



Central Wisconsin

# *Physician in the Community Scholarly Pathway*



## **Student Project Showcase**

August 16, 2018

UW Center for Civic Engagement



## ***Physician in the Community Scholarly Pathway***

Our goal is that all the students who train on the Medical College of Wisconsin-Central Wisconsin regional campus will be community-engaged physicians. This means that they will reflect on the impact that the social determinants of health have on their patients' lives and advocate for the overall health of the communities where they choose to practice. Over the two-year *Physician in the Community* course, students have forged relationships with community members across many professional disciplines and have explored local health priorities.

Through their projects, the students have identified community needs, collaborated to design appropriate methods, and developed effective presentations. The students in our inaugural class were the pioneers of these projects and their initial partnerships will continue to evolve to meet the needs of our Central Wisconsin community.

We would like to thank our many community teachers and community mentors, as well as the *Physician in the Community* Advisory Board for their input into the training of these future doctors who may return to live and work in Central Wisconsin communities.

Gratefully,

Lisa Dodson, MD  
Campus Dean

Corina Norrbom, MD  
Course Director

Amy Prunuske, PhD  
Course Director

# *Project Presentations*

*Our program will begin at 5:15 pm in the theater.*

## **Welcome & Opening Remarks**

Lisa Dodson, MD & Corina Norrbom, MD

## **Student Project Presentations**

- **Camilla Dornfeld & Jennifer Kaiser**  
*LENA Start Marathon County*
- **Alexandra Huml, Connor Harmann & John Frawley**  
*Community Care Management Team*
- **Bryan Miles**  
*Hybrid Ablation for the Treatment of Nonparoxysmal Atrial Fibrillation with Postoperative Monitoring Utilizing Implantable Loop Recorders*
- **Ryan Huynh & Kyle Olson**  
*Relationship Between Diabetes, Physical Activity, and Rice-Portion-Size in the Wausau Hmong Community*
- **Gina Groshek**  
*Qualitative Approach to Determining Factors Precipitating Abusive Relationships with Different Partners: A Case Study of Victims Accessing Resources at The Women's Community, Inc.*
- **Chris Zeman**  
*The Joseph Project Wausau – A Medical Student Initiated Intervention to Support Well-being through Employment*

## **Community Engagement Fund Awards**

Amy Prunuske, PhD

## **Scavenger Hunt Prize Drawings & Closing Remarks**

Tanessa Klug, CFRE

# *Project Abstracts*

## Medical Student: **Britt K. DeRuyter**

### **1. Aspirus Wausau Spinal Cord Injury Clinic: A Multidisciplinary Approach to Patient Care**

**Community Mentor:** Dr. Andrew Beaumont, Aspirus Wausau Hospital

Each year in the US, an estimated 12500 individuals will suffer a spinal cord injury (SCI). After the initial treatment for their trauma is completed and they adjust to their "new normal," they continue to have special health care needs beyond what their primary care provider can address. This leaves a gap into which the medical needs of these individuals fall. We sought to address these needs by forming a specialist-centered, multidisciplinary SCI outreach clinic with the goal that persons with SCI will be referred in effort to assess current health status, facilitate transitions of care, and prevent future complications. Multidisciplinary care is a successful way to improve quality of life for complex patients. We developed a model that would combine a multidisciplinary approach with ease of access for the patient. The clinic takes place every three months with providers from rehabilitation and neurosurgery onsite, and urology providers available on call. Additional disciplines are available for consult. Providers take turns rotating through each patient's exam room to provide specialized assessment of needs. The clinic provides a full scope of services to address individualized level of function and education on up-to-date treatment options, skin care/wound care and urology services. Based on the patients' needs determined at the clinic, follow-up services are provided and patients with ongoing neurological concerns will be followed annually by neurosurgery.

## Medical Students: **Alexandra Huml, John Frawley & Connor Harmann**

### **2. Community Care Management Team**

**Community Mentor:** Dr. Caitlin Harris, PGY3, Wausau Family Medicine Residency Program

Community Care health care teams have been gaining national recognition as a way to improve health care provided to patients as well as reducing hospitalizations. Our interdisciplinary health care team will be managing patients with multiple chronic conditions in a primary care setting. We will be starting with a small cohort of 2-5 patients who will enroll in the program for a 90-day period. We have selected surveys that we will administer to the patients upon entry and completion of the program to help analyze their overall health and their ability to access health services. As students, we will also be accompanying physicians on home visits and other clinical interactions with the patients. In preparation for the project, there have been educational sessions: Motivational Interviewing, Trauma Informed Care and Crisis Prevention. The Community Care Management Team is largely made up of residents, attending physicians, and staff associated with the Family Medicine Residency in Wausau.

