

**MGH Institute of Health Professions  
Community Project Fund Annual Review: AY12-13**

1. **Title of Project:** Pine Street Inn Nutrition Project  
**Student Name(s):** Kemper Thompson, Kehle Osborne-Trussell, Stephen Cihocki, Lydia Vogt, Anna Goodman, Rachele Elizabeth Deleo  
**Course:** NS-521 Community Nursing Principles and Theories, Fall 2012  
**Brief Description:** Based upon the aggregate research we did of the homeless population which Pine Street Inn serves, diabetes, obesity, hypertension, and tooth decay/cavities are the most predominant health concerns which we could begin to address in the way of better nutrition. Our goal was to present the clients with affordable options that were comparable to what they already might be inclined to consume. For example, we offered Coke Zero and Crystal Light as alternatives to Arizona Iced Tea and other high sugar drinks. We offered granola bars and fruit as alternatives to chips and candy bars. Our goal was to educate the clients about small, incremental choices they could make to lower sugar in their diet, increase hydration, and consume more substantial snacks than empty calories which have less nutritional value and are less satiating.
  
2. **Title of Project:** Risk for Falls in the Elderly  
**Student Name(s):** Julie Appleby, Paula Cohen, Mark Kimber, Christina Monaco, Ciara Roewer, and Amy Semerjian  
**Course:** NS-521 Community Health Theories and Principles  
**Description:** The project, entitled Risk for Falls in the Elderly was completed on November 26th. Our group held a health fair at the Allerton House, an assisted living facility in Hingham, MA. We had residents of the Allerton House join us in three different rooms, each room representing a separate issue regarding the seriousness of falls among the elderly population. We provided photos and pamphlets discussing ways to reduce the risk for a fall. We also discussed certain medications that can increase a fall. At the end of the health fair we played a "falls bingo game". The residents that won the bingo game were given gift bags that included non skid rugs to go outside of the bath tub, rails to be installed inside of the bathtub, non skid socks, and many other items. We also provided different gifts to all the residents such as eye masks, pill boxes, mini flashlights and non skid socks. The health fair was a success as the residents verbalized that they learned new ways to reduce the likelihood of a fall and they also enjoyed the games and gifts!
  
3. **Title of Project:** Promoting Active Mind, Body, and Spirits in Older Adults  
**Student Name(s):** Emily Bryson, Kate Harsch, Elizabeth Rice, Karen Taylor, Virginia Frazier and Amanda Benner  
**Course:** NS 521  
**Description:** Through our Community Health Promotion Project during our clinical experience based at the Charlestown Community Health Center our group focused on the needs of an older population living in The Zelma Lacey

House, an assisted living facility in Charlestown. The Zelma Lacey House caters to residents sixty-five and over which was the group we highlighted to address a health promotion plan. Through our research on the topic of physical activity in elders we learned that physical activity has been found to improve cognitive memory in individuals with minor dementia and may delay the onset of Alzheimer's disease. This makes physical activity especially important for our participants as many were physically inactive and had some form of dementia. Since the health risks of increased inactivity are substantial, promoting physical activity among the residents at Zelma Lacey became our priority health concern. The overall health promotion for this project was to help the residents move their body and work their minds to help with balance, coordination, mental capacity and overall health. By moving the body and working the mind, people are able to fight off disease, pain, mental disability, and the affects of the aging process. Exercising in a group helps boost confidence, provides a social outlet and encouragement from peers. Exercise and strength training helps tone and strengthen, while improving circulation and cardiovascular health. We worked closely with the residents on a weekly basis throughout the semester, our clinical group was able to strategically develop and implement stimulating exercises to promote physical activity among this population.

