Community Health I & II
Elective Course Descriptions

Course Director: Rhonda Sparks, M.D., Clinical Professor, Department of Family Medicine, Medical Director, Clinical Skills Education and Testing Center

Contact: OU Community Health Alliance
Clinical Skills Education and Testing Center
940 NE 13th Street, 6th Floor Garrison Tower
OU Children’s Physician Building
Oklahoma City, Oklahoma 73126
Phone: 405-271-2769 Fax: 405-271-2761
Email: communityhealth@ouhsc.edu

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 indigent population in OKC
• Create intense educational experience
• Expose OU students to needs of community
• Foster a passion for life-long service

Participation
1. Student must be enrolled in the College of Medicine in good standing to earn credit for Community Health I and II.
   • During the summer between 1st and 2nd year students may earn credit for Community Health I and are encouraged to do so.
2. Students will earn credit by completing hours and logging hours on the website www.oucommunityhealth.com. Clinic Hours must be logged within 60 days of volunteering. Health Education and Community Involvement must be logged within 6 months of volunteering.
3. Students may participate in organization activities without participating in the elective course.
4. To participate in the elective courses students should visit oucommunityhealth.com for more information and contact the OU Community Health Alliance for more information at communityhealth@ouhsc.edu.
Enrollment
1. Students will enroll in the Community Health I and/or Community Health II course during the Fall of their 4th year.
2. To be eligible to enroll in Community Health I in the Fall of the 4th year, students must have completed and documented 60 hours of the course requirements.
3. To be eligible to enroll in Community Health II in the Fall of the 4th year, students must have completed and documented 40 hours of the course requirements.
4. An hours check for graduation will be conducted and sent to the Deans’ Office in November for 4th year students who have earned credit in Community Health I and/or Community Health II.
5. Students will enroll in the Deans’ office when scheduling the Spring of 4th year.
6. By enrolling in Community Health I or II you are committing to complete 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 and April of their 4th year.
7. Failure to complete course requirements in a scheduled course may result in delay of graduation.
8. If a student suspects they will be unable to complete the course requirements after enrolling in a course, they must contact the Dean’s office PRIOR to February 1 of the 4th year to change their schedule and enroll in another elective. This is crucial for obtaining all credits required for graduation from the OU College of Medicine.
9. An hours check will be conducted in Spring of the 4th year to verify that all course requirements have been completed by students who have enrolled in the Community Health Courses.
10. For questions concerning enrollment please contact OU Community Health Alliance, contact information provided above.

Community Health I

Completed over 1st - 4th years
- Begins upon the first day of the 1st year of Medical School
- Course work must be completed by the end of the two week period for which you are enrolled during the 4th year of Medical School.
- A graduation check to verify hours completed towards CH I will be conducted in February of the 4th year.
- To be eligible to enroll in Community Health I in the Fall of the 4th year, students must have completed and documented 60 hours of the course requirements.
- 2-week elective course credit will be awarded upon approval by the faculty advisor.
- Students are encouraged to consistently volunteer at clinics and participate in educational experiences throughout the four years.
- May be completed at either OU-OKC or OU-Tulsa
- Hours at OU-Tulsa will be completed at the Bedlam Clinic
- 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 student is found to not be in good standing, student will not be allowed to earn credit for CH I until they return to good standing.

Course Requirements
Clinical Volunteer Hours-Hrs logged within 60 days of volunteering
• 60 Hours volunteered in partner clinics
• Students are encouraged to choose 1 or 2 clinics on which to focus their hours to ensure continuity of care
• Hours must be logged online within 60 days of volunteering to receive credit for hours served in that month
• Sign-up for clinic times at oucommunityhealth.com
• 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

Health Education Initiatives and Community Involvement-Hrs logged within 6 months of volunteering
• 20 Hours divided between Health Education Initiatives and Community Involvement
  • 12 hours of Health Education Initiatives
  • 8 hours of Community Involvement

Health Education Initiatives-12 hours-see description of each program on following pages
1. Tar Wars Instructor
2. Diabetes Education Mentor
3. Student Driven Health Education Initiatives
4. Doctors Back to School
5. Adopt-A-Doc Volunteer, Schools for Healthy Lifestyles
6. Volunteering at a Health Fair
7. SunWise Educator
8. Bridges to Access Planning Committee Member

Community Involvement-8 hours 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. Hours will be logged via the website. This component covers a broad range of experiences. Service to the community must be demonstrated for credit in this component. See Community Involvement section of course description for more details.
• Hours Cards due within 6 months of completing hours.
• Community Involvement Hours must be approved by the presiding officers of the OU Community Health Alliance and the faculty advisor.

