



COMMITMENT TO UNDERSERVED PEOPLE
THE UNIVERSITY OF ARIZONA®
COLLEGE OF MEDICINE

Handbook for Class of 2016

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General Information

What is CUP?

It stands for Commitment to Underserved People, a co-curricular club of the UA College of Medicine that is student-developed 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 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 also 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 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: www.medcats.medicine.arizona.edu).

Is there a cost to join CUP?

Yes. CUP is an ASUA recognized club and we ask for a one-time payment of \$20 to join CUP. 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?

You may attend trainings for any of the programs. For the clinical programs you need to review the Clinical Skills Teaching Module which is available online. When this is completed, you can take the CUP Clinical Skills hands-on Training. You also need to attend the training(s) offered for the specific programs you want to do. Then, you can sign up to participate in those CUP programs on MEDCATS. *(Be sure to check your schedule carefully to see if you are available.)*

CUP clinical program participation hours are credited to you during the school year only if you successfully completed the trainings for the specific programs. For most of the CUP programs, you will be credited on an hour for hour basis. Students working at Shubitz Clinic and Women's 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 credit 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. The faculty is not responsible to provide remediation for you if you miss a class session.

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, so please do so. It's a matter of professionalism. You will be penalized five (5) hours 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. Carol Galper ***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 hours I have accumulated?

Effective 9/1/12, the hours thru 8/31/12 from the old CUP Database were added to MEDCATS as a lump sum and then added to the hours you have been approved for on MEDCATS so you will be able to see your current total hours there. The CUP Program leaders will verify you have attended an event and one of the CUP staff will approve. At that point your hours will be officially entered. Please allow a few months for the changes to be fully integrated.

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

Call us at 626-2351, or come by room 3204 and ask for Hildi or Liz. If the event happened before 9/1/12 we'll look at the sign-in sheets from the activity if we have them or ask the program leaders to verify your participation. The old sign-in sheets are kept until you graduate, so records do exist if we need to double-check for any missing entries. We will make adjustments only if we can verify that you participated. If the event happened after 9/1/12 you will need to contact the CUP program leader to make sure they have entered the event and marked you as attended.

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.

Optional Elective Credit

How do I earn CUP elective credit?

There are two CUP electives: **CUP I** (INDR 891D) and **CUP II**: (INDR 891E). **CUP I** allows you to get either 1 or 2 units of 2nd year elective credit by participating in CUP during the first two years of medical school. **CUP II** allows you to get either 1 or 2 units of 4th year elective credit by participating in CUP during your 3rd and 4th years. The minimum number of CUP hours for credit in either elective is: 45 hours for 1 credit and 90 hours for 2 credits. The **CUP I** elective must be completed in order to get **CUP II** credit. (Exception: If a 3rd or 4th year wants to earn **CUP II** elective without having completed **CUP I**, this must be approved by Dr. Carol Galper.) You **MUST** enroll in these electives as you would any other; you are not automatically enrolled.

For **CUP I**, a student needs to complete the required hours and submit a 3-5 page reflective paper to Dr. Carol Galper, wherein a student will consider and reflect upon something they encountered during CUP participation. Papers should be emailed to cgalper@u.arizona.edu.

CUP II, the student has gained more knowledge and skills during the ensuing years of their medical education and will have more responsibilities in any CUP clinical program.

For CUP II another reflective paper is required, 3-5 pages in length with the same considerations for topics to reflect upon. Papers should be emailed to cgalper@u.arizona.edu.

A medical student who wishes to receive a notation of **Distinction in Community Service** needs to complete both **CUP I and II** with 2 credits each (90 hours per CUP elective for a total of 180 hours) and write a 10 page reflective and cited paper related to an issue seen in CUP. The topic of this paper needs to be approved by Dr. Galper, so please submit these via email at cgalper@u.arizona.edu.

I hear that a previous class had a different CUP requirement.

As CUP evolves, so do the rules and requirements related to CUP programs. Medical school classes before or after yours may have different requirements. You will be held to the requirements that apply for the year you entered med school.