## Medical Students: **Camilla Dornfeld, Jennifer Kaiser, Alexandra Frawley**

### **3. LENA Start Marathon County**

**Community Mentors:** Dr. Corrie Norrbom, Wisconsin Institute for Public Policy and Service & MCW-Central Wisconsin; Dr. Amy Prunuske, MCW-Central Wisconsin; Ralph Illick, Marathon County Public Library; Erica Huffman, Children's Hospital of Wisconsin

**Purpose:** Language interactions between young children and adults, specifically number of words spoken and conversational turns, are important in early brain development. A child's vocabulary at age 3 correlates with kindergarten readiness, third grade reading level, and high school graduation rate. Achievement gaps have major and lasting community social and economic implications. The purpose of LENA Start Marathon County program is to help parents increase the amount of interactive talking time with their infants and young children to help prevent achievement gaps before they begin.

**Methods:** The Language Environment Analysis (LENA) device is a portable recorder that measures adult words spoken, turns in conversation, and speaker/TV. We used the preexisting LENA Start Curriculum, and followed two cohorts of families over the course of thirteen weeks. Parents used LENA recorders once weekly. Surveys were administered at the beginning of the program to gather basic demographic information, and a focus group was conducted at the end of the program. We also used results from the LENA recordings stored in the LENA online database.

**Results:** Based on the surveys and verbal feedback from the focus groups, participants felt the program improved their interactive-talk skills. There were increased quantities of words spoken to the children based on LENA recording data and parent report. Overall, participants felt that LENA helped by providing tools to improve the quality of interactions with their children and help them to better prepare their children to start school.

**Conclusions:** Overall, parents felt that this program was advantageous for their children, and that it was an important asset to the Marathon County community. Future relevant research may explore how employee satisfaction and productivity are affected by the LENA program and whether the effects on children are noticeable in the Marathon County education systems.

## Medical Student: Forrest Ericksen

### 4. Good News Project – Health Equipment Lending Program

**Community Mentors:** Toni Schmitt and Dr. Charles MacCarthy, Good News Project

The Good News Project is a local nonprofit organization which was started by Dr. Charles MacCarthy and his wife Peggy. The Good News Project conducts community service both locally and abroad. With the help of Toni Schmitt, I have been working with the Health Equipment Lending Program or HELP closet which began in 2005 to serve the local community. The HELP closet provides equipment such as wheelchairs, walkers, and countless other medical devices to the community for those in need of this equipment. This program is funded entirely by donations and donated equipment. The importance of this service within our community is what got me excited to participate. In 2017 alone, the HELP closet provided more than 3,000 items to individuals within our community. The exponential growth of the HELP closet in recent years has demonstrated its need. My project has been fostering collaboration between the HELP closet and local organizations to raise awareness and provide this equipment to the appropriate people. I have been doing this through physical therapy and senior care centers within our community which frequently encounter patients that would benefit from the HELP closet's services. The desired outcome of my project is to foster relationships between the HELP closet and these organizations. This would provide equipment to those in need and increase the amount of donations of used equipment to support the continued growth of the HELP closet.

## Medical Student: Alexandra Frawley

### 5. Social Network Analysis of First Year Medical Students' Study and Social Connections

**Community Mentors:** Dr. Amy Prunuske, MCW-Central Wisconsin;  
Dr. Anna Wirta-Kosobuski, University of Minnesota Medical School, Duluth, MN

Medical school can be a challenging and time-consuming experience for many students as they need to balance learning with fulfilling their medical degree requirements. Due to this stressful and overwhelming environment, students may come to rely on their peers to support them during this journey. In this study, we completed a social network analysis of relationships students made among their peers by identifying both the study network and social network that assisted them during their first year of medical school. For three years, first-year medical students at the University of Minnesota Medical School-Duluth campus were asked to complete a survey, six months into their education, where they identified up to three peers who they study with and three peers who they spend time with socially. The data was analyzed using Gephi software to create social networking graphs and to calculate average degree, average clustering coefficient, and average path length for social and study networks. In all three classes, the average degree in the social network was greater than the number in the study network. In addition, we found higher clustering in the study networks than in the social networks for all three classes. Thus, the findings of this study are beneficial to medical education by illustrating how information is passed between students in a social setting compared to a study setting.

