



Handbook

Revised July, 2019

Location: UA College of Medicine, 3rd floor, enter through room 3204

Mailing: P.O. Box 245143

Tucson, Arizona 85724-5143

Phone: (520) 626-2351

Fax: (520) 626-2353

Table of Contents

| | |
|--|-----------|
| GENERAL INFORMATION | 1 |
| What is CUP?..... | 1 |
| What are the goals/objectives of CUP?..... | 1 |
| How did CUP start?..... | 1 |
| Why should I participate in CUP?..... | 1 |
| HOW TO PARTICIPATE IN CUP | 2 |
| Do I need to attend a training to participate in CUP?..... | 2 |
| Is there a cost to join CUP?..... | 2 |
| How do I dress for CUP activities?..... | 2 |
| How do I earn CUP hours?..... | 2 |
| What if CUP activities conflict with curricular activities?..... | 2 |
| What happens if I don't show up for a CUP event I have signed up for?..... | 3 |
| Can other activities count for CUP credit?..... | 3 |
| How can I find out how many CUP events I have participated in?..... | 3 |
| If I think there are problems with my CUP hours report, what should I do?..... | 3 |
| COMMUNICATION | 3 |
| PROFESSIONALISM | 3 |
| OPTIONAL ELECTIVE CREDIT | 3 |
| How do I earn CUP elective credit?..... | 3 |
| CUP 1 Credit..... | 4 |
| CUP 2 Credit..... | 4 |
| Distinction in Community Service Track..... | 4 |
| RURAL OR UNDERSERVED GRADUATION REQUIREMENT | 5 |
| CUP LEADERSHIP | 5 |
| Who runs CUP programs?..... | 5 |
| I'm interested in becoming a CUP student leader. How does that happen?..... | 5 |
| How are new CUP programs started?..... | 5 |
| Who are the CUP faculty and staff?..... | 6 |
| What does the staff at the CUP office do?..... | 6 |
| How is CUP funded?..... | 6 |
| What are the different CUP programs?..... | 6 |
| CLINICAL PROGRAMS | 7 |
| Asylum Clinic..... | 7 |
| Clinica Amistad..... | 7 |
| Health for the Homeless..... | 8 |
| MedCats at The Inn..... | 8 |
| MIND Clinic..... | 8 |
| Mobile Health Program..... | 9 |
| Refugee Clinic..... | 9 |
| SHINE – Students Helping In-Need Elderly..... | 9 |
| Shubitz Family Clinic..... | 10 |
| Sight Savers..... | 10 |
| St. Andrew's Clinic..... | 11 |
| Tot Shots Vaccine Clinic..... | 11 |
| Women's Clinic..... | 12 |
| NON-CLINICAL PROGRAMS | 12 |
| AMWA Outreach Program..... | 12 |
| Art Works..... | 13 |
| Care Connections..... | 13 |
| DEPO – Diabetes Education, Prevention, and Outreach..... | 13 |
| FARMacy..... | 14 |
| Food RX..... | 14 |
| HopeKids Arizona..... | 15 |
| JAWS Adaptive Athletics – Juniors Active in Wheelchair Sports..... | 15 |
| MedPride..... | 16 |
| Med Teach..... | 17 |
| MedVets..... | 17 |
| Nutritional Health Awareness..... | 17 |
| Pima Inmate Health Education..... | 18 |
| SHARE – Students Helping Arizona Register Everyone..... | 18 |
| Sister Jose Women's Center..... | 19 |
| STAT – Students Together Against Trafficking..... | 19 |
| Sun Smarts..... | 20 |
| Team Hoyt Arizona..... | 20 |
| TREE – Tucson Refugee Education and Empowerment..... | 21 |
| Tucson High/UA Mentorship Program..... | 21 |
| Walk with a Future Doc..... | 21 |
| Wishmakers at UACOM..... | 22 |

General Information

What is CUP?

CUP stands for **C**ommitment to **U**nderserved **P**eople, a co-curricular club of the UA College of Medicine - Tucson that is student-managed and student-directed. CUP is composed of a collection of programs that provide students with opportunities to work with medically underserved populations through the provision of clinical care, health education and mentoring.

What are the goals/objectives of CUP?

CUP is a service learning program that provides opportunities for medical students to provide community service, and to gain experiences working with patients in clinical and educational settings. Through this work, students learn the impact of socioeconomic status and cultural barriers on health and access to health care. Medical students experience the many key roles physicians play in the lives of their patients. CUP also provides opportunities to experience leadership through the development and operation of programs.

How did CUP start?

CUP began in 1979 when Dr. Steve Spencer joined the faculty of the Department of Family and Community Medicine. Dr. Spencer, who had experience working with underserved populations including on American Indian reservations, became a mentor for medical students who wanted their careers to include the care of the medically underserved. The students were particularly interested in being of service while still in medical school. Dr. Spencer assisted the students in developing the skills they would need to work with these medically underserved populations. With Dr. Spencer's support, these students began the program we now know as CUP. From this grassroots beginning with a small number of students meeting in faculty homes to discuss caring for the underserved, CUP has evolved into a larger, more comprehensive program.

Why should I participate in CUP?

You were most likely a volunteer before you came to medical school, and you can continue to volunteer throughout your medical education and later as a physician. You will gain early clinical experience, as well as have the chance to educate people about many aspects of health. You will help people who really need your help, and appreciate your time and efforts. You can gain experience in leadership, patient advocacy, referral processes, work with community agencies and work with a multi-disciplinary team. You can perform physical exams, interview patients, dispense medications, provide immunizations, develop teaching modules, teach in public schools and conduct teen discussion groups. Also, you may choose to earn elective credit through participation in CUP. You will meet physicians who volunteer as CUP attendings, who can be role models for you to learn to "give back" to society for giving you the opportunity to be a doctor.

How to Participate in CUP

Do I need to attend a training to participate in CUP?

Yes. CUP Clinical Skills Training is held once a year for students interested in participating in the clinical programs. Most of the non-clinical programs offer trainings for their particular programs, too. Watch for announcements on [MedCats](#) (the College of Medicine student network).

Is there a cost to join CUP?