4. **Title of Project:** Timilty School Health Promotion Project  
**Student Name(s):** Laura Burns, Dan Kelleher, Amelia Nodell, Jacob Ross, Andrea Lui, Eric L'Italien  
**Course:** PT 791 and 792 Critical Inquiry III/Health Promotion Projects, fall 2012 and spring 2013  
**Description:** This project is designed to educate 113 6<sup>th</sup> graders from Timilty Charter School on exercise and nutrition to educate them on healthy lifestyles. The project will be executed on January 16<sup>th</sup>, February 6<sup>th</sup>, February 13<sup>th</sup>, and February 27<sup>th</sup> in four different homerooms at Timilty Middle School located in Roxbury, MA. Our team, comprised of Laura Burns, Dan Kelleher, Amelia Nodell, Jacob Ross, Andrea Lui and Eric L'Italien created a questionnaire that will be given pre- and post-lectures to assess knowledge, behavior and attitude towards a healthier lifestyle. The knowledge portion includes the health risk associated with obesity, identifying healthy foods and drinks, and safe and effective ways to exercise. Behavior and attitude will be assessed by a series of likert-scale questions asking students to rank the value of exercise and healthy eating.  
The population is young adolescents that research supports is the optimal time to impact their lives with healthier lifestyle choices. The majority of our target population are from lower socioeconomic status households. This population is the most at risk for comorbidities related to poor eating habits and lower levels of activity. The target population is mostly from an urban area that have limited access to exercise facilities. Achieving the goals for our health promotion project, mentioned above, hope to give these adolescents self-efficacy towards directing their lives in a healthy way.

This project will advance our educational goals in a variety of ways. Through this project we have been able to implement research to advance our knowledge to application of what we have learned. It has shed light on how diverse and multicultural our immediate surroundings are. These students represent our community and we will be prepared on how to be better professionals in interacting with such a diverse school. This opportunity will allow us to work with a pediatric population that many of us have not had the opportunity previously. These items all enrich our time here at the IHP to become well-rounded future physical therapists.

5. **Title of Project:** Health Promotion at Cardinal Center: Pertussis Education and Vaccination Clinic

**Student Name(s):** Thad Blackwelder, Eisabeth Dishman, Lisa Liu, Brendan McDonald, Choloe Banks, Carolyn Rick, Jennifer Burke

**Course:** NS521, Community Health Nursing Principles and Theories, Fall 2012

**Description:** Our project goal was to prevent the outbreak of pertussis among the homeless population of Boston, specifically within the CMC shelter, through education and administration of Tdap vaccines. The pertussis education included: signs and symptoms, prevalence, prevention strategies, and relevance to the CMC population. This education was provided through a verbal presentation and supplemented with brochures and posters. Of the 20 shots we had, 18 were administered, and one was discarded. An additional eight clients attempted to receive the vaccination but had already received it at the Barbara McInnis House. Considering that there were 35 total clients in attendance means 74% received or attempted to receive the Tdap shot. A second measure of outcome focused on the response to our informational paraphernalia. The evaluation of this intervention was based on how many clients reported seeing the flyers, and how many questions were asked during our presentation. We had five people ask about the flyers and 10 questions were asked after our presentation. Given the population size, 15% of clients commented on the flyers and 33.3% asked questions. The third measure of outcome was a follow up conversation with the clients of CMC, asking if they felt they knew more about pertussis. Of the conversations that occurred, most clients learned something new about pertussis.

Interesting note: One of our group members presented the information to Spanish-speaking clients, which eliminated a major barrier in caring for homeless people. Eliminating this language barrier was crucial since 48% of the pertussis cases in Boston in 2012 occurred in Latinos, compared to 13% and 12% in 2011 and 2010.

6. **Title of Project:** Timilty Middle School Health Promotion Project

**Student Name(s):** Stephanie Lane, Mayur Mistry, Nicole Keeman, Alyssa Melvin, Matt McClees, and Jessica Marshall

**Course:** PT971 Fall 2012

**Description:** The purpose of our program was to educate 6th grade students at Timilty Middle School on the importance of and strategies for proper nutrition and daily living. Each student involved participated in 2 classes (one about nutrition, and the other about physical fitness), and 2 separate gym sessions using materials acquired from the purchased agility kit. The program consisted of 86 sixth graders. Students were given a pre-test to assess their prior knowledge regarding nutrition and physical fitness, and a post-test to assess their learning of the mentioned topics. Students as an average showed improvements in both categories and demonstrated knowledge and application of several aspects of physical fitness and nutrition.

7. **Title of Project:** Arthritis Foundation – Focus: exercise  
**Student Name(s):** Sara Greeley, Arthur Long, Leonard Wanta, Meghan Young  
**Course:** PT 791: Development of Health Promotion Programs Fall 2012  
**Description:** We successfully completed a 6-week Arthritis Foundation Exercise Program that was held 2x/week at the Chelsea Village Senior Apartments. We consistently had between 8 and 12 individuals each session, with excellent participation and feedback. Throughout the course of the program, we increased the intensity of the exercises and provided resources to the participants for Arthritis management. Finally, we provided them with a home exercise program as well as Theraband to continue what they learned during each session.
  
