

# **Geisel School of Medicine at Dartmouth**

## **Community Service Programs and Outreach**

"Never doubt that a small group of dedicated individuals can change the world ... indeed, it's the only thing that ever has."-Margaret Mead

### **The Albert Schweitzer Fellowship -**

This program is designed to develop "leaders in service": individuals who are dedicated and skilled in addressing the health needs of underserved communities, and whose example influences and inspires others.

- In 2010-2011 nine Dartmouth Medical Students were accepted as Schweitzer fellows.
- Fellows must develop and implement a service project that provides at least 200 hours of service and has a significant health impact on local, underserved communities.
- Over the last 15 years, Geisel has had 120 fellows.

### **Alternative Spring Breaks -**

In the recent past, medical students have volunteered during their spring break to perform community service in underserved areas.

Hurricane Katrina - Twelve medical students visited New Orleans to help with clean up and to address the unmet health needs of people impacted by the hurricane and its aftermath.

Rural Health Scholars visited rural Appalachia and 5 Indian reservations in northern Minnesota. Service and outreach were the major focus of the trips. Students visited tribal elementary and high schools giving presentations on health education and health careers.

The Urban Health Scholars visited The Good Samaritan Community Clinic, an inner city clinic in Atlanta, GA and performed needed office tasks as assigned. Last year 6 students visited Bread for the City in Washington, DC. Students shadowed clinicians and worked directly with patients. Much of their week was spent assisting the clinic staff with the transition to an electronic medical records system.

### **Buddies Program -**

This program pairs medical students with children from the community who have special needs or a chronic illness. The program enables medical students to form special relationships with some incredible kids and to gain a unique perspective into the joys and difficulties of raising a child with special needs. It also allows families to have some "respite" time, knowing that their children are in competent and caring hands.

### **Common Good Day -**

This is an annual event when the entire Geisel community, faculty and students, come together and perform community outreach throughout the Upper Valley. Up to a dozen sites are selected and faculty and students can sign up for time blocks to complete a project in

collaboration with other community service agencies. Common good day this year is scheduled for January 8 and 9. Some examples of the sites and the work performed are:

- Served The Haven, an emergency shelter for displaced families.
- Cooked meals at David's House, a home-away-from-home for children receiving medical treatment at Dartmouth-Hitchcock Medical Center and their families.
- Project centered on enhancing outdoor venues for children and adults to maintain an active lifestyle in Lebanon, NH.
- Volunteers constructed a new trail so children in a local low-income housing development could ride their bikes safely away from traffic.
- Two separate Geisel groups cut new hiking trails on both states of the Connecticut River.
- In Quechee, VT, students led a group of trailblazers through the forest at the Vermont Institute of Natural Science (VINS).
- Worked with the Upper Valley Land Trust (UVLT) and handled some much needed trail maintenance in Lyme, NH. The crew cleared brush, sank new signposts at trailheads and carved out new drainage routes to restore the paths after the fall's heavy rainfall.

### **Community Service Committee (CSC) -**

The CSC is a student-run organization dedicated to the involvement of medical students in community education and social service. The CSC sponsors fourteen student-run community service programs and provides a link between Geisel students and the surrounding community.

Community service is an integral part of the Geisel experience. While the Geisel faculty will teach you the facts needed to become a competent physician, the most essential skills in medicine--caring, communication, and empathy---can also be cultivated and practiced in community service. The services students render are important to those served. In return, they gain practical experience honing skills while learning the essential value of the balance, perspective, and sense of belonging gained from making a meaningful connection with other humans in need. The CSC offers another lens through which to look at life, reminding us all that both medicine and life hold more joys and opportunities than medical school would suggest.

### **Cultural Day at Sharon Elementary -**

Each spring for the past nine years, medical students have visited The Graded School in Sharon, VT. Medical students share their cultures, knowledge and experiences in fun, interactive small group sessions with approximately 50 students in grades 4-6. The goals of our visit are twofold: One, to expose students to diverse peoples and cultures which will begin to build a bridge of understanding and respect about differences, and two, to spark an interest in medicine and math/science since many of these students come from a rural, low income background. Rural medicine is often underserved and a spark could generate interest in medicine and the sciences among these young students. Some of the activities include the following:

- Students learned to write their name using Chinese calligraphy.
- Demonstrated to students how to use chopsticks by picking up jellybeans.
- Taught a Native American creation story using hand puppets.