Yes. CUP is an ASUA recognized club and we ask for a one-time club fee of \$20.00 to join. These dues help us pay for food and supplies for meetings, trainings and clinics. This also allows us to use our budgeted funds to pay for supplies needed to run the CUP programs.

How do I dress for CUP activities?

You are serving in a professional capacity when you work in CUP programs. Dress professionally unless instructed otherwise.

How do I earn CUP hours?

For the clinical programs you need to complete the CUP Clinical Skills hands-on training which is offered once per year. In addition, you will be required to complete the online Clinical Skills Teaching Module which is available for a short time just before the training is scheduled. You will earn 6 hours for this training which includes the time required to complete the online module. You also need to attend the training(s) offered for the specific programs you want to participate in. You can then sign up to participate in those CUP programs on MedCats. *(Be sure to check your schedule carefully to see if you are available.)*

CUP program participation hours are earned only if you successfully complete the trainings for the specific programs. For most of the CUP programs, you will earn participation time on an hour for hour basis. For example, students working at the Shubitz Family Clinic earn five (5) hours per clinic. Also, you earn CUP hours for attending the training sessions for CUP programs. CUP Program leaders also earn a **ONE**-time acknowledgement of 10 hours for each program they coordinate.

What if CUP activities conflict with curricular activities?

All CUP activities are voluntary and are not part of the required curriculum. If there is a conflict with scheduled curricular activities, such as required labs or small groups where your participation is expected, it is your responsibility as a medical student to attend the required activity. Therefore, it is important to check your schedules carefully before making a commitment to a specific CUP activity. CUP participation is not a valid excuse for missing a required activity.

What happens if I don't show up for a CUP event I have signed up for?

Students who cannot fulfill their commitment are expected to find a replacement. It's a matter of professionalism. You will be penalized the number of hours offered for the event if you don't find a replacement. Please notify the program leader that you have to cancel your commitment and ask for their help in making the correction on MedCats.

Can other activities count for CUP credit?

Occasionally special activities can count, but you **must** consult Dr. Carlos Gonzales **BEFORE** the activity or event. Past approved activities have included health fairs at community health centers, blood pressure checks in low income neighborhoods, and school physicals for low income kids.

How can I find out how many CUP events I have participated in?

The list of CUP events you have participated in and your hours can be viewed on MedCats by academic year. The CUP Program leaders will verify you have attended an event and the CUP Staff Coordinator will approve. At that point your hours will be officially entered. Please allow at least a month for the changes to be fully integrated.

If I think there are problems with my CUP hours report, what should I do?

Your first step will be to contact the CUP program leader to make sure they have entered the event and marked you as attended. If you need further assistance, please call 626-2351, or come by room 3204 and ask for the CUP Staff Coordinator.

Communication

Communication is the key to maintaining a good working relationship with our partner organizations. When student participation is suspended for any period of time (e.g. due to exams or a school break), please notify the partner organization several weeks beforehand with the exact dates of your absence.

Professionalism

Working with members of the community and with community partners means YOU are the face of the University of Arizona College of Medicine - Tucson. It is expected that all of your behaviors will be professional and consistent with our policies, including HIPAA, the Honor code and any other policies that may be applicable. Please wear your badge to all events. If it is not needed, you can always put it away.

Optional Elective Credit

How do I earn CUP elective credit?

CUP 1 is a separate volunteering experience from CUP 2. Medical students develop a different set of clinical and communication skills as they progress through our curriculum. The policy of **no** credit accrual over all 4 years has been set forth for all electives. University Policy does not allow accrual of any credit from the Pre-Clerkship years to be counted towards credit in the Post-Clerkship years.

CUP 1 Credit

This credit illustrates your interest in working with the underserved, is on your transcript as additional work, and allows you to enroll in CUP 2 without getting Dr. Gonzales' permission first. It's a minor reward for the service you provide and acknowledges this with 1-2 units of non-graduation credit at the end of the Pre-Clerkship years, (remember: CUP participation in the Pre-Clerkship time provides you with additional skills gained by participation in the assorted CUP programs). You can elect or not elect to enroll and get credit—some people just do CUP for fun. Per University policy, 45 hours = 1 credit, 90 hours = 2 credits. To get credit for CUP 1 upon completion of pre-requisite hours, a 3-5 page REFLECTIVE paper needs to be emailed to the CUP Program Director by February 15th of the year you complete the Pre-Clerkship experience. The reflective paper is required because CUP is a service-learning program—meaning you learn through the provision of service. You and the people you work with will both benefit. Part of doing service learning is reflecting on experiences that have happened in your service, and in this case it is service through CUP – hence the paper.

CUP 2 Credit

With the completion of your Clerkship year you possess very different clinical skills – you have been on the wards rotating through the clerkships and now have the capacity to help serve as a caregiver in our clinical programs as well as do any other CUP activities. A student who earns 45 volunteer hours during the Transition to Residency phase, will earn 1 elective credit. A student who earns 90 volunteer hours in the Transition to Residency Phase, will earn 2 credits. Since we monitor the hours earned, and since we communicate actively with Student Records, we know who is eligible for CUP 2 credit and we work together to make sure that students who need those 1-2 credits for graduation are doing enough work to gain it. Some people don't need the credit for graduation and they can elect to not complete the elective. You enroll in CUP 2 during the Transition to Residency Phase if you anticipate completing the pre-requisite hours for credit.

Distinction in Community Service Track

Distinction in Community Service which is noted on the transcript is only available to students who earn a MINIMUM of 90 volunteer hours/2 credits of both CUP 1 and CUP 2. They are also required to complete a 10 page, reflective and cited paper, **instead** of the 3-5 page paper. This paper can be double-spaced and double-sided. This paper should address some element of underserved care that they experienced through CUP. Paper topics must be approved by the CUP Program Director, so please email them with your ideas.

For the CUP 2 credit and for the Distinction citation (again we are monitoring to help ensure people will graduate), papers will need to be submitted by April 1st of the student's graduation year.

All papers for CUP credit and Distinction should be emailed directly to the CUP Program Director at their email address and cc'd to the CUP Staff Coordinator.

