

**MGH Institute of Health Professions
Community Project Fund Annual Review: AY16-17**

1. Title of Project: Oral Health in Older Adult Population

Student Name(s): Aja Munsell, Alicia Omeara, Nicolette Leto, Chris Louissaint, Emily Adoriso, Kara O'Neill

Course: NS521 Community Nursing Principles and Theories

Brief Description:

We provided an educational presentation regarding proper oral health care to participants of an older adult day care center in Roslindale and Roxbury, MA. Oral health is a significant problem at Rogerson Communities as the population is low income and has cognitive difficulties. We hoped to provide them with even a small amount of information to improve their tactics for approaching oral health, hopefully with the informational packets we created getting back to the caretakers as well.

We held a trivia game where we ask them oral health questions, then gave a short presentation and asked the questions again to see how much they had retained. The project had moderate results, both in improving participants' knowledge of proper oral health care and in their perceived benefit of the overall educational presentation. Participants rated better on post-test assessments of their oral health care knowledge than they did on the pre-test assessments given before our presentation. They also reported finding the presentation helpful and asked several questions during the presentation indicating their interest in the subject matter. Participants were also given thank you gifts for their attention afterwards, including toothbrushes, toothpaste, floss and denture cleansing tablets for those who could use them. They reported finding these helpful as well as some residents didn't possess their own toothbrushes. The staff of the program also reported finding our presentation helpful and believed it was beneficial to the participants.

2. Title of Project: Helping with Hygiene: Supporting Students Experiencing Housing Insecurity

Student Name(s): Anna Longo, Paul Dinella, Marissa Pendergast, Evan Pozzanghera, Wideline Severino

Course: NS521 Community Nursing Principles and Theories

Brief Description:

We were able to use our IHP Community Project Fund to buy a variety of hygiene supplies. These supplies will be kept in the nurse's office at the Mildred Ave K-8 School, and will be distributed to students experiencing homelessness or housing insecurity as needed. This population is estimated to be about 10% of the student population. As the Mildred is a part of the Boston Public School system, students can be linked to services through the Homeless Education Resource Network (HERN), a centralized support service for those whom are experiencing housing insecurity. However, HERN does not address hygiene needs specifically. Many of the faculty and staff at the school make voluntary donations to meet the unaddressed needs of these vulnerable students. As housing insecurity is known to adversely affect health outcomes and wellbeing, as nursing students we felt that it was important for us to make an effort to alleviate this issue and do our part to fill a current gap in the available support.

3. Title of Project: Be the Best You

Student Name(s): Brittany Dunn, Jennifer Sadler, Lauren McCormack, Taylor Brodersen, Sarah Dominique, Justyne Werme

Course: NS521 Community Nursing Principles and Theories

Brief Description:

At Women's Lunch Place, a day shelter in the Back Bay neighborhood, we developed a program called "Be the Best You" which included three workshops on nutrition, stress and coping, and body mechanics/injury prevention. These were all needs that had been expressed to us by the community members. We incentivized consistent attendance with a "special surprise" which was a \$15 CVS gift card. Success of each workshop was measured with mood before and after the workshop using the Wong-Baker scale and by asking the women if they had learned something new. Both measurements indicated positive success, particularly the achievement of new knowledge. In addition to the content of the workshops, many of the women were grateful to have someone listen to their struggles and develop a sense of community among others struggling with all the challenges of homelessness.

4. Title of Project: Increasing Community Engagement Among the Elderly Residing in Independent Senior Housing

Student Name(s): Aileen Doble, Alyssa Krieger, Jeff Lyons, Kathleen Huynh, Tiffany huynh

Course: NS664 Community Nursing Principles and Theories

Brief Description:

The purpose of the project was to increase community engagement among the elderly population living in independent senior housing at 100 Ferrin Street in Charlestown, MA. The program aimed to increase the number of residents attending and participating in group activities in order to increase the amount of time they spend engaging socially with other residents, and thereby decrease the amount of time spent in isolation by staying in their units. Specifically, the program provided the following activities: group exercise classes such as Tai Chi and yoga, art projects such as making decorations for their doors, setting up an herb garden, and providing nutritious snacks such as a fruit bar. While performing activities, health promotion education was included in the conversation.

