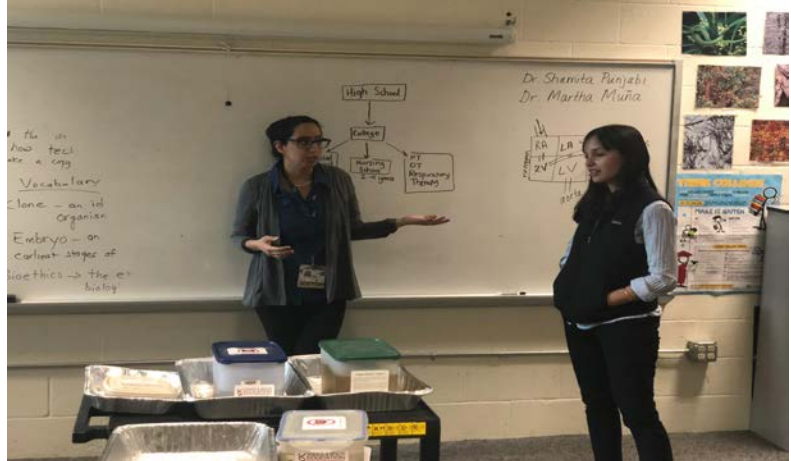


Winter Newsletter

UCSF Pediatric Primary Care Track News, 2019



Upcoming Fall Events

January 4th, 2019
Group Centering Class

January 26-27, 2019
Academic Pediatric Association Regional Conference

1/9, 1/23, 2/6 2019
Teaching at Huckleberry

March 5 and 19 2019
Teaching at Juvenile Hall



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Claire Gibson

Upcoming Resident Project Times

R1

Residents	January	February	March
Baskind, Melanie	1/11 PM 1/17 PM	--	3/14 PM 3/21 PM
Muna, Martha	--	2/28 PM	--
Nahal, Danielle	--	2/14 PM	--
White, Ariel	--	2/27 PM	3/4 PM

R2

Residents	January	February	March
Gibson, Claire	--	--	--
Olveda, Rebecca	--	2/28 PM	3/26 PM
Cendejas, Blanca Rocio	--	--	--

R3

Residents	January	February	March
Bird, Liat	--	--	3/13 AM 3/20 AM 3/27 AM
Marcus, Zachary	1/7 PM 1/10 AM 1/11 AM 1/14 AM 1/18 AM 1/24 AM 1/25 AM 1/30 AM	2/7 AM 2/8 All day 2/14 AM 2/15 All day 2/20 AM 2/28 AM	3/1 All day 3/27 PM
Punjabi, Shamita	1/24 PM	2/26 PM	3/7 PM 3/19 PM

Resident PC Track Project Resources

Additional Project Resources

Want Community Partnership and Logic Model Coaching?

- Meet with program evaluator and research specialist, Annemarie Charlesworth
 - All Seniors should meet with Annemarie prior to their 3 month longitudinal block
- Meet with PC track director Emily Roth and Gwen Hubner before your project time
- All residents should share their logic models with their advisors for feedback when they meet

Want Additional Funding for your Project?

- Apply for a **Primary Care Track Grant** from the Mount Zion Health Fund
 - Contact Emily Roth for how to apply
- Other **funding CATCH through AAP**
 - Please look up submission dates (e.g. the Community Access to Child Health grant)

Want Additional Mentorship?

- Reach out to one of our many wonderful **PC track mentor volunteers!**
- We have a list of great pediatricians who have offered to volunteer their time and insights with the UCSF PC resident team. Please find the list of mentors along with their interests and contact information hanging on the bulletin board outside the 3rd floor Mt. Zion clinic or ask the PC track project coordinator to send you a copy
 - **Mentor interests include:** community pediatrics, public health, DPH, sports medicine, integrative care, national and community health policy, Marin County health, nonprofits, academic primary care, teaching, health impacts of poverty and chronic stress, dermatology and many more

Want Additional Logistical Support for your Project?

