Community Health I & II Elective Course Descriptions

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Our Mission: We are a group of health professions students who seek to better the Oklahoma City healthcare system through our volunteer efforts. Through volunteerism we work to uplift, educate, and empower citizens. The University of Oklahoma Community Health Alliance exposes students to challenges in providing healthcare with limited resources and develops more compassionate and empathetic doctors.

Our Goals:

- Serve the uninsured and underserved population of Oklahoma City.
- Serve the Oklahoma City surrounding communities through our mobile medical/dental program.
- Create an intense educational experience.
- Expose OU students to the needs of our community.
- Foster a life-long commitment to philanthropy

Participation

1. Students must be enrolled in the College of Medicine and in good standing to earn credit for Community Health I and II.
   a. During the summer between the first and second years of medical school, students may earn credit for Community Health I and are encouraged to do so.
2. Students will earn credit by completing hours and logging them on the website, http://www.ouhsc.edu/communityhealth/. Clinic hours must be logged within 60 days of volunteering. Health Education and Community Involvement hours must be logged within 6 months of volunteering.
3. Students may participate in organization activities, such as volunteering, without participating in the elective course.
4. To participate in the elective courses, students should visit http://www.ouhsc.edu/communityhealth/ for more information. All questions should be directed to the OU Community Health Alliance President.

Enrollment

1. To be eligible to enroll in Community Health I, students must have completed and documented 60 hours of the course requirements prior to enrolling for the CHI or CHII elective during the fall of their fourth year of medical school.
2. To be eligible to enroll in Community Health II, students must have completed and documented 60 hours of the course requirements prior to enrolling for the CHI or CHII elective during the fall of their fourth year of medical school.

3. An hours check for graduation will be conducted and sent to the Deans' Office in the fall semester of the fourth year to ensure students have accrued enough hours to earn credit in Community Health I and/or Community Health II.

4. Students will enroll in the Deans' Office when scheduling their fourth year spring semester.

5. By enrolling in Community Health I or II you are committing to completion of all course requirements prior to the end of the two week period for which you are enrolled. Students may only enroll in Community Health I or II during the months of March, April, or May of their fourth year.

6. Failure to complete course requirements in a scheduled course may result in delay of graduation.

7. If a student suspects they will be unable to complete the course requirements after enrolling in CHI or CHII, they must contact the Dean’s office prior to February 1 of their fourth year to amend their schedule. This is crucial for obtaining all credits required for graduation from the OU College of Medicine.

8. An additional hours check will be conducted in the spring of fourth year to verify that all course requirements have been completed by students who have enrolled in the Community Health Courses.

9. For questions concerning enrollment, please contact the OU Community Health Alliance President.
Community Health I

- Begins upon the first day of the first year of medical school.
- Hours completed prior to the first day of the first year of medical school will not count towards the CHI elective.
- Course work must be completed by the end of the two week period for which you are enrolled during the fourth year of medical school.
- 60 clinical hours, 12 health education initiative hours, and 8 community involvement hours are required for course credit.
- A graduation check to verify hours completed towards CH I will be conducted in the spring of fourth year.
- To be eligible to enroll in Community Health I, students must have completed and documented 60 hours of the course requirements prior to enrolling for the CHI elective during the fall of their fourth year of medical school.
- Two-week elective course credit will be awarded upon approval by the Course Director.
- Students are encouraged to consistently volunteer at clinics and participate in educational experiences throughout all four years of medical school.
- The course may be completed at either OU-OKC or OU-Tulsa. OU-Tulsa students may complete clinical hours at the Bedlam Clinic. Specific course requirements for OU-Tulsa students should be confirmed with the School of Community Medicine and may vary from those on the OKC campus.
- Students must be enrolled in the College of Medicine in good standing to earn credit. Academic standing in the College of Medicine will be evaluated annually. If a student is found to not be in good standing, the student will not be allowed to earn credit until they return to good standing.

