

DEPARTMENT OF FAMILY &  
COMMUNITY MEDICINE



Summer Service Learning



## **What is Service Learning?**

The purpose of our Summer Service Learning Preceptorship is to help students build new aptitudes through hands-on experiences at our 8 community sites that will live beyond their medical education years, and prepare them to be better physicians in the future. Unlike typical formal learning situations, their encounters are more akin to situational rather than linear learning, and so is richer in its complexity, connections and impact. They do this by working shoulder-to-shoulder with the doctors and health professionals at these sites, and joining into whatever activities they're doing, thereby experiencing their day-to-day first-hand. Working in collaboration with those at the community sites, they produce a product that these institutions truly need but do not have...which we call the deliverable. Each week they file a written reflection to, and meet together at the College for an hour with, the preceptorship director. The written reflections, weekly meetings and the deliverable serve to process and amplify what they're learning, while putting it within the context of their future role as physicians. Finally, they are also precepted through a scholarly project or paper during their 4- or 6-week tenure. At the end of the summer, students are invited to present what they've learned at our annual Service Learning Exhibition, to which medical school faculty, students, administration, as well as community site supervisors, are invited. This includes a description of how they grew as individuals, the impact of the hands-on experiences on them as developing professionals, and a presentation of their deliverable.

# Service Learning Opportunities

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**New York Medical College  
Department of Family & Community Medicine  
Summer Service-Learning Experience**

**American Diabetes Association - STOP Diabetes Program  
Initiatives**

**Goal:** To engage medical students in the prevention of diabetes at the corporate, school and grassroots levels.

**Overview:** The American Diabetes Association (ADA) is the leading authoritative source of information for people with diabetes and their families. Through a variety of program activities focused on reaching the diagnosed and those at high risk for diabetes, the Association works to achieve its mission which is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Through these programs, ADA provides valuable diabetes information to communities that are disproportionately affected by this disease. Using specially designed community education modules, the goals are to develop culturally appropriate materials, resources, and strategies that empower, educate, and create sustained measurable differences in the prevalence of diabetes and its complications among people of African and Latino descent.

The target populations in these demographics include: (1) people with diabetes and their families; (2) people at risk for type 2 diabetes, especially those with pre-diabetes; and (3) churches and religious organizations and intermediaries such as community health centers, clinics and community-based organization.

**Timing:** Summer 2016

**Available openings for students:** total of 2 students. It's available at our Manhattan-based site

**Service Learning Objectives:**

By the time students have completed this service learning experience, they would have:

- Interacted with and educated a broad range of people on diabetes prevention and management
- Developed and honed their communication and outreach skills
- Expanded their connections in the health care profession
- Gained basic knowledge of how communities work, and how to use that information to develop strategies to improve their health
- Promoted healthier lifestyles through implementation of health education strategies in community-based setting

### **Activities:**

- Coordinate and conduct ‘Winning at Work’ Lunch and Learn sessions on diabetes
- Facilitate ADA diabetes workshop modules
- Conduct trainings for middle and high school students (Diabetes 101, Nutrition, Exercise)
- Assist in the expansion of ADA school advocacy program (Safe At Schools)
- Conduct cognitive interviews to survey behavioral changes in a random selection of workshop participants; analyze and publish/document findings
- Engage health care professionals in the expansion and reach of ADA’s Living With Type 2 Diabetes program
- Provide basic health screenings (determined by ability)
- Assist with ADA sponsored events (StepOut Walk to Fight Diabetes, Tour de Cure, etc.)
- Participate in community-based health events (fairs, conferences, etc.)
- Do a mini-research project at the ADA
- Assist with researching grant funding opportunities. Grant research and/or writing a plus but not mandatory.

### **Meaningful reflective practices:**

Students will keep a journal that identifies the work and relevance of this activity in the community. Students will discuss how their project fits with the agency’s mission and how they can incorporate this learning experience into their future roles as physicians. The site supervisor will provide facilitative materials to support the student in this activity, including curriculum, DVD’s, health education fact sheets, etc.

