

Health Mentors Newsletter

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Dear Health Mentors,

Thank you so much for your participation in the Jefferson Health Mentors program. This year's program is off to a tremendous success already. We are thrilled to have **256** volunteer Health Mentors participating in the program and over **1000** students from medicine, nursing, physical therapy, occupational therapy, family and couples therapy, pharmacy and public health.



In October, **mentors from Year One** of the program met with their student teams for the first time and these meetings were a great success. Students were delighted to meet their mentors and to learn about their "Life History." In the next few weeks, student will be planning to meet with their mentors for the second time. In this meeting, students will have the chance to practice taking a comprehensive "Health History."

For **mentors in Year Two** of this program, students will be contacting you soon to set up a meeting time for their first visit with you this year. During this visit, students will practice taking a detailed "Medication History" and discuss with you some of the challenges of taking medicine on a regular basis and your strategies for adherence to a medication regime.

We hope that your upcoming student visits go well, and we hope that you will contact us if you have any questions about these visits or about the program in general.

Again, we are grateful for your time and for your dedication to improving the care for patients with chronic conditions and/or disabilities.

Sincerely,

Lauren Collins, MD



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**Some Information for Your
Upcoming Visits:**

**Module Visit #2: Due by December 2nd
For New Year 1 Health Mentors**

Students will take a comprehensive health history from their mentors. This health history will include questions important to all of the student disciplines. Medical records and lab tests are not necessary for the visit, but any information that you may have may be beneficial.

**Module Visit #6: Due by December 15th
For Returning Year 2 Health Mentors**

Students will obtain a list of medications taken by their Health Mentor, including all prescriptions, vitamins, supplements, over-the-counter medications and herbal remedies. They will discuss with the Health Mentor how and why they use the medication as well as ensure that they understand the risks and benefits of each medication. They will also discuss the Health Mentor's medication regimen and identify any challenges which may interfere with adherence.

Before meeting with your students, it may be a good idea to gather together your medications to show the students what you are taking!

Note: If you need to cancel a meeting at the last minute, please call Jillian Necky at 215-955-3757

**For
Your Health**

**Visit the
PhillyHealthInfo
website for
information
regarding health
and resources in
your local area!**

www.phillyhealthinfo.org

Student Perspectives

By: Kanani Titchen

Jefferson nursing student Nikolas Kostenko admits television shows convinced him that doctors are “impersonal” and “business-like”, at best. Sadly, these perceptions were only confirmed by his experiences working in a hospital. “The physician brushed off the patient’s questions and left the nurse to deal with the drama for 20 minutes afterward,” Kostenko relates.

Jefferson pharmacy student Umsa Uppal agreed. “Even the med students say they’re ‘too busy’ and leave everything to the nursing, pharm, PT, and OT students.”

Jefferson Medical School student Amanda Swank countered that nurses appear “bitter” much of the time, “probably because they’re overworked and tired.”

And pharmacists? What role do they play?

“Um, they provide drugs for us,” stated one nursing student.

“Before this (Jefferson Mentors) program, I didn’t know that pharmacists are doctors, too,” confessed a med student.

It is clear that tensions abound among health care professionals. Physicians face increased patient loads and mountains of paperwork for each procedure. Nurses face long shifts and are often left to deal with the emotional needs of patients. Pharmacists wade through myriad insurance plans and exclusions. With so many challenges inherent to our healthcare system, how can healthcare professionals avoid the added stress of interpersonal conflict and work together as a team?

Uppal, Kostenko, and Swank agree that the Jeff Mentors program will give them each insight into what other healthcare students go through.

Says Kostenko, “If (Jefferson) keeps this up and people take this program seriously – and if other teaching hospitals do this – I think it’ll have a positive impact on patient care.”

Welcome!

The Health Mentors Program would like to acknowledge our partners in Health Mentor recruitment.

**Cathedral Village
The Hill at
Whitemarsh
The Stiffel Center
Philadelphia Senior
Center
Liberty Resources
Kate’s Place
Magee
Rehabilitation
Center
Jefferson Physician
Practices
and...family and
friends!**

Have you thought about Prescription Assistance Programs??

by Madhuri Saligrama

When it comes to money, these days we're all feeling the crunch. It's especially hard to spend sometimes hundreds of dollars on prescription medications each month. Yet, we absolutely need these drugs to help manage chronic and potentially debilitating conditions. According to the *National Council on Patient Information and Education*, older adults and those suffering with chronic conditions that require multiple medications face the greatest economic burden. These patients will sometimes take less of their medication, or wait to refill, due to concerns about cost. In an effort to help patients obtain the meds they need, Prescription Assistance Programs have been established, mostly by pharmaceutical companies. Generally, to be eligible, a patient must have:

- 1) **Limited or no prescription drug coverage from public or private sources**
- 2) **A demonstrated financial need based on income and assets**
- 3) **Proof of U.S. residence or citizenship**

Usually, a doctor and patient must complete an application form, and if approved, a prescription will be sent to the doctor's office or pharmacy for the patient to pick up. Most pharmaceutical companies offer such programs, and they can prove to be a life-saving resource!! **If you think you may qualify, please talk to your doctor or call any of the following organizations! DON'T WAIT!!**

Partnership for Prescription Assistance 888-477-2669 (888-4PPA-NOW)

www.pparx.org

Offers a single point of access to more than 475 public and private assistance programs, including more than 180 programs offered by pharmaceutical companies.

TogetherRx Access 800-250-2839

www.TogetherRxAccess.com

Provides a free prescription savings card for eligible individuals, and provides access to more than 300 brand-name prescription and generic products.

NeedyMeds

www.NeedyMeds.com

This web site includes a wide range of information about services such as Discount Drug Cards, Medicaid websites, Federal Poverty Guidelines and other useful information.

Sources: *National Council on Patient Information and Education*, [www.talkaboutrx.org], [www.mustforseniors.org]

**Thank you to
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