## Medical Student: **Gina Groshek**

### **6. Qualitative Approach to Determining Factors Precipitating Abusive Relationships with Different Partners: A Case Study of Victims Accessing Resources at The Women's Community, Inc.**

Community Mentor: Shannon Jarecki, The Women's Community, Inc.

**Purpose:** There is a vast amount of research on the factors associated with domestic abuse, focusing on characteristics of both abusers and victims. Factors leading to why victims return to their abusers have also been readily identified. However, there is little research addressing individuals as victims of multiple abusive relationships. Marathon County, Wisconsin, had 574 domestic related arrests in 2016. This is a prevalent issue and it is important to address these concerns to better prevent incidents and assist victims in moving forward when they experience domestic abuse.

**Objectives:** Our main goals of this project included assessing demographics and other characteristics predisposing victimization, determining tools survivors found useful in recognizing violence, and determining additional skills that could be useful.

**Methods:** Repeat victims were recruited by The Women's Community, Inc. They completed a questionnaire which included a modified Danger Assessment Survey about their two most recent relationships ending in abuse. Participants then were interviewed by trained volunteers to further discuss the relationships. Interviews were recorded and transcribed, and identifying information redacted to ensure privacy of the participants.

**Results and Conclusions:** Research continues to be ongoing and results of our study are still pending. There is not yet sufficient data collected to effectively analyze. When results become available after sufficient data collection, the data will allow advocates to better provide training for victims to recognize abuse and provide the tools to ensure they feel confident in removing themselves from abusive situations.

## Medical Student: **Shelly Raabe**

### **7. Transportation and Fall Analysis**

Community Mentor: Mike Rhea, Aging & Disability Resource Center of Central Wisconsin

Transportation to clinic has been consistently cited as a barrier for obtaining access to care, particularly in rural communities. The purpose of this study was to assess whether transportation to clinic is a barrier to accessing healthcare in the Wausau area. We surveyed 200 clients of the Aging and Disability Resource Center Meals on Wheels program, inquiring about transportation barriers. Of 63 surveys returned, 26% of the responders reported having to miss a doctor's appointment due to a transportation barrier. It was concluded that transportation to clinic is a barrier in this population, that distance itself is not a barrier, and that further studies are necessary in order to obtain a more representative sample for extrapolation of the data.

## Medical Student: **Seth Heithaus**

### **8. Survey of Marathon County Substance Abuse Providers**

**Community Mentor:** Melissa Moore, Marathon County AOD Partnership

**Purpose:** Substance abuse has been identified as a public health priority in the Marathon County community. Several local groups are working to address the problem. There is a need to compile information on the available substance abuse services in Marathon County in order to identify existing resources and needs.

**Methods:** Area substance abuse treatment providers were surveyed to create a directory of available resources. Providers were also asked to participate in an interview. The survey results were compiled into the beginnings of a directory with information intended to direct people to the most appropriate treatment services available.

**Results:** 15 of 27 identified agencies returned a survey and 11 providers were interviewed. The interviewees discussed topics such as the opioid epidemic, what leads people to seek treatment, and predictors of treatment success.

**Conclusions:** Interviewees noted that mental health diagnoses and trauma co-occur with substance abuse at high rates. They cited replacement activities and peer support as important to recovery success. Barriers include lack of inpatient treatment, sober living and employment opportunities. Oversight requirements and high no-show rates, as well as a shortage of research on the effects of substance abuse on children, create challenges in providing needed services.

## Medical Student: **Brenden Herrod**

### **9. Opioid Patient Contracts and Post-Operative Recovery Project**

**Community Mentor:** Dr. Andrew Beaumont, Aspirus Wausau Hospital

**Purpose:** To determine the efficacy of opioid patient behavioral contracts in preventing longer opioid use in post-operative recovery. National concern over opioid abuse has pushed public policy to implement contractual agreements between physician and patient over opioid prescriptions. However, little evidence exists on the efficacy of such agreements.