### **Evaluation:**

- Evaluation of student by the ADA personnel

- Evaluation of the student by College faculty through grading of their written reflections
- Grading of their scholarly report submitted at the conclusion of the 4-6 week experience
- Quality of their poster presentation (The poster template and instructions are available on the NYMC Health Sciences Library website.)

**Languages recommended:** Bilingual English/Spanish will be an asset but not required.

**New York Medical College**  
**Department of Family & Community Medicine**  
**Summer Service-Learning Experience**

**Service Learning in a Family Medicine Residency Program**

**Goal:**

To expose students to family medicine while purposefully engaging them in service to the patient population being cared for by a residency program

**Overview:**

The purpose is to provide students primary care exposure in a gainful, service-oriented setting. In the past 5 years, the country has been increasingly cognizant of the need for more primary care physicians. With the passage of the Affordable Care Act in March 2010, this movement has accelerated, resulting in more graduates of US medical schools choosing family medicine each year. This preceptorship is best suited for students who are interested in family medicine but who need information and hands-on exposure to help them better understand what it involves.

**Timing: 4-6 week experience, Summer 2016**

**Available openings for students:** 3 at the NYMC Family Medicine Residency Program at St Joseph's in Yonkers; and 2 at the NYMC Family Medicine Residency Program at Hoboken University Medical Center in New Jersey

**Service Learning objectives:**

By the end of the preceptorship students would have:

- Obtain hands-on experience in the family medicine setting
- Gained a familiarity with the day-to-day duties of family medicine residents
- Assisted patients in whatever setting they need care, be it clinic, hospital, home, emergency room, or nursing home
- Demonstrated an understanding of the role of the medical professional in the health care system
- Been introduced to the medical team, including its non-physician members
- Understand what the typical family physician does all day
- Gleaned the basic knowledge and skills needed for patient centered research

**Activities**

There is considerable flexibility in how the activities will be set up. Here are some of the options:

Assisting residents and faculty with house calls

Joining one of the ongoing research projects as a co-investigator  
Carrying out a continuous quality improvement project  
Participating in teaching rounds in the hospital and clinic  
Starting and completing your own research project during the preceptorship  
Practice your history-taking and physical exam skills with actual patients  
Assisting a resident with his/her community medicine project  
Doing a practice improvement project

### **Meaningful reflective practices**

Students will keep a journal that identifies the work and relevance of this activity in the lives of their patients, and in the community. Students will meet with faculty weekly to process what they're learning, discuss how this fits into the mission of the institution; and how they can incorporate this learning experience into their future roles as physicians. The faculty at the site will provide teaching materials on the subject matter, supervision and resources to carry out their project.

### **Evaluation**

Evaluation of student by family medicine residency program personnel  
Evaluation of the student's written reflections by College faculty  
Quality of their poster presentation (or equivalent) which the student produces for the site (The poster template and instructions are available on the NYMC Health Sciences Library website)  
Grading of their scholarly report submitted at the conclusion of the 4-6 week experience

**New York Medical College  
Department of Family & Community Medicine  
Summer Service-Learning Experience**

**Improving Health and Healthcare in an Underserved  
Population  
at the Greater Hudson Valley Family Health Center, Inc.**

**Goal**

To engage students in improving the health of a medically underserved community by studying and facilitating the care of patients who attend a federally qualified community health center. Students will also assess the common illnesses affecting this population and the barriers to effective healthcare.

**Overview**

The mission of the Greater Hudson Valley Family Health Center, Inc.(GHVFHC) is to provide “high quality, comprehensive, primary and preventative health services ...in a cost effective manner ...to the Mid-Hudson community...with continued emphasis on the underserved and those without access to care.” The organization consists of four (4) primary care sites, a dental program, chemical dependency treatment program, WIC Program, and an HIV/AIDS Program. The GHVFHC serves 17,000 patients and provides over 100,000 ambulatory visits per year.

