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# SSRFC

## Society for Student Run Free Clinics

## National summit of Clinicians for Healthcare Justice

### - Student Run Clinic-Student day

By Rani Nandiwada MSIII GWU SMSH

THIS YEAR FROM OCTOBER 23rd through 25th clinicians and students from across the country united to show their support for health care justice. On Friday, October 24th, students from ten different states stepped up and united for the first national student clinic lobby day where they approached the hill to discuss the impact their clinics have on the uninsured populations in their communities. The student day that followed, held at George Washington University School of Medicine and Health Sciences, not only helped to facilitate the sharing of ideas and collaboration between clinics on a national level but also helped teach students about health policy. The conference focused on the need for medical students, as the next generation of physicians, to help shape important policy decisions for the better provision of care for their patients. Speakers during the day included Dr. Neil

Calman from Institute 2000, Dr. Ellen Beck from the student run free clinic project at UCSD, and Dr. Rishi Manchanda from the National Physicians Alliance. Students attended workshops and breakout sessions that covered topics ranging from continuity and quality of care to health policy, operations and management, and research. Students also participated in a clinic and research poster session where they could discuss projects that they developed, which focused on issues such as quality of care, patient outreach programs, and funding. One unique aspect of the conference was the time set-aside for students to start developing collaborative projects for the future. Some exciting initiatives including state lobby days, policy lunch lectures, multi-school research projects, and the establishment of a national organization for student run clinics stemmed from these sessions. If you would like to receive any of the materials, handouts, or more information about the conference please contact Rani Nandiwada at [gwstudentclinic@gmail.com](mailto:gwstudentclinic@gmail.com).



## Society for Student Run Free Clinics

By: Rani Nandiwada MS III GWU SMSH

THE SOCIETY FOR STUDENT RUN FREE CLINICS (SSRFC) is an initiative started by students through a progression of conferences focused on harnessing the passion of student run clinics across the nation. The organization is completely student founded and student run, and its goals are to find ways to increase communication between clinics nationally, to help share ideas on projects and initiatives that can be replicated, to problem solve on a

national level, and to host an annual national conference. Currently SSRFC is starting a monthly newsletter that will highlight different clinics models, programs, and research projects. A website is currently in construction. SSRFC hopes that every clinic will join this network in order to help everyone broaden their realm of experience through the variety of models and communities present nationally. SSRFC requires each school who would like to join to

submit its clinic e-mail address to [ssrfclincs@gmail.com](mailto:ssrfclincs@gmail.com). SSRFC is also currently asking for logo submissions that can be emailed to the above address.



## UMDNJ HOP Continuity of Care

-Nathan Samras RWJMS Class of 2010

**THE UNIVERSITY HEALTH INITIATIVE** at the UMDNJ-Robert Wood Johnson Medical School in Camden, NJ, funds the Health Outreach Project (HOP) to hold ambulatory care clinics every week for uninsured adults and children in Camden. There is at least one licensed attending physician present at every clinic, but the UMDNJ medical students remain the key participants in the clinic's administration and medical care.



Unlike other student-run-clinics in the United States in which the patients see whatever students attend the clinic at that particular night, the HOP clinics have a system to pair the 3<sup>rd</sup> year student-doctors with patients for about one year. Although the students often take care of more than one patient, each patient sees the same student during each of their visits. The clinic's scheduler makes appointments at a time when both the student and the patient can attend.

This mechanism to maximize continuity enables the students to become very familiar with the personal history and medical problems of the patients, reducing the inefficiencies inherent in changing providers every visit. Current research shows evidence of the success of this system in the decrease in number of visits of the clinic's patients to area hospitals. The local media has also been interested in this unique mechanism of student-run health care delivery; the ABC news affiliate in Philadelphia visited the clinic in April 2008 and can be seen at [www.adulthop.weebly.com](http://www.adulthop.weebly.com).



