

Albany Medical College
Department of Family & Community Medicine
Program of Excellence (PoE) Award Application

Faculty Contact:

Peter H. Forman, MD
Albany Medical College
47 New Scotland Avenue, MC 46
Albany, NY 12208
518-262-5797
formanp@mail.amc.edu

Student Contact:

Krisemily Olds, FP Club Co President
Albany Medical College
47 New Scotland Avenue
Albany, NY 12208
oldsk@mail.amc.edu

I. INFRASTRUCTURE:

As Co-President of the Family Medicine Interest Group at Albany Medical College, routinely referred to as the Family Practice Club (FP Club), I am submitting this application.

We are a student-run organization that oversees multiple student outreach and education programs. Our mission is to introduce students to the rewarding specialty of family medicine while exposing them to clinical medicine through positive role models, shadowing opportunities, assisting the underserved and community outreach. Our club believes that medical students have much to gain by participating in such a program but more importantly we have much to give.

Our mission is to promote Family Medicine as a career, provide opportunities through meetings and workshops for students, match students with Family Medicine mentors, offer residency and career advice and support, and provide a safe haven or “home base” within the Department of Family & Community Medicine (DFCM). Over the past seven years, the FP Club has seen a significant increase in community service activities and service based learning programs. The level of student involvement has also grown tremendously in response to these new opportunities to learn about community needs and to care for others.

The Director of Predoctoral Education, Peter Forman, MD serves as the faculty advisor of the Family Practice club while the Administrative Coordinator, Theresa Weinman, helps with the coordination of meetings and projects. Neil C. Mitnick, DO, Chair and Family Medicine Residency Program Director, works closely with the Predoctoral Director throughout the year to teach medical students as well as to motivate residents in a variety of teaching programs.

Because our club is so large with about half of the student body (250 students) participating in one or more of the activities and we oversee a variety of educational and community service programs, we now have club officers, project coordinators, student advisors, and first year liaisons who all work together to facilitate the meetings, programs and workshops. While the majority of these positions are held by first and second year students, third and fourth year students stay very involved with all of the projects and help out whenever possible. Fourth year students are particularly helpful as advisors and sign up to help with the hands on workshops and panel meetings regarding family medicine. We fill our leadership positions through a combination of elections and/or interviews. If there is an extremely high number of students who are interested, student elections are held in April/May for the following academic year. If there is a reasonable number of students, a meeting is held with the Director of Predoctoral Education and

students are selected for specific positions based on their personal interests and experience. Job responsibilities for the various student coordinators of the FP Club are attached (See Attachment # 2).

The Current Dream Team:

FP Club Faculty Advisor: Dr. Peter Forman, Director of Predoctoral Education

FP Club Coordinator: Theresa Weinman, Administrative Coordinator

FP Club Co-President and Application Contact: Krisemily Olds, Co-Vice President

Family Practice Club Officers: Co-Presidents:

Victor Sta.ana, Roxanne Stallworth, Krisemily Olds, Vivienne, Ng

Project Medscope (Medical Student Community Outreach for Prevention & Education)

Student Coordinators: Alana Nagle, Misty Richards, Nidhi Jacob

Community Outreach Coordinators:

Faculty Advisor: Peter Forman, MD

Paige DeKoster, Jaime Busch, Krystal Cascetta, Monica Plesa, Julie Huynh, Janel L'official, Herminia Amezcua

First Year Club Liaisons: Paige Kasai, Tejveer Dhillon, Melissa Krueger, Liz Hubbard

Fourth Year Club Advisors: Julia Thorkildson and Jean Ferdinand

Kid's MD Program: Elaine Giannakos, Leanna Huard

Tar Wars: Nisha Shah, Michelle Fisher, Soren Gandhi

Apple Wars: Faculty Advisor: Jill Pitman Davis, MD

Student Coordinators: Nisha Shah, Michelle Fisher, Soren Gandhi

Kid's on the Move: Faculty Advisor: Jill Pitman Davis, MD

Student Coordinators: Vashuda Koganti and Michelle Fisher

Timing of Elections and Meetings: Students are introduced to the FP Club at an informational meeting at the beginning of each academic year. This meeting is sponsored by the DFCM and is attended by the Director of Predoctoral Education, family medicine residents and the FP Club officers. Students learn quickly about the various club activities including; Project Medscope (Medical Student Community Outreach for Prevention & Education), Primary Care Month, Evening Lecture Series, Noon-time Case Discussions, regional and national conferences, hands-on workshops, community health fairs, Care from the Start Program, Cultural Diversity Elective, and our dozens of community outreach drives. Students are also encouraged to become members of the American Academy of Family Physicians and we provide applications at this first meeting.

The focus during September is to spread the word about all of the programs and get students shadowing and attending meetings immediately before they get over committed with other clubs and/or activities. The FP club officers attend the school-wide Club Fair where they can meet the incoming first year students and invite them to the upcoming events.

The focus for October is Primary Care Week, which at our institution has become Primary Care Month due to the numerous activities planned throughout the month. In 2006 we held 10 different activities during the month of October to promote Primary Care and Family Medicine. All of these sessions were well attended and received positive feedback.

Throughout the rest of the year our FP Club sponsors monthly evening lectures, panel discussions, noontime case discussion series, fourth year planning meetings, educational conferences and social get togethers.

