

Mid-Year Report to MA Medical Society and Alliance Charitable Foundation
January 15, 2009
Submitted by The Albert Schweitzer Fellowship

The Albert Schweitzer Fellowship received \$25,000 in July 2008 from the Massachusetts Medical Society and Alliance Charitable Foundation to help support medical student Fellows in the 2008-2009 Boston Schweitzer Fellows Program and \$5,000 to support a 2008 Lambaréné Schweitzer Fellow from a Massachusetts medical school. This mid-year report provides a progress update for the Fellows' work and leadership development activities.

Boston Fellows' Community Service Projects

The 2008-2009 Fellows are well-underway in their service projects. Most have completed at least 50% of their service hours and are reflecting about what they have accomplished thus far, reassessing their goals for the remainder of the Fellowship year, and making plans to sustain their projects beyond the end of the Fellowship year. A summary of five medical student Fellows' progress is below.

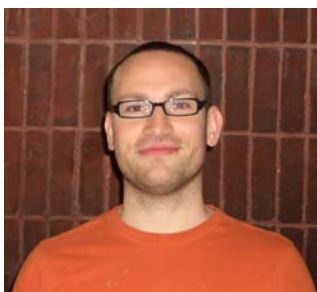
Matthew Bartek and Abraham Jaffe, University of Massachusetts Medical School
Abraham and Matthew are working on a community-based effort, the Akwaaba Free



Health Clinic, to address the unmet health needs of Worcester's African-immigrant population. The clinic is open one night a week providing primary care, women's health visits, and recently hosted a flu shot clinic. Abraham and Matthew created an advisory board and facilitated its first meeting in November. They have been extremely successful recruiting volunteers and are currently developing a volunteer leadership structure. In a recent monthly report, Abraham describes the women's

health visits: *"We also started up women's health visits at the clinic on November 6, 2008 (it was a busy night). Rosemary Theroux, a nurse practitioner from UMass, helped to set these up and volunteered to see patients on the first night. Dr. Tiffany Moore-Simas, a gynecologist from UMass, agreed to see any patients with abnormal paps. For these visits patients will make appointments ahead of time and see four women a night, one or two nights a month. Rosemary and Dr. Moore-Simas will switch off nights seeing patients at the clinic. Dates and coverage are set through March."*

Michael Dyer, Harvard Medical School



Michael is collaborating with Boston Alliance of Gay, Lesbian, Bisexual and Transgender Youth (BAGLY) to serve as an adult mentor. His responsibilities include: developing a training program for youth to advocate for themselves in health care settings; working with the BAGLY Speaker's Bureau to develop a youth-led training of medical providers around health care for GLBT youth; and promoting HIV

testing. In a recent monthly report, Michael discussed his experience chaperoning the annual Halloween dance held at Boston's City Hall and organizing HIV testing at the dance: *"Other highlights of the month include the BAGLY Halloween dance. This was my first time doing HIV testing with BAGLY youth, as well as BAGLY's first time offering testing at one of the dances. It went really well; we had three testers, and I think about 20 tests done... There were signs up, as well as information available in the health-fair room; the DJs at the dance also made announcements... All the youth whom I tested were fairly low-risk, which is great, but I know that there are high-risk youth at the dance whom we didn't necessarily reach. This is one of the things that we'll continue to talk about before the next dance."*

Pichamol Jirapinyo, Harvard Medical School



Boston Asthma Swim: Pichamol is working with her co-Fellow, Ben Easter, to coordinate the Boston Asthma Swim Program. They work with elementary school asthmatic students from Boston's Chinatown neighborhood. Every week, students and volunteers meet for an educational session and a swimming lesson. In her September report, Pichamol discussed the challenges faced in recruiting participants. The plan they developed in response to these challenges was successful, there are currently 22 children active in the program. *"The major roadblock that we faced in September was recruiting children.*

Specifically, we received one application back after the first week that we distributed registration packets to the school. As a result, we decided to go to the site and do more outreach through personal, direct contact with the previous year's enrollees. We also asked them to invite more friends who might be interested in the program. So far, the strategy seems to work as each week we get newcomers. I think one thing I learned from such a roadblock is that when we tried to focus too much on certain aspects, others may get neglected."