Rural or Underserved Graduation Requirement

You are required by the College of Medicine 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 accumulating 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 3rd year rotations in a rural or underserved site*
Or
- 4) Do a 4th year elective at a rural or underserved site*

*The sites that qualify as rural or underserved are Maricopa Integrated Health Systems sites (Phoenix), San Xavier Clinic (Tucson), University Physicians Hospital at Kino Campus (Tucson) and any clerkship sites OUTSIDE the Phoenix and Tucson metro areas. For more specific questions, speak with Carol Galper or Liz da Cunha at 626-2351.

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 year, the leaders, who are now 2nd year students, recruit and train new leaders from the 1st year class to take over the programs in

March. 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 Dr. Galper. Faculty and staff can help provide assistance, 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?

Carol Galper, EdD, Assistant Dean for Medical Student Education, and Assistant Professor of Clinical Family and Community Medicine. Room 3212, phone 626-2351. cgalper@email.arizona.edu

Hildi Williams, Program Coordinator, Sr. Room 3213, phone 626-3691. hildi@email.arizona.edu

Liz da Cunha, BS, CHES, Program Coordinator, Sr. Room 3215, phone 626-2683. dacunha@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, through the CUP administrative staff, provides technical, educational and programmatic support for all the programs. They provide administrative support such as ordering supplies, keeping track of your 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 Medical Student Education. It is funded by the College of Medicine for administrative expenses. Many supplies are donated, and the physician faculty who work in CUP programs volunteer their time. 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 "*Program Policies*" on the OMSE website: <http://omse.medicine.arizona.edu/educational-programs/cup/program-policies>.

Clinical Programs

Angel Clinic

General Description: The Angel Clinic provides medical, nutritional, and psychosocial support for obese children and their families.

Objectives:

- practice patient/provider interactions
- develop close relationships with kids and their families

Students' Roles: Medical students will be participating in small group discussions regarding healthy eating habits and working with patients in the hospital gym (physical fitness activities include sit-up, push-ups, and perhaps machine use). Students who would like to become involved on a regular basis may be able to lead "teams" of students as they compete with one another to make the most lifestyle changes, lose the most weight/waist circumference, etc.

When: 1st and 3rd Wednesday of every month, 12:30-2:45 pm

Where: Angel Clinic, 3rd Floor of UAMC

Other Specifics: Clinical skills training required. Dress professionally; white coats not required. Bring ID badge.

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: Clinic takes place at the annex of the Family & Community Medicine Bldg., 1450 N. Cherry (Satellite Student Health Clinic trailer). Enter the trailer closest to Cherry on the north side of the building.

Casa de los Niños

General Description: CUP involvement in Casa de los Niños began in 2007. Casa de los Niños is a crisis shelter for children that provides safety, support, and care to children as well as parent education and other services.

Objectives:

- employ effective health education techniques while teaching both children and adults
- discuss the role of a crisis shelter in protecting the welfare of children

Students' Roles: Medical students have the opportunity to provide medical education sessions (nutrition, dental care, etc.) to the school-aged children staying at the shelter. Students also teach monthly CPR classes for Casa de los Niños foster parents, care providers and volunteers. Classes are held at Casa de los Niños and run exclusively by students. Med students also administer vaccines to children staying at the shelter.

When: For dates, check the sign-up sheets. The CPR classes are usually held one Wednesday evening every month; check with coordinator for specific dates.

Where: Casa de los Niños Main Building: 1101 N. 4th Ave.

Other Specifics: Participation requires a background check and fingerprint card as well as the student Casa de los Niños training in addition to CUP training. CPR Instructors must possess current American Heart Association certification. Dress professionally, bring your student ID badge, and wear closed-toe shoes.

Mobile Health Program

General Description: Working in conjunction with the Department of Family and Community Medicine, medical students help provide care in a mobile health unit for the residents of low socio-economic sections of Tucson and southern Arizona. CUP became involved with Mobile Health Program in 1997. The unit is constantly being updated with new technologies: the latest is a non-mydratic camera that does retinal checks without pupil dilation, tele-podiatry screenings, and acupuncture is now being used.