Because the Predoctoral Office is located right in the heart of the medical college, we are able to interact and pass information on to students easily. We use classroom announcements, flyers, e-mail, a bi-annual

FP Club newsletter, frequent lunchtime meetings and our Project Medscope Website to reach all students. This internal website (academic.amc.edu/medscope) is not only used by our students to schedule shadowing opportunities but also to provide meeting and conference information as well. It is also being shared with prospective applicants by our College Admissions Office to showcase the community outreach done by our medical students. Finally, we work closely with the AAFP, STFM and the New York State Academy of Family Physicians (NYSAFP) who often provide scholarships and elective opportunities for our students. The FP club also utilizes the Virtual FMIG available through the AAFP website for new ideas and networking options.

As other sanctioned clubs on campus, we receive yearly (approximately \$500) support from the AMC Student Council. We also receive \$1,000 from the NYSAFP. In addition, support comes from the Albany County Chapter of Family Physicians (AAFP), the Society of Teachers of Family Medicine, the Chair of the Department of Family & Community Medicine, the Dean of Medical Education, the Financial Aid Office, and the Department of Alumni Affairs. We have partnered with all of these entities to provide funding for student interest group meetings, workshops, national and regional conferences and educational programs.

Most exciting for us is what has happened during this current academic year in regards to fund raising. In 2006 and 2007 our outreach programs began to receive recognition and gain some momentum. In 2007 Project Medscope (a program within the FP Club) received a \$10,000 grant from the Frederick McDonald Trust to continue to provide quality health care services for the underserved in the Albany area. In March of 2007 we received a \$25,000 Reeves/Ellington Endowment, which will continue to support our community outreach programs run through the FP Club and Project Medscope. The FP Club received a special award from the Manilow Fund for Health & Hope in recognition of their generous monetary donation of \$4,000 to the American Red Cross through a one-day bake sale. Finally, the club was honored for "elevating the degree of humanity to a place of hope, faith, and compassion with your generous donation to the 2005 Hurricane Relief Fund."

Albany Medical College has also been nominated for the second year in a row for the AAMC Outstanding Community Service Award, based primarily on the FP Club outreach activities and Project Medscope. Award winners of this \$20,000 grant award will be announced in May of 2007. The club activities were also submitted for the 2007 Community Health Improvement Award presented by HANYS (Healthcare Association of New York State) and we are currently awaiting news of the award. Also in 2007 these community outreach initiatives were submitted to MVP for a \$250,000 grant (\$50,000 per year for 5 years). A decision on this support will also be made in May of 2007. These are just a few examples of the outstanding effort and commitment of our FP club members.

II. STUDENT INVOLVEMENT and STUDENT RETENTION:

As described above, the FP Club uses a variety of ways to communicate with students and faculty. Email, newsletters, flyers, and our newly developed Project Medscope web site keep students informed, provides opportunities for students to make some choices, and keep their interest in Family Medicine high and active. The following will provide a description of some of the activities and the intended targeted classes.

- **Care from the Start Program (CFS)** - This voluntary program (partially funded by NYS DOH) gives first and second year medical students the opportunity to clinically coordinate the knowledge gained in the classroom setting while exposing them to the challenges of serving the needs of the underserved. Shadowing is mostly done by first year students. Second year students are paired with community physicians and work side by side in providing care to the community. Dr. Forman works with the AMC Family Medicine Residency Training Program recruiting FM residents to assist with many of the teaching sessions. In 2005/2006 we have 89 active CFS students; 32 third year students,

21 second year students, 36 first year students. To participate in this program, students have to complete an application, submit an essay detailing their commitment to the underserved and commit to a minimum of five evenings of lectures/workshops and five evenings to providing care at one of the Medscope shelters.

- **Cultural Diversity Elective and Cultural Diversity Club:** Beginning in 2000, the DFCM began offering a Cultural Diversity Elective for twenty self-selected first year medical students, giving them the opportunity to experience diversity in health care. This program is highly competitive with 40+ students applying for the 20 funded positions. Students must submit an essay describing their interest in cultural diversity and be interviewed by a Family Medicine faculty member. This 6-week cultural diversity elective is partially funded through a HRSA Predoctoral Training grant and support from our financial aid office. The first week sensitizes students to issues of diversity and issues regarding the doctor/patient relationship within diverse cultures. For four weeks students are expected to be in an underserved healthcare site anywhere within the United States observing the doctor/patient relationship and particularly being cognizant of differences in cultures. Students are encouraged to select a patient health care site that serves a population vastly different from their own backgrounds. Students have worked in inner-city clinics in Los Angeles and New York City, rural clinics in Montana and Alaska and many students have found outstanding experiences with Indian Health Services. During these weeks in the field, the students must participate in weekly focus group discussions via the internet managed by faculty here at AMC. The final debriefing week is back at AMC. The expectations are for students to (1) become knowledgeable about the population served, develop a sensitivity to their unique needs, be able to dialogue about what it means to be a doctor in an underserved setting, and understand how the doctor/patient relationship is affected by diversity.

In 2003, there was an outcome directly affecting the FP Club. The students completing the Cultural Diversity Elective returned from their experience energized to continue the learning process regarding cultural diversity. The FP Club began having informational workshops and meetings on a variety of topics that explored cultural diversity. Because the student interest was so strong, the then FP Club Co-President started a new club named The Cultural Diversity Club (CD Club). During her time at AMC she served as Co-President of both clubs and the DFCM provided administrative support and advisor support to both programs. In the three years since the creation of the CD Club, the DFCM continues to work closely with the student coordinators, many of whom continue to be leaders in both clubs.