Rural or Underserved Graduation Requirement

You are required by the College of Medicine - Tucson to spend time working with a rural or underserved population to graduate from medical school. There are a few ways to accomplish this, and many people do this through participation in CUP:

- 1) Work in CUP programs earning 30 CUP hours (training hours may NOT be counted towards the 30 hours),
Or
- 2) Participation in the Rural Health Professions Program
Or
- 3) Do one of your Clerkship rotations in a rural or underserved site*
Or
- 4) Do a Post-Clerkship elective at a rural or underserved site*

*The sites that qualify as rural or urban underserved are San Xavier Clinic (Tucson), Banner – UMC South Campus, Banner – UMC Alvernon Clinic, El Rio Clinic, Marana Clinic, and any clerkship sites OUTSIDE the Phoenix and Tucson metro areas. For more specific questions, contact the CUP Program Director.

CUP Leadership

Who runs CUP programs?

The student leaders do! CUP is truly a student-developed, student-directed program. Student coordinators lead each CUP program. The responsibilities for many of these programs are shared by a number of students, particularly for programs that are complex in their operation.

I'm interested in becoming a CUP student leader. How does that happen?

Leadership changes every year. Each October the CUP leaders, who are nearing the end of their Pre-Clerkship time, recruit and train new leaders from the next class to take over the programs in January. If you are interested in a leadership role in one of the CUP programs, talk to the current leaders.

How are new CUP programs started?

New programs are developed by students and are based on their desire to work with a particular population, but must be approved by the CUP Program Director. Ideas should be emailed to the CUP Program Director and they will respond with a set of required questions that need to be answered. The students will then meet with the CUP Program Director before they officially approve the new program. At that time the CUP Staff Coordinator will send the students the format for information required for the

CUP Handbook. Faculty and staff can help provide assistance in identifying opportunities, such as linkages to community agencies or leaders, and technical advice about program logistics, eligibility and feasibility as CUP has a limited budget.

Who are the CUP faculty and staff?

Carlos Gonzales, MD, CUP Program Director

Assistant Dean for Curricular Affairs, and Associate Professor of Family and Community Medicine, Room 3212, Phone: 626-0500, elprofcg@email.arizona.edu

Patricia Lebensohn, MD, CUP Medical Director

Assistant Dean, Student Affairs; Professor, Family & Community Medicine
Phone: 626-9390, plebenso@email.arizona.edu

Hildi Williams, CUP Staff Coordinator

Program Coordinator, Sr., Room 3213, Phone: 626-3691. hildi@email.arizona.edu

Our FAX number is 626-2353. Come by our offices anytime to discuss CUP or just to visit!

What does the staff at the CUP office do?

The College of Medicine - Tucson, through the CUP administrative staff, provides technical, educational and programmatic support for all the programs including administrative ordering supplies, keeping track of CUP hours, receiving faxes from laboratories and referral physicians, printing materials and providing support in curricular development. You can always call or come by one of our offices to ask questions, get advice, or talk over a problem.

How is CUP funded?

CUP is part of the office of Curricular Affairs. It is funded in kind by the College of Medicine - Tucson for administrative expenses and we have a small operating budget. Many supplies are donated, and the physician faculty who work in CUP programs volunteer their time. The \$20.00 club fee helps us to buy food for trainings and to reimburse students for CUP expenses. In addition, we have received generous donations from time to time which have allowed us to purchase much needed medical equipment and teaching supplies. The CUP staff members are always interested in any linkages to free supplies, should you know of these.

What are the different CUP programs?

The CUP programs are grouped into two categories: **Clinical** and **Non-Clinical**. Descriptions of each program follow, as well as the specifics about the logistics for each program. For full list of leaders check out ["CUP Program Policies"](#) on the [CUP page](#) on the College of Medicine - Tucson website.

Clinical Programs

Asylum Clinic

General Description: Started in 2003, medical students help volunteer physicians conduct asylum examinations for people seeking political asylum status in the U.S.

Objectives:

- demonstrate an understanding of the role of the asylum examination in the legal process of asylum seekers
- discuss the clinical and psychological sequelae of people who have experienced torture

Population: Patients of Shubitz Family Clinic whose political asylum hearing is upcoming. Many of these patients have experienced physical and mental torture in their countries of origin.

Students' Roles: After attending training, a student assists the physician and takes notes to be compiled in the summary affidavit for the Court.

When: The schedule is determined by the Asylum Clinic coordinator in conjunction with the Asylum Program of Southern Arizona. Each experience usually takes place on one weekday evening.

Where: Shubitz Family Clinic site.

Clinica Amistad

General Description: CUP involvement in Clinica Amistad began in 2015. Clinica Amistad is a free, non-profit health clinic in South Tucson that opened in 2003. The clinic's mission is to provide free, quality primary and integrative health care to our patients, who are typically working, low income families and seniors who are underinsured or without health insurance. Without Clinica Amistad, most of our patients would be unable to obtain the necessary diagnostic laboratory tests and medications required to ensure their good health.

Objectives:

- Develop the understanding and competence required to serve the unique medical needs of the culturally diverse patient population of South Tucson.
- Encourage students to apply these skills to other COM clinical programs locally and abroad so as to better serve these programs and our patients.

Students' Roles: Support the clinic in its administrative and medical capacities. Volunteer duties include taking patient vital signs; serving as a medical interpreter to primary care providers; managing patient appointments; managing patient medications; and assisting in diagnostic tests such as spirometry, ECG, fecal occult blood test and urinalysis.

When: The schedule is determined by the Clinica Amistad volunteer coordinator.

Clinics are held on Wednesday and Thursday nights, with setup starting at 5:00pm and clinical services lasting until as late as 10:00pm.

Where: Clinica Amistad is held at the Women, Infants & Children's (WIC) social services center, 1631 S. 10th Avenue, 85713.

Other Specifics: We serve about 40 patients each evening. Our volunteer staff includes health professional graduate students, undergraduate students, MDs, PAs, NPs, RNs, PTs, practitioners of acupuncture, massage therapists, Reiki Therapists and psychological and nutritional counselors.

