Welcome to the July and August newsletter from the Department of Physical Therapy's student-run pro bono clinic

Thank you to our volunteers and supporters! A full list of July and August volunteers and donors are listed at the end of the newsletter.

Our website is live! Check it out at http://www.health.utah.edu/pt/pro-bono/index.html and track our progress towards reaching $2500 in donations for start-up costs. Help contribute to our funds by going to: https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165

We’re on Twitter! You can follow us at @UofUProBonoPT

Facebook Page: https://www.facebook.com/uofuprobonopt
Letter from Dr. Evelyn Gopez, M.D., Associate Dean, Inclusion and Outreach, School of Medicine, University of Utah

Dear Faculty, Students, and Staff,

In the winter of 2013, I had a vision that all students at the Health Sciences (Medicine, Nursing, Dentistry, Pharmacy and Health) would work and support each other’s activities and get to know and understand how their field of expertise and practice complement one another. From that vision, the Health Sciences Multicultural Student Association (HSMSA) was created. Medical student Morgan Hawkins, who at that time was in his 3rd year, was the organization’s first president and he created the HSMSA Constitution and By-laws. Within a year of its inception, HSMSA students have accomplished seven (7) projects related to diversity, inclusion and inter-professional educational medical cases. I am delighted to meet with the students and see them work and support one another. In the meantime, another project was being conceived. With partnerships between the School of Medicine, Utah Department of Health and the City of Midvale, the Midvale CBC Community Clinic officially opened on September 2013. The clinic offers pro bono medical services to the underserved and low socio-economic population of Midvale and its neighboring communities. The clinic also serves as the University of Utah Health Science’s flagship for Inter-Professional Education (IPE) where physician faculty, staff and students from the Health Sciences work hand-in-hand to render the best possible medical care to the community. Currently, Dr. Samuelson and Dr. Sundwall serve as attending physicians in the clinic 2-3x/week, assisted by students and staff. One of the challenges we face at Midvale is scheduling volunteer health providers. It’s a slow but steady process and I am confident that we will soon reach our goal of having the clinic open 5 days/week. Having the Department of Physical Therapy students and staff see patients on Saturdays has been a wonderful addition to the services offered at Midvale. The HSMSA donation to the department is the beginning of a wonderful network of health professionals working together for the common good.

Let nothing come between us as we strive to accomplish our goals.

I would like to thank you all for your hard work and support in making this vision a reality.

Sincerely,

Evelyn V. Gopez M.D.

Dr. Gopez is a medical director of the Cytology Laboratory at ARUP, and director of the Pathology Residency Training Program, medical director of the School of Cytotechnology, professor of pathology and Associate
**Health Science Multi Cultural Student Association (HSMSA)**

Last year, Morgan J. Hawkins, a medical student at the University of Utah, began HSMSA. His mission was to form a cohesive network between students in the School of Health Sciences at the University of Utah. HSMSA provides a means for students across disciplines to collaborate on projects and initiatives, and to support diversity in the health sciences.

HSMSA demonstrated their commitment to their mission with a very generous donation to the Midvale CBC Community Clinic Physical Therapy this Summer. Their in-kind donation included supplies such as: heating pads, therabands, a bolster, and various other necessities for the clinic’s everyday operations. We would like to give a big thanks to the current HSMSA student representatives from the Department of Physical Therapy: Annie Fangman, Brooke Schlotterback, and Emma Johnson, who advocated for this donation. We would also like to thank the president of HSMSA Morgan J Hawkins, the assistant dean for Inclusion and Outreach Dr. Evelyn Gopez, and Program Manager Jennifer Indo for their support of the CBC community clinic.

HSMSA holds monthly educational events that provide forums for discussion between Health Sciences faculty, professionals, and students. In the past, these have included topics such as, “Breaking Barriers, An Interprofessional Approach to an African-American Cardiopulmonary Case,” and spotlight various guest speakers. HSMSA is a growing organization that hopes to engage in community outreach services this year, if you are interested in receiving information about HSMSA’s ongoing events, please contact Brooke Schlotterback (brook.schlotterback@utah.edu) and Emma Johnson (u0855590@utah.edu).

**Mountain Star Healthcare**

Thank you to Joseph Ruganis and Mountain Star Healthcare for generously donating a set of Dynatronics steel folding parallel bars, an extremely high quality and durable piece of equipment that will serve our clinic for many years. Parallel bars can be used for coordination and ambulation exercises in patients recovering from injury, surgery or illness. Thanks to this donation, we will be able to provide a higher quality of care.

