

SOJOURNER HEALTH CLINIC

University of Missouri-Kansas City



VOLUME 1, ISSUE 1
JANUARY 2017

GET INVOLVED!

Our website recently moved to sojournerhealthclinic.com. Visit our page to learn more about clinic, volunteer, or donate to our cause.

Join our mailing list and email: umkcfreeclinic@umkc.edu

Visit our Facebook page:

<https://www.facebook.com/SojournerClinic/>

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Welcome to our first quarterly newsletter! Sojourner Health Clinic has experienced another successful year of patient care, volunteer involvement, and interprofessional learning. Occupational therapy has been an exciting and valuable addition to our clinic team in further improving our patients' quality of life. OT has introduced a variety of services for our patients, such as self-management education for wound hygiene and training for managing one's medical conditions in a way that least affects

one's life or employment opportunities. As a result of our annual triage training and lab training, we have seen a plethora of fresh new faces from the first and second year medical students at clinic. In our comprehensive 2016 chart review, over 250 volunteers comprised of UMKC medical, pharmacy, physician assistant, dental, and dental hygiene students served 259 individual patients from downtown and greater Kansas City areas. Our most diagnosed and treated conditions include infections,

hypertension, musculoskeletal injury, asthma/COPD, diabetes mellitus, and hyperlipidemia. With over 650 patient-student encounters, we helped many of our patients avoid a trip to the Emergency Department. Our dispensary and financial teams are collaborating to identify areas in our budget that can be spent more effectively on the medications we need. As always, a warm thank you to our dedicated attending physicians and our sponsors.



Left: **Peter Lazarz, MS V** and Executive Director of Sojourner Health Clinic, receives the 2016 Excellence in Public Health Award from the United States Public Health Service at our 2016 Sojourner Appreciation Banquet.

THE CLINIC'S ROOTS LIE IN THE HEART OF KANSAS CITY

With a strong desire to serve the homeless and underprivileged demographic in Kansas City, students at UMKC School of medicine created the Sojourner Health Clinic on October 10th, 2004. From humble beginnings, the students relied on magazine and bake sales to raise the money needed to create a sustainable organization. The clinic has operated from within the welcoming doors of Grand Avenue Methodist Temple ever since. Every Sunday afternoon, Grand Avenue Temple provides its community with a free hot lunch, and provides us with an avenue of trust needed to provide medical services. These patients would come to enjoy a nice meal, and we would be conveniently located to take care of their health.

Below: **Kavelin Rumalla** (MS III, left) and **Priyasha Bijlani** (MS III, right) observe as **Antonio Petralia** (MS III, center) handles a patient's fasting lipid profile cartridge.



DID YOU KNOW?

When you have a cold, you can tell a lot about the state of your condition from the color of your mucous. Clear mucous is generally seen at the beginning of an infection. As your body continues to fight the pathogen, your mucous will become yellow. Finally, when your mucous is green, it means that the illness is coming to an end.

Divya Jain, MS I, shares her experiences working in our point-of-care lab.



“My most memorable moment at Sojourner was assisting in the Laboratory by both drawing and analyzing the blood. I will keep coming back as a volunteer because it is truly one of the most collaborative and stimulating learning environments I have ever been in. Applying knowledge from a classroom to a real clinical setting is one of the most rewarding experiences I have had at UMKC- Sojourner Health Clinic provides a platform for not only student growth but also genuine care for their patients.”

Tony Cheng, MS III, describes his motivation behind volunteering and how his role at Sojourner's has changed in the last three years.



“The most memorable moment at Sojourner for me so far was my first day seeing patients! I had worked in triage for nearly 2 years and it was very exciting to see what happens to our patients afterwards. The best part of Sojourner's is the community. Every time I get to volunteer, I meet new people but also get to interact with familiar faces that I don't normally have the chance to see outside of clinic. Sojourner's definitely makes a huge difference for the patient population that we serve here in KC. Oftentimes, our patients rely on us for medications and general health check-ups, which allow us to treat and catch things early. This early action is key to saving time and money for all parties involved.”