

# Sojourner Health Clinic

University of Missouri-Kansas City

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## 2018-2019 Volunteer Training

Volunteers were trained in triaging and laboratory services this past September and October. Triage training was held on September 13th. There was a turnout of over 60 volunteers who learned a bit about Sojourner Health Clinic's mission and the basics of triaging patients, such as the initial screening interview, and taking vitals such as heart rate and blood pressure. Triage is an important part of the process at Sojourner Clinic, as it can give the third through sixth year students who are seeing patients crucial information regarding the reason for the patient's visit and vitals. Public relations officers Sriram Paravastu and Adnan Islam gave the presentation and instructed volunteers (pictured at right).

Lab training, which was held on October 7th, was successful as in previous years. Lab managers Alaya Bodepudi, Madhavi Murali, and Imaima Causbhoy and

lab director Michele Yang taught how to do blood draws and how to conduct and interpret basic metabolic panels (BMP), urine analysis (UA), HIV tests, cholesterol tests (FLP), and hemoglobin A1C tests using proper laboratory protocol. There was a large turnout in trainees this year, which we hope will lead to a larger variety of learning experiences for our volunteers.



**Adnan Islam demonstrates the physiology behind taking a blood pressure at triage training.**

## Board Member in the Spotlight *Vijay Letchuman, Clinic Manager*



"I started volunteering at Sojourner my first year, and I loved it. It's an incredible learning opportunity for students. I think going forward, the clinic will have two main areas of focus. First, we need to maximize the quality of care we can provide. Our resources are limited, but if we just stop and take the time to collect data and apply it, we can make our patients much healthier. Our second area of focus needs to be getting the word out about Sojourner. A lot of people in Kansas City who can't afford healthcare either don't know about Sojourner or think that you must be homeless to use our services. The truth is, Sojourner is available for anyone who needs it, especially people without insurance. You don't have to be homeless to come visit!"

## *Sojourner Clinic's 15<sup>th</sup> Anniversary!*

This past October, Sojourner Health Clinic celebrated its 15th anniversary. We have stuck with the ideal of our mission statement, “to provide quality medical care at no cost to the medically indigent in downtown Kansas City and to create an environment where students have the opportunity to interact with, understand, and care for the medically indigent”, since the inception of our clinic. We strive to improve our clinic and serve the best interests of our students as well as our community. Recently, we have incorporated many new programs in order to achieve this goal.

In 2016, we introduced the Patient Assistance Program to provide inhalers, and more recently, diabetes treatment, to our patients at no cost. Our partnership with HALO, a UMKC student run organization, has helped us provide food for our patients in need. We partnered with another student organization, Period, which collects menstrual products and has been donating some of these products for patients at our clinic. To more precisely determine our progress as a clinic, we started a Sojourner Quality Improvement Program (SQIP) this past fall. Through this program, we have been able to increase the visibility of the clinic, as well as improve our clinic’s efficiency and efficacy through improvements such as the clinic whiteboard and the patient refill card program.

We would like to thank all of our partners, volunteers, mentors, sponsors, and patients past and present for your support over these years, and we hope for many more years of service to our community.



**All smiles and interdisciplinary collaboration at our clinic on November 18, 2018. Now that’s what we love to see!**

## *Winter Equipment Drive*

We would like to extend our gratitude to Truman Medical Center’s Emergency Department and Dr. Stephanie Ellison as well as UMKC’s Gold Humanism Honor Society for organizing and gathering socks, hand warmers, toiletries, and many more valuable items for our patients. We cannot thank you enough for thinking of Sojourner Health Clinic’s patients and their needs during this past holiday season!

## Flu Shot Clinic!

Sojourner Clinic was able to provide flu shots to patients free of charge. On October 21st, the Kansas City Health Department provided influenza vaccinations for volunteers to administer during that week's clinic. Our pharmacy student volunteers did phenomenal work giving the shots, with the guidance of pharmacy faculty.

Among several other projects to improve Sojourner's quality of care, this was an important step. Through a multidisciplinary approach, we can move upstream

and prevent diseases before people even get sick. Public health initiatives benefit everyone, but they're most needed by underserved patients who can't always see a doctor one-on-one. These initiatives, including education and vaccination, have a wide reach that extends beyond the individual patients we see. We hope to continue such projects to help Sojourner increasingly engage with and impact our community. Thank you to the Kansas City Health Department and our amazing pharmacy volunteers and faculty for making our flu shot clinic a success!



### Learn More and Get Involved!

Visit our website to volunteer, donate, or simply learn more about our clinic:  
<http://www.sojournerhealthclinic.com/>

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