

Winter Newsletter

UCSF Pediatric Primary Care Track News

Winter 2016-2017

Upcoming Events:

*December 2 APA project
submission deadline*

*February 11-12 Regional APA
Conference*

February 15 Primary Care Panel

May 3 Primary Care Seminar

Monterey, CA Regional APA Conference

**Accepting submissions!
Including completed projects
and works in progress, great
for getting feedback.**

https://www.academicpeds.org/secure/meeting/region9_10abstracts/

**Deadline for Submissions:
12/2/16 at 5PM EST**

Resident Community Projects

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Bayview Hill Gardens Partnership: Solidifying Medical Homes for Transitioning Families

Project Goal:

- To improve access to primary healthcare and medical homes for children in the Bayview Hill Gardens community by augmenting family trust in existing medical relationships

Residents: Adam Knappe, Beth Links, Katia Vaisberg, Long Vinh, and Lynne Wu

To Date

- Foster rapport through attendance at health fairs, spring 2016 literacy fair, community engagement, and talks
- Survey of medical access/homes, needs assessment, and health education interests
- Create health education curriculum, including normal development, vaccines, and when to go to the doctor

Next Steps

- Implement curriculum, starting with normal development presentation
- Measure outcomes: rate of identified medical home/primary provider, immunization rates



Bayview Hill Gardens Partnership: Literacy Promotion in Formerly Homeless Youth

Project Goal:

- To increase access to books and to promote early literacy and family engagement with reading in this high-risk community

Residents: Adam Knappe, Beth Links, Katia Vaisberg, Long Vinh, and Lynne Wu

To Date

- Literacy fair 2/10/16
- Raised about 50 books to expand on-site children's book library

Next Steps

- Participate in additional community literacy workshops and afterschool reading sessions
- Potential community partners including SF Families Resource Center, Center for the Book, and the local public library
- Assess read-aloud behaviors and attitudes toward reading



Bayview Hill Gardens Family Mindfulness Program

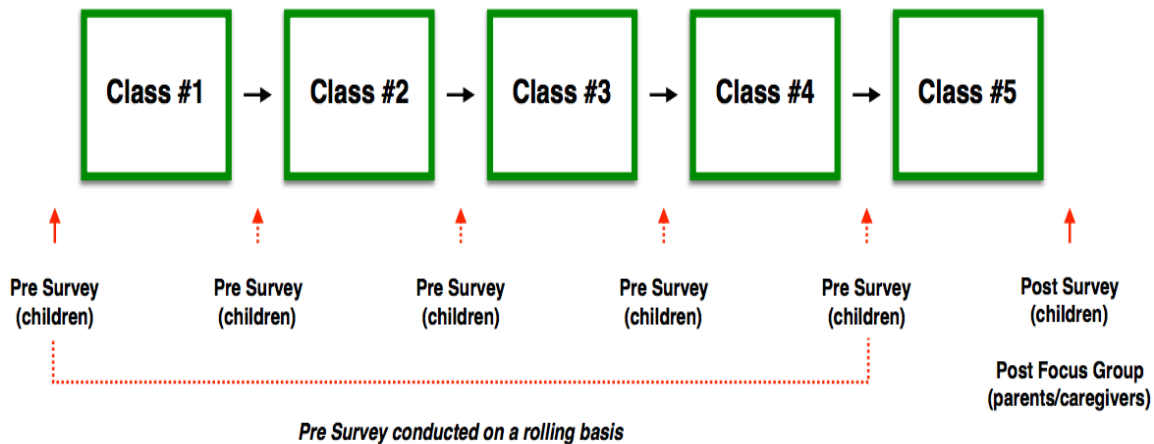
Project Goals:

- To collaborate with Bayview Hill Gardens to develop a family mindfulness program
- To evaluate the feasibility and acceptability of such a program in a transitional housing development and to build a pathway towards sustaining the program
- To strengthen the partnership between Bayview Hill Gardens and the Primary Care Track

Resident: Bianca Argueza

Next Steps

- Nurture partnership with Bayview Hill Gardens
- Find project mentors, community leaders, and mindfulness and resilience experts
- Create assessment tools and parent survey



60 minutes	class for parents/caregivers	snacks/recreation for children
5 minutes	transition period	
25 minutes	class for children	light refreshments for parents/caregivers

Huckleberry Youth Programs



Project Goals:

- To partner with Huckleberry Youth Programs to “educate, inspire, and support underserved youth to develop healthy life choices, to maximize their potential, and to realize their dreams”
- To increase access to health care in primary medical homes for arrested and high-risk youth through a multi-pronged outreach and education strategy aimed at youth, their families, referring assessment staff, and juvenile justice staff

Residents: Julia Shalen and Katia Vaisberg

Mentor: Yamini Rao

Wellness Academy

A college preparedness program for students interest in health professions careers.

Components:

- Training in health education
- Internships placements
- Weekly meetings to discuss emerging community and global health issues
- Academic guidance and tutoring
- SAT/ACT preparation
- College tours
- Academic case management
- Assistance with college applications, as well as scholarship and financial aid applications
- Parent education and support

Julia’s Project:

- Supporting sophomore Wellness Academy cohort in their community based survey about homelessness and gentrification in SF
- Workshop on qualitative vs. quantitative data and facilitating discussion on community engagement and how to use data to influence positive change
- Shadowing program in clinic

Juvenile Justice Center

Education and youth empowerment for currently incarcerated youth in SF.

Project:

- Flexible curriculum for based on UCSF team expertise and interest

Past Curriculums:

- Health insurance and access to care
- Human anatomy

Gateway Middle School Garden



Project Goal:

- To empower youth in our community to choose healthy living through a school-based afterschool program focusing on gardening, healthy eating, and exercise

Past Sessions

- built planter boxes, added soil, and installed sprinklers
- made individual succulent terrariums with students
- education surrounding My Plate and foods for bone health, muscle strength, vitamins, and energy, as well as a blind fruit, vegetable, and herb taste-testing game
- created individual succulent terrariums for students to take home
- mini cooking class in which students prepared guacamole from a recipe with fresh ingredients, with crunchy vegetables as a substitute for chips
- identify serving size, fat, salt, fiber, sugar, and vitamins as important components of the nutrition facts (emphasis on healthy vs. unhealthy fats, salt, sugar, and fiber)
- comparing nutrition facts game to find healthier snack option
- mini cooking class in which students prepared a healthy salad from cabbage, carrots, soybeans, green onions, raisins, and ramen
- categorized food from photos as “green” (eat anytime), “yellow” (eat sometimes), or “red” (eat rarely)



Opportunities

- student gardening committees meeting Wed. 1-2PM and Thurs. 3:30-5PM
- potential seasonally themed sessions incorporating nutrition into gardening education
- plans to expand garden
- joint sessions with gardening/yoga groups on stress and mindfulness

And Introducing...



The Epic Intern Project

Project Goals:

- To assess perceptions of providers from the point of view of adolescent patients who are connected to with Huckleberry House
- To better understand needs and health education interests of adolescent patients and to help improve communication between these patients and their doctors

Residents: Liat Bird, Zachary Marcus, and Shamita Punjabi

Next Steps

- Continue to develop partnership with Huckleberry House
- Meet with teens to assess goals
- Facilitate sessions with Huckleberry peer health educators/mentors about student-selected topics
- Consider project to improve communication between adolescent patients and providers