Health for the Homeless

General Description: Health for the Homeless allows for medical students to volunteer at an established clinic run by Tom Hill in downtown Tucson. This CUP program will provide students with a unique opportunity to understand the limitations the homeless population encounters in accessing and receiving healthcare.

Objectives: To practice clinical skills in history taking, physical exam techniques, and basic, acute first aid care, and become knowledgeable about the challenges the homeless population faces in receiving and establishing healthcare.

Population: Tucson Homeless Population

Students' Roles: Volunteering and Triageing patients

When: For dates, check MedCats.

Where: 288 N. Church Avenue, Tucson, AZ 85701.

Other specifics: UACOM red or white polo, Please bring stethoscope and student ID.

MedCats at The Inn

General Description: Provide basic health care services to asylum seekers at The Inn, a program at The First United Methodist Church.

Objectives: To provide triage services to incoming asylum seekers at The Inn.

Population: Incoming asylum seekers with families following their detention period.

Students' Roles: MS1/2s will work with MS3/4s under the supervision of an attending physician to triage asylum seekers. If necessary, student will perform basic first aid services or refer the patient to one of the CUP clinics or ED as needed.

When: For dates, check MedCats.

Where: The First United Methodist Church, 915 4th St., Tucson, AZ 85719.

Other specifics: Professional attire, closed toe shoes, stethoscope, penlight, and medical ID badge.

MIND Clinic

General Description: A mental health clinic where students and psychiatrist team up to treat underserved patients w/psychiatric needs.

Objectives: To treat the untreated psychiatric needs of the underserved people of Tucson and give medical students experience with treating mental health illnesses.

Population: The underserved patients of Tucson with psychiatric treatment needs.

Students' Roles: To assist the psychiatrist with patient care. One MS 1/2 and MS 3/4 will partner with a psychiatrist per patient, and each student will have a role appropriate for their current level of medical training.

When/Where: MIND Clinic will be held at 1450 North Cherry Avenue, the same location as Shubitz Clinic and Women's Clinic.

Other specifics: See MedCats for dress recommendations, business casual.

Mobile Health Program

General Description: Students work with the Department of Family and Community Medicine's mobile van, staffed by nurse practitioners and family physicians, providing prenatal and general health care at sites around underserved regions of Tucson and at Health Fairs. CUP became involved with Mobile Health Program in 1997.

Objectives:

- compare mobile clinic services/care with stationary clinic services/care
- explain the value in providing mobile care services

Population: Residents of the Tucson neighborhoods in the vicinity of Summit View Elementary School, St. John's Catholic Church & School, New Life Resource Center, and Hope Methodist Church.

Students' Roles: Supervised by a Nurse Practitioner and physicians, students assist with patient interview and physical exam, give immunizations, provide oral health screenings and fluoride varnish applications for children, provide patient education at the prenatal clinics, and shadow/assist residents at prenatal appointments.

When/Where: For dates and location, check MedCats. Certain positions will be open to Spanish-speakers or those who have completed oral health training only.

Other specifics: Dress professionally. Bring your stethoscope.

Refugee Clinic

General Description: The Refugee Clinic aims to provide high quality care to refugees in the Tucson area. The clinic understands that refugees, especially those who are still learning English, have specific needs that are oftentimes not adequately met. The clinic aims to provide them with high quality care, as well as teach medical students about the challenges and rewards of that given population.

Objectives: To serve the refugee community in Tucson; to learn about their specific needs; to learn about the challenges and rewards that come with working with that community, including how to use translational services.

Population: Refugees from around the world living in Tucson

Students' Roles: To assist Family Medicine physicians by interviewing patients and reporting back to the residents; to learn from the residents with regards to providing patients with a high standard of care

When: For dates, check MedCats.

Where: Banner UMC-South Campus, Abrams Family Medicine Clinic – 3950 S. Country Club Rd, Suite 130

Other specifics: See MedCats for dress recommendations.

SHINE – Students Helping In-Need Elderly

General Description: Medical students work in an inter-professional team to gain experience working with the elderly.

Objectives: To provide authentic resident-centered inter-professional geriatric education and training within the St. Luke's Home practice setting, resulting in enhanced St. Luke's Home Elder health and well-being, and future providers who are collaboration-ready and better prepared to care for older adults.

Population: Elderly residents at care facility.

Students' Roles: Participate as part of an inter-professional healthcare team covering various healthcare topics and regular social events to provide engagement between Elders, students, and care partners.

When: Clinics are held monthly from September through April, typically the morning of the 2nd Saturday of the month. Social event dates and times vary, but typically at least 2 per year in the evening. See MedCats for more information.

Where: St. Luke's Home 615 E Adams St, Tucson, AZ.

Other specifics: See MedCats for dress recommendations.

Shubitz Family Clinic

General Description: Under the supervision of a volunteer attending physician, students coordinate and provide culturally appropriate preventive and primary care, referrals and diagnostic tests to patients who have no other source of healthcare. This clinic named for the late Amy Shubitz, a social worker who helped refugees, was started in 1991.

Objectives:

- manage the operation of a clinic
- demonstrate history and physical examination skills in caring for patients
- discuss ways to save patient costs when prescribing medications
- explain the role of free clinics in caring for the underserved

Population: New and established patients are referred to a message phone to make their appointments to be seen in the Shubitz Family Clinic and for follow-up on lab results and referrals.

Students' Roles: Supervised by volunteer attending physicians, 1st and 2nd year students provide patient intake, perform blood draws and give immunizations, manage the clinic in general, provide care and act as language interpreters. 3rd and 4th year student "*Caregivers*" are paired with 1st and 2nd year students who see the patients and provide medical care. Leaders serve as "student in charge", "float", vaccines and lab coordinators, referral coordinator and translators.

When: The clinic is held on most Tuesday evenings throughout the year. All staff and students conduct general rounds on the scheduled patients at 6:00 p.m. Patient appointments start at 6:30 and clinic usually ends between 9 and 10 p.m.

Where: Clinic takes place at the CUP Clinics trailer just north of the Abrams Bldg., 1450 N. Cherry. Enter the trailer closest to Cherry on the north side of the building.