- Presented cultural stories from India.
- Taught African health facts and figures comparatively with those in the US.
- Dressed up in fruit and vegetable costumes and discussed nutrition and its role in one's health. Introduced unusual foods from different cultures.
- Taught Bhangra dance to students.

### **Dermatones -**

What started as an idea among first years at Dartmouth Medical School seeking a musical and creative outlet has become a sometimes serious, sometimes silly group of medical and graduate students who just love to sing. Each year the Dermatones produce and perform a benefit concert, giving proceeds to local charities, such as the Good Neighbor Community Health Clinic, the Women's Information Service and Good Beginnings. Other engagements include singing on the wards at Dartmouth-Hitchcock Medical Center, in area nursing homes and at Alumni and Trustee functions.

### **Free Medical Clinics for the Underserved -**

**Good Neighbor Clinic** - The Good Neighbor Health Clinic in White River Junction, VT, and Red Logan Dental Clinic in Lebanon, NH, provide free primary medical and dental care for uninsured residents of the Upper Valley. Medical students volunteer in many capacities at the clinics including patient registration, clinic management and administrative assistance. In addition, students can elect to participate in one of the Outreach Health Education Clinics held at various public places throughout the year. At these outreach efforts, students will help educate the public on health issues, perform basic medical procedures such as blood pressure screening, and publicize the services available at the Good Neighbor Health Clinic and Red Logan Dental Clinic.

**Mascoma Clinic** - Dartmouth medical students established the Mascoma Clinic, a satellite of the Good Neighbor Clinic, in 2003 to aid the medically underserved population in the Canaan, New Hampshire area. It was recently expanded with funding from an Alpha Omega Alpha Medical Student Project Award and an Upper Valley United Way Emerging Needs grant, increasing access to medical care and medications for patients in need. The grant will expand the scope of the Mascoma Clinic to include primary care services, more essential pharmaceutical resources and additional health education programs. During their second year of medical school, almost half of the Geisel class of 2008 volunteered at the clinic.

### **Health Education and Rescue Training (HEART) -**

Health Education and Rescue Training is a Geisel organization with non-profit status and direct affiliation with the American Heart Association. HEART provides training in basic life support (CPR), first aid, and Automated External Defibrillation (AED) to members of the surrounding community. Past trainees include Dartmouth Medical, Graduate and Undergraduate students, DHMC health-care professionals, EMS personnel, clients of the DHMC Pregnancy Resource Center, local high school students and scout troops.

### **Live Free Smoke Free -**

The goals of this program are to provide the local schools with appropriate preventative information and to inform current smokers about the risks of tobacco use and proven techniques of smoking cessation. To reach these goals, we have student educators who teach in local classrooms as well as a smoking cessation center at the Dartmouth-Hitchcock Medical Center run by medical students trained to counsel and support patients interested in quitting.

#### **Medical Peer Advocate Program -**

The purpose of this program is to provide support and input to members of the Dartmouth community whom, while patients at Dick's House, require medical care at DHMC. Likewise, it is being created with the recognition of the learning opportunities that are available to medical students assisting with Dick's House patients in need of care at DHMC. The Dick's House staff will offer a Medical Peer Advocate to all transferring patients whose circumstances are appropriate for this program. The Medical Peer Advocate will then meet the transferring student at DHMC and accompany her/him as s/he receives care and as the patient wishes. The primary role of the Medical Peer Advocate is to provide support and assistance to the transferring patient while accompanying the patient.

#### **Partners in Health Education -**

This project offers students the opportunity to teach prevention and health care to schoolchildren in the local community. The program pairs medical students with local teachers who will work together with the students to develop a health curriculum. This collaboration between Geisel and local schools offers, in some cases, the only organized health curriculum available for these children. It is hoped that the work in this program will set the standard for similar health education programs across the country.

#### **Patient Partnership Program -**

The Patient Partnership Program is a service-learning program in which 10 Geisel first-year students are paired up with individuals from the Upper Valley community who are facing a long-term health-related challenge such as a chronic illness or cancer. The relationship between student and community member is intended to last throughout the duration of the student's time at Geisel. The Program serves as an opportunity for a mutually beneficial relationship between the Geisel student and the community member. Student participants will provide support for individuals from the Upper Valley community while learning about patient interaction and relationship building as well as understanding the psychosocial elements that play a role in the health of patients.