- **Summer Preceptorship Program.** Originally funded through Federal HRSA grants and now supported by the Institution, the DFCM partners with the financial aid office to create new funding opportunities through the work-study program to continue to expose first and second year students to the specialty of family medicine. Fifteen first or second year students are placed with a board certified family physician who works with an underserved patient population anywhere in the United States. This program is very competitive and always has a substantial wait list.
- **Hands-on Workshops:** The following workshops of particular interest to second year medical students were held in 2006-07: suturing skills, pelvic exam, testicular exam, IUD insertion, birth simulation, lumbar puncture, and how to use your medical equipment. These sessions are typically limited to 25 students who sign-up on a first-come, first-serve basis with a wait list as cancellations come in. The workshops are taught by one Family Medicine faculty and two or three family medicine residents.
- **Third Year Lecture Series**
The Third Year Lecture Series began in September of 2006 to address the issue of third year students losing interest in family medicine as they focus on their third year clinical rotations. At AMC we noticed that at the end of second year we have a very strong number of medical students considering family medicine and/or primary care but that number begins to decline as the students hear negative comments or inaccurate comments about the realities of family medicine as a career specialty. To

counteract misinformation given to the students, a Third Year Lecture Series was established to stay connected to the students interested in family medicine and let them hear directly from practicing residents and alumni from AMC. We have had local alumni and those who have come from as far away as Denver and San Jose, California to participate in this series. Residency program directors recognize this as a strong recruitment tool and several have covered the travel costs of their residents to come and speak to our students. Over 30 AMC students attended one meeting to learn about family medicine in Colorado and just as many attended the meeting to hear about family medicine on the West Coast. Our most popular meeting to date (over 40 students) included a visit by Dr. John Martinez, AMC alumni who is currently traveling with Team USA as a sports medicine doctor and opened his own private practice in California called “Coastal Sports and Wellness Medical Center.” This spring we will have alumni from Brown University and Columbia speak about family medicine on the East Coast.

- **Evening Lectures:** Open to all levels of students with some targeted to specific groups as their title indicates, these sessions are often taught by community family physicians as well as faculty from AMC. Lectures offered in 2006 included; “Why did I Choose Family Medicine? Could it be right for you?”, “Cultural Diversity Elective Opportunities”, Primary Care Panel Meeting, “International Medical Experiences – you can do it too!”, “SEX 101”, “Care from the Start Informational Meeting”, and our Third Year Lecture Series guest speakers. The FP Club tries to offer dinner with each of these meetings to help bolster attendance and encourage students to stay for an evening meeting. Attendance ranges from 25 – 50 students depending on the topic. In 2006 we had over 40 students attend the Panel Discussion on Family Medicine. The fourth year planning meetings held during March of 2007 were only for third year students considering Family Medicine as a career. Part 1 had 386 third year students attend.
- **Fourth Year Planning Sessions:** For third and fourth year students, the FP Club becomes more involved with the core group of students considering family medicine. These students are advised to attend either the regional or national conferences to begin networking with the residency programs they are interested in. The FP Club sponsors “Fourth Year Planning for Family Medicine, Parts 1 & 2.” Both Part 1 & 2 try to help students, who are still undecided, access to all the information they need to make the best career decision for them. During Part 1 the Family Medicine Residency Director and the Associate Residency Director, the Director of Predoctoral Education, and a family medicine resident are on hand to provide specialty information and packets of information to help the students. During these meetings students are provided with a wealth of information regarding family medicine as a specialty, fellowships, salary specifics, sample CVs and personal statements, sample residency questions, and much more. During Part 2 of the meeting “just matched” fourth year students come and share their insight on the application and interview process. In 2006 Part 1 was held two weeks before Match Day (3/16/06) and Part 2 was held on March 20th, just a few short days after Match. The information regarding the whole Match process is still fresh for the fourth year students and they are eager to pass on what they have learned. The FP Club has sponsored these planning meetings for over 8 years and we are still the only department at our medical college who provide the students with this type of support.

In regards to membership recruitment initiatives for medical students, AMC students have a broad range of potential opportunities to learn about national programs and to actually experience attending and participating in meetings and conference. During these first two months of each academic year the DFCM and the FP Club work closely with STFM (Society of Teachers of Family Medicine), the AMC Alumni office and our Department Chair to secure funding for all interested students to attend local and regional family medicine conferences. In October of 2006 we had 42 AMC students, which has become our recent average, attend the conference “Leading the Renaissance” sponsored by STFM in Boston, MA. Every student attended on a full scholarship. In January of 2007 we were able to sponsor an amazing 62 AMC

students to attend the NYSAFP Winter Weekend and Scientific Assembly in Lake Placid, NY, again on full scholarship. This exposure has a major impact on student interest in Family Medicine and keeps them informed of national initiatives and assists in making informed choices of residency programs.

III. FAMILY MEDICINE ADVOCACY

AMC students are continually introduced to Family Medicine throughout their education. During the summer break after the first year of medical school, students are offered two valuable opportunities to work with the underserved across the United States, and receive funding to do so. With the **Summer Preceptorship Program** and the **Cultural Diversity Elective** (described earlier in this application), the DFCM partners with the college financial aid office to secure funding with the federal work-study program. With this agreement, the department is only responsible for 25% of the student stipend, with the work study program providing the other 75%. Our students are matched with family physicians working with the underserved for a valuable and rewarding summer experience.

