

MIAH Collaborates with Illumination Foundation to Revamp Mobile Clinic

By Will McKleroy, MS2
Mobile Clinic Co-Chair

2011 has been a year of great change for the Mobile Clinic, and we are all really excited for the future! In April, Mobile Clinic leaders sat down with Paul Leon, CEO and President of Illumination Foundation, to find a better way to address both the healthcare needs of Orange County's homeless population and provide more educational opportunities to MIAH volunteers. The new Mobile Clinic, a collaborative effort between MIAH, the Illumination Foundation, and Kaiser Permanente's Community Outreach Program, grew out of that meeting.

So far, it has been a great success! The new model emphasizes more direct contact with patients for both medical students and undergraduates. For the first time, undergraduates are responsible for helping patients complete "intake" paperwork and interviews, and medical students take full histories and physicals before reporting their findings to the attending physician. These changes will allow us, as MIAH volunteers, to work more closely with patients and therefore better understand their backgrounds and health needs. We hope that this will in turn lead to more personalized, empathetic, and effective medical care for those who visit the clinic. It's a great time to be a volunteer for the Mobile Clinic, so come on out and join us! If you are interested in participating, contact Will McKleroy at wmcklero@hs.uci.edu.



Tim Muldoon, MS1 (left) interviewing a patient at a Mobile Clinic event

"The new [Mobile Clinic] model emphasizes more direct contact with patients for both medical students and undergraduates."

-Will McKleroy



Medical Student Involvement in Recuperative Care

By Charlene Platon, NS4
Recuperative Care Program Volunteer Coordinator

One year has passed since the launch of the Recuperative Care Committee within MIAH, as it continues to bridge an interdisciplinary team of students to provide service to the underserved. Since the end of September 2011, first-year medical students from the UCI School of Medicine have been volunteering weekly alongside

undergraduate volunteers. The medical students have been able to enhance the undergraduate students' understanding of illnesses and diseases, thus enhancing the quality of patient visitations.

Though there are several courses available for undergraduates to study disease processes and illness, access is limited to specific majors. With the incorporation of medical students who are currently familiarizing themselves with this knowledge, both parties are able to benefit from participation in Recuperative Care.

(Continued on page 5)

From Co-Presidents Kimberly Truong, MS2 & Erica Dorfman, MS2

Over the past year, MIAH has continued to grow and evolve, and we would like to take this time to thank the many people who helped us along the way.

First and foremost, we would like to thank all 200 of our dedicated undergraduate, graduate, and medical student volunteers who keep the vision of MIAH alive. Without you, we would not be able to hold the three weekly events we have to serve the homeless – the weekly tutoring of homeless children, patient assessments in the Recuperative Care Program, and health education classes for homeless patients recently discharged from the hospital. Additionally, this year we have revamped our monthly mobile clinic and our Recuperative Care Program, participated in numerous community health fairs, held a spectacular clothing drive, and remodeled our Tutoring room. None of this would have been possible without your contribution, no matter how small or large!

We'd also like to thank the Illumination Foundation for their strong collaboration and the UCI SOM faculty, specifically Dr. Sosa-Johnson, Dr. Lotfipour, and Sue Ahearn, for their support. As we teach and serve the children and adults of the homeless population, we gain just as much back, if not more, from the invaluable learning experience.

Now, as the holidays roll around, we are in the midst of another toy drive so that those who are less fortunate will get to experience the joys of the season. We wish you all happy holidays and look forward to another year full of opportunities to help our community!

Upcoming Christmas Carnival on Dec 18th!

By Hillary Gregg, MS2

Chair of Community Resources for Sustainable Health

This year MIAH is teaming up with a handful of other organizations to take part in Illumination Foundation's Christmas Carnival for the tenants of the Costa Mesa Motor Inn. Dedicated MIAH volunteers will be working both a face painting booth and a stocking decorating booth at the carnival. We are excited to entertain and spread some holiday cheer with the children of CMMI. Additionally, UC Irvine students and faculty have generously been donating brand-new toys that will be brought to the carnival. This year we are empowering the parents by having them pick out gifts that they can give to their children on Christmas morning. We will be setting up a toy store in which all the donated toys will be displayed and parents will shop around and pick out the perfect toy for their children. MIAH volunteers will be gift-wrapping each chosen toy so that they are ready to be put under the tree! It will be a great day and a great way to show holiday spirit to our neighbors who need some extra help.