#### **Planned Parenthood -**

Planned Parenthood offers medical students an opportunity to run a pregnancy clinic one day per week at one of two sites in New Hampshire. Medical students perform pregnancy tests, counsel women about pregnancy options, discuss birth control methods and offer other relevant advice. This project starts in the spring of the first year and continues until spring of the second year.

#### **Physicians for Human Rights Chapter -**

Dartmouth Medical School Physicians for Human Rights mobilizes health professionals to advance health, dignity, and justice; to promote the right to health for all; and to work to stop human rights abuses. Contributing significantly to student, faculty, and community education about matters of human rights worldwide, the Geisel chapter of PHR has engaged and inspired numerous medical students and professionals to promote social justice and to improve health care for disadvantaged patients across the globe. The Geisel chapter was the recipient of a Dartmouth College Social Justice Award in 2010.

### **Rural Health Scholars -**

The Rural Health Scholars strive to attain the leadership and skills necessary to successfully provide care to rural and underserved patient populations. Scholars will shadow rural physicians, bring to campus speakers and clinicians to talk about rural health care, and volunteer at different venues. They will also collaborate with community, clinical, and research-based projects.

- There are currently 23 scholars enrolled and applications are currently under review to accept medical students from the first year class.
- Scholars most recently attended the Tunbridge World's Fair and provided health screenings to fair attendees.
- Scholars have attended alternative spring breaks the past two years to rural Appalachia and Indian reservations in northern MN.

### **Student National Medical Association (SNMA) -**

SNMA is committed to supporting current and future underrepresented minority medical students, addressing the needs of underserved communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians. Here, at Dartmouth Medical School, SNMA has an established chapter. Our goal is to serve the underserved communities of the Upper Valley and surrounding areas. This includes serving as mentors to community youth and high school students, as well as serving as mentors to undergraduate pre-medical students through the Minority Association of Pre-health Students (MAPS). MAPS receive advising and support for pre-medical issues and concerns, such as the medical school application process, the medical college admissions test (MCAT), and access to undergraduate research and summer internship opportunities.

### **Upper Valley Wilderness Response Team -**

The Upper Valley Wilderness Response Team is an all-volunteer group that responds to official requests for trained personnel in emergency search and rescue (SAR) situations. Our current membership is representative of the diverse, extended Dartmouth community, including Geisel students who willingly give of their time and skills to aid the residents of the Upper Valley and beyond. The UVWRT, as a self-sustained unit, can be called out to participate in the backwoods search and rescue of a missing hunter, lost child, downed aircraft, injured hiker, overdue kayaker and/or help provide emergency medical treatment and transportation of an injured person. The UVWRT also teaches wilderness first aid and rescue techniques to local emergency response groups.

## **Urban Health Scholars -**

Our mission is to help train medical students interested in serving medically underserved populations in urban settings. Scholars become competent practitioners, researchers, and public advocates for underserved urban populations. Scholars pursue excellence to the underserved in the following areas: Cultural Competency, Service & Outreach and Clinical Medicine.

- There are 20 students enrolled in the program. Students are interviewed and selected by their peers and provide leadership to our community on urban health issues.
- Scholars are required to organize their classmates and together complete a community service project with an underserved community.
- Scholars have most recently attended the Mattapan Healthcare Revival in Boston, MA providing health screenings to revival participants.
- Scholars have attended alternative spring breaks the past two years to the Good Samaritan Health Clinic in Atlanta, GA and at Bread for the City in Washington, DC.
- Scholars work with a cohort of 20 disadvantaged high school students at Manchester Central High School each year. Scholars provide students with information about going to college, health and science related careers and personal health education presentations.

## **Vermont Adaptive Ski -**

Students return to Mt. Ascutney each winter with the VT Adaptive Ski Program. Volunteers are needed to shadow and act as ski partners for disabled skiers. VT Adaptive Ski matches volunteers and skiers statewide, and opportunities for students are available on a weekly basis. Mt. Ascutney also donates its services to the ski program, so there are no lift ticket charges for volunteers.

## **Variety of other service groups formed in response to needs**

### **SwimChamps**

Medical students teach swimming to children with severe asthma.

### **David's House Dinners**

Medical students cook dinner and visit with families living at David's House while their children receive treatment at Children's Hospital at Dartmouth.

## ***INTERNATIONAL SERVICE AND OUTREACH***

One of our missions at Geisel is to provide opportunities in which students can flourish as they transition into medical professionals who are caring, compassionate, and responsible world citizens.

