

# Spring Newsletter

UCSF Pediatric Primary Care Track News  
Spring 2014

## Upcoming Project Dates

Resident	Date
Lee	Wednesday 4/2 (AM)
Jablon	Tuesday 4/1 (PM)
Suarez	Monday 4/21 (PM)

Gateway Middle School-  
based Garden Kick-off Date  
TBA

Primary Care Panel  
Wednesday, March 26  
6-8pm

## Resident Projects

### Community-Based and Medical Education

**Improving Health Care Access for Arrested and Detained Juveniles in SF**-Yamini Rao

**SportSmarts: Enhancing Conflict Resolution Skills in Youth**-Yamini Rao

**Assessing Local Barriers to Nutrition and Fitness and A Clinic-Based Intervention**-Ning Haluck

**Lowell High School: About Face**-Megen Vo and Jean Lee

**Gateway Middle School: A School-based Garden**-Nicole Learned and Kerin Arora Gaudet

### Clinic-Based

**My PICS**-Sabrina Santiago, Patrick Peebles, Nicole Learned, Kerin Aurora Gaudet

**Translating our Standard of Care**-Enrique Escalante

Exciting New Partnerships with Huckleberry House and  
Gateway Middle School

# Huckleberry House



## Overall Project Goals:

- Enhance Health care access and resources for SF youth in the Juvenile Justice System
- Improve resources to empower and support Probation Officers, Case workers and others that help these youths

## CARC Project: Improving access to care

### January-June 2014

- **Step 1:** Understanding CARC
- **Step 2:** Discuss with UCSF Adolescent Department
- **Step 3:** Reach out to the primary medical homes in the neighborhoods where these youth live
- **Step 4:** Reviewing available insurance options for SF youth

### June 2014-January 2015

- **Step 5:** Understanding role of the Cole Street Clinic
- **Step 6:** Establish a 2-tiered process at CARC for 1) identifying the health needs of the youth, medical home

## Speaker Series

### February 2014-January 2015

- Identify UCSF physicians for speaker series
- Schedule speakers with the Huckleberry Wellness Academy
- Huckleberry to present to other UCSF venues

## Juvenile Justice Project

### June 2014-January 2015

- Meet with SPY staff and Probation staff
- Determine the best way to link SPY staff/Probation with the medical home.
- Consider electronic communication between SPY staff and primary care homes
- Consider baseline data from probation family intake form (Does your child have insurance? Does your child have a doctor?)
- Consider training probation officers to assist families in navigating access to health care (insurance and medical home)
- Address Mental health linkage to care (AIIM Higher)

## Ida B Wells Health Education

### February 2014-January 2015

- Needs Assessment Meeting with Ida B Wells health education team
- Creating an ACA navigation tool
- Work with Adolescent Medicine to update/enhance health education curricula
- Partner with Child Psych Program and Family Medicine program



# My PICS

Residents: Sabrina Santiago, Patrick Peebles, Nicole Learned, Kerin Aurora Gaudet

The MyPICS project originated in the primary care track in 2011 by Kate Padrez, MD, with the goal of improving physician identification and patient satisfaction at our busy children's hospital. MyPICS stands for "Physicians Involved in Care and Support". The residents and attendings distribute the MyPICS cards to the patients and families when they become involved in their care. The cards are designed like baseball cards with a photo on the front and "stats" on the back. The "stats" are comprised of information like hometown, medical interests, and fun facts, like the doctor's favorite ice cream flavor or favorite childhood memory. Since the project started, we created cards for residents and attending, and started a large scale study to understand how the cards are impacting physician identification and patient satisfaction.

The past year has been exciting for the MyPICS project. We've expanded the project to San Francisco General Hospital, creating cards with an SFGH logo. We've collected 100 surveys from families at UCSF and our results show a statistically significant improvement in families' ability to identify their doctors, and improved patient satisfaction! For instance, 60 % in the control group vs. 97% in were received MyPICS cards were able to correctly identify at least one provider on the team. We presented our results at the regional Academic Pediatric Association Meeting in Monterey, CA, where we received an award. We've recently been accepted to present a poster at the Pediatric Academic Society Meeting in Vancouver in May, 2014. Finally, the cards have been well received at UCSF, and next year the GME will be funding cards for all residents in all specialties!



**DR. SABRINA SANTIAGO**  
Hometown: Santa Monica, CA

College: UC Berkeley  
Medical School: UC Davis  
Residency: UC San Francisco  
Academic Interests: Primary Care, Medical Education

**Fun Facts About Dr. Santiago**

- Dr. Santiago used to play the Oboe, Flute, Piccolo, Piano & Trumpet! Now she sings and plays the Ukulele!
- Dr. Santiago's favorite Disney movie is The Little Mermaid
- Dr. Santiago used to have 2 frogs, 2 birds and 3 fish when she was little!



**SABRINA SANTIAGO, MD**  
Resident



A resident is a doctor undergoing specialty training in pediatrics. The resident works with the attending to make medical decisions and to your primary physician's team.





## Gateway Middle School Partnership



**Goal:** To educate students, parents, and the community about healthy eating and exercise

**Residents Involved:** Nicole Learned, Kerin Aurora-Gaudet

- Peer-to-Peer Education
- Sports and exercise curriculum
- Involvement with Urban Sprouts
- Gardening Kick-off Day
- Field trips to local farmers market and Alice Waters Edible School Yard



## Translating Our Standard of Care



**Resident:** Enrique Escalante

**Goal:**

- Translate documents/flyers/handouts that we have in clinic into multiple languages (starting with Spanish) for use by all residents

**Next Steps:**

- Identify documents to translate
- Identify best methods for sharing/storing these documents for future use
- Define future languages to translate these documents into

**Update:**

- Finished translating all of the after visit summaries
- Currently handing out to Spanish speaking patients and families
- Will upload to Apex and make them available to all residents in Mt. Zion and likely Parnassus



## Lowell High School: About Face

**Residents:** Megan Vo and Jean Lee

**Goal:**

- Partnering with About Face and Lowell High School to develop and deliver nutrition, body image, and eating disorder prevention curriculum to teens

**Experiences to Date:**

- Received UCP grant
- Curriculum developed
- Successful Workshops delivered during 2012-2013 academic year
  - 11/8: I got 10 students, 2 repeats from last year. They were really interested and engaged, so hopefully they'll come back for the next session. I met Xavier, the new Wellness Coordinator; he's really great and seems invested in continuing our program, which is good news
  - 11/22: Delivered second workshop (eating disorder awareness) to 8 Lowell HS students.

## Barriers to Childhood Nutrition and Physical Activity and a Clinic based approach

**Resident:** Ning Haluck

**Goals:**

- Assess barriers to nutrition and physical activity among children and families at Mt. Zion Pediatrics
- Use results to inform future projects
- Use results to inform future projects

**Experiences to date:**

- Survey development-validated nutrition and fitness questions
- IRB application and approval
- Survey distribution, data entry, and preliminary data analysis
- Poster presentation of preliminary results at Pathways Symposium, APA
- Met with Annemarie Charlesworth and Anisha Patel for future project ideas

**Next Steps:**

- Find ways to incorporate 5-2-1-0 messaging into Mt. Zion clinic into a feasible and meaningful way
- Find ways to track parent awareness to 5-2-1-0 recommendations

