

# Health Mentors Newsletter

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## Dear Health Mentors,

Thanks so much for your continued participation in the Health Mentors Program! Here's a little recap on what we did this spring...

Year One students enjoyed meeting again with their health mentors in the Spring. Students conducted wellness interviews to learn about their health mentors' perspectives on nutrition, physical activity and spirituality. Students also composed wellness plans to address their health mentors' medical conditions.

Year Two students participated in their final Spring module where they met with their mentors and discussed their full medication histories as well as personal experiences with medication and/or medical errors. Teams then completed an assignment to understand how medication and medical errors can happen and then developed an action plan to prevent future errors in healthcare.



Health Mentor Mr. Arenson with his team of students at a Health Mentors reception event.

Take care and have a great summer!

**L. Brass, Nursing Student & A. Frankenburger, Medical Student**

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## Stay Connected & Spread the Word!

Please continue to teach Jefferson students! Students enjoy learning from Health Mentors because they have the opportunity to hear real-life stories, and mentors get the benefit of knowing their experiences will change the way future health care professionals think and care for patients. The next Health Mentor meetings will be held this Fall 2011 and Spring 2012, and we hope you will stay involved.

In addition, we recruit Health Mentors all year long. If you know anyone who enjoys sharing their personal health experiences, please ask him/her to connect with us! We have a variety of Health Mentors from all different backgrounds who are at least 18 years of age and are living with chronic conditions or impairments (high blood pressure, asthma, arthritis, heart disease, multiple sclerosis, blindness etc.). **If you know someone who is interested in learning more about the Health Mentors Program, please have him/her contact Sokha Koeuth by phone at 215-955-3757 or by email at [sokha.koeuth@jefferson.edu](mailto:sokha.koeuth@jefferson.edu) or visit <http://jeffline.jefferson.edu/jcipe/hmp/>.**

## Student Reflections

By K. Mellinger, Physical Therapy Student

As another semester comes to an end, so does another successful module in the Health Mentor Program.

Being a first year student, this semester (and year as a whole) has been full of wonderful learning experiences and opportunities- specifically, being involved in the Health Mentor Program. After speaking with other students, we are in agreement that we have not only learned to appreciate how working on a team can improve a patients' plan of care, but we have also gained understanding through "unintentional" teachable moments from you.



Health Mentor Mr. Lanahan with his student team and a special poster they created in his honor.

After completing this year's modules, I have come to appreciate working on teams, especially in a health care environment. When working with others, in this case students in different health care disciplines, I have learned to rely on team members from other disciplines and have recognized how this can be a benefit to a patient. During these modules, I appreciated having team members help document important information while I was developing my own connection with our mentor. I was able to listen more carefully to my mentor instead of worrying about taking more notes.

As one student mentioned to me the key take home point of the Health Mentors Program is "taking the time to get to know your patient.". As healthcare students we need to always listen to our patient's concerns about symptoms but also take more time to find out about their lives, families and environments. I learned from my mentor and her past medical experiences that I must take the time to get to know my future patients in a holistic sense. Thank you for teaching us how to become better health care professionals and people in general. We look forward to seeing you in the fall!

### Student Newsletter Team

Paul Bloch, Medicine; Lisa Brass, Nursing; Crystal Edwards, Nursing;  
Andi Frankenburger, Medicine; Kristen Mellinger, Physical Therapy; Nora Rahmani, Medicine;  
Jason Stankiewicz, Medicine

# Safe Fun in the Sun

By L. Brass, Nursing Student & J. Stankiewicz, Medical Student



Photo: Paul.pro55, flickr.com

The pleasant weather of spring and summer is here! Check out the following tips to have fun in the sun and still keep safety in mind.

## Sunburn:

You've had it before where your skin gets red and blistered. To prevent sunburn, wear clothing that covers your skin. Use a sunscreen with SPF of 30 or more and try to look for "Waterproof" to keep it on even when you sweat or go in the pool.

Try to limit the time you spend outside, especially during the peak sun hours between 11AM and 2PM. Over-the-counter remedies like the leaves of the aloe plant can help soothe the sunburned skin until it can

heal on its own. During the healing process, avoid lying on the sunburn or wearing tight clothing that could irritate it.

## Heat stroke and Dehydration:

It's easy to become overheated when enjoying an outdoor activity like walking. Drink plenty of water and, if you feel dizzy, move to the shade or go indoors. You may feel that your heart is pounding or feel nauseous. If you experience any of these symptoms, tell someone nearby that you feel ill. Have that person call 911 right away if cold water and shade or air conditioning do not make



Photo: Fevi Yu, flickr.com

you feel better immediately.

## Poison Ivy:

People who enjoy gardening in the summer are most at risk for coming in contact with poison ivy. Poison ivy has leaves that are grouped in three (see below) and may develop up to a week after touching



Photo: Mikekieron, flickr.com

the plant. If you suspect you have been exposed, immediately wash your hands and remove and wash all clothing. The rash that develops may be treated with over-the-counter drugs. For cases that affect sensitive areas like the eye or face, contact your healthcare provider.

## Health Mentors Speak Out

By P. Bloch, Medical Student

As a student, I enjoyed the Health Mentors Program very much this year and I look forward to participating again next year. I was very curious as to how the Health Mentors have enjoyed themselves and whether they were also looking forward to next year. I interviewed several Health Mentors, and here is what they said:

**Health Mentor #1:** “Of course I enjoyed myself! I loved being with the young students and making a difference. As an old lady, I have a lot of insight into healthcare and how to improve it... There is no better way than to teach the emerging [professionals]. I feel they will be great [professionals] and I am honored to help out... I will come back to the program for as long as I can. I love every part of it!”

**Health Mentor #2:** “My friend told me about Health Mentors with so much excitement. I was worried I would not enjoy it as much [as she did], but I did! The students were so kind and everything was so lovely... I will be back next year.”

## Upcoming Fall Modules

By S. Koeuth, Program Coordinator

### Year One Module #1:

#### “Obtaining a Comprehensive Life and Health History”

For this module, students will come prepared to ask you questions about your life and health history. This topic will include past medical, family and social history about your daily routine, hobbies and values. This meeting will take place on Jefferson’s campus and will be scheduled for October by the Health Mentors program staff members.

### Year Two Module #3:

#### “Assessing Patient Safety”

For this module, students will focus on safety in the home. Students will have a safety checklist and will ask you questions about general safety in your home, including your kitchen, bed rooms, stairways, etc. This meeting can take place at your home, in a community space, on Jefferson’s campus or wherever is most comfortable for you. This meeting will be scheduled by your student team liaison in the month of October.



Mr. and Mrs. Ramnathsingh proudly pose at a Health Mentors event with their team.