**HEP2Go**

HEP2go.com is an online program for creating home exercise programs for patients. Thanks to their generous donation, we have been given 10 years of free access to the “PRO plan” of this program, which gives us additional features over the free plan such as the ability to save and share unlimited exercise programs, custom browsing, and no advertising.
Clinic-Related Community Events

Soccer Day at Copperview Recreation Center
Friday, August 1st

After five months of operation, we are beginning to participate in more interdisciplinary events in order to enhance our role in the local community. On August 1st, we joined University of Utah nurse practitioner students and the City of Midvale in a Soccer Day at the Copperview Recreation Center in Midvale. Working together, the clinical team conducted sports physicals for high school students, gave educational classes, and taught injury prevention techniques to all participants. We hope this will begin a long-term tradition of interprofessional work with the nurse practitioner program, as well as initiate a series of monthly preventive practices with the Midvale soccer club teams. This was a great opportunity for our students to develop evidence-based prevention methods and work together with athletes to help decrease the number of sport-related injuries seen every year. Thank you to Midvale City providing us the opportunity to participate in a program that we hope to develop and expand in the coming years.

Marissa Floodman, SPT ‘15
Community Liaison

Thanks to our awesome Soccer Day volunteers!

Nate Fankhauser, SPT ‘15
Mark Lewis, SPT ‘15
Mitch Lillywhite, SPT ‘16

Feedback from participants:

"It went really well! The PT students stole the show and all the athletes enjoyed doing the exercises they assigned and testing their strength."
– Mauricio Agramont, CBC Director

“Overall it went well...I feel it was a good opportunity to refer some kinds to the pro bono clinic that really needed help.”
– Mitch Lillywhite, SPT ‘16

Upcoming: Pro Bono Clinic and Class of 2016 Golf Tournament Fundraiser
Saturday, September 13th

On Saturday, September 13th, the physical therapy Class of 2016 will be hosting a golf tournament fundraiser to raise funds for the student-run pro bono clinic. Please join us at Davis Park Golf Course in Fruit Heights, Utah, for a day of golf, lunch, prizes, and fun. Registration from 7:00-7:30, shotgun start at 8 am, and awards luncheon at 12:30 pm. The $90 player package includes green fees, cart, lunch, and prizes. All proceeds will be split evenly between the clinic and the Class of 2016.

Please follow this link for more information and to register: https://umarket.utah.edu/um2/phystherapy/
In addition to serving as an educational forum for students, the Midvale CBC Community Clinic strives to promote healthy and active lifestyles in the Midvale community. We recognize that health is affected by social factors in addition to genes and biology; these “social determinants of health” help to inform our clinic’s operational model.

What are social determinants of health?
Social determinants of health include our social environment, our physical environment, and access to health care. These include, but are not limited to, access to health care, education, accessible transportation, and a healthy environment. Because health begins with how, and in what conditions, we conduct our everyday lives, the Utah Department of Public Health estimates that social determinants of health influence 75% of a community’s health status. As the Utah Department of Public Health states, this means that our zip code can mean more than our genetic code when it comes to health.

What are the health barriers in our community?
Approximately 16% of Salt Lake County’s population lives in poverty, supporting families on less than $25,000 per year. The Kaiser Family Foundation estimates that 34% of Utah’s population living in poverty is Hispanic, many of whom generate income from manual labor, and therefore depend on pain-free, functioning joints to support families. Furthermore, estimates based on the Census Bureau’s March 2012 and 2013 Current Population Survey suggest that 15% of the Utah population is uninsured (see figure), with an additional 10% on Medicaid. The KCMU analysis of the Center for Disease Control and Prevention’s Behavioral Risk Factor Surveillance System (BRFSS) 2012 Survey Results shows that 15.4% of the population in Utah could not seek medical care due to cost in the past 12 months.