Esohe Oluoba, Boston University Schools of Medicine and Public Health



Esohe is working with the Refugee and Immigrant Health Program at the Department of Public Health to develop a domestic violence curriculum that is culturally sensitive to new arrivals from Somalia. In a recent monthly report, Esohe reflected on a major change she made in her project. *"I am excited and I am optimistic that the project will be a success with detailed planning and team work. The original plan was to hold focus groups, create a domestic violence curriculum, and create media resources for the women at the*

Refugee and Immigrant Health Population. However, yesterday I attended the 'Principles of Conducting Focus Groups' Professional Development Workshop at Boston University School of Public Health. The lecture was great! I learned about the advantages and limitations of using focus groups. Though focus groups are a technique of interviewing to explore beliefs, attitudes, and opinions on a topic, I realize that the topic of interest in my service project, domestic violence, may not be that appropriate and I will not be able to ensure confidentiality about the information discussed."

Boston Fellows' Leadership Development Activities

In addition to their community service projects, Fellows participate in leadership development activities throughout the year. A summary of the activities conducted thus far is below.

Orientation Retreat

The 2008-2009 Fellowship year began with a weekend orientation at the Sargent Camp for Outdoor Education in NH April 5-6, 2008. In addition to three hours of team building exercises led by camp staff, program staff facilitated small group discussions about community service, Albert Schweitzer, and setting goals for the Fellowship year. Fellows also spent time in small groups to discuss and receive feedback about their project description forms.



Monthly Meetings

The Fellows participated in five monthly meetings in May, June, August, September, and November. Monthly meetings are an opportunity for Fellows to come together to discuss a variety of topics pertaining to the Fellowship year and to get support from one another. A summary of two meetings are below.

Monthly Meeting: May 5, 2008



The first monthly meeting for the 08-09 Fellows was held on May 5 at Boston College Graduate School of Social Work. Shani Dowd, LCSW, Director, Institute for Linguistic and Cultural Skills, Harvard Pilgrim Health Care, facilitated a discussion about culture, race, power dynamics, and Prochaska's Stages of Change with the Fellows. She did an amazing job of engaging the Fellows, creating a safe setting for discussion, and challenging the Fellows about important issues around power.

Monthly Meeting June 3, 2008



The June monthly meeting was held at Tufts University's Cummings School of Veterinary Medicine in Grafton, MA. After catching up over dinner, Fellow and veterinary student Amy Vlazny gave a brief overview about veterinary school, her motivation for becoming a veterinarian, and the connections between animal and human health. She took the group on a tour of the school's fields and animals. After the tour, Fellows broke into small groups to discuss Schweitzer's decision to become a doctor and their own professional choices as well as their projects.

Mid-Year Retreat

The mid-year retreat was a day-long opportunity for Fellows to reflect together about their experiences thus far in the Fellowship and to develop skills for their projects and future careers. The mid-year retreat was held on October 18 at MGH Institute of Health Professions. In addition to small group activities and discussions, the highlight of the retreat was a presentation by ASF Board Member, Dr. Jim O'Connell, Founder and Street Physician, Boston Health Care for the Homeless Program.



Public Outreach Activities

Each year, the Boston Schweitzer Fellows conduct a series of public outreach activities that aim to: educate students in health related fields, professionals, and/or the general public about current local health disparities and unmet health needs; strengthen existing links among the Schweitzer Fellows Program, community agencies, and professional schools; identify new community organizations and other partners that the Schweitzer Fellows Program may collaborate with in the future; help Fellows develop leadership, organizational, and team building skills useful in future public education activities; and provide Fellows with an experience of collaborative and shared responsibility within a

small interdisciplinary group. This year's Fellows have already participated in and organized five public outreach activities, three are described below.

