

COMMUNITY MEDICINE ELECTIVE: CURRENT PROJECTS AND OUTCOMES

Health Related Quality of Life of Transgender Adolescents Undergoing Hormonal Transition or Elective Pubertal Delay

Health Related Quality of Life (HRQOL) studies have become an excellent methodology through which to quantify otherwise mostly qualitative information in regards to how health affects one's daily life. GENECIS functions as one of the Southwest's primary resources for gender non-conforming adolescents, and provides broad spectrum support and care for transgender individuals 21 and under during and following their transition. This project aims to utilize already collected data to analyze reported changes to HRQOL from both adolescent patients and parents as the patient undergoes transition.

A Case Study of Diabetic Health Care in Childress Texas

Fox Clinic is a small community clinic in the panhandle of Texas that works in close association with the local Childress Regional Medical Center, serving a five county area with a catchment of approximately 30,000. The purpose of the project was to examine the unique challenges and strengths of this healthcare community as it pursues its goal of providing high quality and efficient healthcare delivery as it pertains to one of its most challenging and economically significant healthcare populations.

DFW Hepatitis B Free Project – QI Assessment

The overarching goals of this project were to complete an assessment of The DFW Hepatitis B Free Project examining how it compares to other similar projects throughout the nation, the efficiency of its organizational structure, and its effectiveness in the Dallas – Fort Worth community with regards to hepatitis B/C screening, education, and follow-up.

Creating a Patient Centered Medical Home (PCMH): Turning a Free Clinic into a Medical Home

A "patient centered medical home" represents the future of primary care, with family medicine leading the way. Transforming an existing practice into a PCMH presents a unique set of challenges that can be daunting but ultimately worth the effort for both patients and physicians. This pilot study collected medical and demographic information of patients who visit North Dallas Shared Ministries (NDSM), a free clinic, for health management. Various screening and treatment measures were analyzed to determine if appropriate primary care was being provided. In addition, surveys were sent to the patients to gauge their feelings toward NDSM as their medical home

United to Serve, Health Awareness Project

UT Southwestern's Annual United to Serve (UTS) is a health fair in Dallas, TX coordinated by students with the aid of faculty and staff of UT Southwestern Medical Center and provides free health screenings, education, and community resources information. A majority of the UTS participants are uninsured minorities who have limited access to healthcare services. Many of these participants use UTS as their annual checkup where they obtain personal medical information such as their blood glucose levels, blood pressures, and cholesterol levels. Health fairs are one of the most recognizable forms of community-based health promotion, but unfortunately, quality studies cannot be found which assess the effectiveness of health fairs. With the Health Awareness Program (HAP), which was created in 2012 to assess the effectiveness of this UTSW event, the aim is to provide an avenue for UTS attendees to establish a medical home by giving local health clinic information tailored to their respective home addresses.

During the Community Medicine elective, students worked on consolidating all HAP data collected from United to Serve, analyzing data to be used for a manuscript submission.

Promoting Physical Fitness, Nutrition Education, and Healthy Eating Through Service Learning Experiences

Lumin Education is a system of charter schools within Dallas comprised of four campuses (East Dallas, Lindsley Park, Bachman Lake, and Wesley-Rankin) that serve approximately 603 children from birth to 3rd grade. Lumin utilizes a Montessori education philosophy with a strong emphasis on involving families and the community in the education of students. In 2015, to combat childhood obesity and promote healthy living among its students, Lumin Education partnered with UTSW Department of Family and Community Medicine (FM) to implement a nutrition and fitness program at their East Dallas campus. The implemented program was based off the CATCH (Coordinated Approach to Child Health) curriculum, a series of lessons designed to increase awareness of healthy foods and increase physical activity in children. The project also created biannual health fairs and parental health education sessions for the families of Lumin East Dallas. Through this ongoing project, UTSW learners gain familiarity with the tools and standards used to assess fitness in children as well as effective strategies to teach children about healthy nutrition. These topics are relevant to any future health care provider, especially one interested in primary care.