

Health Mentors Newsletter

VOLUME 4 - ISSUE 1

DECEMBER 2010

Our Participants:

226
Number of
volunteer
Health
Mentors
participating
this year

1192
Number of
Students,
from 6
different
disciplines,
participating

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Health Mentor L. Voluntad with student team at a Health Mentors Reception

Dear Health Mentors,

We cannot thank you enough for your participation in the Health Mentors Program! This year has been a bigger success than ever before— just check out the numbers in the left column! Because of your donated time and energy, Thomas Jefferson

University is able to foster a special kind of person centered, interprofessional training that will

shape the health professionals of tomorrow.

For Year 1 students, meeting our Health Mentor was an exciting introduction to the program. Module One included taking a full health history that ranged from social questions to a list of medications. Students across the health disciplines worked together to ask and record responses.

Module 3, undertaken by Year 2 students, also required team cooperation. Visiting our Health Mentors' homes and evaluating the level of safety within was truly an enriching experience. We hope we provided you with a few helpful hints to ensure you and your loved ones are safe.

All in all, Fall 2010 of the Health Mentors Program succeeded in helping student health teams to develop skills in communication, cooperation, and conflict resolution. This is all thanks to you, our wonderful Health Mentors!

Your next meetings with students will occur in Spring 2011. Until then, we wish you a safe and joyful holiday season.

Regards,

L. Brass, Nursing Student

B. Kozitzky, Physical Therapy Student

Health Mentors Speak Out

S. Greenberg, Occupational Therapy Student

P. Bloch, Medical Student



Health Mentor L. Williams with student.

As students, we are always eager to hear back from our Health Mentors. This year, we asked several mentors to explain how they got involved with the program and to describe their experience. Here is what they said:

G.P.: "I have also been involved with speaking in medical student's lectures once every October. This opportunity and Health Mentors was recommended to me from my primary care physician... Thomas Jefferson has done so much for me, I want[ed] to give back...It's fun! The students are very engaging and they ask many good questions."

S.F.: "I saw a notice for the program at my doctor's office, and I said to myself, 'Gee, this looks interesting.' When I asked my doctor about it, he said I would enjoy it, and sure enough, I did... My goal is to allow for the exchange of views between myself, who has had a very personal medical

experience, and between people who are just starting theirs. I had hoped to give the students some insight, and they seemed to really get it."

Student Reflections

J. Stankiewicz, Medical Student

I long for the times when providers visited the households of patients—such a meaningful way of providing health care. This fall, Year Two students had the opportunity to partake in a similar, yet slightly modified "house call."

A fellow classmate commented: "By welcoming us into his home, our health mentor afforded our team a chance to understand him on a deeper level, a luxury I do not anticipate experiencing too often in my career as a health care provider."

In addition to becoming more connected with the lives of patients, this opportunity has allowed the students to work together. The chance to work with you, our Health Mentors, and students from other disciplines has allowed each of us to better understand the role of each team member, including the patient.

Perhaps I will never make a house call as a health care provider, but you, our Health Mentors, have left an impression. You have challenged me to think of every future patient as much more than the symptoms that he or she has. Thank you for providing this great learning opportunity and opening your lives and your homes to us!

Winter Safety Tips

A. Cushing
B. Kozitzky
M. Whitley
Physical Therapy Students

After last year's snow storms, it is important to prepare for the winter days of 2011.

Below are some tips that can help you stay safe!

Get vaccinated!

Talk to your health care provider about getting the flu vaccine and stay in touch with your doctors even in the bad weather months.



Photo: Lance McCord, flickr.com

Remember your feet!

Always wear shoes or boots that keep your feet warm and dry. Make sure they have grips to prevent falls on slippery ice! Check your feet often for cuts, bruises, or any changes, especially after spending time outside. When you go indoors, take off your shoes and be careful not to slip on snow tracked inside.

Attempt to stay active!

Exercise on a regular basis to help with endurance and to increase balance. Walk around your house a few times or walk up and down the stairs to get your heart rate up. To work on balance, stand at your kitchen counter on one foot for as long as you can, then try it on the other. Get creative!

Maintain a clean and clutter-free environment!

Move throw rugs, lose wires, and unneeded furniture to create an open and safe space for walking around your house.

Lights out!

Keep a flashlight and back up batteries on your nightstand in case of a power outage due to bad weather. Remember to have night-lights throughout your house to help light up hallways at night. Consider buying battery-operated night-lights which can be set to turn on by themselves these are sure to come in handy!

Hydrate!

Too often in the winter we forget how much our body needs fluids. Don't let the icy air deceive you...drink 8-10 glasses of water a day!

Ask for help and be safe about snow!

Ask someone to shovel your snow to decrease the chance of falling or accidents. If you shovel snow on your own Remember to bend at the knees and use your legs to lift. Never hesitate to ASK for help.

Local Resources:

Winter Weather: Stay Safe and Healthy:

Website:

<http://www.bt.cdc.gov/disasters/winter/staysafe/>
 Phone: 1- 800-232-4636

Tips for Weathering the Winter:

Website:

<http://www.epa.gov/Region3/winter/#more>

Philadelphia Corporation for the Aging:

Website:

<http://www.pcacares.org>
 Phone: 215-765-9040

Upcoming Spring 2011 Modules

L. Collins, MD

Year One Spring Module #2 **Wellness Plan**

For this module, students will come prepared to ask you questions about wellness, in areas ranging from physical health to intellectual wellness to spirituality. With your input, your team will develop a personalized Wellness Plan. This meeting on campus will be scheduled between March 7th and April 4th by a staff member and Health Mentors.



Health Mentor S. Frischling with students

Year Two Spring Module #4 **Medication Assessment and Medical Error**

For this module, students will focus on your medications, including prescriptions, herbals and over the counter supplements. Students will learn about your view on the medications you take and will ask about any personal experiences with medication/medical errors. As a team, you will discuss what may have led to the error. Then you will problem solve ways to avoid these types of errors in the future. This meeting will be scheduled between February 1st and March 13th by the student team liaison and Health Mentors.

Student Newsletter Team

Paul Bloch, Medicine; Lisa Brass, Nursing; Anna Cushing, Physical Therapy;
Crystal Edwards, Nursing; Sheri Greenberg, Occupational Therapy;
Andi Frankenburger, Medicine; Brittany Kozitzky, Physical Therapy;
Nora Rahmani, Medicine; Jason Stankiewicz, Medicine; Marie Whitley, Physical Therapy

Questions, Comments or Health Mentors Referrals : Contact Sokha Koeuth by phone at 215-955-3757 or email at sokha.koeuth@jefferson.edu.

Please visit our web site: <http://jeffline.jefferson.edu/jcipe/hmp/>