Annual Report of Accomplishments and Projects Sponsored/Promoted by the USF Health Service Corps

Prepared by Ellen Kent, MPH, CPH, Coordinator for USF Health Service Corps, August 27, 2013

The USF Health Service Corps is an interdisciplinary program which enables USF Health students in Medicine, Nursing, Public Health, Physical Therapy and Pharmacy to participate in meaningful rewarding and fun health-related community service activities together. Students can select from a wide variety of short and long term service projects which are listed on the Service Corps Events and Projects Website. In addition, students can gain a better 'feel' for the many opportunities available through the Service Corps by visiting the Service Corps Powerpoint and Photo Gallery websites. For more information on the USF Health Service Corps, please feel free to contact Ellen Kent, MPH, CPH, Coordinator for the USF Health Service Corps at ekent@health.usf.edu or (813) 974-6622 and she will be happy to help you!

Annual Summary Reports are prepared by the Coordinator each year, which are based upon the detailed progress reports, starting with the summer, fall and spring semesters. The 'progress' reports for the 2012-2013 academic year can be downloaded from the following links:

Summer 2012 USF Health Service Corps Report

Fall 2012 USF Health Service Corps Report

Spring 2013 USF Health Service Corps Report

This annual report, which is provided below, thus serves as a summary and compilation of the data included in these three different semester reports. Other annual reports can be viewed at Annual Reports.

I. Health Fairs, Screenings and Immunization Events (see also USF Health Service Corps Health Fair Policies and Procedures and Student Advisory Committee)

The USF Health Service Corps collaborates with community agencies to provide screening and health education services to low income medically-underserved residents of the Tampa Bay area, many of whom do not receive regular preventive health care services (due to the barriers of lack of transportation, lack of insurance coverage, lack of income, and fear of being reported as a undocumented citizen). The USF Health Service Corps also provides health fair participants with a listing of referral clinic sites of low cost and free clinics in Hillsborough and surrounding counties, where they can receive follow-up health care services.

Between July 1, 2012 – June 30, 2013, a total of 382 students in USF Health clinical programs participated in 27 different clinical events. Specifically, these Service Corps clinical volunteers included: 191 Morsani College of Medicine MD students (COM); 126 College of Nursing (CON) students; 36 College of Pharmacy (COP) students; and 29 School of Physical Therapy and Rehabilitation Services (DPT) students.

Throughout the year, faculty supervision at these various clinical events was provided by:
10 different COM faculty; 7 CON faculty; 1 adjunct COM faculty with Catholic Mobile Medical Services (CMMS), 2 adjunct CON faculty affiliated with the VA; 5 DPT faculty; 5 COP faculty; and one respiratory therapist affiliated with AHEC.

A total number of 4156 community members received FREE screenings at these 27 clinical events. The range of free screenings which were provided included: blood pressure (BP); blood sugar (BS); blood cholesterol (BC); body mass index (BMI); respiratory; vision; and physical therapy assessments (PT) as well as free flu shots. The reader can download the detailed progress reports provided above to view detailed accounts of the services provided at the various clinical events.

In addition, over 1400 adults and children benefited from non-clinical health education services at 9 of these health fairs and screening events (including health education displays for adults and children; health education and safety/fitness activities for children). An additional 174 USF volunteers participated in these non-clinical activities, including: 9 Morsani College of Medicine MS/PHD students; 55 College of Public Health (COPH) graduate students; 41 COPH undergraduate students; 20 College of Pharmacy students; 41 other USF Undergrad students; 3 other USF grad students, and 5 other community volunteers (1 friend of student, 1 recent grad, 2 high school students and 1 foreign medical graduate).
Moreover, by adding together the number of clinical and non-clinical volunteers at these 27 events, the cumulative number of USF Health students who volunteered in a clinical or non-clinical capacity in all USF Health Service Corps-sponsored health fairs/screening/ or flu shot events for 2012-2013 was: 556.

Notes:
(1) Many of our USF Health students participated in more than one health fair event throughout the year, so the numbers listed above do not reflect total numbers of student volunteers, but the sum of the number of students who participated in the 27 different health fair events. With an average of 5 hours of service per volunteer per health fair event, this can be interpreted as a total number of 556 x 5 = 2780 student volunteer hours at health fairs throughout the year.
(2) COM and CON & COP student volunteers who participate in health fairs sponsored by the USF Health Service Corps have received training in BMI, vital signs, flu shots and blood sugar/cholesterol screening through their respective educational programs. Likewise, Physical Therapy student volunteers have received training in physical therapy assessments/procedures through their DPT program. Appropriate clinical supervision is provided for USF Health students for all health fairs. (See also USF Health Service Corps Health Fair Policies & Procedures)

II. Health Clinics for Medically Underserved Populations (primarily clinical volunteer opportunities, with some opportunities for students in non-clinical programs to serve as interpreters)

USF Health students volunteer at these clinics on a regular basis throughout the year. These programs are sponsored by USF Health and outside organizations and promoted by the USF Health Service Corps.