Social isolation among the elderly has significant negative effects on their health. The activities and snacks encouraged residents to come to the community room in order to participate. By leaving their rooms and meeting in a common place, the residents increased their social interaction with their peers and also decreasing the amount of time spent in social isolation in their rooms.

The project's success was evidenced by the steady upward trend of the weekly attendance headcount. Through the variety of craft activities, student-led group exercises, educational lectures geared toward breaking down health barriers, regular home visits, and blood pressure clinics, the residents verbally expressed feeling more involved and comfortable in engaging within their community. The weekly attendance rates of community engagement increased steadily week to week, and a visible and consistent difference in the level of socialization and engagement within the community room on a week-to-week basis was observed by both stakeholders and residents alike. At the end of the semester, weekly attendance in the community room had increased 164% from the start of the summer semester.

5. Title of Project: The Science of H.A.L.T.

Student Name(s): Christine Grant, Kelsey Driscoll, Kelsey Harbour, Amanda Hoegan, Jess Romeo, Shulamit Waldoks

Course: NS664 Community Nursing Principles and Theories

Brief Description:

This project provided 60 men in the stabilization unit at the Shattuck Hospital with a tangible relapse prevention tool based on a concept familiar to those who have experienced 12-step meetings. HALT - an acronym that stands for "hungry, angry, lonely, tired" - is a saying in 12-step groups that encourages members to be aware of whether they are feeling any of these in moments of craving, and suggests that making a change in any of the domains can help prevent a relapse in vulnerable moments. We provided each client with a brochure and a laminated business card. The brochure included a scientific explanation as to why HALT is powerful, drawing upon addiction science literature and anatomy and physiology in order to help the clients understand and validate how emotional and physiological states can impact recovery. The business card included the HALT acronym, trigger-calming tips, and a spot for a sponsor's name and phone number, and served as a portable token that the client can refer to in order to reflect on or counteract the factors of HALT that may be influencing their desire to use. Participants reported that this was an effective tool for them to help manage various stressors in their lives, and that this made them more aware of their emotions and what to do when they spin out of control. Overall this program had a positive impact at Lemuel Shattuck Hospital in the Men's Stabilization Program as well as the staff.

6. Title of Project: Diabetic Nutrition Education for Boston's Homeless

Student Name(s): Jonathan Morency, Ryan Cannici, Sarah Schwarzchild, Jennifer King, Lea Chamberlain, Christopher Rabidou

Course: NS664 Community Nursing Principles and Theories

Brief Description:

We hosted a day of diabetic nutrition education for homeless diabetics at the Barbara McInnis House, a 104-bed medical respite facility that provides care to Boston's homeless population. The purpose of the project was to provide teachings on diabetic primary prevention and education that focuses on diabetic nutrition. It is estimated that there are over 3,000 homeless adults in Boston, and approximately 8% of them have type-II diabetes. Our goal was to aide this population in making healthier choices that may prevent the disease or aide in its management.

We provided diabetes education to 30 people. Educational materials included a poster on diabetes education, soft drinks that were displayed with their sugar content, and handouts with diabetic teachings and information about financial assistance for farmer's markets. In addition, we provided participants with basic supplies and easy to carry snacks, including sunblock, bottles of water, socks, bananas, clementines, and trail mix. Overall, the participants stated that they gained nutritional knowledge and enjoyed our program.

7. Title of Project: Stress Management at Orchard Gardens Boys and Girls Club

Student Name(s): Jenna Kobett, Sarah Warden, Richard Morrow, Luisa Centeno Silva, Alex Alway, Lena Ismail

Course: NS664 Community Nursing Principles and Theories

Brief Description:

We provided a stress management course at Orchard Gardens Boys and Girls Club in Roxbury for students aged 8-12 years old. Many students of Orchard Gardens have undergone significant trauma and stress in their young lives. Many are living in poverty, have been

physically/sexually/psychologically abused, and have parents with substance and/or mental disorders. Studies show that children with adverse childhood experiences (ACEs) have chronically high cortisol levels, increasing their risk of chronic diseases such as heart disease, diabetes, and cancer later in life. We taught ways to manage and cope with stress to help the students live healthier lives. The course consisted of a description of what stress is, when it is healthy, and when it becomes unhealthy. We explored different ways to manage and cope with stress, and students participated in yoga, meditation, and breathing exercises. The students left with stress balls to carry with them, and were all able to articulate how they will personally manage their stress.