**Examples** of Community Involvement Projects include but are not limited to:
  o Student Interest Group Projects
  o Health Advocacy Projects
  o Race for the Cure
  o International Healthcare Mission Trips
• Hours may only be counted for one course. Students may not receive course credit for hours volunteered for CHI or CHII and any other course.

**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.

**Reflection Paper** This paper must be electronically submitted to the course director (rhonda-sparks@ouhsc.edu) be the final day of your elective time period.
  • 1-2 pages
  • May address how experience at clinics affected:
    o Education
    o Future commitment to serve
    o Attitudes toward the underserved
    o Comprehension of challenges facing clinicians and patients with limited resources
    o Development of clinical skills

**Special Project**
  • Must be pre-approved the faculty 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
    o 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.

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**Community Health II**

**Course Requirements**
  • Completed over 3rd and 4th years
    o Must be enrolled as a 3rd or 4th year medical student while hours are served to earn credit for CHII
• 80 Hours of Clinical Volunteer experience required for course credit
• You do not have to complete Community Health I to participate in Community Health II

Clinical Volunteer Hours
• 80 Hours volunteered in partner clinics
  o Students are encouraged to choose 1 or 2 clinics on which to focus their hours to ensure continuity of care
• Students focus on providing high quality care for patients in conjunction with the Attending at each clinic
• Students mentor students in the 1st and 2nd year class while at clinic
• Serve as student team leaders at clinics including but not limited to:
  o Teach students History and Physical Exam skills
  o Encourage students to get involved with patient care
  o Provide supervision as skills allow
  o Answer questions from students that are within your scope of training
• Hours must be logged within 60 days of volunteering to receive credit for hours served in that month
• Sign-up for clinic times at oucommunityhealth.com
  o 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
• Students in the 3rd and 4th year of Medical school may earn clinical credit hours for CHII while serving as a CM I facilitator for 1st year students.
• Students serving as facilitators for Clinical Medicine will be supervised by CM instructors.
• Students will be granted hours for CHII upon verification by the CM course director of completed CM Facilitator participation.

Health Education Initiatives
12 Hours required for Community Health I

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.
Community Health Students may participate as instructors in the Tar Wars program. Several Tar Wars programs will be organized each year.
1. Students must respond via email to a call for volunteer instructors.
2. Students must attend an hour-long Tar Wars Instructor training session.
3. Students must participate in the Tar Wars program at an area Elementary school.
4. Hours for time spent in Health education events is logged via the web site.

**Diabetes Education Mentor** Oklahoma County Medical Society’s Health Alliance for the Uninsured, a non-profit community organization, in partnership with Mercy Hospital provides educational programs for recently diagnosed diabetic patients. During the nine week program, patients learn about diabetes mellitus its causes, care and treatments, diet and exercise. Additional one-time events will be hosted by Health Alliance for the Uninsured to provide information about diabetes to a broad population. The goal of the program is to provide education that will aid in behavior modification and improve quality of health for diabetic patients seen in the community health clinic setting. An important part of the program is to establish a support network of fellow patients, clinic staff, nurses, dieticians, health professional students and physicians to encourage the patient to make positive choices for their health. Community Health Students can be a part of this program by participating as a Diabetes Mentor. Students may participate in the education sessions hosted by the Health Alliance for the Uninsured. Dates will be provided by email to students. In preparation to be a mentor, the student will attend a diabetes training session hosted by the OU Community Health Alliance. Following training, the student will be matched with a diabetic patient who is participating in the program. The student will coordinate times to meet at the clinic with the patient either before or after the patient’s clinic appointments. During their meeting, mentor and patient will reinforce the education from the program. Discussion about the patient’s diabetes care, lifestyle changes that need to be put into practice, and encouragement for positive actions toward health are part of the regular meetings.