**Methods:** A chart review was done to compare opioid medication usage before contract implementation. Measurements were collected at the initial prescription and 6-month follow-up from patients spanning a period within two years. Initial opioid prescriptions were normalized to a common morphine equivalence. Other controls, such as age, sex and procedure were also controlled.

**Results / Conclusion:** The study shows little evidence of contractual agreements having significant effect on reducing opioid use among patients. Further study has now started to explore improving patient education with multimedia resources over the next two years for comparison with both baseline and opioid patient contracts.

# Medical Students: Ryan Huynh & Kyle Olson

## 10. Relationship Between Diabetes, Physical Activity, and Rice-Portion-Size in the Wausau Hmong Community

Community Mentor: Dr. Kevin Thao, Aspirus Wausau Family Medicine

**Purpose:** Socioeconomic and lifestyle factors may affect the health of the Central Wisconsin Hmong population. For example, 1 in 5 Hmong individuals locally live under the poverty line, and 68% of those over 65 do not speak English. These aspects may have unforeseen negative health outcomes.

**Objective:** With an increasing Hmong population, we wanted to learn how lifestyle differences, specifically diet and exercise, correlate with chronic disease rates in the Hmong community.

**Methods:** Dr. Thao previously collected data from the local Hmong population for his project "The Wausau Area Hmong Community Health Improvement Project" through an extensive survey of health insurance rates, frequency of healthcare visits, diet, exercise rates, and chronic disease. We chose to specifically look for any correlation between active and sedentary lifestyles, amount of white rice consumed, and rates of diabetes diagnosed at that time. Our parameters were people living sedentary versus active lifestyles defined as having approximately  $\geq 600$  met-minutes/week (WHO recommendations) and eating more-than versus USDA recommendations of up-to 2 cups of rice daily. We then used an odds ratio analysis.

**Conclusions:** The local Hmong were 2.29x more likely to develop diabetes with a sedentary lifestyle versus an active lifestyle. Surprisingly, there was no correlation with the amount of rice consumed and rates of diabetes. Our results can help us begin to better understand some of the factors that lead to different health outcomes in the Hmong community and work towards addressing healthcare disparities in Central Wisconsin.

## Medical Student: **Toro Pérez, Patricia**

### **11. Evaluation of the Interpretation Services Provided at Aspirus Wausau Clinics**

**Community Mentor:** Shaune Harter, Aspirus Wausau Hospital and Clinics

When accessing healthcare, a significant percentage of people in Wisconsin experience language discordance with their physician and other healthcare personnel. This language barrier disrupts communication and can impact effectiveness of care, leading to worse patient outcomes and decreased patient satisfaction. Access to quality interpretation services can bridge the language barrier, and lead to stronger doctor/patient relationships and improved patient outcomes. This project looked at the interpretation services in the Aspirus Wausau clinics to determine how easy it is to request those services, and to gauge healthcare worker satisfaction. The research was conducted through an anonymous Qualtrics survey that was distributed by email to all employees at the Aspirus Wausau clinics. The results show that while healthcare workers are generally satisfied with the interpretation services, distribution and service quality could be improved. The second part of the project consisted of bringing basic and intermediate medical Spanish electives to the Medical College of Wisconsin – Central Wisconsin campus in January of 2018. The electives help to begin bridging that language barrier for current and future medical students as well as provide opportunities for students and members of the community to work together.

## Medical Student: **Melanie O'Connor**

### **12. Assessment of the Effectiveness of a High School Sexual and Domestic Violence Prevention Education Program**

**Community Mentors:** Kimberly Pufahl and Jessica Lind, The Women's Community, Inc.

Nationally, 1 out of 6 women and 1 out of 33 men have been victims of rape. The consequences of sexual violence include unwanted pregnancy, mental health problems, and sexually transmitted diseases. In Marathon County, Wisconsin in 2016, there were 2,117 people who received support services through the Women's Community, a local organization that provides resources for people of all genders affected by domestic violence and sexual assault. Recognizing a need for violence prevention and education, the Women's Community coordinates a 4-day program for high school students that focuses on healthy relationships, recognition of intimate partner violence, and preventing sexual assault. This study was completed to demonstrate that students gained knowledge from that program. To assess the effectiveness of the program through the students' increase in knowledge, a retrospective pre-then-post survey was created and administered to 311 students at two high schools. A paired t-test was used to compare the pre- and post-results. All of the ten questions had a p-value of <0.001. This significant gain of knowledge is only the first step in the primary prevention of sexual violence. More research needs to be done to correlate this prevention programming with a decrease in local sexual violence.