The student's education also benefits from the clinic's structure. The students are able to experience long

term patient care and see the successes and failures in the treatments over the course of an entire year instead of only 6-8 weeks during a clerkship rotation. The students are temporarily excused from clerkship responsibilities to accompany their HOP patients to visits to outside clinics, for example a colonoscopy or an ophthalmologic visit. This enables the student to experience first-hand the difficulties of an uninsured patient navigating the health care system.

In the past 3 years, 176 patients of all ages have been seen more than 1600 times. Patients are accepted into the clinic only if they are residents of Camden without health insurance. Cooper University Hospital has generously provided free laboratory work and some outpatient medical care for the clinic's patients to increase the number of services that the clinic is able to provide.



The HOP clinics have recently added electronic health records, a website for internal communication and training, and the expansion of educational materials for patients. The clinics will continue to maximize the benefits of its continuity structure by growing each year with fresh ideas and energy from the new UMDNJ students.

## Comprehensive Diabetes Care: The Patient Health Educator Program at Shade Tree Clinic

-Meredith Albin and Alon Peltz  
Shade Tree Directors, VMS 2011

**IN 2004, VANDERBILT MEDICAL STUDENTS** proposed the development of a free community health clinic to care for the medically underserved. Student research identified a Northeast Nashville neighborhood in which 35% of residents were uninsured and 83% believed that health services were unavailable to them. The Shade Tree Family Clinic (STFC) opened its doors in 2005, and has since become the medical home to 1,300 patients, a growing number of whom have diabetes mellitus.

Diabetes is particularly prevalent in the Northeast Nashville community where over 10% of people reported being told by a physician they had diabetes. Achieving optimal diabetes control is a difficult process that becomes more complicated when patients have inconsistent or inadequate access to health care. To respond to this recognized need, student leaders of STFC initiated an innovative approach to providing continuity of care for patients with diabetes, the Patient Health Educator (PHE) program. The PHEs are medical students who have been trained in diabetes care and education by specialists at the Vanderbilt Diabetes Clinic. The PHEs

establish one-on-one relationships with their patients and work together to develop unique care plans. Through this relationship, the PHEs help patients reach nutritional, exercise, and treatment plan adherence goals. This program has been successful. Patients' hemoglobin A1C levels have on average decreased (1.03 points) from the first visit to the subsequent testing, and the rate of patients receiving annual dilated eye exams (61.2%) is exceeding the national average. Importantly, our patients express confidence in their level of understanding of diabetes.



Recognizing that diabetes extends beyond the medical setting to the patient's daily life, students have developed complementary programming including a Weight Watchers class and a Social Support group to help patients initiate positive long-term lifestyle changes. The efficacy of these interventions is promising, and we will continue to monitor progress.

If you have any questions regarding our program or are looking to start a similar program, please feel free to contact us at [free.clinic@vanderbilt.edu](mailto:free.clinic@vanderbilt.edu).

## CLINIC SPOTLIGHT: University of Alabama School of Medicine Equal Access Birmingham

**THE FOUNDATION OF EQUAL ACCESS BIRMINGHAM'S ACTIVITIES** is our staffing of the M-POWER Ministries free clinic every Wednesday evening. We also staff local health fairs and screenings, hold education courses, and address other needs of the underserved in our community with specialty clinics.

EAB reaches out to the community to raise awareness of the local health care gap by partnering with local businesses, holding public fundraisers, and participating in advocacy events. Our clinic is open once a week on Wednesday from 4:30pm to 7:30pm. The clinic is staff by local volunteers, UAB medical students, and MDs. Students can sign up for spots on an online website for the week/weeks that they would like to volunteer. Aside from clinical hours on Wednesday, we also have special events such as women's day.