Course Requirements

- Clinical Volunteer Hours (60)
  
  - 60 hours volunteering in approved partner clinics. **Hours must be logged online within 60 days of volunteering in order to receive credit.**
  - Clinical hours must be completed at approved Oklahoma City partner clinics. OU-Tulsa students may complete clinical hours at the Bedlam Clinic.
  - Students are encouraged to choose 1 or 2 clinics in which to focus their hours to ensure continuity of care.
  - Sign-up for clinics varies with each individual clinic. Please visit http://www.ouhsc.edu/communityhealth/ for information on how to sign-up. If it is your first time to volunteer at the clinic, contact the Student Clinic Liaison for volunteer instructions. The Student Clinic Liaison is your resource for information about the clinics.
  - Hours may only be counted towards either CHI or CHII. Hours may not be counted towards both CHI and CHII.
  - Hours volunteered for alternate courses (e.g. EPIC) may not be used towards CHI or CHII.
  - **Clinical Medicine Facilitator**
    - While the bulk of clinical hours should be attained by volunteering at approved partner clinics, third and fourth year medical students may attain
clinical hours by serving as a Clinical Medicine facilitator for first and second year medical students.
  o Students serving as facilitators for Clinical Medicine will be supervised by the Clinical Medicine course instructors.
  o **Hours must be logged online within 60 days of volunteering in order to receive credit.**

**Health Education Initiatives Hours (12)**

- 12 hours of Health Education Initiatives. **Hours must be logged online within 6 months of volunteering in order to receive credit.** Please see the Health Education Initiatives section of the course description for more details.
- **Health Education Initiatives:**
  o Adopt-A-Doc Volunteer
  o Bridges to Access Planning Committee Member
  o Doctors Back to School
  o Ready, Set, Fit! Instructor
  o Student Driven Health Education Initiatives
  o Sun Safety
  o Tar Wars Instructor
  o Volunteering at a Health Fair
- Additional Health Education Initiatives must be approved by the OU Community Health Alliance President and the Course Director. A proposal should be submitted to the OU Community Health Alliance President prior to the event.

**Community Involvement Hours (8)**

- 8 hours of Community Involvement. **Hours must be logged online within 6 months of volunteering in order to receive credit.**
- This component of the course encourages students to explore subjects that cater to their individual interests while being involved in projects that serve the community. This component covers a broad range of experiences. Service to the community must be demonstrated for credit in this component. Please see the Community Involvement section of the course description for more details.
- Community Involvement Hours must be approved by the President of OU Community Health Alliance and the Course Director.
- Examples of Community Involvement Projects include but are not limited to:
  o Health Advocacy Projects
  o Health Dash
  o International Healthcare Mission Trips
  o Race for the Cure
  o Student Interest Group Projects

**Reflection Paper/ Special Project**

- Students may choose between the two following assignments for completion of the course—only one of the two needs to be completed for the course.
  o **Reflection Paper**
    - This paper must be electronically submitted to the Course Director by the final day of your elective time period.
Reflection papers must coincide with the following format:

- Please include student name, student ID number, and date.
- Double-space the essay and use one inch margins.
- Content must include 500-1000 words.

The Reflection Paper content should address how volunteer experiences affected them.

Topic examples include:

- Attitudes toward the underserved
- Comprehension of challenges facing clinicians and patients with limited resources
- Development of clinical skills
- Education
- Future commitment to serve

Special Project

- Must be pre-approved by the Course Director.
- Must be utilized and implemented before the end of the two week period for which you are enrolled during fourth year.
- Goal of project is to provide knowledge, resources, and experience, which will be used to provide better care for the underserved.
- Must be unique and innovative.
- 3-5 academic resource citations.
- Address the need for this project in community.
- Examples: Development of DM education curriculum for clinics, STD curriculum for adolescents at clinics/schools, outcomes based research on why/how student clinic experience is valuable.
Community Health II

Course Requirements

- Hours may be completed during all four years of medical school.
- 80 Hours of clinical volunteer experience is required for course credit. **Hours must be logged online within 60 days of volunteering in order to receive credit.**
- You do not have to complete Community Health I to participate in Community Health II.

- Clinical Volunteer Hours

  - Clinical hours must be completed at approved Oklahoma City partner clinics. OU-Tulsa students may complete clinical hours at the Bedlam Clinic.
  - Students are encouraged to choose 1 or 2 clinics in which to focus their hours to ensure continuity of care.
  - Students should focus on providing high quality care for patients in conjunction with the attending at each clinic.
  - Students are encouraged to mentor students in the first and second year class while at clinic.
  - Students should serve as student team leaders at clinics including but not limited to:
    - Answering questions from students that are within your scope of training
    - Encouraging students to get involved with patient care
    - Providing supervision as skills allow
    - Teaching students history and physical exam skills
  - Sign-up for clinics varies with each individual clinic. Please visit http://www.ouhsc.edu/communityhealth/ for information on how to sign-up. If it is your first time to volunteer at the clinic, contact the Student Clinic Liaison for volunteer instructions. The Student Clinic Liaison is your resource for information about the clinics.