## Medical Student: Bryan Miles

### 13. Hybrid Ablation for the Treatment of Nonparoxysmal Atrial Fibrillation with Postoperative Monitoring Utilizing Implantable Loop Recorders

**Community Mentors:** Dr. John Johnkoski, Dr. Kevin Rist, Dr. Andrew Mykytsey; Aspirus Wausau Hospital

**Purpose:** Atrial fibrillation (AF) is a common arrhythmia. Those suffering from nonparoxysmal AF (NPAF) represent a major challenge. Catheter ablation (CABL) and minimally invasive surgical techniques have achieved only modest success in treating NPAF. This led to a staged approach. With regards to rhythm monitoring, the gold standard has been EKGs or Holter monitors. These assume that lack of atrial fibrillation during monitoring periods translates to lack of atrial fibrillation when the patient is not being monitored. Internal loop recorders (ILR) erase this assumption.

**Methods:** From August 2013 through August 2016, we performed hybrid ablation in 30 patients. All patients had surgery followed by CABL 90 days later. Patients received an ILR 30 days following surgery. Anti-arrhythmic (AAD) and anti-coagulation (OAC) therapy were discontinued 90 and 180 days, respectively, following CABL.

**Results:** Data from ILRs was obtained at 3-month intervals for the first year and every 6 months thereafter. Failure was defined as greater than an hour of continuous AF or atrial flutter, as this is when stroke risk elevates significantly. Only two patients failed.

**Conclusions:** Sequential epi- and endocardial ablation is successful in treating NPAF. Implantable loop recorders provide a more accurate picture of arrhythmia burden, compared to holters or ECG. This data-driven approach has allowed us to manage AAD and OAC therapy in a more meaningful fashion.

## Medical Student: Marni Sarazen

### 14. Wisconsin Youth Homeless Shelters

**Community Mentor:** Dr. Mary Jo Freeman

The Wausau community has an increasing population of homeless youth and teens. Due to this increasing need, Wausau community members are joining together to open a homeless shelter for youth ages 12 to 17, titled KATS or Keep Area Teens Safe. This project plans to analyze the pre-existing youth shelters in Wisconsin to gain the necessary information needed to create a similar shelter here in Wausau. We created a written survey that was sent out to three shelters in Wisconsin: Briarpatch (Madison), Walkers Point (Milwaukee) and Pathfinders (Milwaukee). We contacted the director of each shelter individually and asked them to participate in the study via an email which contained the information letter as well as the purpose of the study. Once the directors agreed to participate in the study, we sent them the survey via email in a Microsoft Word form. The survey asked each shelter about their services, barriers, budgets, size, population size, etc. The directors then filled out the survey and sent the completed form back to us. The data was collected and then used to help us determine a shelter location, fundraising strategy, etc. By conducting this project, we learned what made other youth shelters in Wisconsin successful and what barriers they had to overcome in order to open their shelters. This information will assist us in the creation of a shelter similar here in our community.