At the completion of their second year, all AMC students (144 students) are required to complete a two-week **Orientation Clerkship**. The Director of this program is also the DFCM Director of Predoctoral Education. This gives the DFCM a unique opportunity to not only work closely with all of the specialties, but to have direct teaching time with the medical students. While each specialty is responsible for one session, the DFCM teaches over 50% of the clerkship workshops and sessions. Students are taught many hands-on sessions by the Family Medicine faculty and residents including; Suturing, How to Write Progress Notes, the Male Exam, GYN/Breast Exam as well as sessions on Thinking Clinically, Giving Bad News, Recognizing Abuse, and a session on Student Abuse.

The second year students may also complete a **Community Medicine Elective** in family medicine which may be taken anywhere in the United States or internationally. Approximately 10 students fulfill this elective each summer.

The Third Year Required Family Medicine Rotation is a 6 week rotation that is required of all third year medical students. The Department utilizes many alumni who have matched around the country as approved Family Medicine sites. While working with AMC alumni at these sites is very popular, the majority of students rotate with local, volunteer community doctors, some who are also alumni. The DFCM works closely with local family physicians, the 2 AHEC centers in our region, and the local NYSAFP to maintain constant communication regarding available opportunities for students whether it is scholarships, preceptorships or shadowing opportunities.

Shadowing at the Albany Family Practice Group (AFPG): All first and second year students are invited and encouraged to shadow family physicians and residents at the Albany Family Practice Group located approximately one block from the medical college. Students are matched with a faculty member or resident for one of three different clinical opportunities. (1) Students can take the “baby pager” and be on-call any evening or weekend to see a baby delivered by one of the family practice doctors. This is a very popular option and the baby pager is booked several evenings each week and almost every weekend throughout the school year and over the summer break. Students sign-up for the pager and page the resident who is on OB call that evening. There is a specific pager just for this opportunity. The student and resident exchange beeper numbers and then the student is officially “on call” for the evening. If the resident has a delivery they page the student who can then be a part of the delivery. This opportunity has dramatically changed student’s views on the family physician doing obstetrics and has helped the department dispel the myth that family physicians can’t deliver babies. (2) Shadowing during afternoon hours at the AFPG. Similar to the baby pager, students can sign-up to shadow a physician for any afternoon Monday through Friday. Students often find one doctor that they fit well with and will then request to work with that physician again and again, developing an important mentor/student relationship. (3) Students can sign-up any weekend to round in the hospital on Saturday or Sunday with the family

medicine resident team. This is also a very popular request with several students signing up each month. These three options give first and second year students a broad view of family medicine that includes both inpatient and outpatient medicine.

Participation at regional and national meetings was already discussed in Section II – Student Involvement and Student Retention. AMC has developed a reputation for bringing the most number of students to these conferences and are continually being asked how this happens. The simple answer is the level of commitment of the faculty and staff to promote family medicine as well as the strong support and encouragement felt by the students. As students we are aware of the tremendous amount of dedication and time it takes to coordinate all of these programs and opportunities to participate.

IV. COMMUNITY OUTREACH / PATIENT ADVOCACY

We feel strongly that this is where our FP Club is extraordinary. Community outreach, patient advocacy and healthcare for the underserved are the true mission of this club. Project Medscope (Medical Students Community Outreach for Prevention and Education) is a tremendous example of this mission and the long term commitment of our FP Club. This program began slowly but has grown tremendously over the past five years.

Project Medscope is open to all interested AMC medical students during any year of medical school. The program has a three-part mission: (1) To provide quality health care to those individuals with the most need in the neighborhoods surrounding the medical center and college. (2) To introduce medical students to the challenges of the underserved while they are still motivated to make a difference in their community. (3) To provide medical students with the education and tools they will need to be able to truly impact their community.

The FP Club and its members are intimately involved with the faculty and personnel from the DFCM who assist us in the day-to-day operations of Project Medscope. Due to the program growth, and the desire to meet the constant needs of the multiple sites, two Project Medscope Student Coordinators, Elizabeth Paddock and Vashuda Koganti, also help with the program. The Medscope Schedule is now available on the AMC Intranet website (academic.amc.edu/medscope) so that students and faculty can more easily schedule a shadowing opportunity.

Over the past 15 years this program evolved from one free clinic at Interfaith Partnership for the Homeless in Albany to a multi-site program that provides free health care at five different shelters and also provides patient education, student education, and community outreach projects throughout the year.

To ensure quality patient care and education in the various Medscope venues, a great deal of time and effort is spent in recruiting physician volunteers who work along side the students, mentoring and providing care and follow up to individuals who do not have the advantage of private insurance and affordable health care. The physicians and students seek out those needing care by going directly to the shelters where they encounter many men, women and children who would not seek needed health care.

The student's who participate in this program gain valuable clinical and interpersonal skills while they witness the reality that the uninsured or underinsured community must face. Medical students are our future physicians, future leaders in medicine and future patient advocates. This program provides students with exposure to the many challenges of the "working poor" or uninsured, domestic violence, mental illness, substance abuse, depression and many other health care issues that this particular patient care population must face. While first and second year students may learn about these issues in the classroom, this cannot compare to the experience of sitting in an exam room with a mother and her child who are struggling with the ramifications of domestic violence or poverty. If students are exposed to these realities

as medical students, while they are still motivated and enthusiastic to “make the world a better place,” they are more likely to continue this mission after medical school.

There are several challenges associated with maintaining such a large community outreach program. The first and most pressing need is for volunteer physicians from all specialties to staff the many clinics each week. Women and young children are the main patients at Unity House and at the Interfaith Shelter the patients are primarily adult men and women.

