Recuperative Care Volunteer Program Continues to Grow in Year 3

By Kate Xie, MS2
Recuperative Care Volunteer Program Chair

The Recuperative Care Program at Costa Mesa Motor Inn provides food, shelter, and full-time nursing staff to help acutely ill homeless patients manage their conditions and transition back into the community.

UCI MIAH volunteers first began volunteering with Recuperative Care in 2010, led by Charlene Platon, who was then a nursing student at UCI and now a registered nurse with the Illumination Foundation. Since then, the program has grown each year, with increasing student involvement. In 2011, medical students became formally involved in the program. This year saw a new cohort of 40 undergraduate and nursing student volunteers. Nearly one-third of UCI SOM’s MS1 class participated during this past fall quarter.

On Sunday mornings, volunteers gather at Costa Mesa Motor Inn. Medical students teach the other volunteers about patient conditions to be seen that day, which range from cellulitis to heart disease to renal failure and schizophrenia. Volunteers then break into teams of three to interview patients, take vital signs, and report to the nurse on site.

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MIAH Recup Volunteer Marian Bagamaspad seeing her first Recup patient.

“Recup fosters a special type of mentorship between the undergraduate and graduate students that is driven by the common goal of understanding and serving the patients at Costa Mesa Motor Inn.”

-Kate Xie

MIAH board 2012-2013. Pictured from left: Lauren Marshall, Alvin Chan, Elizabeth Tribelhorn, Eric Ton, Sung Ji, Rebecca Gologorsky, Christine Lee, Jemianne Bautista-Jia, Kate Xie, Charlene Platon, Kevin Phan. Not pictured: Kambria Nguyen
Health Education Outreach (HEO)

By Lauren Marshall, MS2 & Alvin Chan, MS2
Co-Chairs of Health Education Outreach

Eating healthy is a simple way to help prevent the progression of long-term health problems like diabetes, heart disease, and obesity; however, it is not always easy to do. This fall, Alvin Chan and Lauren Marshall organized a series of Healthy Living Cooking Classes at the Hurtt Family Health Clinic to teach people how to make fast, healthy meals on a budget. For each class, students made a meal and learned about healthy nutrition. Some of the topics addressed were healthy fats, glycemic load, fiber, and whole grains.

One easy tip for healthy nutrition is to make substitutions to the foods you already love. In their first Healthy Living class, Lauren and Alvin taught the students how to turn a quesadilla into a healthy meal simply by adding tasty vegetables and using low or non-fat cheese and whole wheat tortillas. Quesadillas are a great way to use up leftovers, as any chopped vegetables or leftover meat can be incorporated into the dish. Also, the vegetable ingredients from this recipe can be added into other dishes like scrambled eggs or stir-fry. On the following page is a recipe for Spinach and Pesto Quesadillas. Bon appétit!

Mobile Clinic

By Jemianne Bautista-Jia, MS2; Kambria Nguyen, MS2; & Rebecca Gologorsky, MS2
Co-Chairs of Mobile Clinic

The MIAH Mobile Clinic Team has partnered with the Hurtt Family Health Clinic/Orange County Rescue Mission to run a monthly free clinic that caters to the homeless population. We have been searching and checking out potential sites for the past few months and just found a perfect place close to the UCI Medical Center in Orange. Starting January 2013, we will launch our monthly free clinic at the We Care Family Ministry in Buena Park, which serves food to about 50 -100 homeless people daily.

Tutoring

By Elizabeth Tribelhorn, MS2 & Christine Lee, MS2
Co-Chairs of Tutoring

Our weekly tutoring program ran strong through the end of spring quarter 2012. The kids loved the mentorship they received from our undergraduate volunteers and did a great job finishing all of their homework on time. They especially enjoyed making Valentine’s Day cards in February. At the end of the quarter, we had a celebratory pizza party. Unfortunately, due to changes in family accommodations through IF, we were not able to continue the tutoring program this recent fall quarter. We began to discuss new locations with the IF staff in hopes of keeping the tutoring program alive because the kids and families really do appreciate the time we spend with them once a week. Keep watching your email for updates on when tutoring will start up again. We hope to re-launch it soon!
Spinach and Pesto Quesadillas

Prep Time: 15 minutes
Cooking Time: 10 minutes
Makes: 5 servings

Quesadilla Ingredients
10 Whole Grain Tortillas, 6 or 8-inch
1 package of shredded cheese (low fat or nonfat)
2 cups spinach, chopped
1 red onion
1 bell pepper (red, green, yellow), chopped
1 tomato

Pesto Ingredients
3 cups fresh basil
1 tablespoon chopped garlic
¼ cup grated Parmesan cheese
½ cup olive oil

Recipe Directions
1. Place 5 of the flour tortillas on a table or cutting board.
2. Sprinkle 1/4 cup of cheese over each tortilla.
3. Mix together spinach, onion, and tomatoes in a bowl, then add mixture to each quesadilla.
4. Sprinkle ¼ cup of cheese over the top of each quesadilla.
4. Add pesto to remaining tortillas and place over each quesadilla. Press down firmly.
5. To cook,
   Stove: Place each quesadilla in a large skillet over medium-high heat until browned on the bottom. Then carefully flip it over and cook on the other side.
   Oven: Place quesadillas on a cookie sheet and bake at 350°F for ~10 minutes.