- Clinical Medicine Facilitator

  - While the bulk of clinical hours should be attained by volunteering at approved partner clinics, third and fourth year medical students may attain clinical hours by serving as a Clinical Medicine facilitator for first and second year medical students.
  - Students serving as facilitators for Clinical Medicine will be supervised by the Clinical Medicine course instructors.
  - **Hours must be logged online within 60 days of volunteering in order to receive credit.**
Health Education Initiatives Options for CHI (12 total hours)

- **Adopt-A-Doc, American Academy of Family Physicians and Schools for Healthy Lifestyles**
  - This program is part of the programming of Schools for Healthy Lifestyles. The program invites community physicians and medical students to adopt a school in the OKC area and help support health education. Training and resources are provided by the Schools for Healthy Lifestyles program. Students are expected to participate as an adopted student for a minimum of 1-2 sessions each semester. The participation can take many forms including: making classroom presentations, providing presentations to staff and parents according to assessed needs and interests, broadcast health messages over the school public address system as part of daily announcements, connect the school with available community health resources, participate in existing school health activities and projects (Jump rope for heart, Safe Kids Coalition activities, health fairs etc.) or assist with required physical fitness testing and health education assessment. Their website provides thorough details about the program, and how to sign up with Schools for Healthy Lifestyles.

- **Bridges to Access Planning Committee Member**
  - Bridges to Access is an annual conference put on by the OU Community Health Alliance. Bridges to Access is a free event that brings together students from every college at the OUHSC campus along with members from the community. The goal is to learn and discuss the healthcare issues facing Oklahomans today in order to prepare students to take action toward a better tomorrow. Each year Bridges to Access is planned by a committed group of students. These students dedicate themselves to educating the attendants of the conference through volunteering their time to plan the events of the conference. Those on the planning committee are involved in education through organizing breakout session, coordinating with speakers and educators and/or providing resources for the students attending. Planning Committee Members will receive six Health Education hours and four Community Involvement hours.
  - Sign-up for the committee will occur in the fall of each year via email.

- **Doctors Back To School, American Medical Association and Schools for Healthy Lifestyles**
  - Doctors Back to School is a community outreach program started by the Medical Student Council at the OU College of Medicine. It is based upon a program created by the AMA, and adapted to fit our primary objective, to encourage Oklahoma children of all socioeconomic and cultural backgrounds to look at medicine as a career option. Since the program sends physicians and medical students into the community, it’s also a great way to introduce kids to professional role models. As future physicians, we want children to realize medicine in an option for them. The more children we encourage to pursue medicine, the better.
  - On the day of our scheduled visit, volunteer medical students will go to the assigned school to make the presentation. It does not require any audio-visual equipment. Students will receive training about the presentation and be given all of the materials they will need, including a few medical props. The presentations can last anywhere from 30 minutes to an hour depending
on how much time is available in the school’s schedule.

- Please sign-up whenever Student Council sends out an email concerning the event.

- **Ready, Set, Fit Course**
  - Ready, Set, Fit is an education initiative to teach elementary students about the importance of physical activity, emotional well-being, and a healthy diet. Through the combined effort of medical students, health care professionals, and educators Ready, Set, Fit paves the way for a healthier community. The
  - Ready, Set, Fit missions are to:
    - Inform students on the benefits of living a healthy lifestyle
    - Provide health care professionals with opportunities to become involved in their communities’ health and fitness
    - Inspire positive change in health and fitness in our community
  - Multiple Ready, Set, Fit events are organized each semester. Students can volunteer by signing up via email. Volunteering primarily includes teaching the Ready, Set, Fit curriculum at a local school. Be sure to log your hours on the OUCHA website within 6 months.