The second challenge is to be able to offer shadowing opportunities to meet the constant interest of our committed medical students. The desire to volunteer is so strong that limitations have been imposed on the Medscope schedule so that all interested students are given some opportunity to participate. The more volunteer physicians scheduled for a session at one of the sites, the more medical students can sign up to shadow. Currently medical students are limited to one shadowing experience per month, making room for everyone to have at least one experience. Students are provided a Project Medscope Card that they can have initialed each time they shadow at a particular Medscope site. Those students who shadow a minimum of 10 times during a one-year period receive a letter from Dr. Neil Mitnick, Chair of the DFCM commending them for their outstanding community service.

Many medical students enter medicine with an idealism to make a difference, a compassion for the sick, and a commitment to help the underserved. Somewhere in the endless hours of study, responsibilities, and increasing economic and social stresses, this altruism is forgotten, or worse, discouraged. The AMC alumni often share their experiences as students with Project Medscope with the current medical students as a way of telling us that their participation with Medscope motivated and prepared them to continue the altruism they had when they entered medical school.

As AMC '03 Alumni Fred Kim, MD stated “I am living my dream, working with the underserved population in Southern California and I could not have done this without the guidance and support of this (Medscope) program.” Ocean Williams, MD, AMC '04, described his experience in the following way; “There are times when the right people cross your path at the right time, and it makes all the difference. I can honestly say that it is likely that I might be pursuing a different career if Dr. Bob Paeglow (AMC '94) had not impacted my journey. I was a first year medical student drowning in the sea of Biochemistry, losing sight of the idealism that had motivated me to enter medical school. Meeting Dr. Paeglow and working at his clinic was a turning point for me. Since then, I am more passionate than ever in my desire to work in a community with limited access to medical care. I can't imagine how differently my career path would be had I not had this opportunity.” Ali Mansouri, MD, AMC '04, had a similar experience. “I entered medical school at age 31 with a PhD in engineering and a very comfortable career. It was a sense of idealism about directly serving others that propelled me to give up what many people would not. However, I struggled to find positive mentors. I participated in the Project Medscope program and worked at several sites... With my educational background, I have some lucrative options in medicine, and I've flirted with thoughts of exploring them, but those thoughts are easily suppressed each time I recall what I have learned through this program.”

The listing below describes both the various Medscope community programs volunteer physicians and medical students are involved. The length of time these programs have been in existence is indicated at the end of each description.

- **Koinonia Primary Care and Psychiatric Services** – Quality medical care, psychiatric care, referral and follow-up services are provided for residents of this poor, inner-city neighborhood. Koinonia also provides follow-up care for any clients from any of the other shelters, regardless of their ability to pay. Robert Paeglow, MD, AMC '94 accepts two medical students each week to shadow through the Medscope Program. Third and fourth year students also rotate as part of their

required rotations. Site also serves as a NYS Department of Health funded project, Care from The Start. Koinonia offers several free community health fairs, patient education programs where AMC students and DFCM faculty and residents volunteer (5 years).

- **Interfaith Homeless Shelter** – Free medical care and referral services are provided to the homeless population of Albany every other week at the Interfaith Partnership for the Homeless by a team of volunteer faculty members, residents and three medical students. Personal rehabilitation while providing access to ongoing health care is the main goal of this facility. Common health problems seen in this adult population include: routine health care, diabetes, infectious disease, HIV/AIDS, drug abuse and addiction, mental illness and domestic violence. Referrals are frequently made to AMC, Whitney Young Health Center, Koinonia Primary Care Clinic, and the Albany County Department of Health (16 years).
- **City Mission** – Free health care and referral services are provided for some of the neediest residents at the Albany City Mission. One student per week joins a volunteer family physician every Wednesday evening to provide health care. Students can also shadow a nurse practitioner twice a week to provide preventative and urgent health care (10 years).
- **Equinox Shelter** – Free medical care and counseling are provided through the student run homeless shelter program located at the Equinox Battered Women’s Shelter. Two students and one volunteer physician attend the shelter every other Thursday evening. Patients are clients of the programs at Equinox: including the domestic violence shelter, youth homeless shelter, independent living program, and the community counseling program. Problems commonly encountered include; routine health care, hypertension, diabetes, infectious disease, chemical dependency, depression, bipolar disorder, anxiety, and physical abuse (7 years).
- **Unity House Battered Women’s Shelter** –A family medicine resident run medical clinic operates at a domestic violence shelter. This experience gives students and residents a chance to learn how to incorporate care for the underserved throughout their medical careers. Students also receive training on domestic violence (7 years).

In addition to providing health care to the needy, the medical students through the FP Club also offer several educational programs primarily for school age children. The listing below is a description of such activities:

- **Tar Wars** – For the past nine years, the DFCM coordinates medical students to provide health education to local elementary schools. A letter is sent out to local elementary schools in the early fall to determine interest. Medical students volunteer to visit these schools and discourage tobacco use among the area’s youth. The key elements of the program are education and community involvement. The yearly goal is to educate 1,000 students. Dr. Peter Forman, the predoc director is the faculty advisor. In 2005 the local newspaper did a story called “Tar Wars goes to grade school.”
- **Apple Wars** –This childhood obesity prevention program targets 4th and 5th grade students at local elementary schools. It is modeled after Tar Wars, the American Academy of Family Physicians’ successful tobacco prevention program. The Apple Wars curriculum is based on current research and literature and has been reviewed as educationally appropriate by a Health Education at Teacher’s College at Columbia. The goal of the program is for doctors and other health care providers to teach 4th grade classes for about 40 minutes. During this time the students will be active participants in exercises that will help them learn the importance of physical activity and healthy eating. The focus is on attitude change, not memorization of food pyramids. A great outcome of this program is that a former AMC FP Club officer, Dr. Assaf Yosha, helped develop this program while in his residency at Columbia University.
- **Kid’s MD** – For the past eight years, the DFCM and medical students have developed a curriculum called “Kid’s M.D.” This is an interactive program that allows medical students and

elementary students to work closely together. The overall goal is to help young children feel more comfortable in the medical environment, as well as to introduce them to the possibility of health care as a career. Due to the program's success, all the requests from area schools cannot be accommodated.