For a new twist, try adding:
Low-fat turkey or chicken breast
Cheese: Mozzarella, Jack, or other varieties can add different flavors to the mix. Be sure to choose low-fat or non-fat cheeses to minimize saturated fat
Beans: High in fiber which can help you lower cholesterol, blood pressure, blood sugar, and stay fuller for longer
Jalapeno peppers
Bell peppers

Serve quesadillas with salsa or guacamole
Salsa is a great choice for those trying to lose weight as it is very low in calories (10 calories per tablespoon) and adds a kick of flavor.
Guacamole is another tasty addition to the recipe, but keep in mind that it is higher in calories (1 medium/large avocado = 300 calories).
Note of Thanks

By Eric Ton, MS2 and Sung Ji, MS2
Co-Presidents of MIAH

We would just like to thank all the MIAH members for providing your special enthusiasm, dedication, and special skills that allow us to run weekly events that to serve homeless children, adults, and patients. We sincerely hope you were able to develop meaningful experiences working with the homeless and underserved!

We would also like to thank the continual guidance of our mentors Dr. Shahram Lotfipour and Dr. Martha Sosa-Johnson for their continual guidance. They helped us develop in our efforts to develop an official MOU with Illumination Foundation (IF), the community organization we work closely with, and advised us on ways to improve the quality of our committees.

We were fortunate to have hosted a couple talks this year in conjunction with the UCI SOM Social Medicine Elective to provide our members and UCI medical students with a basis and rationale of for what we are about. In October, Paul Leon and Cheryl Overman presented gave a talk on IF and the challenges to of providing services to the local homeless community. In addition in November, Ed Gerber, CEO of the Lestonnac Free Clinic, was invited to give a talk on medical services to uninsured and underinsured patients.

Finally, we were very privileged to receive the first annual Tommy Hand Community Service Award from the UCI School of Medicine! This wonderful honor is given to a UCI SOM student organization that demonstrated exemplary service to the community. Thank you MIAH members for all your hard work!!

In Fall 2012 MIAH was awarded the Tommy Hand Community Service Award from UCI SOM.

Dedicated MIAH Tutoring members received special recognition at our MIAH Volunteer Appreciation event. From left: Christine Lee, MS2; George Matar; Shikha Sheth; Elizabeth Tribelhorn, MS2
Medical Student Involvement in Recuperative Care

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For student volunteers, Recuperative Care provides a unique exposure to the field of medicine. Unlike traditional clinical experiences, volunteers focus on following up with patients after their discharge from hospitals. This has provided a unique opportunity for them to observe, first-hand, the successes and failures of healthcare providers to equip patients with the knowledge and ability to manage their conditions following their stay in the hospital. For patients, their interactions with staff and student volunteers at Recuperative Care is sometimes their first opportunity to talk to someone who will take the time to listen to not only their medical concerns, but also their social and personal needs. These conversations often become the focus of MIAH volunteer visits and are a poignant reminder that healing a patient requires more than addressing only their medical conditions.

In addition to providing valuable clinical experience, Recup fosters a close relationship between nursing students, medical students, public health students, and undergraduates. This year, with the growing involvement of medical students and nursing students, we have focused on strengthening the relationship between our students and encouraging interdisciplinary collaboration. Before gathering on Sunday mornings, medical students prepare a short educational session on the patients' conditions. This provides them with the opportunity to review their physiology, research unknown topics, and teach clinically relevant material to the other students. For the medical students themselves, this dynamic process of learning, teaching, and then interacting with patients also adds a new dimension to material learned in the classroom. At the bedside, volunteers have much to learn from nursing students, mostly in their 3rd and 4th years of training, who apply their practical clinical skills and demonstrate appropriate bedside manner.

Recup fosters a special type of mentorship between the undergraduate and graduate students that is driven by the common goal of understanding and serving the patients at Costa Mesa Motor Inn. Healthcare is a collaborative effort of people from multiple disciplines - by bringing together students from different branches of medicine, MIAH's Recuperative Care volunteering program uniquely cultivates appreciation for this effort at an early point in our training that will continue into our futures.
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Want to learn more and get involved?

We welcome all interest from UCI undergraduate students, medical students, other graduate students and current health professionals. Please visit our website www.clubs.uci.edu/miah for more information. Also, don’t forget to send us an email at MedInitH@gmail.com!