- **Student Driven Health Education Initiatives**
  - The OU Community Health Alliance recognizes and embraces that all students have special talents to share with their fellow classmates. Therefore, Student Driven Health Education Initiatives gives students the means to provide their classmates with knowledge about a particular subject, enabling those students participating to become better educators to their future patients.
  - These health education initiatives should focus on improving patient care or caregiver-patient relations. Those students who wish to lead a session need to have their topic and presentation pre-approved by the current OUCHA officers and the Course Director. Topics may include, but are not limited to preventative medicine, patient education and communication skills. These sessions should be designed so that students can use the knowledge that they have obtained in the free clinic setting for real patient needs. For more information or to submit a session proposal please contact the OU Community Health Alliance President.

- **Sun Safety**
  - The mission of The Sun Safety Program is to educate elementary school students about the health of their skin, methods for protecting their skin from the sun and preventing skin cancer in the future. Local elementary schools sign up for the program through Healthy Schools OK. The philanthropy chair for the Dermatology Interest Group then selects dates in the spring, coordinates with volunteers and helps guide the presentations.
  - Goals of the program are to:
    - Educate students about their skin and the effects of prolonged sun exposure, including an explanation of the ABCDE’s of Melanoma.
    - Spread awareness to parents and family members about sun damage and how to protect their children from the sun.
    - Give student’s guidelines regarding sunscreen use, sun exposure, and how to prevent and spot skin cancer.

- **Tar Wars Instructor:**
  - The mission of Tar Wars is to educate elementary students about being tobacco-free, provide them with the tools to make positive decisions
regarding their health, and promote personal responsibility for their well-being. By utilizing a community-based approach to mobilize family physicians, educators, and other health care professionals, Tar Wars can accomplish its mission.

- Goals of the program are to:
  - Educate and motivate students to be tobacco-free.
  - Mobilize health care professionals to become proactive in their community's health education.
  - Encourage community involvement in support of the Tar Wars program.

- Several Tar Wars programs are organized each year. Sign-up when the OUCHA Education Chairs email each class, assist with a Tar Wars program at a local school, and then log hours on the website within 6 months.

- **Volunteering at a Health Fair**
  - Health fairs and screenings are a great way for medical students to actively participate in their community. The goal of many health fairs is to provide health education to a broad group in the community. Health information may be distributed through brochures and answering attendees' questions. Often students choose to do a variety of screening including: blood pressure, finger stick glucose, BMI, and sharing information about available free clinics in their area.
  - Many student interest groups and campus organizations provide opportunities to participate as a volunteer at health fairs throughout the year.
Community Involvement Options for CHI (8 total hours)

The following is a list of ideas for how to earn Community Involvement hours. You are not limited to participation in these organizations for credit. Community Involvement Hours must be approved by the President of OU Community Health Alliance and the Course Director. Hours must be logged six months of volunteering.

- **Independent projects**
  - Prior to medical school many students participate in valuable organizations/projects that serve the community. If a student would like to continue their service independently from other groups/activities at OUHSC, we support their community involvement. All independent projects must be approved by the course director to receive course credit.

- **International/Domestic Service trip**
  - We support and encourage students to seek diversity in their clinical training, including international service options. There are countless service trips every year composed of OU medical students and students from other colleges. The time spent working and learning in international environment is vastly different than those offered here in our community clinics. Groups connected to our campus that offer resources and information about international service include: Christian Medical and Dental Association, Global Health Interest Group, Baptist Medical Dental Fellowship (www.BMDF.org ), and if you choose to work outside OUHSC, there are many international service groups in good standing with the AMA.
  - A maximum of 8 volunteer hours during a single international or domestic service trip may be counted as Community Involvement hours towards the CHI elective.

- **Positive Directions Mentoring Program**
  - INTEGRIS Health began the Positive Directions Mentoring Program in 1991 as a business/school partnership that encourages volunteers to become mentors at targeted Oklahoma City elementary schools. The objectives of the program are to build self-esteem, establish positive relationships, help children overcome negative behaviors, and to improve the student's classroom participation.
  - The time commitment is only one hour per week, during the school day. You will spend approximately 30 minutes tutoring your mentee and 30 minutes playing outdoor or indoor games with them. It's a great program if you enjoy working with kids and don't have a lot of free time.
  - For more information, see http://integrisok.com/positivedirections.