Other specifics: Dress professionally, wear closed-toe shoes, bring your stethoscope, and your name tag.

Sight Savers

General Description: Since 2002, glaucoma screening is done by under the supervision of an ophthalmologist.

Objectives:

- demonstrate ocular examination skills, including glaucoma screening
- employ effective health education strategies and communication skills

Population: Uninsured and underinsured patients.

Students' Roles: After completing the training, students perform eye exams for glaucoma.

When: For dates, check MedCats.

Where: St. Elizabeth of Hungary Clinic, 140 W. Speedway; UA South Campus

Other specifics: Dress professionally. Bring your stethoscope.

St. Andrew's Clinic

General Description: Hosted on the first Thursday of every month at St. Andrew's Episcopal Church in Nogales, AZ, St. Andrew's Children's Clinic provides free, specialized care for indigent children from northern Mexico with a variety of congenital abnormalities. It has grown from its start as orthopedic clinic in 1973 to facilitating approximately 150 visits per clinic in over a dozen specialties.

Population: St. Andrew's serves pediatric patients from northern Mexico, the majority of whom travel for hours by bus or car with their families and receive special visas to cross the border for the day for their appointments. The clinic's existence is enabled by the long-standing cooperation between the U.S. and Mexican governments and the U.S. Border Security, but it is the hard work and compassion of physicians, nurses, therapists, and other volunteers from both sides of the border that truly keep the clinic going.

Students' Roles: Medical students will have the opportunity to work alongside physicians, practice their history and physical exam skills, and experience a truly unique form of medicine and health care delivery. Both Spanish-speaking and non-Spanish-speaking students of all years are welcome and encouraged to sign up (translators will be available for those who need them)!

When: St. Andrew's takes place on the first Thursday of every month except in July. Transportation is organized by UACOM. The van leaves at approximately 7:15am and returns to campus shortly before 1pm (just in time for Thursday Societies).

Where: St. Andrew's Episcopal Church, 969 W. Country Club Dr., Nogales, AZ, 85621 (located 70 miles south of Tucson).

Other specifics: Dress professionally. Bring your stethoscope, and wear closed-toe shoes.

Tot Shots Vaccine Clinic

General description: Medical students help provide immunizations to underserved populations across low income regions of Tucson.

Objectives:

- demonstrate use and requirements of the federal Vaccines for Children program as it applies to children in disadvantaged families
- demonstrate effective techniques in administering vaccines to children

Population: Low income children of Tucson.

Students' Roles: Students immunize children supervised by family medicine doctors, pediatricians, and pediatric residents.

When: For dates and times, check MedCats.

Where: Shubitz Clinic location.

Other specifics: Wear closed-toe shoes and dress professionally. Bring your stethoscope. **Arrive on time.** You must stay for the duration of the clinic.

Women's Clinic

General Description: In collaboration with Emerge! Center for Domestic Violence, medical students provide care to women and children who are shelter residents. Our collaboration began in 1996.

Objectives:

- discuss challenges faced by women and children who have experienced domestic violence
- provide culturally appropriate care to women and children

Population: Women and children escaping abuse stay at the Emerge! shelters for varying lengths of time.

Students' Roles: Supervised by attending physicians, students perform patient interview and physical exam, perform blood draws and give immunizations, and provide common medications and some simple diagnostic tests.

When: The Women's Clinic is held three Wednesdays of the month with the exception of exam weeks. The clinics run from 6 to 9 p.m.

Where: Shubitz clinic location.

Other specifics: Dress professionally. Bring a stethoscope.

Non-Clinical Programs

AMWA Outreach Program

General Description: AMWA outreach holds preventive health events focused on women and children. This includes monthly presentative health workshops at Emerge! Center Against Domestic Abuse sites. Preventive health workshops provide education regarding stress management, diet & nutrition, healthcare access, women's & sexual health, and infant & child health.

Objectives: To provide preventive health information for women in the Tucson community who are underserved or who cannot access this information due to circumstances such as domestic abuse. To provide management support to women so that they can maintain their general and sexual health and the health of their families. To provide information on community resources that are available to women of the Tucson community for health and healthcare related needs..

Population: Women, men and children who receive housing, prevention, education, support, and advocacy services from Emerge! Center Against Domestic Abuse.

Students' Roles: Student will be leading a workshop that may include a short presentation, discussion, or other relevant exercises that pertain to the workshop's preventive health topics.

When: For dates, check MedCats. The workshops will happen once a month.

Where: The workshops will take place at one of several Emerge! Shelters, transitional housing sites, or community based sites in Tucson. The workshop will be held at a different site each month. The address of that month's site will be provided to the students who sign up prior to the event date.

Other specifics: See MedCats for dress recommendations.

Art Works

General Description: The medical students became involved with this art therapy program for developmentally disabled adults in 2004.

Objectives:

- practice communication skills needed when working with developmentally disabled adults
- demonstrate comfort and understanding when working with people with developmental disabilities

Population: The adults are clients of the Art Works program of the Department of Family and Community Medicine.

Student Roles: The student is paired with a client and the main goal is to work with the client and participate in the art or music.

When: Usually during lunch hour; decided in conjunction with Art Work's director after the formal training.

Where: The colorful Art Works building at 1503 E. Helen St.

Other specifics: Casual attire.

Care Connections

General Description: Care Connections works to connect underserved clients to social resources around Tucson in order to improve their quality of life through sustainability.

Objectives: Help achieve a sustainable life-style and address social determinants of health.

Students' Roles: Assist underserved clients/families address social barriers to health (affordable housing, child-care services, food stamps, clothing etc). Promote relationships with community partners (after school programs, employment, housing groups, food banks, etc) to connect clients to local accessible resources. Create and discuss personalized action plans with clients, follow up weekly on progress, and address hurdles in their processes.

When: For dates, check MedCats.

Where: Banner University Medical Center

Other Specifics: Will recruit undergraduate pre-med students to assist.