8. **Title of Project:** The Patient and Family Centered Care Approach to Delirium Care - From Acute to Long Term Care  
**Student Name(s):** Isaac Ndungu  
**Course:** NS 891 Scholarly Project, Spring 2013  
**Description:** This webinar was offered through Hartford Institute for Geriatric Nursing on February 22, 2013 at 1:00 PM. This one hour long presentation was lead by Tara Cortes, PhD, RN, FAAN. All DEN students were invited to watch the webinar. This webinar presentation was very interesting and informative. Watching the webinar enabled me to gain more knowledge about delirium that I will use in my career as nurse practitioner in the adult/geriatrics concentration. The knowledge I gained from watching this webinar will surely be used to educate other at my place of work. Also, the information I learned from this webinar will be used in the development of the in-service for the employees of skilled nursing facilities. The in-service training will help staff at skilled nursing facilities learn how to identify and manage delirium in the elderly population.
  
9. **Title of Project:** Harbor Area Early Intervention  
**Student Name(s):** Andrea Coiro, Anna Buckley, Jaden Thoennes, Lauren Botteron

**Course:** PT 792 – Health Promotion Project: Spring 2013

**Description:** Our health promotion project for Spring 2013 was at the Harbor Area Early Intervention Clinic in Chelsea. Program coordinators identified and video taped children they had questions and concerns about regarding progressing the motor development of these children. We had a total of 3 children this year and for each child we reviewed the video as a group with the aid of a faculty adviser experienced in pediatric PT. We identified deficits and developed a plan including techniques and assistive devices the staff could employ when working with these children and children with similar deficits. We then presented our findings with the program coordinators. We also had the wonderful opportunity to bring those children in and demonstrated how we would to do use the techniques and/or introduce assistive devices to the children and their family's. To determine baseline knowledge and retention of what we taught the service coordinators, each session they were given a pre- and post-test. In the end our goal was to provide additional knowledge and resources to the service coordinators so that they may provide appropriate care to their clients whom may not currently have access to physical therapy services.

10. **Title of Project:** Child Nutrition and the Effects of the Media

**Student Name(s):** Robert Pierazek, Emily Browning, Nicole Parks, Sara Miller, Amanda Anitube

**Course:** NS 521, Community Nursing Principles Theories, Fall 2012

**Description:** For our Community Health Nursing course, our clinical group worked with children ages 10 to 12 at the Yawkey Boys and Girls Club located in Roxbury, MA. Roxbury is one of the most at-risk neighborhoods in Boston, having some of the highest rates of hypertension, diabetes, and obesity. Over ten weeks, we presented to the children a “Media Smart Youth” curriculum, which addressed how the media affects food choices in children. The curriculum also focused on alternative, healthier snacks, and discussed the benefits of exercise and physical activity – all as part of a lifestyle approach as opposed to a temporary modification. The curriculum was education and fun for the children, and by the end of the ten weeks, we had exposed the children to several different foods that they had neither tasted nor considered. (Interestingly, one favorite food was a raw beet/carrot salad!) We also asked them each to list one life-long goal for their own health. Overall, it was a rewarding experience for all of us.

11. **Title of Project:** Diabetic Health Care for the Homeless

**Student Name(s):** Kendra Demakis, Kayla Nebbitt, Alissa Vigil, Eileen Cottell, Amanda Sadat, and Greg Flis

**Course:** NS 664-02, Community Health Nursing Principles and Theories, Spring 2013

**Description:** Our project went extremely well. We performed hypertension screening and teaching, obesity screening and nutrition/exercise teaching, vision screening and education, and blood glucose testing and education with

our homeless clients at Cardinal Medeiros Center. We expected around 30 people to attend, but we had 50 in attendance. Overall 50 people left with an increased knowledge on diabetes management and prevention. And about 33 people left with goody bags filled with nutritious food, rain ponchos, chapstick, socks, reading glasses, and hand sanitizer. Our intervention was effective as we screened 22 clients for hypertension, 14 people for BMI, 14 people for exercise, 45 for vision loss, and 28 for blood glucose levels. We used all purchases that the grant funded, and actually ran out of supplies unfortunately. Lastly, we were able to refer individuals at risk for further medical