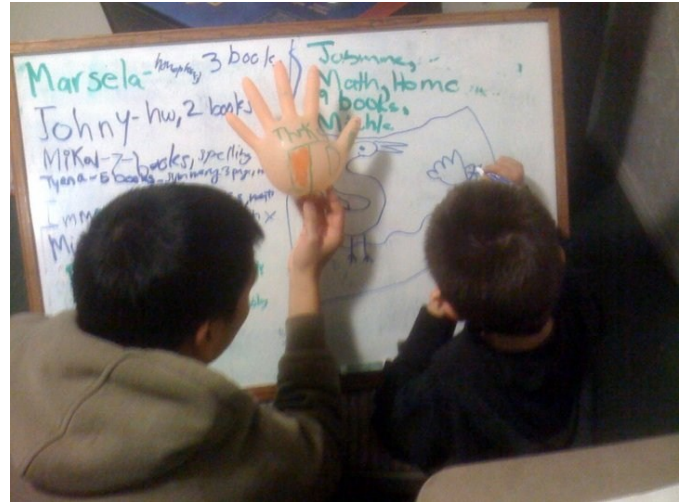


A father gives his child a gift from the MIAH Christmas Toy Drive event held last year

Tutoring Committee

By Jeff Friesen, MS2
Co-Chair of Tutoring

Our weekly Thursday meetings have seen some major growth over the year! With incredible volunteer support, MIAH Tutoring has ensured a quality one-on-one experience for each of the 15-20 children that attend regularly. We have also made major improvements to the learning environment in the Harbor Room including new tables, storage, dry-erase board and lighting. The kids love having a safe, fun environment to do their homework or develop their reading skills. Most importantly, they love the attention and mentorship they get from our dedicated tutors! The kids work hard to earn their ticket for the weekly raffle and they always get a healthy snack before they leave. Watch your email for the posting of tutoring sign-ups for the winter and spring quarters so that you can come out and make a difference in the lives of these children!



Brian Luu, MS2, tutoring a child using interactive strategies



Homeless adults and children living at CMMI attended the MIAH Clothing Drive

MIAH Clothing Drive in Spring 2011

By Hillary Gregg, MS2
Chair of Community Resources for Sustainable Health

Last spring the students of UC Irvine along with help from the UVSA (Union of Vietnamese Student Associations) collected nearly one hundred bags and boxes full of clothing for men, women and children. After many weeks of gathering the clothing, MIAH volunteers created a clothing store within the Motor Inn where tenants could browse, "shop" and go home with some great new clothes. Many of the clothes were brand new, with price tags still attached. Our donors were very generous and the Costa Mesa Motor Inn tenants were very thankful for a chance at a shopping spree!

SHO Launches Patient Education Classes for the Recuperative Care Program

By Kevin Phan

Co-Coordinator of Recuperative Care Patient Education Classes

In spring 2011, the Science and Health Outreach (SHO) committee launched the patient education branch of the Illumination Foundation's Recuperative Care Program. Patient education classes are held weekly on Mondays at the Costa Mesa Motor Inn from 5-6pm and are taught by 2-3 undergraduates and at least 1 medical student. Class themes have included smoking cessation, depression management, high blood pressure and cholesterol management, effects of alcohol, drug abuse and prevention, stress management, wound care, and Diabetes management. Since approximately 4-5 patients attend each class, volunteers are able to present the material in a small group setting which encourages the patients (these patients are the same ones seen on the Sunday shifts) to share their stories. Many of the stories shared by the patients have been humbling. Volunteers also provide resources and go over handouts for the patients.