Objectives:

- compare mobile clinic services/care with stationary clinic services/care
- recognize the value of bringing healthcare to people in their community

Population: Residents of the Tucson neighborhoods in the vicinity of Summit View Elementary School, St. John's Catholic Church & School, Tucson House, New Life Resource Center, and Hope Methodist Church. The rural sites list is currently being reviewed and updated.

Students' Roles: Supervised by a Nurse Practitioner and volunteer physicians, students perform patient interview and physical exam, give immunizations, provide common medications.

When: For dates, check the sign-up sheets.

Where: For location of the clinic, check the map on the bulletin board where the sign-up sheets are.

Other specifics: **Notify them one day before you plan to come @ 349-6694/Edgar Zuniga.** Give them your contact info. If they know you're coming and the clinic gets canceled, they will be able to notify you and save you a trip. Dress professionally. Bring your stethoscope.

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

- recognize the value 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 annex of the Abrams Bldg. (FCM 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 sign-up sheets and email notifications.

Where: St. Elizabeth of Hungary Clinic, 140 W. Speedway; University Physicians Hospital at Kino Campus, 2800 E. Ajo Way, and UPH-Alvernon Clinic, 707 N. Alvernon Way .

Other specifics: Dress professionally. Bring your stethoscope.

Tot Shots Vaccine Clinic

General description: Medical students help provide immunizations at the Community Food Bank. CUP originally became involved with this project in 1999 and re-established it in 2011.

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: Community Food Bank, 845 N. Main Avenue.

Other specifics: Wear closed-toe shoes and dress professionally. Bring your stethoscope. **Arrive on time** to allow staff to prepare you. 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: Clinic takes place at the clinic in the trailer used by campus health and the Shubitz Clinic, closest to Cherry on the north side of the Abrams Bldg (Family & Community Medicine Bldg.), 1450 N. Cherry.

Other specifics: Sign up on MEDCATS. Dress professionally. Bring a stethoscope.

Non-Clinical Programs

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: Professional attire. **Important:** A minimum commitment of 3 consecutive weeks is required plus special training in order to participate.

Juniors Active in Wheelchair Sports (JAWS) Adaptive Athletics

General Description: Started in 2010, 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, track and baseball. Through interaction med 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.

Student Roles: Med 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.

Medical Students Educating Teens (MedSET)

General Description: Since 1990, medical students have provided health education to teens at local teen shelters. The emphasis of the message is prevention and med students can expect to get many unrelated questions from the teens.

Objectives:

- identify health issues faced by at-risk youth
- practice effective communication with adolescents

Population: The teens are residents of Open Inn, a system of shelters for homeless teens.

Important: You are encouraged to be verbally supportive to these young people but please do not touch or hug them. This is requested by the collaborating organization. Your gesture may be misinterpreted.

Students' Roles: Medical students learn to make presentations on various topics for the teens: contraception, STDs, HIV & sexuality, nutrition, drugs & alcohol, decision-making, breast and testicular self exam, CPR, and childhood development. Interactive games and hands-on experiences with teaching demonstration models help make the learning fun and more effective.

When: MedSET takes place on Monday evenings from 6:45 to 8 pm. Students should meet in the student mailroom at 6:15 pm to carpool as a group to one of the shelters.

Where: At various Open Inn group homes.

Other specifics: Dress professionally. Experienced student should pick up supplies from the area designated by the Head Coordinator (a list will be posted by the sign-up sheet). Also, one of the MedSET students should call the shelter two (2) hours prior to the presentation.

Med Teach & Med Teach Junior

General Description: Started in 1997, 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. In 2005, Med Teach Junior was added. Elementary school children are educated about the body and how to keep it healthy, using anatomic models and discussion.

Objectives:

- demonstrate gross dissection techniques

- 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: Medical 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. The medical students haven't had requests for Med Teach Junior in the last few years.

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 locations on individual sign-up sheets.

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.

Medical Students at Planned Parenthood (MSAPP)

General Description: Started in 2002, medical students act as patient advocates and educators, providing contraceptive counseling, well-woman exams, and/or following a patient throughout the process of pregnancy termination.