## Medical Student: **Matthew Novitch**

### **15. Improving Mental and Physical Outcomes for those with Glioblastoma Multiforme in Central Wisconsin**

**Community Mentor:** Dr. Andrew Beaumont, Aspirus Wausau Hospital

Glioblastoma (GBM) is both the most common and most lethal primary CNS malignancy in adults, accounting for 45.6% of all malignant CNS tumors, with a 5-year survival rate of only 5.0%, despite the utilization of multimodal therapy including resection, chemotherapy, and radiation. Treatment of GBM is difficult due to severe side effects of previous medical management with chemotherapy and radiation, and as such improvements were made in the field of biomedical engineering. Alternating electric fields-also known as tumor-treating fields (TTFs)-represent an entirely original therapeutic modality with preliminary studies suggesting comparable, and at times improved, efficacy to standard chemotherapeutic agents in the treatment of recurrent glioblastoma. A recent randomized clinical trial comparing NovoTTF-100A to physician's best choice chemotherapy in patients with recurrent glioblastoma revealed that AEFs have similar efficacy to standard chemotherapeutic agents with a more favorable side-effects profile and improved quality of life. Adherence to NovoTTF-100A therapy is the greatest threat to its use, as patients are required to wear the cap often throughout the day and are required to be close to power sources due to short battery life. In order to evaluate how to improve patient compliance, a cohort of patients going through NovoTTF-100A therapy were systematically questioned on their use of the technology and viable suggestions for improvement. While the results included the expected battery power and aesthetic complaints, an overwhelming result was that the physician presentation of the product made the biggest difference in patient compliance and usage of NovoTTF. Going forward, educated and motivated physician recruitment could play a defining part in generating better outcomes for patients undergoing NovoTTF therapy for GBM.

# Medical Student: Courtney Schwebach

## 16. *The impact of mentorship on students with Adverse Childhood Experiences (ACEs) and their future success*

**Community Mentors:** Dr. Shannon Young, Enrich Excel Achieve Learning Academy  
Dr. Jeff Fritz, MCW-Central Wisconsin

**Purpose:** Adverse childhood experiences (ACEs) have been shown to have cumulative and negative long-term health effects. A possible prevention method is providing mentorship to students. Thus, we assessed ACEs, mentorship experiences, and life satisfaction of former students.

**Methods:** Eighteen former students of Enrich Excel Achieve (EEA) Learning Academy in Wausau, WI completed a 37-question Qualtrics online survey. The survey incorporated sections on ACEs, resiliency, demographic information, mentorship experience, life satisfaction and social support. The data was then analyzed using Excel and normalized to the total number of participants.

**Results:** Former students of EEA Learning Academy experienced an average 2.9 ACEs while participants of Kaiser's ACEs study experienced 1.7 ACEs. The majority of former students who did have a mentor, while at school, reported a positive experience. While all former students earn an annual income below the average in Wisconsin, they reported high life satisfaction, considered themselves successful, and felt happy.

**Conclusion:** Former EEA Learning Academy students have experienced more ACEs than the average person, which could indicate that EEA may attract students with more ACEs due to its non-traditional learning setting. In addition, the ACEs the students did experience may indicate the issues that are more prominent in Wausau. However, the students reported overall high levels of life satisfaction. Some possible reasons for their higher life satisfaction could be the mentorship they received, an inherent resiliency or something else.

# Medical Student: **Stephanie Strohbeen**

## **17. Enhancing Wausau's Walkability with StriveOn App**

**Community Mentors:** Blake Opal-Wahoske and Emma Busig, Wausau River District

**Purpose:** The Wausau community is striving for excellence in health and wellness for its citizens. To achieve this goal, a local team is developing guided walking tours utilizing the StriveOn App. The goal of this project was to elicit feedback from the employees in Wausau's downtown area to ensure that the walking tour app will be utilized to increase work day activity.

**Methods:** Downtown employees were asked to participate in a survey for input into the new app. If they were willing to participate, they were provided an informational letter and completed a 14-question survey on an electronic device using Qualtrics Survey Software.

**Results:** The majority of participants (57.83%) answered they would be more likely to walk more at work while on break or prior to or after their shift if there were a phone app with a pre-planned route to guide them. Nearly half of the participants (48.96%) indicated 5-15 minutes would be a desirable length. Roughly the same number of participants noted interest in relaxation/meditation (32.67%) and eating (32%) stops on the tour.

**Conclusions:** In an effort to continue to improve the health and wellness of residents and employees in the Wausau area, the implementation of guided walking tours using the StriveOn App may be beneficial for the Wausau community. A tour created with feedback from downtown employees could increase the amount of time employees in downtown Wausau spend increasing their health and wellness through increased workday activity.

# Medical Student: Shelley Gabel

## 18. Improving Women's Health in Central Wisconsin

Community Mentor: Tricia Fancher, The Hannah Center

**Introduction:** The Hannah Center is a community center focused on improving the lives of women. A problem they face is that there is not a system in place to monitor outcomes of residents after they leave the Hannah Center. They do not have a system in place to get standardized feedback from the participants or to further assess participant needs. The purpose of this study was to evaluate the current Hannah Center Program including participant satisfaction with the current program and their outcomes, and to collect information from participants on how to improve the program and outcomes.

