad that I was able to do that.

Number of project volunteers: 5

Number of people served by project: 300+

Number of people impacted by project: 8,000

Amy Skroch

Discipline: Nursing

Institution: Winona State University

Project Summary: Initiation of a Naloxone Distribution Program at Healthcare for the Homeless

Goals and Objectives:

Long: Healthcare for the Homeless will initiate a naloxone distribution program that includes an approved policy and procedure, standing order, and education of staff on naloxone distribution; and will initiate distributing naloxone to patients in 2018.

Short: The Healthcare for the Homeless naloxone distribution program will distribute 50 naloxone rescue kits within the first 8 months of the program.

Short: After eight months of operation, the Healthcare for the Homeless naloxone distribution program will have reported five opioid overdose reversals from kits distributed.

Project Highlights: The data collection/analysis went surprising well. I did face some challenges with having incomplete questionnaires for my data, but my analysis showed some significant results. A particular success for me was how many patients experiencing homelessness desired a naloxone kit not necessarily for themselves, but for someone they love/care about. I distributed a kit to a patient who said he witnessed his girlfriend experience and overdose and he wanted to feel prepared in case something happened again. This was one experience I had, and based off my findings, I imagine this was the case for many patients. Having patients experiencing homelessness feel empowered to take action with an opioid overdose was the ultimate goal of this project, and my results can also be used to advocate for further policy and changes for patient's experiencing homelessness and the opioid epidemic.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 47

Alexandria Sweetman

Discipline: Pharmacy

Institution: Rosalind Franklin University of Medicine and Science

Project Summary: Assessment prescribing, dispensing, disposal, and naloxone use patterns in the Lake County, IL

Goals and Objectives: The purpose of this study is to evaluate the Lake County Drug Disposal program by correlating the types of prescription opioids and other scheduled drugs collected to their prescribing and dispensing patterns as well as overdose events and utilization of naloxone rescue by the law enforcement around the county. Data will be obtained from a number of sources, including IL-PMP, drug take back events, Lake County Coroner's Office, Lake County Health Department, and the Police Departments within the county.

Project Highlights: The communities' willingness to participate, the great uptake from all volunteers from SWALCO, police officers, DEA.

Number of project volunteers: 20

Number of people served by project: 75

Number of people impacted by project: 200

Jacob Thatcher

Discipline: Medicine (DO)

Institution: Pacific Northwest University

Project Summary: Shared Medical Appointments (SMAs) to Address Chronic Pain and Opioid Dependency

Goals and Objectives: Primary Aim: Provide shared medical appointments (SMAs) to Chronic Pain patients with the intent of collecting and analyzing data to better understand the impact that SMAs have on chronic pain, opioid usage, patient satisfaction and quality of life.

Secondary Aim: Determine whether patients are more satisfied with their life after participating in SMAs

Project Highlights: Patients changed their mentality. Providers changed their mentality.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 100

Tobacco

Miranda Steinkopf

Discipline: Pharmacy

Institution: University of Pittsburgh

Project Summary: Smoking Cessation Support Program

Goals and Objectives:

- Support and encourage at least 1 new woman through the process of smoking cessation each week.
- Offer smoking cessation aids, including group support sessions and pharmacologic therapy, free of charge every Monday night.
- Educate the clinic staff about smoking cessation and help the facility as a whole to become more supportive in smoking cessation through monthly educational sessions.
- Train 1 pharmacy student each week to conduct smoking cessation counseling sessions with patients to increase confidence in this counseling area.
- Collect survey data that shows at least 50% of the women who participate in the smoking cessation program plan to continue to their smoking cessation journey after leaving the shelter and that their confidence in quitting increases by at least 25%.

Project Highlights: One patient that I counseled through the one-one-one smoking cessation program told me on a weekly basis how grateful she was to have the opportunity to take back control of her health. It helped her to feel more in control of her circumstances after feeling as though she had no control for so long while surviving her abuser. I was extremely honored to play even just a small role in helping this woman gain back her confidence and power.

Number of project volunteers: 5

Number of people served by project: 25

Number of people impacted by project: 10