Catholic Mobile Medical Services (http://home.catholicweb.com/ccdosp/index.cfm/NewsItem?ID=307940&From=News)
Weekly primary care clinic at San José Mission in Dover, Monday evenings, 6-9 p.m. and the first Friday of the month from 3-7 p.m. The majority of the adults who seek care at this clinic are Spanish speakers.

Clinical component: Bilingual medical and nursing students learn about primary care through shadowing and assisting residents and volunteer physicians - there is room for two Spanish speaking clinical (COM or CON) students at a time.

Throughout the year, 2 COM students in the ON-GYN interest group volunteered ~ 3.5 hrs. each week (14 hours in fall and 8 weeks in the spring) for an estimated total number of 150 volunteer hours

Red Crescent Clinic (http://www.redcrescenttampa.org/)
Clinical component: USF COM students can gain clinical experience at the Red Crescent Clinic on Tuesday, Thursday and Saturday mornings. Trained USF medical student volunteers assist with blood pressure measurements, taking histories, and other clinical activities.

Approximately 5 students volunteered every week through most weeks of the year; this represents ~ 800 volunteer hours for the year. (5 volunteers x 4 hrs per session x 40 weeks = 800 hrs.)

Primary Sector Medicine Program (PSMP): Judeo Christian Health Clinic (JCHC) and Brandon Outreach Clinic (BOC)
Clinical component: During the academic year (August – April), second, third and fourth year medical students are assigned to JCHC (on Monday and Wednesday afternoons) and BOC (on Thursday mornings) as part of their Doctoring Clinical Experience (DCE), third year clerkship, and family medicine electives, respectively. Throughout the entire year, second, third and fourth year medical students can volunteer at JCHC at the monthly USF clinic on the second Wednesday evening of each month. In addition, rising 2nd year medical students can volunteer at these clinics during their May – July summer break.

Clinical volunteers contributed over 250 volunteer hours throughout the year
Non-clinical interpreter volunteers contributed over 400 hours throughout the year

The BRIDGE Healthcare Clinic (BRIDGE stands for Building Relationships and Initiatives Dedicated to Gaining Equality) is a student-run free clinic held every Tuesday evening at USF Morsani Center.
Clinical component: Medical, physical therapy and pharmacy students volunteered on a regular basis, under clinical supervision of USF attending physicians and physical therapists and pharmacists.
Non-clinical component: 2-4 bilingual USF Health and pre-health professional students assisted as interpreters and 1-2 COPH students assisted with the HIV screening program. In addition, an undergrad student provided colon cancer education and social work students volunteered under the supervision of a licensed social worker.

Annual estimate of volunteer hours:
Medical students: 2000 hours; Physical therapy students: 500 hours; Pharmacy students: 300 hours
Public health and undergrad students: 600 hours Social work students: 200 hours

Total number of student volunteer hours: 3600
III. USF Health Service Corps Special Events (non-clinical volunteer opportunities)

In 2012-2013, 428 Service Corps volunteers participated in 45 special events (e.g. picnics, parties, sports events, arts and crafts activities, and musical entertainment) for senior citizens, children and adults with special health care needs and cancer patients. Together, these events benefited over 5800 people of all ages.

Specifically, these Service Corps volunteers included: 89 Morsani College of Medicine MD students (COM), 17 Morsani College of Medicine MS/PHD students, 2 other USF grad students, 102 College of Public Health (COPH) graduate students, 71 COPH undergraduate students, 59 other USF Undergraduate students, 33 College of Nursing students, 8 School of Physical Therapy and Rehabilitation Services (DPT) students, 36 College of Pharmacy (COP) students, 2 faculty/staff and 9 friends/community members.

Many of our USF Health students participated in more than one ‘special event’ during the year, so the numbers listed above do not reflect total numbers of student volunteers, but the sum of the number of students who participated in the 45 different special events. Assuming 5 hours per volunteer per event, this can be interpreted as a total of 428 x 5 = 2140 volunteer hours. Examples of these non-clinical special events in 2012-2013 included: dinners and visiting with the cancer patients and their caregivers at the American Cancer Society Benjamin Mendick Hope Lodge; Love a Senior Day and Baking Bread with seniors at Weinberg Village; Halloween party at John Knox Village; seasonal parties for children at the Spring (a domestic violence shelter); safety and fitness events/bike rodeos for children; fitness days for people with disabilities; picnics for children whose parents are farmworkers; community painting, clean up, and gardening projects; special events for refugees, health awareness expos; events for the homeless; blood drives; and organ donor/bone marrow registry events.