**Timing: 4-6 week experience, summer 2016**

**Available openings for students: 1**

**Service Learning Objectives:**

By the time students have completed this service learning experience, they would have:

1. Developed community outreach and communication skills
2. Developed basic knowledge of common chronic illnesses affecting a medically underserved population
3. Become familiar with the clinical indicators used to measure the quality of care being given to the community served by the health center
4. Select a project to assess the care that’s being provided to the population
5. Through chart audits, measure progress on selected quality benchmarks in an underserved patient population as part of the project

## **Activities**

- Compare selected GHVFHC quality and chronic disease measures to state and national standards using Medicaid Managed Care indicators
- Identify a cohort of patients with the poorest benchmarks and assess their barriers to better health
- Contact these patients and help facilitate their primary care physicians carrying out interventions to address these barriers
- Interventions may include student-patient interviews, facilitating referrals to specialists, arranging for medication refills, fast-tracking appointments to primary care physicians, etc.
- At the mid-term and conclusion, students will present their achievements and findings at appropriate health center meetings, including a Clinical Department meeting and the Continuous Quality Improvement Committee meeting

## **Meaningful reflective practices**

Students will maintain a written reflection journal on their experiences

Students will identify public health implications to their work, and the relevance of community involvement

For example, students will be asked to reflect on specific examples of difficult barriers to optimal health faced by these patients

## **Evaluation**

Evaluation of the student by GHVFHC personnel

Evaluation of the student by College faculty through grading of their written reflections

Grading of their scholarly report on the select project chosen, which will be submitted at the conclusion of the 4-6 week experience

Quality of their poster presentation

**New York Medical College  
Department of Family & Community Medicine  
Summer Service-Learning Experience**

**Introducing high school students to the health professions and  
community organizations**

**Open Door Family Medical Centers  
Department of School Based Health Centers**

**Goal**

To give medical students the opportunity to educate and mentor high school students in future career paths while learning about the non-physician elements of the health care field.

**Overview**

The mission of Open Door Family Medical Centers is to provide quality health care and human services at affordable prices to the economically disadvantaged. It has 4 community health centers and 6 school based health clinics in Westchester County as well as 1 community health center in Putnam County. Each summer, Open Door's School Based Health Center Department runs a Future Healthcare Leaders (FHCL) program for selected students from a local high school in Ossining to educate them about future career paths and opportunities in the health care sector. Students are introduced to a variety of health topics, health care providers and community-based organizations, and are inspired to pursue long term, fulfilling careers.

**Timing: 4-6 week experience, summer 2016**

**Number of available slots: 1**

**Service Learning objectives**

By the time students have completed this service learning experience, they would have

- Gained a first-hand understanding of the role of mid-level and other practitioners as members of the health care team
- Demonstrated how community agencies participate in the health of their future patients
- Develop an understanding of the health care resources of an underserved community by visiting various community organizations
- Gained an appreciation of the role of pipeline programs in exposing youth to the health professions
- Taught and mentored high school students interested in future health careers

### **Activities:**

- Assist in planning, developing and implementing educational programs and activities for FHCL students in order to facilitate their exposure to, education in and recruitment to the health professions
- Assist in the day-to-day operation of the FHCL program, such as visiting practitioners and community agencies with the students
- Assist in evaluating the program
- Assist in public relations and activities to inform community members about the program
- Help identify new funding sources to support the FHCL program
- Work closely with School Based Health Center staff and AmeriCorps members
- Perform a mini-research project involving survey data collection and analysis, if time allows following the completion of the FHCL program

### **Meaningful reflective practices**

- Students will maintain a written reflection journal
- They will be provided with key questions to be answered in the journal
- Students will identify public health implications of this work, and the relevance of community involvement

### **Evaluation**

Evaluation of the student by school based health center staff at Open Door

Grading of their written reflections

Quality of the final presentations prepared by the FHCL students at the conclusion of the program

Quality of the medical student's poster presentation

Evaluation of the mini-research project

**New York Medical College**  
**Department of Family & Community Medicine**  
**Summer Service-Learning Experience**

**Open Door Family Medical Centers**  
**Health and Wellness Internship**

**Goal:**

To give students an initial exposure to preventive health through fitness and wellness programming within a community health center setting.