- **Kids on The Move** - This program was created by two of our FP Club coordinators, Vashuda Koganti and Elizabeth Paddock. Dr. Jill Davis of DFCM is the faculty advisor. The mission is to empower the youth of Arbor Hill, one of the poorest areas of Albany, to make healthier choices. Children are exposed to a variety of fun exercises chosen from a variety of different cultures. Nutritional education is also provided as well as smoking prevention, staying in school and promotion of good self-esteem. We piloted the program in 2005 at one Arbor Hill elementary school where medical students met with the young students each Tuesday afternoon for 8 weeks both in the Fall 2005 and Spring 2006.
- **STD Education Program** - This program occurs twice a year. Family Medicine Residents go to a local high school to meet with the 11th grade health classes. The curriculum encompasses the most common sexually transmitted infections, signs, symptoms, treatments and most importantly prevention. This program has been in place for 3 years and the response has been very positive. The parent must give permission for the students to attend and the curriculum has been reviewed by the school board. A Family Medicine resident takes medical students who are interested in learning how to do school-based health on a volunteer basis.
- **Bring it to the Courts' Outreach Program** - The DFCM and the FP Club has partnered with the Albany District Attorney's office to begin a program geared toward helping middle school inner city kids find a safe place to play on Saturday afternoons. In order to join the free basketball league, these same students must participate in a series of "life skill workshops" focusing on basic skills and education in a variety of areas. There are currently 80 teens registered in the program. Medical students teach a weekly Health Care Lecture Series and provide inspiration, mentoring and friendship to at risk teens. On average, twenty teens per session participate in each session.

The Health Care Lecture Series program was developed with AMC student and FP Club member, Nidhi Jacob, in coordination with Dr. Peter Forman of the Department of Family & Community Medicine. The following are the topics presented:

October 25, 2006	EMT and Paramedic Presentation
November 1, 2006	Tar Wars (Anti-Smoking Presentation)
November 11, 2006	Diabetes and Nutrition
November 15, 2006	SNMA – Minorities in Medicine (a how to discussion on how to get into college)
November 29, 2006	Street Drugs Talk
December 6, 2006	Safe Sex/birth control information
December 13, 2006	Basic First Aid Skills
December 20, 2006	HIV/AIDS Education
January 10, 2007	PSR – Environmental Health
January 17, 2007	A discussion on STD's
January 24, 2007	Panel of Health Care Professionals

- **Project MTI (Moving Toward Independence)** - This program will officially kick off in May of 2007 and be an expansion of a food drive already in existence. In addition to asking students to clean their shelves and donate their food before they leave the area, we will now include furniture and household goods. By partnering with Interfaith Partnership for the Homeless, a local shelter a few blocks away from the medical college, we decided to reach out to our graduating 4th year

medical students, as well as the graduating residents at Albany Medical Center and ask for their help. We have already coordinated volunteer movers and moving trucks that will pick up all donated items on the weekend of 5/19 and 5/20 – the weekend before commencement. We also have a second weekend pick up scheduled for 6/23 and 6/24. This new program is already a win/win for our medical students, many of whom are moving across the country and will be leaving the majority of the possessions behind. They can now donate the items to a needy charity without the added stress of finding a place to donate them to and getting the items moved themselves. The shelter will also greatly benefit from the overwhelming response and has secured storage space in a local building to store the anticipated number of items. We have had several students and house staff already sign up to donate everything from furniture, electronics, kitchen appliances, dishes, etc. We are very excited about Project MTI and if successful, we hope to invite other local colleges to join our program next year.

- **Capital City Rescue Mission Free Clinic – Healthy Hearts Campaign:** During this past academic year, the FP Club partnered with the Capital City Rescue Mission, another local shelter located within a mile or so of the medical college. The students have helped provide free health clinics both on Thanksgiving Day (11/23/06) and again on Saturday, March 24, 2007. Our FP Club officers and student volunteers registered patients, assisted with free blood pressure screening, and held patient education workshops on diabetes, obesity and heart disease. The FP Club plans to support four such free clinics at this site each year.
- **New Mentoring Programs in inner-city Albany** - New mentoring programs were established at several different area locations beginning in September 2006. The FP club members began providing positive mentoring and homework help at the Boys Club and Girls Club located one block from the Albany Medical Center. Our medical students sign up to work with at-risk elementary school ages children Monday – Friday from 3:00 PM – 6:00 PM throughout the school year. In addition, the students with the FP Club have volunteered to help with a leadership program coordinated by the Big Brothers/Big Sisters Program at Myers Middle School to expose young students to the excitement of a career in healthcare. Our students now work with the Myers Leadership Program and will be providing some hands-on workshops at “Career Day” on June 1st, 2007. The FP Club plans to continue working with this program with other events over the summer and through the school year.