IV. Fun Fundraising Events (non-clinical volunteer opportunities)

This year, over 350 USF Health students, faculty and staff participated in 15 different fundraising events and raised over $17,000 to benefit non-profit organizations with a health focus. Assuming an average of 4 hours per volunteer per fundraising event, this can be interpreted as - 1400 hours dedicated to fundraising volunteer events. By promoting these events on the Service Corps Events and Projects website, it was possible to ‘spread the word’ throughout USF Health. A summary of the various fundraising projects is provided below; details are included in the 3 different semester reports.

Saturday, September 29th, Walk to End Alzheimer's at Curtis Hixon Park.

Saturday, October 20th, Making Strides against Breast Cancer Walk at the Tampa Bay Times Forum.

Saturday, November 10th, Step Out Walk to Help Diabetes at USF!

Saturday, November 10th, American Heart Association’s Tampa Bay Start! Heart Walk at the Raymond James Stadium.

Saturday, February 16th, 2nd Annual Tampa Bay National Eating Disorders Association Walk at Al Lopez Park.

Sunday, March 17th, 2nd Annual Race for Her Life - Fighting Ovarian Cancer Research 5 K race at USF Sun Dome.

Friday, March 22nd, Walk Like MADD at USF!

Friday, April 5th, Timmy Global Health at USF - Light up the Night for Ecuador Charity Event at Tampa Museum of Art.

April 12th - April 13th, Relay for Life at USF Soccer and Track Stadium.

Saturday, April 13th, 2013 Walk to Cure Psoriasis at George Steinbrenner Field.

Saturday, April 13th, JDRF Walk to Cure Diabetes at the Tampa Bay Times Forum.

Friday, April 19th, An Elegant and Fun Fundraiser to benefit Planned Parenthood of Southwest and Central Florida - Art of Safe Sex: A Speakeasy - Fedoras, flappers, food & fun!

Saturday, April 27th, March of Dimes ‘March for Babies’ Walk in Tampa, at the Tampa Bay Times Forum.

Note: This year, our USF Health team won a Bronze Team award.

Saturday, May 4th, Girls on the Run 5k at HCC - Dale Mabry Campus.

Saturday, May 18th, Eckerd Community Alternatives - Walk a Mile for a Child in Foster Care.
V. On-Going Teaching, Mentoring and Advocacy Opportunities (non-clinical volunteer opportunities)

A. Teaching Engagements with the Public Schools  - Sponsored by the USF Health Service Corps
USF Health students shared their knowledge and enthusiasm about their academic programs and their career choices with youth in local schools throughout the school year.

September – December 2012:  61 students, staff, faculty and alumni taught  students in 55 classes in 17 schools, with representation from the Colleges of Medicine, Nursing,  Public Health, Pharmacy, undergraduate programs. Approximately 1100 youth in grades K-12 were reached, at the local schools. (Specifically the volunteers included: 5 COM grad, 9 CON, 12 COP, 14 COM, 6 COPH grad, 2 COPH staff, 10 COPH UG , 1 other UG, and 2 Pediatric Residents)

January – June 30, 2013:  43 USF Health students taught a total of 1569 students from 12 schools (in classroom settings, health expos, trips to USF Health, and the Annual Science Fair. Specifically, the volunteers included: 10 COP, 7 COM, 13 COPH grad, 7 COPH UG, 3 CON  students, 1 COPH alum, 2 COPH staff

Summary: throughout the year over 2669 K-12 students were reached

As noted above, similar to the health fairs and special events, many of our USF Health students participated in more than one teaching event throughout the year. Therefore, the number of volunteers (61+43 = 104) who participated in the fall and spring teaching events represents the sum of students who participated in all of the different teaching events throughout the year. Assuming that volunteers dedicated 6 hours for preparation and teaching each event, this can be interpreted as a total of 624 volunteer teaching hours during the year.

B. Three COPH students also participated in the Refugee Youth Services (RYS) Program Youth Mentoring Program throughout the year, and dedicated over 107 hours to helping refugee children succeed in school.

C. Children’s Cancer Center  - Big Buddy Program for Medical Students
Outcomes: 16 MCOM students served as Big Buddies (spring semester)

D. Girls on the Run of Southern Tampa Bay is a positive youth development program for 3rd-5th grade girls that combines training for a 5k with an interactive curriculum to develop self-respect and healthy lifestyles in pre-teen girls. Twelve students participated in this program throughout the year.