**Overview:**

The mission of Open Door Family Medical Centers is to provide quality health care and human services at affordable prices to the economically disadvantaged. It has 5 community health centers, and 6 school-based health clinics, all in Westchester County. Open door is an affiliate of New York Medical College, and their Sleepy Hollow facility is the Family Medicine Center for the residency program in partnership with Phelps Memorial Hospital. This service learning preceptorship will take place primarily at their Port Chester or Ossining community health center site.

**Timing:** July 1st – August 15<sup>th</sup>, 3 or more days per week, Monday-Thursday, may include a few evenings, 15 to 20 hours per week.

**Available openings for students:** 1 or 2

**Language Requirement:** Bilingual English/Spanish or highly proficient in spoken Spanish

**Service Learning objectives:**

By the end of this rotation, students will have accomplished the following objectives:

1. Demonstrate how to educate patients, taking their level of health literacy and other factors into account.
2. Understand the role that community agencies and non-physician health care workers play as elements of the health care team.
3. Demonstrate how to interact with the underserved population in a respectful, empathic and culturally competent manner.

### **Activities:**

Intern will have an exciting opportunity to apply classroom knowledge in a hands-on environment in a new program. Intern will work with Wellness Program Administrator and staff to:

- help plan and implement family wellness events,
- lead group exercise and fitness classes for children and/or adults,
- complete exercise orientations for patients,
- assist with health promotion activities, including seminars, lectures and workshops on topics of fitness, nutrition and related areas,
- help with phone and online registrations,
- assist with patient follow-up for classes missed and assist with daily operations.

### **Meaningful Reflective Practices:**

-Students will be required to maintain a journal, where they will document the significance and relevance of this work to their future as physicians.

-Students will also journal the impact of these activities on them and their understanding of the health care system.

-Students will detail their response to these encounters with patients, mid-level providers and community agencies.

### **Evaluation:**

-The performance of the student will be evaluated first-hand by the Wellness Program Administrator and Exercise Specialist.

-Grading of their written reflections by College faculty.

-Quality of their poster presentation.

-Grading of their scholarly project and report.

**New York Medical College**  
**Department of Family & Community Medicine**  
**Summer Service-Learning Experience**

**WESTCHESTER COUNTY DEPARTMENT OF HEALTH**  
**Children with Special Needs Program**

**Goal:**

To engage students in learning about developmental delays and assessments of children with special needs

**Overview:**

The mission of the Westchester County Department of Health (WCDH) is to promote health, prevent disease and prolong meaningful life for Westchester residents. WCDH provides service coordination for infants and children identified with developmental delays who are referred for Early Intervention or Preschool therapeutic services. WCDH staff review the evaluations conducted to assess if the infant or child is eligible to receive services through the program and facilitates access to services based on identified developmental concerns. Staff work in collaboration with therapists, agencies, parents, school staff and healthcare providers.

**Timing: 4-6 week experience, summer**

**Service Learning Objectives:**

By the time students have completed this service-learning experience, they would have:

- Learned about various methods for conducting screenings and evaluations of infants and children at risk of developmental delays
- Learned about eligibility criteria for Early Intervention and Preschool therapeutic services
- Learned how to conduct outreach to educate service providers and healthcare providers on program eligibility criteria
- Learned how a child's primary care provider is involved in facilitating a child's access to developmental services
- Learned about the health & safety standards and quality assurance policies and procedures for special needs programs
- Learned about programs & services available for children with chronic medical conditions and developmental delays

**Activities:**

- Assisting staff with reviewing evaluations of infants and children at risk of developmental delays
- Assisting staff with education to service providers and healthcare providers on eligibility criteria for program referrals

**Meaningful reflective practices:**

Students will keep a journal that identifies the work and relevance of this activity in the community. Students will discuss with College faculty how their project fits with the agency mission and how they can incorporate this learning experience into their role as a physician.

**Evaluation:**

Evaluation of the student by College faculty through grading of their written reflections, scholarly report submitted at the conclusion of the 4-6 week experience, and quality of their poster presentation.