## **Dartmouth International Health Group (DIHG) -**

Two students and several faculty members founded DIHG. With support from the Dickey Center for International Understanding at Dartmouth and Geisel, DIHG supports a speaker series and provides funding to enable students to work with underserved populations internationally. To date, over 70 students have learned about medical care in international settings and provided service in such diverse areas as Russia, Zambia, Guatemala, Nicaragua, and Nepal, among others. On their return, students are expected to do a community-wide symposium about their experience, and often a new service program will develop directly from a student's creativity and inspiration.

## **American Medical Student Association (AMSA) -**

The AMSA Chapter at Dartmouth Medical School continues to thrive. In the past year, our students have worked with Physicians for Human Rights, Partners in Health, and Health Action AIDS in developing a campus wide campaign during Global AIDS Week. AMSA chapter members invited internationally recognized physicians and speakers such as Dr. Paul Farmer to campus to raise public awareness of global health initiatives. As our students worked to collect resources for those tsunami victims in Asia, they presented the "Human Health and Global Environmental Change" course, made available by AMSA through CD. In the months and years ahead, our AMSA chapter hopes to continue to broaden Dartmouth College's outlook on global health and we hope to continue to be a leading voice for global health. Our students are active members of both IHMEC (International Health Medical Education Consortium) and NERIHMEC (New England Region International Health Medical Education Consortium) and hosted the latter's annual meeting.

## **Kosovo Exchange -**

After the NATO bombing in Kosovo stopped, Dartmouth/ Geisel started the process of rebuilding the medical school in Prishtina; that process led to significant exchanges of faculty, equipment, wisdom, and especially students, between Dartmouth/ Geisel and Kosovo. This project has been very productive and beneficial to both schools. The initial exchange of students and faculty grew to include an exchange of technology to build an electronic library in Kosovo, our expertise and experience in how to produce highly functioning microsystems to improve primary care practice, and participation in other specific exchanges in orthopedics, infectious diseases (HIV), ENT, cancer surgery, and obstetrics-gynecology. Perhaps the most rewarding development has been the initiative on the part of the Kosovo students, mentored by our Dartmouth students, to reproduce some of our Community Service Committee work in their own country. They have also founded a "Physicians for Human Rights" chapter modeled on the Geisel program.

## **Global Health Initiative -**

The Kosovo program and lessons learned from the DIHG experiences have played a seminal role in the creation of a Dartmouth-wide committee to develop similar international programs focusing on health. Our philosophy is that there is no dichotomy between "international" and "national" interests. The greatest problem in global health is not HIV/AIDS, malaria, tuberculosis, or food insecurity but social inequity. Lack of equity, whether in a developing country with no resources and poverty or in a developed country with 45 million uninsured individuals, is the biggest impediment to health (and to many other things as well). We know that the single best "product" we can create through our teaching endeavors at Geisel is the fostering of generations of students committed to social equity and justice, and improving health and healthcare by attending to the "sense of coherence" and ability to function in the face of change.

The Dickey Center is leading this effort and has established a joint program between Geisel and Tanzania (the DARDAR program, combining Dar es Salaam and Dartmouth), a collaboration between the Section of Infectious Disease and International Health, Dartmouth Medical School and the Muhimbili University College of Health Sciences (MUCHS), in Dar es Salaam, Tanzania. Previously, there were no programs in Tanzania for providing anti-viral treatment to children". The

Global Health Initiative has selected the Tanzania program as the optimal one to begin investing their resources to produce an enduring Dartmouth-Global Health program.

Since 2001, the William Jewett Tucker Foundation at Dartmouth, whose mission is "educating Dartmouth students to think and act as ethical leaders and responsible citizens in the global community," has coordinated a community development project in Siuna, Nicaragua. Three medical students and three medical faculty members are selected in a competitive process to lead the healthcare team. Each year, they aim to build on prior efforts in Siuna regarding public health, emergency care and maternal and child health. We feel the Nicaragua model for community development is our most advanced model and will try to replicate the structure, especially pre- and post-trip work for other projects. Our medical students have worked in Guatemala, Honduras, Belize, Costa Rica and El Salvador. In December 2004, we convened a "Central American Summit" to learn from, better coordinate and improve each of these global health experiences.

Information from DC and Geisel websites and Student Affairs Faculty

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