

# Sojourner Health Clinic

University of Missouri-Kansas City

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## *Get a Firsthand Look at our Volunteer Experiences*

**Angela Nwanko (MS II)**— Sojourner Clinic is a place of escape for me from the day to day tasks of a very busy medical student. When I start to wonder where my fire for medicine arose from, I remember all my experiences at Sojourner's. Weekly, I remind the patients of my little medical experience, but they ensure me that they are content with my listening ear and heart of service. What a lot of patients don't realize is that they truly help me more than I help them.

**Rachel Hoins (PA-SY3)**— I enjoy seeing students of all different departments— medicine, physician assistance, pharmacy, and nursing—come together to help those in our community. My favorite

memories involve learning from other students while at the clinic. Those who volunteer at the clinic have always been eager to help each other as well help the patients.

**Kavelin Rumalla (MS IV)**— The combination of learning, teaching, and service involved in Sojourner's Health Clinic is unparalleled for a medical student. Everyone hears about the lack of access to healthcare in third world countries, but I never realized the world of human suffering occurring right here in the city I call home. The clinic works to positively impact the health of our patients, but also their entire lives,

including their ability to hold a job, raise kids, and have basic access to food and shelter.



Adithi Reddy (MS IV), Rashmi Thimmapuram (MS III) and Vijay Letchuman (MS III) take a break from seeing patients.

## Learn More and Get Involved!

Visit our website to volunteer, donate, or simply learn more about our clinic:

<http://www.sojournerhealthclinic.com/>

Like us on Facebook:

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

Join our mailing list:

[sojourner.webmaster@gmail.com](mailto:sojourner.webmaster@gmail.com)

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## February: American Heart Month Cardiovascular Case Study

Mrs. Doe is a 56-year-old African American woman who presents to clinic complaining of recurring episodes of chest pain. She first noticed the chest discomfort when she walked up more than three floors using the stairs during work as an accountant, and she noticed that her pain went away as she took a seat at her desk to work on her computer. About three months ago, she noticed that the episodes recurred more frequently (three to four times a week) and would occur during physical exertion and

stressful days at work. The chest discomfort always resolved itself with rest. She came in today with a concern that her episodes have become more common.

What is Mrs. Doe's likely diagnosis?



Answer: Stable Angina.

Stable angina is chest pain that is caused by reduced flow of oxygen to the heart. Pain

from stable angina can often be predictable. Unstable angina, on the other hand, can occur randomly, and without any exertion at all, and gets worse over time. This form of angina can eventually lead to a heart attack.

Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year. Some modifiable risk factors for cardiovascular disease include insufficient physical activity, smoking habits, and diet.

### What's New with Us?

Check out our very first-time lapse video! Sojourner Health Clinic is recognized as a fully operational mobile clinic. Medical students volunteer every Sunday to transform one room into a functional laboratory, dispensary, and multiple examination rooms constructed out of PVC pipes and curtains in order to treat patients free of cost at the Grand Avenue Temple. With the help of Adnan Islam (MS II), clinic board members put together a video providing a glimpse into how our volunteers transform an ordinary room into a functioning clinic every week. To watch the video, visit our website or copy and paste the following link:

<https://www.youtube.com/watch?v=rat2eByqnKA&feature=youtu.be>.



Medical student, Susriya Gangireddy (MS II), helps set up the clinic using PVC pipes to build rooms. Shower curtains are also used to separate rooms and provide patient privacy.