In addition, we would like to note that having medical students help out consistently this 2011-2012 school year with the patient education classes has been a blessing. Not only are we able to go more in-depth on the class themes, but the medical students bring great knowledge and experience on how to teach certain topics that may be sometimes difficult for undergraduates to explain. As a result, the patients who attend the classes have been more engaged with what is taught to them and become more empowered to take a proactive stance on learning about common preventable diseases prevalent in the homeless community. To get involved with teaching a patient education class, please email phankt@uci.edu!



Health Education Class on Stress Management led by MIAH volunteers Anthony Dawson and Anne Nguyen



Health Education Class on Smoking Cessation taught by Lauren Marshall, MS1

Medical Student Involvement in Recuperative Care

(Continued from page 1)

At the beginning of every Recuperative Care shift, medical students gather with the undergraduate volunteers to explain the patients' conditions as they review each medical chart. In doing so, the medical students guide the undergraduates to ask patient-specific questions that may further evaluate the patients' conditions.

"As medical students, we use our iPads to assist us in teaching the undergraduates the diseases and conditions of patients we will be encountering that day and then make room visits as a team to assess our patients' health," said Kimberly Truong, Co-President of MIAH and second-year medical student. "The teaching component of [the program] is a great experience to strengthen our medical knowledge of diseases and drugs as medical students."

Prior to medical student involvement, volunteers received a list of the patients' diagnoses before their shift each Sunday. Though these conditions often included common morbidities discussed during the volunteer orientation, the variety of conditions in the homeless patients is unpredictable, ranging from hip fractures to more complex ones that are unfamiliar to many of the undergraduates, such as rhabdomyolysis, .

With the consistent and active participation of medical students, undergraduate volunteers have not only increased their medical knowledge but also their confidence in interviewing the patients. "I've enjoyed learning how to properly evaluate a patient's history from the medical students so that I can ask more direct questions when I check up on a patient. In addition, the medical students have done a wonderful job at putting medical terminology and diseases in layman's terms," stated Kevin Phan, fourth-year biological sciences major and Patient Education Coordinator for the Recuperative Care Committee. "It's also been nice to have the medical students by my side when a patient asks more medically-specific questions that undergraduates like myself may not be equipped to answer."



Chanel Fischetti, MS1, utilizing her iPad to explain patient conditions to undergraduate MIAH volunteers

On the other hand, in educating the undergraduates and visiting patients, the medical students have benefited from their investment in the program as well. "As a medical student, I see the material I absorbed in school in a real patient, teach what I learned to the undergraduates, and observe the problems of the U.S. healthcare system all at the same time," said Sung Ji, first-year medical student and active volunteer for Recuperative Program. "I believe that the experience will help create balanced physicians who are aware of their responsibility as a teacher and a social advocate, in addition to a clinician."

The idea of further involving medical students started with the joint effort between Recuperative Program Committee Chair Charlene Platon and MIAH Co-Presidents Kimberly Truong and Erica Dorfman. After the introduction of Recuperative Care through a MIAH medical student orientation, medical student involvement has been substantial, with 2-3 students attending per week.

Since November 2010, the volunteering experience for Recuperative Care has evolved in numerous ways. With the integration of medical student involvement, there lies not only collaboration between students with different health care goals but future colleagues with the equal desire to advocate health in the underserved. Medical student Ji stated, "I think the Recuperative Care Program is a unique program in the sense that it lets students follow up on patients from a population that is rarely followed up after treatment. It is an experience that encompasses education, knowledge, and social awareness."



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Want to learn more and get involved?

Our organization was featured recently in the Orange County Register's Daily Pilot in an article titled "This is not the time to say the poor aren't 'my business'." The article can be found here: <http://www.dailypilot.com/news/opinion/tn-dpt-1211-apodaca-20111210,0,4751896.story>

We welcome all interest from UCI undergraduate students, medical students, other graduate students and current health professionals, Please visit our website www.clubs.uci.edu/miah for more information. Also, don't forget to send us an email at MedInitH@gmail.com!