12. **Title of Project:** Health Promotion and Education at Sportsmen's Tennis and Enrichment Center

**Student Name(s):** Julie Bordua, Donald Chan, Talia Ossowski, Lydia Southworth, Melanie West

**Course:** NS 664, Community Health Nursing Principles and Theories, Spring 2013

**Description:** The health promotion project was designed to accomplish the goal of providing health education and preventative strategies related to the primary health concerns and nursing diagnoses for this population determined by the community health assessment. In order to achieve these goals, weekly health education learning sessions were provided to the students attending the after-school enrichment program at STEC. These sessions addressed the primary health concerns of asthma and obesity. A curriculum was developed and included different topics and activities each week. The topics covered included identifying food groups and portions, making healthy snacks, exercise, and asthma prevention and control.

In the second to last class with the students, there was a review of all the lessons in which the students had participated. The students were asked whether or not they were eating healthier snacks and exercising more since the start of the health promotion project. Twenty out of the twenty-one children in attendance that day said that they had been eating healthier snacks, like the "ants on a log" that was included in the healthy snacks demonstration, as well as getting more exercise each week. This was done in preparation for a final project where they created posters depicting what they had learned during the health promotion project. Poster board, markers, paper, and magazines for clipping out pictures were provided and the students created posters showing different forms of exercise, lists of foods that are healthy compared with ones that are unhealthy, depictions of *MyPlate* and the foods included in each section and pictures describing the triggers of asthma. Based on their products, it seems as though the intervention was highly effective in that they are able to identify healthy foods as well as the triggers that cause asthma, especially ones found in the home. The students presented their posters in a health fair at the culmination of the health promotion project. At this fair there were pamphlets describing the risks for obesity and asthma for the parents to take

home. It is important that the parents know what their children learned about and try to talk about the concepts at home in order to help make the health promotion project truly effective.

**13. Title of Project:** Aphasia Center PT Health Promotion Group – “Take Control of Your Health

**Student Name(s):** Eric Hanyak, Ashley Bobick, Caroline Canova, Colleen Jones, Ayana Robertson

**Course:** PT 791: Critical Inquiry III – Development of Health Promotion Projects Fall 2012

**Description:** The Aphasia Center PT Health Promotion Group had a successful eight week program titled "Take Control of Your Health" which helped clients of the MGH IHP Aphasia Center to lead healthier lives and increase mobility. The program consisted of performing physical activity and education on nutrition and healthy living. Approximately 20 clients from the Aphasia Center participated in the program put on by five students from the 2<sup>nd</sup> year entry level DPT class. The program included weekly exercise activities such as dancing, yoga and stretching, walking, and various sports. Each week the clients were given a brief interactive lecture on the week's topic as well as a healthy snack. Over the course of the program the participants were also given pedometers to track their activity levels as well as night-lights for home safety. In the upcoming months the students will use data collected from the participants to determine if a group program such as this is appropriate and effective for improving the health and health efficacy of people with aphasia.

**14. Title of Project:** Changing Overweight and Obesity in Preschool Age Children in Charlestown

**Student Name(s):** Kelli Jew, Laura Johnson, Liv Larsen, Michaela McGuire, Christine Roberts

**Course:** NS 664-02; Community Health Nursing Principles and Theories; Spring 2013

**Description:** Our method to assess short-term outcomes for the student intervention consisted of recording the percentage of students who selected either healthy or unhealthy when asked to identify specific foods. Data collection was performed both prior to and after a teaching intervention and was then compared to determine whether there was an average improvement or decline in proper food recognition. Our data shows that after the teaching intervention, students demonstrated a 4%-37% increase in correctly identifying nine out of twelve foods as healthy or unhealthy. During the parent intervention where the recipe books were used, we engaged in conversation and distributed recipe books to 61% of the 49 adults encountered, surpassing our goal of 30%. Furthermore, 70% of the adults who took a recipe book stated that the recipes would be helpful in providing healthy food options using local resources. As a result of these data, we feel confident in saying we have positively impacted food choices and lifestyles of the children in the Charlestown community.