DEPO – Diabetes Education, Prevention, and Outreach

General Description: Medical students will be involved in classes provided by the Diabetes Prevention and Education Center (DPEC) including but not limited to Ask a Pharmacist, Diabetes 101, Cooking Demonstrations, etc. In doing so, underserved individuals in the community will be given the opportunity to receive greater knowledge with regards to self-management/prevention diabetes and overall health maintenance free of charge. Medical students will also help in outreach to the community to enhance knowledge with regards to the educational opportunities available through the DPEC. This center is run at the Abrams Public Health Center at the University of Arizona Medical Center-South Campus.

Objectives:

- To provide self-management support to the community with regards to diabetes care as well as other factors relating to overall

health (such as a health eat, exercise, and knowledge regarding patient's medications)

- To provide outreach to underserved individuals in need in order to educate them regarding the educational opportunities provided by the DPEC free of charge
- To enhance education provided regarding diabetes and overall health practices to underserved populations

Population: Patients and the individuals in need of education regarding diabetes care/prevention as well as overall health practices

When: The schedule will be determined by the DEPO student leaders. Each experience usually takes place in a single afternoon/evening on a weekday.

Where: DEPO is located at the University of Arizona Medical Center-South Campus at the Abrams Public Health Center (3950 S Country Club Suite 140, Tucson, AZ 85714). Look on MedCats for information regarding location/time of specific events.

Other Specifics: Dress professionally.

FARMacy

General Description: Medical students coordinate the enrollment of the families enrolled in a program aimed at reconnecting youth to a health food system, teaches them how to grow and prepare fresh food, and empowers them to make healthy life choices.

Objectives: To connect adolescent patients seen at El Rio with a high risk for developing nutrition related diseases to the Tucson Village Farm (TVF) where they will receive hands on farm-to-table nutrition education on how to incorporate health food into their diets.

Population: Underserved adolescents at high risk for developing nutrition related diseases.

Students' Roles: MS1/MS2 students will participate as described above.

When: For dates, check MedCats.

Where: Tucson Village Farm, 4210 N. Campbell Avenue, Tucson, AZ 85719

Other specifics: See MedCats for dress recommendations.

Food RX

General Description: This program works with the Community Food Bank to help medical students better understand the workings of the food bank and connect with the health disparities such as food insecurity that some patients live with. Students will sign up for shifts to help assemble food boxes on Saturday and have the freedom to pursue other volunteer positions within the food bank as they are able.

Objectives:

- Connect students with community resources that patients might use
- Improve student appreciation for health disparities in our community
- Assist the food bank by helping to assemble food boxes for community members.

Students' Roles: Assist with food box assembly and other volunteer roles at the food bank as students choose. Students may sign up for shifts as they are able or make longer term commitments to the food bank if they choose.

When: Saturday mornings for at least 3 hours, as well as flexible hours based on student availability and level of commitment.

Where: Community Food Bank, [3003 S. Country Club Road](#)

Other specifics:

- Students will need to fill out a one-time volunteer application with the Food Bank so that they can volunteer. (link: www.communityfoodbank.org/volunteer)
- Students will give at least three days' notice to come in on Saturday to help in the pantry and with food box assembly.
- Students may volunteer in any department they wish providing they meet the requirements and are able to maintain their commitment to the food bank.
- Students can request their hours via email from the food bank.
- Students will report their hours to Food Rx/CUP leadership at the end of each month, and will be responsible for adding their hours to the google doc and forwarding their email from the food bank to club leadership for confirmation.

HopeKids Arizona

General Description: The mission of HopeKids Arizona is to restore hope and transform the lives of children with life-threatening medical conditions, their families and the communities in which we serve. HopeKids provides ongoing events, activities and a powerful, unique support community for families who have a child with cancer or some other life-threatening medical condition [all free of cost to the families]. We surround these remarkable children and their families with the message that hope can be a powerful medicine.

Objectives: The objectives of volunteering for HopeKids is to help their Tucson chapter, as they are often short on volunteers to help run their events. Students will add value to the organization as because the events are free to these families in need, they cannot run without the help of volunteers. Additionally medical student volunteers can become important role models to local children with life-threatening illnesses. The students will benefit too, with the opportunity to work with such a special population outside of the hospital and gain better insight on how a diagnosis of life-threatening illness affects a family.

Population: Children with life-threatening illnesses and their families.

Student' Roles: Aid in running events, interacting with children, and helping where needed.

When: Check MedCats for dates

Where: Various locations

JAWS Adaptive Athletics – Juniors Active in Wheelchair Sports

General Description: The goal of JAWS (Juniors Active in Wheelchair Sports) is to involve children with disabilities in competitive and recreational sports thereby improving self-esteem and ultimately promoting social interaction and healthy lifestyles. The medical students instruct disabled children in a variety of wheelchair sports including basketball, rugby, swimming, track and baseball. Through interaction medical students gain insight into the strengths of and challenges faced by children with disabilities, in addition to positively impacting these children's lives.

Objectives:

- employ adaptive athletic skills and techniques
- develop communication skills for use with children

Population: Children with physical disabilities that confine them to wheelchairs.

Students' Roles: Students play games with children.

When: Saturdays at 10:00 am – 12 noon.

Where: Northwest Neighborhood Center, 2160 N, 6th Avenue, just south of Grant Road.

Other specifics: Sign-up on MedCats. Athletic attire.

MedCat Companions

General Description: Academic literature and first-hand experiences have shown hospitalization to be a source of isolation and loneliness for patients. Medical students are well-suited to provide companionship and engagement with patients to combat feelings of loneliness, improve patient satisfaction, and foster healthcare team-patient relationships. Student coordinators will identify consenting patients interested in having a medical student visit them during their stay in the hospital.

Objectives: The purpose of the program is to decrease hospital patients' loneliness, to improve hospital patient satisfaction, and to connect future physicians and patients beyond medicine.

Population: Hospital patients may lack access to emotional support for various reasons; for example, some patients do not have family and friends in the local area who can visit often; some patients' family members and friends need help watching over their loved ones while they go eat at the cafeteria; many patients do not have the mobility to seek company. In addition to caregiver limitations, hospital staffing is increasingly restricted due to economic and administrative constraints, often leaving patients with inadequate emotional and social support. Given these constrictions, hospitalized patients present a uniquely underserved population within the UACOM community.