- 8. Title of Project:** Program/Resource Fair for Boston Healthcare for the Homeless Clients
Student Name(s): Johannes Wilson, Emily Augustine, Meagan Barbe, Lauren Maher, Sally VanderPloeg, Michael Tanguay
Course: NS521 Community Nursing Principles and Theories
Brief Description:
We had a health promotion fair to spread the word about adult day, job training, and substance abuse programs, in the lobby of the Barbara McInnis House for the patients and homeless population who came in. Each person was asked to let us know which programs they were familiar with and learn about those they were not in order to receive treats such as granola bars, peanut butter crackers, and travel size toiletries. We spoke to over 80 patients and gave out over 200 goodies. The population was very receptive and engaged with us to not only learn but teach us about other helpful programs they have encountered. It was a very successful experience for both the patients and us students.
- 9. Title of Project:** Salud de Verano
Student Name(s): Sara Franco, Nicole Patrich, Daniel Lustick, Marisa Crommett, Lyndsay Canwell, Laura Mackey
Course: NS664 Community Nursing Principles and Theories
Brief Description:
The goal of the Salud de Verano program was to reduce the incidence of heat-related illness including stroke, dehydration, and sunburns. Through our research of peer-reviewed literature, we found methods to effectively teach the clients at Fuente de Vida (FDV) ways to prevent heat-related illness. Our intervention included a detailed presentation in Spanish for FDV clients and staff on heat stroke prevention, dehydration, UV protection, and sunscreen use. Additionally, our intervention included a poster that outlined the information that was presented to the clients and staff and was hung up at the facility for future reference. The presentation was well-received by the FDV clients and staff. All participants for whom it was safe to take the sunscreen and lip balm samples eagerly did so. We saw many of them use the lip balm and apply the sunscreen. Through the morning following the presentation, several of the FDV clients took time to read the poster. Finally, after our presentation, the staff commented on what an appropriate topic we had chosen and how surprised they were than all 155 participants remained attentive and engaged throughout the presentation.
- 10. Title of Project:** Promoting Wellness Between Two Diverse Elder Populations
Student Name(s): Jessica Kulwin, Jessica Biggart, Sarah Mularz, Danny Lau, Michael Burke, Raymond Li, Eve Callahan
Course: NS521 Community Nursing Principles and Theories
Brief Description:

Our goal was to decrease social isolation in the Ferrin Street community between two diverse elder populations by engaging the residents in physical and cognitive activities. We conducted weekly activities that included Tai Chi, stretching exercises, playing with a beach ball, art projects, karaoke, bingo and healthy cooking. While we had assumed that by providing cross-culturally targeted interventions we would see increased interactions between the two diverse cultures, this did not happen. We also found that we did not achieve our original goal of incorporating 1-2 new participants each week; however, did have some positive results in decreasing elder isolation as evidenced by feedback from the community. Some of the residents stated, "I look forward to seeing you girls [and guys] every week." One of our key informants made the comment, "Tuesday is the only day everyone comes to this room because they know you are going to be here." Members also began to open up to the community. One member who barely spoke offered to bring his karaoke machine and even got up and sang that day and another who recently lost her sister brought down some memorabilia to share with us.

11. Title of Project: Mildred Avenue Hygiene Promotion

Student Name(s): Karyn Plante, Megan Cote, Lillian Rodriguez, Shira Anis, Amy Smith, Shannon Touhey

Course: NS521 Community Nursing Principles and Theories

Brief Description:

Administrators at the Mildred Avenue School in Mattapan, MA reported a need for hygiene products at the school. Through this project, we provided hygiene products such as deodorant, hand sanitizer, sanitary napkins, underwear and socks. These products were distributed to classrooms, and classroom teacher who are familiar with individual student needs identified students to whom hygiene products were dispersed. This project promoted personal care and helped improve students' self-concept and self-esteem.