Our solutions: Partnership, accessibility, and cultural competency
In order to address these health barriers, the Midvale CBC Community Clinic builds upon community networks to provide access to health care. The physical therapy clinic has partnered with Community Building Community (CBC), a Midvale City non-profit that supports wellness and illness-prevention programs. The CBC has been instrumental in community outreach and scheduling patients. The Midvale Senior Center, which is centrally located in Midvale and accessible by two bus routes, has generously dedicated space for our Saturday clinics. Furthermore, the physical therapy clinic does not only recruit physical therapists and physical therapy students as volunteers; we also have a volunteer staff of Spanish translators who work directly with patients and clinicians. Dedication of the entire team – patients, clinicians, student clinicians, translators, and community partners – ensures that patients are empowered to learn therapeutic exercises to treat impairments and to prevent future injury.
Testimonials from student and attending physical therapists

Students:

“I always enjoy volunteering at the clinic. The people appreciate our services. It is also great to work as a team with another student because we all have different backgrounds and ideas.”

“I really liked working with a 2nd year partner. I was able to get to know one of the 2nd years better and we were able to bounce ideas off of each other before making a final decision.”

Attendings:

“Fantastic. Excellent. Thanks for allowing me to participate, I would be happy to come back another date.”

“Things went very smoothly. Student teams and our volunteer interpreter from the 1st year class were wonderful. Engaged, professional in appearance and behavior, etc. The floater kept teams on task and was very helpful in creating HEP sheets, gathering files, cleaning up, assisting with pt intake, etc. When one team had some down time we discussed cases but, since the other team was seeing a patient, I needed to pay attention to them and wasn't able to do as much with the "off" team during those no show times as I'd imagined we could do.”

“Overall a fabulous experience. The students were interested and engaged. This is a wonderful service for the underserved population.

“Thank you all for doing such great work.”

“Overall it was a great experience the students did an excellent job as well as the translator as all of the patients were Spanish speaking. I have been looking for an opportunity to do some Pro Bono work for awhile now I am glad that I was able be of service. Thank you everyone who has worked to get this clinic up and running. It looks like it is going to be a success and help a lot of people. Thank you”

“You are providing an excellent service. The therapist (students) I worked with were very intelligent. This is a good setting to work with relatively challenging patient population/demographics in the out-patient setting.”

Many thanks to the following July and August volunteers!

CBC Staff:
Maria Consuelo Cala
Allexandria Taylor
Mauricio Agramont, Director

Attending physical therapists:
Misha Bradford, University Orthopaedic Center
Bobby Briggs, University Orthopaedic Center
Steve Reano, IHC Riverton Outpatient Ortho
Ines Schwemmer, University of Utah, Women's Health
Jessica Tidswell, Summit Sports Performance and Rehab Center, Sports Physical Therapy

Student physical therapists:
Tyler Barnes, SPT ‘15
Katey Blumenthal, SPT ‘16
Charlene Brenkmann, SPT ‘15
Megan Crawford, SPT ‘15
Katie Dill, SPT ’16
Jackie Gebhard, SPT ’16
Jed Gorman, SPT ’16
Alyssa Holland, SPT ’15
Travis Jarrett, SPT ’15
Emma Johnson, SPT ’16
Jed Lee, SPT ’16
Mark Lewis, SPT ’15
Mitch Lilywhite, SPT ’16
Bailee McGrath, SPT ‘16
Katelyn Metcalf, SPT ’15
Bridger Park, SPT ’16
Kayla Trobec, SPT ’15
Nira Salant, SPT ’15
Brooke Schlotterback, SPT ’16
Lee Skinner, SPT ’15
Peter Spence, SPT ’16
Preston Ward, SPT ’16

Translators:
Bryan Samuelson
Adam Russon
Maria Consuelo Cala
Interested in helping?

To volunteer as an attending physical therapist or Spanish translator: please contact uofuprobonopt@utah.edu

Help us meet our goal of raising $2500 for initial start up costs! To donate, go to: https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165 or send a check payable to the Department of Physical Therapy ("Pro Bono Clinic" in the memo line) to 520 Wakara Way, Salt Lake City, 84108. All donations are tax deductible and will go directly to the clinic.

To donate small pieces of equipment or supplies, contact us at: uofuprobonopt@utah.edu or (435-612-0066).

Spread the word!

If you know of anyone who is interested in the clinic, please encourage them to subscribe to our newsletter. To subscribe: send an email to sympa@lists.hsc.utah.edu with the subject "Subscribe probono_pt_clinic YOUR NAME".

Thanks for reading! Look for our next newsletter in September. For questions about the information provided here or the clinic in general, please contact uofuprobonopt@utah.edu.

Student Board Secretaries,

Nira Salant '15
Jordan Johnson '16