Students' Roles: Medical student volunteers will sign up for shifts on Medcats and provide hospital patients companionship by offering to talk and be present with them sometime during their stay. Students will not provide medical advice during the visit.

When: The schedule will be determined by student coordinators and based on patient request.

Where: Banner UMC (MedCats will include Department specifics.)

Other Specifics: Please dress professionally.

MedPride

General Description: A student organization serving the LGBTQ+ community.

Objectives: Promote the health and wellness of the LGBTQ+ community through education and advocacy.

Population: LGBTQ+

Students' Roles: Volunteer, Ally, Community Member

When: For dates, check MedCats.

Where: Various local organizations like the Southern Arizona AIDS Foundation (SAAF).

Other specifics: See MedCats for dress recommendations.

Med Teach

General Description: Medical students teach anatomy and physiology of the heart and eye in the middle and high schools of disadvantaged school systems, through dissection of sheep hearts and eyes. The medical students also serve as role models for this population. Med Teach greatly enhances the science class experience, through hands-on activities.

Objectives:

- demonstrate gross dissection techniques
- display effective teaching techniques about heart health, heart disease, eye function and eye disease
- perform effective communication with teens
- exhibit knowledge of and foster interest in various health careers

Population: Programs are offered in disadvantaged schools in Tucson and Southern Arizona.

Students' Roles: Students teach the middle/high school students how to dissect sheep hearts and eyes, identify anatomical parts, and discuss their functions. They also encourage students to consider a career in healthcare.

When: The schedule is determined by the Med Teach student leader. Each experience usually takes place in a single morning or afternoon on a weekday, but occasionally there are day trip opportunities.

Where: Look for location information on MedCats.

Other specifics: Dress professionally. Pick up of supplies for the class must be coordinated through Hildi Williams on the 3rd floor, enter thru room 3204. Must attend training prior to signing up.

MedVets

General Description: Medical students work with blind veterans through social activities, tours of the facility and learn techniques to assist visually impaired veterans during community retreats such as visiting the Arizona-Sonora Desert Museum or fishing in local lakes.

Objectives: To strengthen community outreach relations with SWBRC and help underprivileged veterans overcome visual impairment disadvantages.

Population: Visual impaired veterans at SWBRC.

Students' Roles: Students will conduct tours of the facility, learn techniques to assist visually impaired veterans during community retreats (desert museum, fishing, etc.), and become acquainted with residents by playing games and discussing trivia.

When: For dates, check MedCats.

Where: SouthWest Blind Rehabilitation Center (SWBRC) in Building 30 on the Southern Arizona VA Healthcare System campus, 3601 South 6th Avenue.

Other specifics: See MedCats for dress recommendations.

Nutritional Health Awareness

General Description: Medical students teach and empower middle school students to make informed lifestyle choices to lead towards a healthier adult life. Structured

classroom activities provide weeks of lessons that teach students about the basics of nutrition, health literacy, health policy and the role of fitness.

Objectives: To educate and connect with adolescents in Tucson about pertinent health issues like nutrition and exercise in hopes to shape lasting health decisions.

Population: Middle school students at various underserved middle schools in Tucson.

Students' Roles: Students will teach a specific lesson plan through an interactive session with an intro, high energy activities, and a debriefing session.

When/Where: For dates and locations, check MedCats.

Other specifics: See MedCats for dress recommendations.

Pima Inmate Health Education

General Description: Collaborations with El Rio Community Health Center helped establish this health education program at the Pima County Jail in 2005. Medical students talk with inmates about various health & lifestyle topics.

Objectives:

- exhibit clear and effective communication skills while communicating health information

Population: Juvenile and adult inmates, both male and female.

Student Roles: Students interact with the inmates about the health and lifestyle topics they present.

When: First and last Tuesday of every month from 6-8 p.m.; sign up on MedCats.

Where: Pima County Minimum Security Jail, 1300 W. Silverlake Road in the women's jail and the men's jail, and Pima County Juvenile Detention Center, 2225 E. Ajo Way.

Other specifics: Must attend training and get fingerprint and clearance. Professional attire—NO JEANS!

SHARE – Students Helping Arizona Register Everyone

General Description: SHARE provides students with cultural sensitivity training, local resource information, and meaningful inter-professional teamwork and aims to increase Marketplace enrollment in rural and urban communities.

Objectives:

- Train health professional students as Certified Application Counselors to increase their knowledge about health coverage and the ACA.
- Increase the likelihood that students will discuss insurance topics in a culturally sensitive manner during an appointment with their patients when practicing in the community.
- Increase enrollment in health insurance and give consumers confidence in their ability to navigate the insurance enrollment system via healthcare.gov.

Population: Our SHARE students will serve any person who needs to obtain health insurance, requires health coverage renewal, or simply has questions regarding the Marketplace, ACA, and Medicaid, known as the Arizona Health Care Cost Containment System (AHCCCS).

Student' Roles: Improve the health literacy of our local communities while helping Arizonans sign up for health insurance on the ACA marketplace.

When: Check MedCats for dates

Where: Various

Sister Jose Women's Center

General Description: Sister Jose Women's Center is a shelter for women experiencing homelessness. Women are provided meals, clothing, laundry services, and a safe place to rest at night. The shelter also empowers women and helps them rebuild confidence in themselves.

Objectives: Learn how to effectively interact with this vulnerable population.

Population: Women who are homeless in Tucson, AZ.

Students' Roles: Volunteers will play an essential role in providing companionship and support to the residents at the shelter. In addition, volunteers will help organize educational sessions about various topics that will benefit the women including, but not limited to, essentials of first aid, relaxation techniques, and proper nutrition with a limited budget.

When: For dates, check MedCats.

Where: Sister Jose Women's Center, 1050 S. Park Ave., Tucson, AZ 85719.

Other specifics: See MedCats for dress recommendations.