**Languages recommended:**

English

Bilingual English/Spanish (asset, not required)

**New York Medical College**  
**Department of Family & Community Medicine**  
**Summer Service-Learning Experience**

**WESTCHESTER COUNTY DEPARTMENT OF HEALTH**  
**Division of Health Promotion: Chronic Disease Prevention**  
**Outreach**

**Goal:**

To engage students in the health education field with a primary focus on chronic disease prevention.

Overview: The mission of the Westchester County Department of Health is to promote health, prevent disease and prolong meaningful life for Westchester residents.

Nationally, as well as here in Westchester County, chronic diseases and conditions such as heart disease, stroke, cancer, diabetes and obesity are among the leading causes of premature death and disability in residents. Fortunately, most chronic diseases are preventable and can be controlled by making healthy lifestyle choices.

In order to curb the incidence of chronic disease in our county, the Health Department's Division of Health Promotion works to educate the public about the unhealthy behaviors that can lead to these chronic diseases, with an emphasis on minority communities that are disproportionately affected by these illnesses. Health risk behaviors - primarily a lack of exercise/physical activity, poor nutrition and tobacco use - cause much of the illness, suffering, and early death related to chronic diseases and are the topical areas that the health department focuses on through its outreach efforts.

The NYMC student will assist the Division of Health Promotion in creating messages for a large scale health education campaign that is currently being developed to promote positive health behaviors in the community. This campaign utilizes point of decision posters, as well as palm cards and brochures to educate the public about healthy lifestyle choices that can lead to improved health. The department also relies heavily on its online presence to reach residents, and the student will be instrumental in developing chronic disease prevention messages for our Facebook and Twitter sites, along with crafting content for the department's website. In addition, the student will also participate in community events where he/she will engage with the public face-to-face and distribute health education materials. Presentations to community groups, as well as the

creation of topical PowerPoint presentations, will also be part of the assignment.

**Timing:** 4-6 week experience, summer 2016. Flexible hours needed (combination of weekday/evening/weekend hours) to accommodate outreach initiatives and attendance at some community events.

**Available openings for students: 1**

**Service Learning Objectives:**

By the time the student has completed this service-learning experience, he/she will be able to:

- Explain what is involved in developing a large scale, public health education campaign
- Craft effective and motivating public health messages for outreach materials and social media sites
- Describe methods for engaging residents in chronic disease prevention health education activities in the community
- Explain how to effectively deliver health education messages to persons of differing ages and backgrounds
- Demonstrate knowledge and skill in empowering residents to take charge of their health
- Develop community outreach and communication skills

**Activities:**

- Assist program staff with preparing for community education outreach activities
- Assist program staff with developing effective health messages for various mediums
- Assist program staff with conducting community educational outreach activities
- Assist program staff with improving the health department's reach in the community through the increased production and dissemination of health education materials
- Assist program staff with the development and delivery of topical public health presentations to community groups and organizations

**Meaningful reflective practices:**

The student will keep a journal that identifies the work and relevance of his/her activities in the community. The student will discuss with College faculty how their project fits with the WCDH's mission and how they can incorporate this learning experience into their role as a physician.

**Evaluation:**

Evaluation of the student by College faculty through grading of their written reflections, their written report submitted at the conclusion of the 4-6 week experience, and quality of their poster presentation.

**Languages recommended:**

English

Bilingual English/Spanish (asset, not required)

**New York Medical College  
Department of Family & Community Medicine  
Summer Service-Learning Experience**

**WESTCHESTER COUNTY DEPARTMENT OF HEALTH  
West Nile Virus Surveillance Project  
and Bathing Beach Water Quality Monitoring Program**

**Goals:**

To engage students in the surveillance of West Nile Virus and other arboviral species that could cause human disease and to reduce the risk of disease to users of recreational waters in Westchester.

To sensitize students about the role of health departments in preventing infectious diseases

**Overview:**

The mission of the Westchester County Department of Health (WCDH) is to promote health, prevent disease and prolong meaningful life for Westchester residents. West Nile virus is the most commonly occurring arbovirus in Westchester County and is considered endemic in the county. Due to larval control/larviciding, weather conditions and adult mosquito surveillance conducted by WCDH, there have been very few human cases in recent years. In addition to West Nile virus, there have also been other less frequently occurring mosquito-borne viruses detected in Westchester County. For the surveillance of arboviral mosquito-borne diseases, during the summer months, WCDH maintains a network of 20 traps located throughout the county to capture adult mosquitoes. The captured mosquitoes are identified by species and tested by the New York State Department of Health (NYSDOH) for the presence of arboviral disease.