**Methods:** A survey was developed to determine what needs Hannah Center participants have during their stay as well as after leaving the Hannah Center. We attempted to contact past participants via their last known email address, phone number, or mailing address. The survey was sent out to all Hannah Center participants with whom we were able to get a mailing or email address for. The surveys that were returned were then evaluated, with hopes to use information collected to modify current programs and implement new programs as needed.

**Results:** We had 27 participants in our study group. We were only able to get into contact with 10 of 27 people via last known telephone number. We only had direct contact with 2 of those 10. We sent out surveys via USPS to the 21 participants who had mailing addresses. Only 3 of 21 surveys were returned. The surveys we did receive back indicated that the women were highly satisfied with the current Hannah Center program, especially their budget training. We also found that women felt like they would appreciate more budgeting training as part of aftercare.

**Conclusions:** Contacting past participants via email and phone calls after a long period of time is futile because most of the past participants do not send the Hannah Center updated contact information. Sending out surveys, even with a prepaid stamped envelope is ineffective.

**Plans for the future:** The Hannah Center will continue to utilize the survey we created, but will give it to participants as part of their discharge planning. We hope this will improve the likelihood of the participants completing the survey and giving constructive feedback. This new protocol will eliminate the need to keep up-to-date contact information for past residents and will eliminate the need for participants to send back surveys since we will get them before they leave. The Hannah Center would like to implement personalized aftercare on an as-needed basis and work with participants as they are graduating from the program to help with their transition back to independence.

# Medical Student: **Alex Shulman**

## **19. Community Connections Team**

**Community Mentor:** Trevor Begin, Community Connections Team

Marshfield Free Clinic is a long-standing care center devoted to providing free services to the central Wisconsin population. Their goal over the last 3 years was to integrate another social services group which would assist people in finding resources in their community to address the social determinants of health including socioeconomic status, access to transport and internet, reliable sources of food, and other things not directly seen in the healthcare field. Addressing these factors has been shown to positively effect health outcomes. Community Connections Team is an organization that served these needs. Originally based out of Eau Claire, this group discusses patients' lives beyond the realm of medicine. After assessing any unmet needs the patient may have, CCT strives to connect the patient to community resources which help their unmet needs. Expansion of CCT to Marshfield Free Clinic was an experiment of whether CCT could be well-implemented in a smaller setting. Communication between the existing Marshfield Free Clinic staff and the new volunteers of CCT was thought to be an essential issue after the establishment of the partnership. Initially we assessed the existing knowledge of CCT by the Free Clinic staff, as the program has been running for over a year with little understanding of others' opinions. Second, we took the knowledge gained from this understanding, and implemented corrective measures to any perceived short comings. Our goal was to isolate the shortcomings in the program, be they communication, work flow management, patient time utilization, and rectify them. These were found to be mainly breakdowns in communications, as well as failures of the timing of patient management. Subsequently we experimented with work flow management, communication errors, and accounting of patients. Our assumptions were true about the understanding of the clinic, but through increased communication and education we established a new paradigm in our partnership which resultingly lead to decreased lag time, and an increased satisfaction for staff and patients alike.

## Medical Student: **Neal Smith**

### **20. Barriers to Oral Healthcare for Head Start Guardians in Marathon County**

**Community Mentor:** Kris Lemke, Marathon County Child Development Agency Head Start

**Purpose:** Tooth decay impacts a child's performance in school by influencing speech, focus, and adequate nutrition. This burden disproportionately affects children in low income rural households.

**Methods:** Partnering with Marathon County Child Development Agency, we assessed beliefs and attitudes about child dental health; assess the knowledge of services and fees of local dental providers; and identify barriers to receiving appropriate dental care for parents and guardians of Head Start participants. We developed a protocol that included meeting with parents or guardians during scheduled parent-case manager meetings. The meetings consisted of a brief presentation; a pre and post-test to assess guardian's attitudes and beliefs; and a series of open ended questions for participants to identify their perceived barriers to accessing oral health care.

**Results:** Five parents participated in the study. Barriers that were brought up in the discussion portion were; children's behavior at the dentist; unanticipated costs of the visits; and the burden of making appointments.