STAT – Students Together Against Trafficking

General Description: CUP involvement in STAT began in 2015. STAT is a CUP program focused on the prevention of human trafficking in Tucson and Phoenix. It is estimated that 100,000 US children are trafficked annually. The average age a child enters into sex slavery is 13. 30% of runaways are approached by traffickers within 48 hours. Statistically, some 300 runaway girls in Tucson will be approached by traffickers just this year. 6-10 minors are arrested annually in Pima County for prostitution, and only 1% of the girls who experience sex trafficking receive help. In addition to prevention, our goals are to raise awareness and inspire action against trafficking in our community. We will be partnering with a local organization, Sold No More, as well as Streetlight USA to this end.

Objectives:

- Raise awareness of human trafficking in Tucson, as well as in other regions of Arizona
- Educate students in schools about the realities of trafficking
- Educate medical students about recognizing the signs of trafficking in patients
- Provide support and mentorship to trafficking victims

Student' Roles: There a variety of ways that medical students can be involved some of which include:

- Fundraising and event planning
- Office support and data entry with Sold No More

- AWARE teacher assistance – help instructors from AWARE lead classroom presentations for middle and high school students in Tucson
- Streetlight USA – volunteer at the Safe House for trafficked minors in a variety of ways, such as mentoring, nutrition classes, etc

When: These events would occur throughout the semester and would be posted on MedCats for student signup.

Where: The seminar series will occur on campus, and we will have other events in middle schools and throughout Tucson and Phoenix.

Sun Smarts

General Description: Medical students teach sun safety and skin cancer prevention to elementary school children, through interactive discussions and activities, using material from the EPA's SunWise curriculum.

Objectives:

- Express the importance of sun safety and skin cancer prevention in Arizona
- Demonstrate methods to reduce the risk of skin cancer
- Demonstrate effective ways to communicate health information to children

Population: Children in elementary schools in lower socioeconomic areas.

Students' Roles: Students teach sun safety and skin cancer prevention.

When: The schedule is determined by the Sun Smarts student leaders. Each experience usually takes place in a single morning or afternoon on a weekday.

Where: Look for locations on individual sign-up sheets.

Other specifics: Dress professionally.

Team Hoyt Arizona

General Description: In partnership with its Tucson chapter, UACOM volunteers will serve with Team Hoyt Arizona to support assisted athletes and push them in local endurance races. Runners of all abilities are welcome.

Objectives:

- Provide opportunities for assisted athletes to participate in community endurance events
- Raise awareness of inclusion by pairing athletes of differing abilities
- Promote the Team Hoyt motto, *"Yes, You Can!"*

Population: Children with physical disabilities who wish to participate in local running events.

Students' Roles: Student volunteers serve by supporting assisted athletes in endurance races, ranging in distance from 1k to 26.2 miles. In teams of two to four, students take turns guiding assisted athletes in strollers through the race course and across the finish line. Participants have a required fundraising amount for each race, usually around \$20, to pay for their discounted race registration.

When: Usually Saturday or Sunday mornings, depending on the Team Hoyt racing calendar. For dates, check MedCats.

Where: For locations, check MedCats.

Other specifics: Comfortable workout attire and running shoes. You may be provided with a Team Hoyt shirt to use in racing events.

TREE – Tucson Refugee Education and Empowerment

General Description: We provide educational assistance to children and adults at their residence. They, in turn, teach us about their culture and welcome us into their home.

Objectives: To educate and empower refugee families

Population: Refugees and Asylum Seekers in Tucson

Students' Roles: Tutoring children or adults in small groups based on their needs that week. This often entails helping children with their homework. Students must be willing to volunteer weekly or bimonthly and will be assigned a student before being able to register for events on MedCats.

When: Saturdays, 11:30am – 1pm

Where: Desert Courtyard Apartments, 1411 N. Alvernon Way, Tucson, AZ 85712

Other specifics: Many of the communities that we serve come from more conservative cultures. Please dress accordingly.

Tucson High/UA Mentorship Program

General Description: Mentorship program for Tucson High students and pre-health undergraduates at the UofA.

Objectives:

- To inform the high school students about healthcare professions and encourage them to seek further education after high school.
- To help undergraduate students learn and apply to medical school or other post-bach programs.

Population: Underserved students at Tucson High Magnet school and pre-health undergraduates at UofA.

Students' Roles: To plan and schedule monthly events, recruit 1st and 2nd year students to serve as mentors, and communicate with the science teachers at Tucson High to recruit the mentees.

When: For dates, check MedCats.

Where: 1st meeting is at Tucson High School. Further meetings are at the COM-Tucson.

Other specifics: See MedCats for dress recommendations.

Walk with a Future Doc

General Description: Walk with a Future Doc inspires communities through movement and conversation with medical student led walking groups. The UACOM-T program is a chapter of the national organization Walk with a Doc, which prioritizes pediatric therapy at local parks.

Objectives:

- Provide opportunities to establish health routines for pediatric patients, lacking a safe space to exercise.
- Educate patients and associate family members of children on physical activity and nutrition and each's impact on health and well-being.

- Help students gain confidence and communication skills for use with their future patients.

Population: Pediatric patients being treated for obesity and mental health conditions, who are referred for exercise therapy and signed up for walks by pediatric residents at the UA/Banner University Medical Center South pediatric residency program and the Wilmot Clinic.

Students' Roles: Medical students will lead pediatric patients and associated family members on walks and facilitate nutrition, and mental and general health related discussion.

When: For date and time, check MedCats.

Where: For location, check MedCats.

Other specifics: Sign-up on MedCats. Athletic attire.

Wishmakers at UACOM

General Description: This is an extension of the Make-A-Wish Foundation. Students will encourage community outreach by allowing medical students to participate in wish granting opportunities and events that help children with serious illnesses. This allows medical students to not just be healers of the body but of the soul also.

Objectives: Our mission will be to target not only those among our community but those children located in areas where there are not typically many wish granters such as Show Low, Tuba City, or other rural areas.

Population: All wish-children are underserved in the sense that they face hardships that most other children will never have to such as cancer.

Students' Roles: As wish granters, we will meet with the wish children and their family at least 3 times in order to complete their wish.

When: For dates, check MedCats.

Where: Dates are coordinate with the Make-A-Wish Foundation and the wish-families

Other specifics: See MedCats for dress recommendations.