Westchester's beach sampling program monitors the waters of both inland beaches and those along the Hudson River and the Long Island Sound. The beach sampling program's four key objectives are strengthening water quality standards for bathing beaches, improving our beach program, providing better information regarding beach water quality to the public, and promoting scientific research to better protect the health of beach users.

**Timing:** 4-6 week experience, summer 2016 (Student requires own car for in-county travel.)

**Available openings for students: 1**

**Service Learning Objectives:**

By the time students have completed this service-learning experience, they would have:

Learned how to collect mosquitoes from trap sites, sort and prepare them for species identification

Become cognizant of WCDH's surveillance activities for West Nile Virus and other less common arboviral species that could cause human disease

Learned laboratory testing for fecal pathogens to determine applicable water quality standards for pathogen indicator, and aid in promptly notifying the public of any exceedance of applicable water quality standards

Become cognizant of the linkage of public health activities to clinical medicine

**Activities:**

- Traveling around the county to assist staff with collecting mosquitoes from mosquito trap sites
- Assisting staff in the lab with sorting and preparing adult mosquitoes for species identification
- Assisting Labs and Research staff in the testing of collected beach samples

**Meaningful reflective practices:**

Students will keep a journal that identifies the work and relevance of this activity in the community

Students will discuss with College faculty how their project fits with the WCDH's mission and how they can incorporate this learning experience into their future role as a physician.

**Evaluation:**

Evaluation of the student by College faculty through grading of their written reflections. Evaluation of their scholarly report submitted at the conclusion of the experience

Quality of their poster presentation

**Languages recommended:**

English

**New York Medical College  
Department of Family & Community Medicine  
Summer Service-Learning Experience**

**The City of White Plains Youth Bureau  
White Plains Cares Coalition**

**Goal:**

To engage students in the community service that would deter the use of illicit substances (including alcohol and tobacco), and promote health and Wellness by youth and families in White Plains.

**Overview:**

The White Plains Youth Bureau is the largest youth serving organization of its kind in White Plains and New York State. The Youth Bureau offers more than 50 different youth development and after school programs and serves more than 1500 – 2000 youth ages 6 – 21 years and families each day. Additionally, they also offer summer camps for youth and organize several community-wide events aimed at changing the negative community social norms that support poor health choices and impede positive development of youth.

**Timing: 6 weeks experience, summer 2016 (July 6 – August 14)**

**Available openings for students: 2**

**Service Learning Objectives:**

By the time students have completed this service-learning experience they would have learned

How to detect smoking, alcohol and drug use amongst youth

How to train and work with direct line staff in helping them communicate with young children about health issues

How the community organizations use different strategies to help youth with smoking alcohol, drug, and health problems

**Activities:**

Training of Medical Students by Youth Bureau Program Coordinator/Prevention Specialist

Help organize the community-wide “Wellness Week” event that will be held **Sept. 19- 28, 2015.**

Assist in the preparing the “*Living Wellness*” magazine published and disseminated during Wellness Week and all year long

Provide prevention education to youth enrolled in summer camps. Ages of youth vary from 6 years – 21 years.

**Meaningful Reflective Practices:**

Medical Students will keep a journal and discuss with the faculty on a weekly bases, how their project fits with Youth Bureau mission and how they can use this learning experience in to their role as physician.

**Scholarly Activity:**

Student will research different strategies used in the communities to deter youth from tobacco alcohol and drug use and compare with their current project and write a scholarly essay with Bibliography

**Evaluation:**

Evaluation of the students by the Youth Bureau coordinator based on the participation and the skills achieved in training office staff

Evaluation by the faculty based on the reflective journal and discussion

Evaluation of the scholarly essay

**Language recommended:**

Bilingual English/Spanish will be an asset but not required.