**Goals of the Mentor Program:**
- Provide reinforcement and clarification of the health information from the Diabetes education program for the patient
- Support and encourage positive behavior modification to improve the quality of health for the patient
- Educate the student on Diabetes and issues that are relevant to patients
- Help students identify obstacles to successful treatment of Diabetes
- Foster a relationship between student and patient that inspires positive change
**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. 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 faculty advisor. 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 email communityhealth@ouhsc.edu.

**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, 2-3 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.

**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, and has had great success in the last few years. 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.
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. Students must have the faculty advisor or supervisor of the fair sign the Hours card to receive credit for participating.

SunWise Educator SunWise is a program designed by the U.S. Environmental Protection Agency. It is an environmental and health education program that aims to teach children and their caregivers how to protect themselves from overexposure to the sun through the use of classroom, school, and community-based components. SunWise Educators will provide children education about sun protection, interactive activities to enforce learning and the resources to protect themselves. The Educators will provide students these opportunities in a classroom setting at the children’s schools. To be a SunWise Educator students must attend an hour long training session to better understand the program. Opportunities for service will be emailed out to those students who are trained SunWise educators.

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 students attending. The Bridges to Access Chair, the faculty advisor and other OUCHA officers will determine the number of credit hours given to committee members.
Community Involvement Options

8 hours required for CHI

The following is a list of ideas for how to earn Community Involvement credit. You are not limited to participation in these organizations for credit. Students must make it clear how the activity benefits Community Health on the Community Involvement Hours card, if it is not clear they may be contacted for an explanation. Students may check to see if hours count by emailing communityhealth@ouhsc.edu. See below for specific information regarding this component. Only 8 hours of Community Involvement may be counted for credit in Community Health I. Turn in Hours cards within 6 months of volunteering.

Leadership in an Interest Group

Our Interest groups here on campus are an important way that students learn about future professions and work with other interested students. These groups provide interesting programming that provides valuable career development opportunities, and often do important community outreach.

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.

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 MacNall is the academic advisor and clinician for many of the patients.

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.
http://www.integris-health.com/INTEGRIS/en-US/AboutUs/CommunityServices/ChildrenandYouth/Positive+Directions.htm
**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.com/t14-home

**Student leadership-Class Officer, or Student Council Member**
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.

**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.

**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.

The safest policy in being sure that you will receive credit for the service activity in which you are participating is 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 Service, 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 us at communityhealth@ouhsc.edu
Student Tasks in Community Clinics

**MS I:**
- **First Semester**
  a. Record Vital Signs: Blood Pressure, Pulse, Respirations, Height, Weight
  b. Gather information regarding the patient’s Chief Complaint and a brief history
  c. Report finding to the Clinician
  d. Learn about patient care and clinic operation from Clinician, Clinic Director, and senior medical students
  e. Learn how to conduct clinical lab tests, i.e. blood glucose test, Hb A1c, etc.
  f. Aid in clinic tasks, i.e. reception, obtaining medical records, pharmacy
- **Second Semester**
  a. Tasks from previous semester
  b. Gather a more complete patient history
  c. Conduct a focused, noninvasive physical exam, i.e. Head, Eyes, Ears, Neck, Throat, Cardiovascular, Pulmonary, Abdominal, Extremities
  d. Conduct one-on-one patient education regarding topics which student has been trained incorporating basic science knowledge, i.e. Nutrition and Exercise, Diabetes