Objectives:

- provide health education information to patients
- discuss ways to support women in their reproductive health choices

Population: Women seeking reproductive health exams, contraceptive education or services, or abortions.

Students' Roles: Paired with a patient, students provide information on contraception or accompany with patient throughout the abortion process to provide support.

When: For dates, check sign-up sheets.

Where: Planned Parenthood of Southern Arizona, 2255 N. Wyatt Blvd.

Other specifics: Dress professionally with white coat or in scrubs. Must wear closed-toe shoes. Bring your stethoscope and ID badge.

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. Med 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: Medical 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.; check the sign-up list.

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.

Pinal County Corrections Education

General Description: This program is designed to educate men, women, and juveniles at the Pinal County Corrections Center about general health education. Topics include but are not limited to substance abuse, STDs, contraceptive usage, nutrition, exercise, skin protection, anxiety management, and life skills. The program is a full day commitment on a Saturday (9 hours max.) at the Pinal County Corrections Center. Medical students go on group teaching trips, currently on a monthly basis.

Objectives:

- to provide public health information in understandable layman terms
- to develop clear and effective communication skills while providing health education

Population: Male, Female, and Juvenile Inmates at Pinal County Corrections. Inmates are minimum and medium security

Student Roles: Medical students, in pairs, provide general necessary health information to inmates, considered relevant to their needs. They will interact in small and large groups with the inmates with the various health and lifestyle topics described above. Topics will have been prepared beforehand.

When: Saturday, Once a Month

Where: Pinal County Corrections, Florence, AZ

Other specifics: Training, Fingerprint Clearance, and Volunteer Badge required. Transportation provided via UA Motorpool and students will be required to travel together.

Resuscitation Education and CPR Training (REACT)

General Description: Added as a CUP program in 2010, the REACT group (formerly known as RED Group or ACCCT) is involved in education the Tucson community about Chest-Compression Only CPR "CCO-CPR". This form of CPR was developed at the UofA with Sarver Heart Center, and has been shown to double the survival in out-of-hospital shockable primary cardiac arrest vs. traditional CPR.

Objectives:

- demonstrate efficacy in CCC-CPR instruction
- explain the reasons why this form of CPR is more effective than other methods

Students' Roles: The medical students provide CCO-CPR classes. One lead instructor (normally a member of REACT or Sarver Heart Center) provides an approved PowerPoint presentation, after which the instructors guide the participants in hands-on experience of CCO-CPR.

When: Variable. Sarver Heart Center sets up the community classes and it's on a need basis. Normally there is an average of 1 class a week.

Where: Variable. We go into the community so this also depends on who's requesting a class to be taught.

Sun Smarts

General Description: Started in 2009, Sun Smarts was developed in collaboration with the Arizona Cancer Center's Skin Cancer Institute, med 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 avoid 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: Med 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.

Teenage Parent Program (TAPP)

General Description: In the Teenage Parent Program, medical students mentor pregnant teens from the high schools in the Sunnyside Unified School District. Provide prenatal education, stress reduction, relaxation skills, and encouragement to stay in school.

Objectives:

- Recognize the role of female mentors in the life of pregnant teens
- Demonstrate effective health education communication through discussing pregnancy and parenting
- Provide linkages to support for the pregnant teen

Population: Pregnant teens at Desert View and Sunnyside High Schools.

Students' Roles: OPEN ONLY TO FEMALE MED STUDENTS. Students will meet with TAPP students once a week during their school day in the early afternoon. Students will meet in groups to start off and then be paired with a TAPP student.

When: The schedule is determined by Barbara Novak, CNM, and coordinated by the student leaders.

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

Other specifics: Dress professionally.

Tar Wars

General Description: Started in 2004, med students teach elementary students about the dangers of tobacco using the Tar Wars curriculum, developed by the American Academy of Family Physicians.

Objectives:

- Employ effective health education techniques to reach children with anti-smoking messages
- Demonstrate the effects of smoking on health
- Teach children ways to resist tobacco use

Population: Children in elementary schools in lower socioeconomic areas.

Students' Roles: Students learn to present the Tar Wars curriculum.

When: The schedule is determined by the Tar Wars 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.