- Please reach out to the PC project coordinator: Gwen Hubner (Gwendolyn.hubner@ucsf.edu) who can serve as a liaison with community organizers, aid with scheduling and advertising for events and provide additional educational resources



Bayview Hill Gardens Partnership: Augmenting Pediatric Healthcare

Project Goal: To improve education on common pediatric healthcare topics for children in the Bayview Hill Gardens community by augmenting family trust in existing medical relationships

Steps:

- To be present within the community
- Perform a basic needs assessment
- Fulfill unmet needs relevant to child health

Residents: Blanca Rocio Cendejas, Claire Gibson

Bayview Hill Gardens Community Liaisons:

Jasmine Ephraim, Resident Services Coordinator and
Tiffany Davis, Youth Services Coordinator



Actions Taken To Date

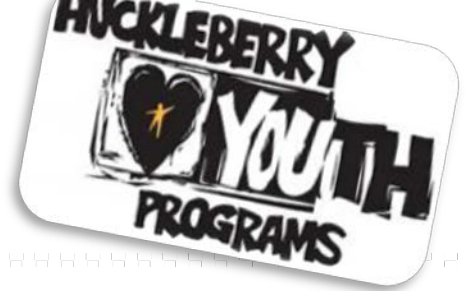
- Offered health education through casual community dinners in which pediatric residents and volunteers served community members a healthy, low cost meal (along with its recipe) and discussed relevant health topics
- Health topics so far have included: fevers and viral illnesses, literacy (partnership with Tandem), ER vs. Urgent Care vs. PCP, spring break safety, developmental milestones, asthma management, and when to see your doctor

- Hosted two successful dinners on **August 29th** and **October 24th**

Next Steps

- Apply for resident grant
- Encourage more intern and medical student volunteer involvement
- Focus on meal planning and grocery shopping using foods from local grocery stores within the Bayview community





Adolescent Workshops

Project Goals: To meet with adolescents to provide education and resources around health topics of their choice. Will focus primarily on adolescents in Huckleberry’s college prep program, but also target teens through the school district, and at Juvenile Hall.

Residents: Liat Bird, Zachary Marcus, Rebecca Olveda, and Shamita Punjabi

Huckleberry Youth Community Liaison: Vicky Valentine, Senior Director, Tomas Boatwright and Vania Tong, Huckleberry College Group Coordinators

Juvenile Hall Liaison: Marcia Zorrilla, Health Educator
Community Programs for Youth

Actions To Date:

- Senior residents received Mt. Zion Health Fund grant to further develop Huckleberry partnership
- Started teaching science classes at juvenile hall- successful class on 12/18; two upcoming classes on 3/5 and 3/19
- Three upcoming classes at Huckleberry on 1/9, 1/23, and 2/6 and will cover managing stress, drugs and the teen body, and basic nutrition.



Next Steps:

- Standardize teaching for Juvenile Hall classes and for Huckleberry classes for reproducibility and longevity
- Incorporate pre and post-workshop questionnaires for quality improvement
- Provide goodie bags for each class
- *Follow up with Eve Eckman* to organize a “Naming Emotions” workshop
- *Combine science classes* with those at juvenile hall or table at the juvenile hall health fair



Centering: Pediatrics meets OB/GYN

Project Goals: A collaboration between OB/GYN residents and pediatric residents in an effort to better support expectant parents and parents of newborns in a group setting

Residents: Claire Gibson (pediatrics) Rebecca Schwartz (OB/GYN)

Other Support: Dr. Jane Anderson

Actions to date:

- Had initial newborn session in March 2018 at centering group and played jeopardy with the moms!
- Have 2 sessions coming up this winter on 1/4 and 3/8
- Claire Gibson will present at the Academic Pediatric Association Regional Conference on January 26th

Next Steps:

- Teach newborn sessions at upcoming centering groups (3 planned for the 2019 academic year)
- Continue to work on partnership with the OB/GYN department
- Attempt group visits for primary care well child visits after families deliver
- Identify what to track/measure for project development and improvement e.g.:
 - Assessment of parental knowledge about newborn care and how to access pediatric resources