**MS II:**
- **First Semester**
  a. Tasks from previous semester
  b. Conduct a thorough Patient History Interview
  c. Incorporate more patient education in time with patient
  d. Help guide MS I students through the volunteer process
  e. Guide MS I students in taking a History and conducting a physical exam
- **Second Semester**
  a. Tasks from previous semester
  b. Conduct a thorough, noninvasive Physical Exam
  c. Begin to formulate and discuss a patient plan with the Clinician
  d. 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 oucommunityhealth.com.
<table>
<thead>
<tr>
<th>Baptist Mission Center</th>
<th>Cross &amp; Crown Clinic</th>
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<tbody>
<tr>
<td>2125 Exchange Avenue</td>
<td>1008 N McKinley</td>
</tr>
<tr>
<td>OKC, OK 73108</td>
<td>OKC, OK 73106</td>
</tr>
<tr>
<td>405-235-6162</td>
<td>405-232-7696</td>
</tr>
<tr>
<td>Tues. &amp; Wed. 8:30-12:00 1st Thurs, 5:45-8:00 p.m.</td>
<td>Tuesday 11:00 – 1:00 p.m. Orthopedic Clinic</td>
</tr>
<tr>
<td>Clinic Director: Shirley Smith</td>
<td>2nd Wed 1:30–3:30 pm Clinic Director: Vera Parrish, RN</td>
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<thead>
<tr>
<th>Crossings Community Clinic</th>
<th>Good Shepherd Ministries</th>
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<tbody>
<tr>
<td>2208 W. Hefner</td>
<td>222 NW 12th</td>
</tr>
<tr>
<td>OKC, OK 73120</td>
<td>OKC, OK 73103</td>
</tr>
<tr>
<td>405-749-0800</td>
<td>405-232-8631</td>
</tr>
<tr>
<td>By Appointment, Contact Clinic Liaison</td>
<td>Mon 5:30-8:00 p.m. &amp; Tues 5:00-8:00 pm</td>
</tr>
<tr>
<td>Clinic Director: Cathy Miller, RN</td>
<td>Clinic Director: Cathy Manuel</td>
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<thead>
<tr>
<th>King’s Clinic</th>
<th>Lighthouse Medical Clinic</th>
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<tr>
<td>921 W. Britton Rd.</td>
<td>2801 S. Robinson</td>
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<tr>
<td>OKC, OK 73114</td>
<td>OKC, OK 73109.</td>
</tr>
<tr>
<td>405-848-4005</td>
<td>1st, 3rd, 4th Thursdays, 6:00 – 8:00 p.m.</td>
</tr>
<tr>
<td>Every other Tues 4:30 – 7:30 pm</td>
<td>2nd Thur. 3:00 -5:00 pm</td>
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<tr>
<td>Clinic Director: Sue Woolum, RN</td>
<td>Clinic Director: Beverly North</td>
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<tr>
<th>Little Flower Clinic</th>
<th>Manos Juntas</th>
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<tr>
<td>1125 S. Walker</td>
<td>1901 N. Douglas</td>
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<tr>
<td>OKC, OK 73109</td>
<td>OKC, OK 73106</td>
</tr>
<tr>
<td>405-235-7055</td>
<td>405-525-2346</td>
</tr>
<tr>
<td>Tues &amp; Wed, 4:30 -7:00 p.m.</td>
<td>Saturday 9:00 – 12:00 p.m.</td>
</tr>
<tr>
<td>Clinic Director: Rose Martinez, RN</td>
<td>Clinic Director: Dr. Boyd Shook</td>
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<tr>
<th>Ministries of Jesus</th>
<th>Open Arms Free Clinic</th>
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<tr>
<td>1100 E. I-35 Frontage Rd</td>
<td>5013 N. Meridian</td>
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<tr>
<td>Edmond, OK 73034</td>
<td>OKC, OK 73122</td>
</tr>
<tr>
<td>405-340-7400</td>
<td>405-615-2698</td>
</tr>
<tr>
<td>Schedule subject to change</td>
<td>Thursday 3:00-7:30 p.m.</td>
</tr>
<tr>
<td>Clinic Director: Paulette Limbaugh</td>
<td>Clinic Director: Tracy Eaton</td>
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<tr>
<th>ROC- Reaching Our City</th>
<th>St. Charles Clinic</th>
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<tr>
<td>7710 NW 10th St.</td>
<td>4915 N. State St.</td>
</tr>
<tr>
<td>OKC, OK 73127</td>
<td>OKC, OK 73122</td>
</tr>
<tr>
<td>2nd, 3rd &amp; 4th Tues 6:00-9:00 p.m.</td>
<td>405-495-4667</td>
</tr>
<tr>
<td>Clinic Director: Marilyn Teakell</td>
<td>Mondays 4:30 -7:30 p.m. Diabetes clinic: Tuesday 4:30 – 7:30 Clinic Director: Barbara Trimble</td>
</tr>
</tbody>
</table>

Schedule subject to change