E. The USF Department of Pediatrics - Reach Out & Read Pediatric Literacy Program
continues to be a successful service learning opportunity for pre-health professional students, as students can read to children and then shadow a resident at USF Health pediatrics clinics. Number of student volunteers by semester: (Again, some of these students may have volunteered more than one semester)

Summer of 2012: 49 students (49 students x 2 hrs/week x10 weeks=980 volunteer hours)
Fall 2012: 49 students (49 students x 2 hrs/week x10 weeks=980 volunteer hours)
Spring 2013: 60 students 60 students x 2 hrs/week x10 weeks = 1200 volunteer hours

Total of 3160 volunteer hours
F. USF HealthCares Mentoring Programs

In 2012-2013, the COM Office of Student Diversity and Enrichment (OSDE) expanded upon the successful existing relationship with the BEST mentoring program to establish a successful new comprehensive network of USF HealthCares Mentoring Programs, whereby students can volunteer in the three mentoring programs as listed below. The OSDE was responsible for coordinating these three programs and they were listed on the Service Corps Events and Projects Website as one of the many service options that USF Health students could select from.

The Brain Expansion Scholastic Training Program (B.E.S.T) provides academic support and health career exploration for minority youth in after school programs in the Tampa community.

Fall: 1 CON, 1 COPH, 3 COM students served as mentors to 15 youth from Mount Calvary Academy and 7 youth from Hope Learning Center; estimated 60 volunteer hours
Spring: 4 students (1 CON, 1 COPH, 1COM and 1 premedical) served as mentors to 15 youth from Mount Calvary Academy; estimated 80 volunteer hours

USF Health Explorers Program is affiliated with Learning for Life (http://exploring.learningforlife.org) and provides high school students interested in a career in healthcare with the opportunity to learn more about what options are available and how to achieve them. USF Volunteers lead a team of high school students through problem-based learning activities in which they learn about health topics and healthcare careers.

Fall: 14 USF Health students (10 COM, 1 IMS, 2 MS, 1 COPH) led Saturday morning sessions in November and December for a 18 high school students participants; estimated 112 volunteer hours
Spring: 18 USF Health students (13 COM, 4 COM grad, 1 COPH) led 5 different Saturday morning monthly sessions between January - May, for 22 high school participants; estimated 360 hours

The Boys & Girls Clubs - USF Health partnered with staff and administrators at the Wilbert Davis Boys and Girls Club in the East Tampa area and developed learning activities for youth in grades 6-12 addressing a variety of health topics.

Fall: 5 volunteers from MCOM led 2 Friday afternoon sessions in October and November for 15-20 students in grades 6-10. (estimated 30 volunteer hrs.)
Spring: 5 regular MCOM volunteers and 3 occasional MCOM volunteers participated in four sessions between January through April, 2013, with group sizes ranging from 12-21 youth per session (estimated 80 volunteer hours)

Total number of student volunteer hours contributed throughout the year: ~725

VI. Collection Drives (non-clinical volunteer opportunities)

USF Health students, as well as faculty and staff, participated in 4 different collection/gift drives which benefited low income residents in Tampa, Hillsborough County, as well as foreign countries. These drives included:

July – mid August: Annual Tools for Schools Collection Drive of NEW school supplies. Over 60 large boxes of school supplies were collected at USF Health north, USF Health south, and USF main campus locations. These items were then distributed to the children who come to the Back to School health fair at the University Area Community Health Center on August 11th and our USF medical and nursing students participated in this Service Corps Health fair.

Fall 2012: Food Collection Drive
This was our most successful food drive ever! We donated a total of about 65 bags/boxes of food to Santa Maria Mission in Tampa, San Jose mission in Dover, and Tampa Jewish Family Services Food Bank, which assists people of all ages and all walks of life, regardless of race or religion.

February - March, 2013: Hygiene Supplies Collection Drive
The USF Health community contributed 20 bags/boxes of hygiene items, which were delivered by medical students contributing to the Project World Health trip to the Dominican Republic and students traveling to Panama with the International Health Service Collaborative.

April – June. Sensational Spring Book Drive for Children: Over 35 boxes of books were collected and donated to two valuable children's literacy programs: The USF Reach Out and Read Program and the Goodwill Industries-Suncoast BookWorks Childhood Literacy Program
VII. Special Camps for Special People with Special Health Care Needs (non-clinical volunteer opportunities)

**Camp Boggy Creek** is a year-round camping facility for children, ages 7-16, who have chronic or life-threatening illnesses (e.g. heart disease, HIV, sickle cell anemia, and cancer). Boggy Creek programs include week long summer sessions and weekend programs throughout the school year.
70 student volunteers for the year (primarily MCOM)

**Florida Diabetes Camps** offers camps throughout the year for youth who have Diabetes.
9 volunteers throughout the year (medical, COM grad, and pediatric fellows)

**Women's Cancer Retreat** at Rotary Camp Florida in Brandon  (September 7, 2012)
2 USF Health students

**Santa's Workshop Weekend!** Come bring cheer to children who have been touched by Cancer, Rotary's Camp Florida in Brandon.  (November 30th- December 2nd, 2012)
10 student volunteers throughout the weekend (COM, COPH grad and COPH UG, CON)