14. **Title of Project:** The Effects of Exercise, Organization, and Stress Management on Caregivers of Stroke Survivors  
**Student Name(s):** Jocelyne MacDonald, Courtney Chaulk, Allison Shawcross, Xin Lian, Erin Hung  
**Course:** PT-792, Health Promotions Project, Spring 2013  
**Description:** Waiting on description, will have by Fall 2013
15. **Title of Project:** Parkinson's Disease Wellness Project  
**Student Name(s):** Kristina Doty, Devin Butts, Jeff Faulring, Kim Lunde, and Rachel Meek  
**Course:** PT-791, Health Promotions Project Fall 2012  
**Description:** At the Gordon College Center of Balance, Wellness, and Mobility, second year DPT students created an exercise program that met once a week to promote participation and educate participants with Parkinson's Disease on guidelines for aerobic exercise. Recent literature indicates benefits in decreasing Parkinson specific symptoms allowing patients to rely less on medications to manage symptoms while still gaining aerobic benefits that people without PD would gain. This was a great learning experience for the students, as they got a real life exposure to material they were learning in class while getting to improve quality of life for their participants. Group participants include: Kim Lunde, Kristina Doty, Jeff Faulring, Rachel Meek, Devon Butts, and Dr. Marianne Beninato.
16. **Title of Project:** PCA Skills Guide  
**Student Name(s):** Kimberly Henriques, Heather Slack, Jonathan Deweese, Teri Linardos, and Elizabeth Sales  
**Course:** NSG 664-01, Community Principles and Theories  
**Description:** The group of students provided two workshop style trainings with four stations: blood pressure/Heart Rate, Blood sugar/Body Mechanics, temperature/weight readings, and influenza prevention education. The workshop was run during work hours and at two different locations on different dates in order to make the training more accessible to the PACE center employees. The students provided healthy snacks and beverages such as apple juice as well as fruits and vegetables.  
The trainings are performed a few times per year as a "refresher" course for those employees that have been previously trained on vital signs. This also served the purpose of having those employees who are newer to ask questions and practice their skills in order to improve. We were able to evaluate the workshop by having the participants fill out a survey. The results showed that most people would attend again, the contents were clear & helpful, and most people expressed that the content learned will help them better care for the PACE participant population. During the workshop, some of the PACE participants expressed their appreciation for the workshop since there was only one person at the PACE center that performed vital signs and that person was no longer a PACE employee. Therefore this "refresher"

really helped them to master their skills. The overall impact of the training on the employees was to assist in cross-training employees. The impact of the training on the PACE participants is improved patient care by improving the competency of their PACE caregivers. The impact on the students was that the use of the workshop was a vessel to get to relate to the PACE employees and engage them in the importance of the accuracy and quality of the data they are collecting for the primary caregivers. The students were able to provide education to the PACE employees about influenza prevention for themselves and PACE participants and also provided health promotion education on diabetes at the blood sugars station and hypertension education at the blood pressure station. This health promotion education is what the students hope will empower the PACE employees to take better care of themselves so that they can also empower the PACE participants to lead healthier lives as well as provide better care to the PACE participants.

**17. Title of Project:** Center Club Boston: Obesity in Relation to Hypertension, Nutrition, and Exercise

**Student Name(s):** Michelle Kelly, Ben Wright, Chris Naitza, Mary Grace Treschitta, Brian Henry, Sudha Natarajan

**Course:** NS 664-01, Community Principles and Theories – Spring 2013

**Description:** We decided to focus our interventions at the Center Club around the issue of obesity, due to the prevalence of this epidemic, especially in those with mental illness. We drew from Nora Pender's Health Promotion Model to gain insight into how to best implement lasting changes: identifying what is influencing members' healthy and unhealthy behaviors. We also incorporated tools, resources and references from MGH IHP's Community Health Library to empirically reinforce our efforts. Our interventions included: nutrition surveys, BP monitoring, weekly wellness discussions, gym membership facilitation and providing a reusable shopping bag with a variation of USDA's MyPlate graphic. In addition, we will leave the club with a compilation of the resources we have used and with an automatic BP cuff for the sake of continuity and consistency. While it is too early to deem our results conclusive, the data is trending in a promising direction. Preliminary evaluations suggest that our intervention plan was moderately successful. We hope that future IHP nursing groups continue where we left off and that Center Club members will ultimately live healthier and more fulfilling lifestyles.