### Services:

The clinic provides medical care on a first-come, first-serve basis. Patients with serious medical conditions will see the doctor first. The only criterion for being seen at the clinic is that the patient be uninsured. The following services are offered free of charge:

- Medical care for children and adults
- Physical exams
- Pregnancy tests
- Diabetes testing
- Medicine, when needed and when available
- Referrals, when necessary, to specialty doctors in the community
- Education and counseling, provided in a friendly and supportive environment

# SSRFC ANNOUNCEMENTS



## MESSAGE BOARD



My name is Gabriel J. Martinez-Diaz, and I am a 3rd year at Stanford University. I have been involved with numerous "specialty services clinics" offered at our student-run free clinic (Arbor Free Clinic). I am currently helping one of our dermatology attending physicians, who is responsible for running the dermatology specialty clinic, in figuring out which other student run free clinics across the US have specialty clinics in dermatology run by dermatologists. If your school has a similar offering in any of your student run clinics, please contact me at [gjmd@stanford.edu](mailto:gjmd@stanford.edu)

Thanks!

**Gabriel J. Martinez-Diaz**  
Stanford University School of  
Medicine, SMS III

### Register your clinic to be a member of SSRFC

Send your clinic e-mail to [ssrfclinics@gmail.com](mailto:ssrfclinics@gmail.com). If you don't have a clinic e-mail create a gmail account at [www.google.com](http://www.google.com)

### Calling for LOGO submissions!

SSRFC is working on a logo. If you have an idea for a logo please e-mail us! [ssrfclinics@gmail.com](mailto:ssrfclinics@gmail.com)

### Proud of your clinic?

Then tell us about it! Send us an article submission about your clinic. Include pictures and programs that have been successful. We want to know about you! ☺

### Newsletter Help

If you are interested in helping create our newsletter, send an e-mail and let us know. We are looking for people to join our team!

## UPCOMING CONFERENCES

**Thursday, January 22,  
Savannah, Georgia  
9am-5pm**

### PR2: A Day for Students and Faculty to Celebrate and Strengthen Our National Network of Student-run Free Clinics

*Richard Usatine, MD, University of Texas HSC at San Antonio; Wanda Gonsalves, MD, University of South Carolina; Ellen Beck, MD, University of California, San Diego*

### STUDENT-RUN FREE CLINIC

projects address in small part some of the vast national unmet health care need, while providing meaningful service learning experiences and opportunities to learn leadership and management skills. Sharing the knowledge, experience, and skills developed in the creation and maintenance of

these projects is important in achieving high-quality service and education. This pre-conference workshop will build on last year's meeting and continue to build a national community of faculty and student leaders directing student-run free clinics. Each participant will receive a CD with PowerPoint presentations, video clips, and ideas sharing the wealth of experiences across the nation. This year, an Art Event will be added. Participants are encouraged to display their photographs, painting, poetry, and sculpture to tell the stories of their experiences. Participants should prepare their own framing of projects as desired/required. For more information about the Art Project, please contact Dr Usatine at [usatine@uthscsa.edu](mailto:usatine@uthscsa.edu).



UNIVERSITY OF  
**Nebraska**  
Medical Center

In Association with the Society  
of Teachers of Family  
Medicine



For more information, e-mail  
[skbryan@unmc.edu](mailto:skbryan@unmc.edu)

To register visit:  
<http://app1.unmc.edu/sharing/conference.html>

THE UNIVERSITY OF NEBRASKA MEDICAL CENTER and the UNMC SHARING Clinics, in association with the Society of Teachers of Family Medicine, are hosting a national conference March 27<sup>th</sup>-29<sup>th</sup>, 2009 in Omaha, NE allowing schools from across the country to share ideas and engage in a dialogue about student run clinics for underserved populations. Student-run clinics can help be the bridge to the much-needed change in health care. These clinics help generate a culture of service and passion for the underserved. Student-run clinics give students the tools they need to implement new methods of providing health care and they empower patients to take control of their own health. Student-run clinics make a tremendous positive impact on the community they serve. The goal of this conference is to enable and to inspire more schools across the country to incorporate student-run clinics into their program and to improve existing clinics to help enhance the healthcare of the underserved nationwide.