**Conclusion:** The study results would indicate that parents already value dental health and have the skills necessary to assist their child with dental care. Parents are less likely to know where and how much a dental visit will cost.

## Medical Student: **Chris Zeman**

### **21. The Joseph Project Wausau – A Medical Student Initiated Intervention to Support Well-being through Employment**

**Community Mentors:** Chaplain Ray Slatton, Greater Wausau Christian Services

**Purpose:** Healthy People 2020 highlights the importance of improving the social and physical environment to address health inequities. The Joseph Project Wausau (JPW) was designed to improve social health determinants by increasing job opportunities necessary for economic stability by removing barriers to acquiring jobs for individuals from low socio-economic backgrounds.

**Methods:** Participants attended a 4-day job skills workshop focused on strategies to acquire and maintain employment hosted by MCW Students, Greater Wausau Christian Services, and the office of U.S. Senator Ron Johnson. All graduates were granted an interview with a local manufacturer and were provided 30 days of free transportation.

**Results:** There have been five JPW workshops with a total of 31 graduates. Recruitment, training, and transportation of a JPW graduate is approximately \$300. Comparatively, based on estimates from the University of Wisconsin Extension Center for Community and Economic Development, a manufacturer paying \$14/hour spends approximately \$4,200 to recruit and train an employee.

**Conclusions:** More time will be necessary to track long-term outcomes of JPW students, but the initiative has shown that a cost-effective, community-driven solution to improve social health determinants is possible.

# *Community Engagement Project Support & Award*

The Community Engagement Award was established to help the students invest in the community and has been generously supported by David W. Lillich, MD and Mary Ann Lillich RN, MN.

This fund will help support the following projects in the upcoming year:

- **Effect of Mentoring and Guidance on Academic Performance and Behavior in Adolescents** – Student: **Joshua Denk**  
Community Mentor: Patty Zemke; John Muir Middle School
- **Healthy and Lean Teens** — Student: **Joshua Shupe**  
Community Mentor: Brad Peck, PhD; Wausau East High School
- **Mental Health Awareness Day** – Student: **Hilary Steltenpohl**  
Community Mentor: Brooke Davis; DC Everest High School
- **Concerns and Priorities of the Hmong Community** – Student: **Yer Thor**  
Community Mentor: Kevin Thao, MD; Aspirus Wausau Family Medicine
- **Providers and Teens Communicating for Health in Central Wisconsin**  
Student: **Liz Wendt**  
Community Mentor: Erica Koepsel, Providers and Teens Communicating for Health

If you would like to contribute to the Community Engagement Fund to assist future students with their community engagement projects, please contact:

## **Tanessa Klug, CFRE**

Director of Major Gifts, Regional Campuses  
Medical College of Wisconsin  
Phone: 920.664.0388  
Email: [tklug@mcw.edu](mailto:tklug@mcw.edu)

## *MCW President's Community Engagement Awards*

We would also like to recognize **Chris Zeman**, recipient of the 2018 MCW President's Community Engagement Award. This award recognizes the exemplary community-academic partnerships, community engaged research, or community outreach activities and programs of faculty, staff, students and/or community partners of the Medical College of Wisconsin.

Chris was recognized at the MCW President's Community Engagement Award Luncheon on April 26, 2018 at the Medical College of Wisconsin - Milwaukee campus.

# *Thank You!*

We would like to thank our many community partners, teachers and mentors, as well as the *Physician in the Community Advisory Board* for their time and input!

## **Our current *Physician in the Community Advisory Board* includes:**

- Kristine Flowers, MD – Aspirus General Clinic in Antigo
- Brian Gumness – BA & Esther Greenheck Foundation
- Brian Kowalski – Wausau City Pages
- Michael Loy – North Central Health Care
- Ann Micholic – Kolbe Windows and Doors
- Robert Mielke – City of Wausau
- Joan Theurer – Marathon County Health Department
- Mang Xiong – Hmong Wisconsin Chamber of Commerce
- Yauo Yang – DC Everest School District

## **MCW-Central Wisconsin *Physician in the Community Faculty & Staff*:**

- Lisa Dodson, MD                      Campus Dean
- Corina Norrbom, MD                Course Director
- Amy Prunuske, PhD                 Course Director
- Kelly Mulder                         Education Program Coordinator
- Tanessa Klug                         Director of Major Gifts, Regional Campuses