Community Outreach Program: Over the course of time, as physicians, residents and students continued to provide medical care at these sites, it became apparent that the needs of the clients did not end with health care. Patients at these facilities often lack basic items such as food, diapers, or a warm coat. Consequently, the Department of Family & Community Medicine and the medical students have been called upon to develop a second aspect of the Medscope program that included community outreach projects.

It was because of this ongoing need that the FP Club elected medical students as the Community Outreach Coordinators. These students work closely with the FP Club Officers, the Project Medscope Officers and the Department of Family & Community Medicine to develop and implement outreach activities that will directly benefit the clients of each site. Listed below are some of these outreach programs. The number at the end of each description is the number of years it has been in existence.

- **Annual Holiday Wreath Sale.** - This was our first community outreach program. The DFCM and medical students coordinate a yearly holiday wreath sale to raise money for local community organizations. In past years the money has been donated to Koinonia Primary Care, Interfaith Homeless Shelter, Unity House and Equinox Shelter (16 years).
- **Community Toy Drive** – We have coordinated this outreach program for the past eight years, with the program tripling in size each year. This past year we linked the program with a local

elementary school and were able to provide gifts for over 400 individuals and families. Needy children were accepted from a variety of organizations including the AMC Pediatric HIV program, Koinonia Primary Care in Arbor Hill, Unity House Battered Women's Shelter, and Our Lady of Angels Soup Kitchen and Food Pantry. The majority of the toys were purchased by AMC employees as well as many patients/visitors who saw our flyers. Our FP Club officers collected money in the classrooms and had drop boxes throughout the college and hospital for toys. The DFCM coordinated the program with all the agencies and involved the medical students in organizing, wrapping, and delivering the toys. In 2005 the success of the toy drive was detailed in the AMC center-wide newsletter *The Page* and the local newspaper The Albany Times Union (8 years).

- **Emergency Baby Food Drive for Unity House** – The DFCM and the FP Club were contacted by Unity House in March of 2003 and told of a crisis they were having in providing clothing and food items for the families in their Emergency Services Program and their Pregnancy Care Program which helps primarily teenage mothers and their children. We quickly developed the “Emergency Drive for Unity House” and collected enough baby food, formula, diapers, and infant items to help Unity House end this crisis. We were able to coordinate with some local agencies and received donations of some of the more expensive items like formula. Again, the majority of the items came through the donations of AMC employees. This drive is now done every April. Medical students help collect, sort and deliver the items to the shelter (5 years).
- **Hat & Mitten Drive** – Each Fall the DFCM and FP Club collects new and used hats, mittens, and coats for the residents of Interfaith Homeless Shelter in preparation for the upcoming winter. Some years we also have included clean, warm socks since many of the residents suffer from medical problems due to cold and wet feet throughout the winter (11 years).
- **Summer Food Drive** – DFCM and the FP Club implemented a “summer food drive” to benefit the local children who receive subsidized school breakfast and lunches. During the summer, these children are not guaranteed two meals a day as they are during the school year. We coordinate with Our Lady of Angels Soup Kitchen and Food Pantry to supply these children with breakfast and lunch throughout the summer. Food donations are accepted during the first week of April, May, and June to adequately stock the food pantry. (6 years).
- **Confidence through Education Program** – The FP Club has worked with Dr. Bob Paeglow from Koinonia Primary Care in Arbor Hill to develop a yearly book drive to help promote reading and education through his clinic. Dr. Paeglow's clinic is located in one of the poorest neighborhoods in Albany and he soon realized that many of his younger patients did not own a single book. His goal was to promote self-confidence and education through reading. DFCM and the medical students ran a children's book drive and received hundreds of children's books from AMC employees and a local elementary school. We also continue to receive children's books from the AMC volunteer office on a monthly basis. Now each child receives a free book with each doctor visit at the Koinonia site. We plan to run this program every year (3 years).

In summary, over the years the FP Club and its medical student members from Albany Medical College have donated thousands of hours to Project Medscope and its many outreach programs. These experiences have helped create caring, compassionate and committed residents and physicians who are now making their mark across the country. The program was the cover story for the Spring 2006 Alumni Bulletin entitled “Project Medscope: Prevention & Education.”

As student officers in the AMC FP Club, we sincerely hope we have presented our program in such a way for you to appreciate the depth and breath of it and the enormous impact it has on our education and on the community. In some ways, it was difficult for us to separate out the activities into the various

categories since there is much over lapping of goals and objectives, but hopefully we have captured for you our program in its entirety. We welcome the opportunity to answer any questions you may have.

**Categorical Award Application
Albany Medical College/Community Outreach/Patient Advocacy**

**Project Medscope
(Medical Students Community Outreach for Prevention and Education).**

Project Medscope is coordinated through the Department of Family & Community Medicine (DFCM) at Albany Medical College (AMC). It is a vital aspect of the FP Club and is open to all interested AMC medical students during any year of medical school. The program has a three-part mission: (1) To provide quality health care to those individuals with the most need in the neighborhoods surrounding the medical center and college. (2) To introduce medical students to the challenges of the underserved while they are still motivated to make a difference in their community. (3) To provide medical students with the education and tools they will need to be able to truly impact their community. Medscope can be accessed internally on the web by logging onto: **academic.amc.edu/medscope.**

Over the past 16 years this program evolved from one free clinic at Interfaith Partnership for the Homeless in Albany to a multi-site program that provides free health care at five different shelters and also provides patient education, student education, and community outreach projects throughout the year.