- **Student leadership- Class Officer, Student Council Member, or Interest Group**
  - Service can come in many forms, not only to our extended community, but right here on our campus. Service in leadership to your class, or OU-COM Student council is valuable time spent, and OU Community Health Alliance encourages this venue of service. Elected officials organize events for students and the community, and have the valuable opportunity to decide how to allocate campus resources.
  - Interest groups provide interesting programming that provides valuable career development opportunities, and often do important community outreach.
  - Each leadership position may count as 2 community involvement hours
towards the CHI elective.

- **Team Everest**
  - Team Everest is a mentoring program that pairs medical students with juvenile cancer patients who are treated at the Jimmy Everest Center for Cancer. The students and kids are matched based on common interest and age/gender preferences. Dr. Renee McNall-Knapp is the academic advisor and clinician for many of the patients.

- **Whiz Kids**
  - Whiz Kids is a faith-based, one-on-one volunteer tutoring/mentoring program focusing on first through eighth grade students who live in areas which have some of the highest dropout rates and lowest socioeconomic levels in Oklahoma City. Whiz Kids is proactive and preventative in nature, targeting inner-city schools and students who are reading below grade level and who could benefit most from a one-on-one relationship with a caring adult.
  - You are expected to spend two hours a week tutoring your mentee. Learn more about the program by visiting: [http://www.whizkidsok.org/](http://www.whizkidsok.org/)

- **Other**
  - Surprise us! There are so many ways to serve the community that we could not list them all if we tried, so please feel free to submit proposals for any new ideas that you might have.
  - In order to ensure that you will receive credit for the service activity in which you are participating, it is the best policy to obtain pre-approval from the course director. No activity for which a student receives monetary compensation can be counted as either service hours or education.
  - Hours applied to one part of the curriculum cannot be counted toward another. That is to say, hours that count toward the education component of the program cannot count toward Community Involvement or Clinic Hours. Our hope is to provide you with a self-directed educational experience that fosters a passion for service while catering to your individual interests.
  - For questions please contact the OU Community Health Alliance President.
Student Tasks in Community Clinics

MS I:
First Semester, MSI
- Record Vital Signs: Blood Pressure, Pulse, Respirations, Height, Weight
- Gather information regarding the patient's Chief Complaint and a brief history
- Report finding to the clinician
- Learn about patient care and clinic operation from clinicians, the clinic director, and senior medical students
- Learn how to conduct clinical lab tests, i.e. blood glucose test, Hb A1c, etc.
- Aid in clinic tasks, i.e. reception, obtaining medical records, pharmacy

Second Semester, MSI
- Tasks from previous semester
- Gather a more complete patient history
- Conduct a focused, noninvasive physical exam, i.e. Head, Eyes, Ears, Neck, Throat, Cardiovascular, Pulmonary, Abdominal, Extremities
- Conduct one-on-one patient education regarding topics which student has been trained incorporating basic science knowledge, i.e. nutrition, exercise, diabetes

MS II:
First Semester, MSII
- Tasks from previous semester
- Conduct a thorough Patient History Interview
- Incorporate more patient education in time with patient
- Help guide MS I students through the volunteer process
- Guide MS I students in taking a history and conducting a physical exam

Second Semester, MSII
- Tasks from previous semester
- Conduct a thorough, noninvasive physical exam
- Begin to formulate and discuss a patient plan with the clinician
- Incorporate basic science knowledge into patient education

MS III:
- Tasks from previous semester
- Continue to teach clinical skills to MS I and MS II students; including patient interviewing, physical exam, and primary prevention education
- Present the patient findings to the attending clinician and discuss the patient plan

MS IV:
- Tasks from previous semester
- Continue to teach MS I, II, and III students clinical skills
- Demonstrate leadership in guiding a team of medical students in the clinic

OKC Community Clinics

These are the clinics that the students are currently involved with to provide healthcare services. Please note that these clinics are subject to change. For a more updated list please visit our website at http://www.ouhsc.edu/communityhealth/.

- Baptist Mission Center
• Cross and Crown Mission
• Crossing's Community Clinic
• Good Shepherd Clinic
• Healing Hearts Health Clinic
• King's Klinic
• Lighthouse Medical Clinic
• Little Flower Clinic
• Manos Juntas
• Mid-Del Community Health Clinic
• Ministries of Jesus
• Open Arms Free Clinic
• ROC- Reaching Our City
• St. Charles - McAuley Clinic