Serve Your City, Boston College, September 9, 2008

Fellows from Boston College Schools of Social Work and Nursing, Bethiel Girma, P.J. Grendell, and Ashley Younger, organized a breakfast and panel discussion titled *Serve Your City*, to encourage new graduate students to conduct community service while in school, about 30 students attended. Panel speakers featured representatives from Boston Cares, Boston College Volunteer and Service Learning Center, and The Albert Schweitzer Fellowship. The discussion was followed by the School of Social Work's annual day of service.

Tufts Week of Service, Tufts University, September 12-17, 2008



This year's Tufts-Schweitzer Fellows ambitiously organized a week-long series of events aimed at encouraging students on the medical campus located in Chinatown to learn more and become involved in their local community. Activities included a garden clean-up and mural painting at the Josiah Quincy Elementary School; volunteering with the Chinese Progressive Association to post flyers and information about voting

and civic engagement; serving a meal at St. Francis House homeless shelter; walking tours of Chinatown led by the Chinese Progressive Association; a lunch-time lecture by Professor Douglas Brugge about asthma among youth in Chinatown, and a reflection lunch the following week. Over 50 students participated in the activities and there is continuing enthusiasm to make this an annual tradition.

Jimmy Fund Walk, September 21, 2008



The 2008-2009 Boston Fellows continued an annual tradition of participating in Dana Farber Cancer Institute's Jimmy Fund Walk to raise funding and awareness for cancer research and treatment. Fellows and staff volunteered as food and fluid distributors at the starting line for 5-mile walkers. This was a very popular place for children who had received treatment at Dana Farber and their families to start walking from. Fellow Esohe Ohuoba reflected on the experience in her September monthly

report. *"The experience was wonderful! It is amazing to witness the resiliency that children with cancer and their families can have. Seeing the teams and the home made t-shirts was a blessing, and a reminder that we should not take life for granted!"*

Lambaréné Schweitzer Fellows Program



Lambaréné Fellows spend three months serving as junior physicians in pediatrics or medicine rotations at Hôpital du Albert Schweitzer (HAS) in Lambaréné, Gabon. Four Fellows are selected from a highly competitive national pool of applicants each year. John Stenglein, University of Massachusetts Medical School served as a 2008 Lambaréné Fellow.

John worked in adult medicine from May 1 – July 31, 2008. In his final monthly report, he reflects on a particularly formative experience while in Lambaréné.

“I also managed to accomplish my goal of spending some time in the operating room. A particular 25 year old male patient with a spleen extending below his umbilicus and unrelenting anemia, which we had combated with transfusion multiple times in the Kopp, finally had his 3kg spleen removed. Pleasantly, I was able to watch his recovery over the next 10 days or so, as his anemia stabilized and he was discharged with improving health. I was pleasantly surprised by the standard of surgical care at HAS, both with the administration of anesthesia and the capabilities of the surgical and adjutant staff.”

Expense Reports

Boston Program

The funds (\$25,000) provided by Massachusetts Medical Society and Alliance Charitable Foundation are being used to support five 2008-2009 medical student Fellows in their projects and leadership development activities.

<i>Direct Expenses</i>	
Fees paid to Fellows (5 medical student projects at \$2,000/Fellow)	\$10,000
Leadership Development (orientation, symposia, monthly meetings)	\$15,000
Total Expenses	\$25,000

Lambaréné Program

The funds (\$5,000) provided by Massachusetts Medical Society and Alliance Charitable Foundation were be used to support the airfare and room and board for Lambaréné Schweitzer Fellow John Stenglein, a fourth year medical student at the University of Massachusetts.

Direct Expenses	
Roundtrip Airfare Boston to Gabon	\$2,343
Room and Board	\$3,000
Total Expenses	\$5,343