The student's who participate in this program gain valuable clinical and interpersonal skills while they witness to the reality that the uninsured or underinsured community must face. Medical students are our future physicians, future leaders in medicine and future patient advocates. This program provides students with exposure to the many challenges of the "working poor" or uninsured, domestic violence, mental illness, substance abuse, depression and many other health care issues that this particular patient care population must face. While first and second year students may learn about these issues in the classroom, this cannot compare to the experience of sitting in an exam room with a mother and her child who are struggling with the ramifications of domestic violence or poverty. If students are exposed to these realities as medical students, while they are still motivated and enthusiastic to "make the world a better place," they are more likely to continue this mission after medical school.

Over the course of time, as physicians, residents and students continued to provide medical care at these sites, it became apparent that the needs of the clients did not end with health care. Patients at these facilities often lack basic items such as food, diapers, or a warm coat. Consequently, the Department of Family & Community Medicine and the FP Club have been called upon to develop a second aspect of the Medscope program that included community outreach projects. The listing below describes both the various community programs volunteer physicians and students are involved. The number of years these programs have been in existence is indicated at the end of each description.

Free Health Care for the Underserved

- Koinonia Primary Care (5)
- Interfaith Homeless Shelter (16)
- City Mission (10)
- Equinox Shelter (7)
- Unity House Women's Shelter (7)

Health Education in Community

**Tar Wars, Kid's on the Move,
Apple Wars, Kid's MD, STD Program,
Health Care Lecture Series,
Carnival on the Hill Health Fair**

Community Outreach Programs:

- Annual Holiday Wreath Sale (16)
- Community Toy Drive (8)
- Emergency Baby Food Drive (6)
- Coat, Hat & Mitten Drive (11)
- Summer Food Drive (6)
- Confidence Through Education Book Drive (3)
- Fundraising as needed (i.e., Tsunami Relief, Hurricane Katrina, Prescription Fund for the Un-Insured)
- Bring it to the Courts Outreach Program (1)
- Project Moving Toward Independence (1)
- Capital City Rescue Mission Free Clinics (1)
- Boys & Girls Club Mentoring Programs (2)
- Myers MS Leadership Program (1)

ATTACHMENT 1

Department of Family Medicine & Community Medicine Education

Community Outreach Initiatives
Family Medicine Club & Project
Medscope

Community
Educational
Projects

Community Medical Services
Project Medscope
(Medical Students Community
Outreach
For Prevention & Education

Community Needs

Care from the Start Program
Cultural Diversity Elective
Community Medicine Elective
International Electives
Tar Wars
Apple Wars
Kid's MD
STD Clinic
Kid's on the Move
Bring it to the Courts
Boys & Girls Club Mentoring

- Koinonia Primary Care Psychiatric Services
- Interfaith Partnership for the Homeless
 - Capital City Rescue Mission
 - Equinox Shelter
- Unity House Domestic Violence Shelter

- Center wide Toy Drive
- Clothing drives for Medscope Shelters
- Annual Holiday Wreath Sale for Charity
- Annual Emergency Baby Food Drive for Unity House
 - School Supply Outreach Program
 - Summer Food Drive for local Shelters
- Confidence Though Education Book Drive
- Disaster Relief Programs (Hurricane Katrina/Tsunami Relief)
 - Health Care on the Hill
 - Local Community Health Fairs
 - Project Moving Toward Independence
 - Myers Middle school Leadership Program

2006 Student Coordinator Responsibilities & Expectations

Project MedScope Goals:

- Meet with each site director, make sure they know who to call with questions or concerns. Interfaith Homeless Shelter, Unity House, City Mission, Koinonia Clinic, Equinox Shelter.
- Are there other areas that students can help with – patient education? Volunteer in the soup kitchen? City Mission Healthy Hearts Day; Aids Walk, Boys & Girl's Club mentoring.
- What needs does this population have; ie, hats & mittens, medication, food drives for children over summer, children's books. Assist with new furniture/household program (Project MTI).
- Work with community outreach coordinators by sharing what the needs are at each site. Do they need blood pressure cuffs, scales, over the counter meds?
- Update student instructions for each site – do they bring white coat/badge? Recommendations for parking? Should they read up on anything before they go?
- Help recruit new doctors to volunteer. Have you met someone that you think might be interested or has something to share? Talk to your preceptors!

Community Outreach Coordinators:

- Help with outreach programs for Project MedScope programs and surrounding community. Some examples include;

Wreath sale for charity 12/3 – need to find student volunteers to help for this one day event in Choices. Select a local clinic to send support. Bake sale for medical mission to Africa.

- Toy drive for Center City Mission/Unity House/Koinonia. Lots of fun but so much work. Enlist other students to help! Assist with making “adoption” snowflakes, getting the word out throughout the hospital, helping to deliver gifts to mission. Toys for 600+ children will need to be donated, collected, wrapped, and delivered! This is a 4 week project.

In the past we have collected hats & mittens, food drives, children's books, over the counter medicine, personal care products for the shelters (soap, shampoo, and toothpaste). We even did a professional women's clothing drive for the domestic violence shelter to assist with interviews. Collected board games & art supplies for children in the at-risk program with Unity House. Collected items for soldiers in Iraq working in the military hospitals. Provided them with 20 boxes of toys and items for both the soldiers and Iraqi children. Pay attention to what is going on in our community – how can we help?

Community Health Fair with Dr. Bob Paeglow in the spring. Needs lots of students to help provide patient education, take blood pressures – face paint! Other health fairs will be scheduled as requested. Programs at our local elementary schools and middle schools – this is a great way to learn how to “teach” to a group or one on one.