

**MGH Institute of Health Professions  
Community Project Fund Annual Review: AY14-15**

**1. Title of Project:** Less Stress is Best

**Student Name(s):** Kristen Lamoureux, Jenelle Del Toro, May Au, Kayla Baldwin, Megan Compiano, Megan Feeney

**Course:** NS-521 -01 Community Nursing Principles and Theories, Fall 2014

**Brief Description:** For our project we focused on the aggression we have seen between the preschoolers in our classroom this semester. We used the Ages and Stages Questionnaire to assess their ability to understand and participate in the project. Prior to our presentation we evaluated their ability to identify emotions using pictures of children with happy, sad, and angry faces. We then talked to them about what makes them angry and what they do when they're angry. We sang a song about emotions and helped them come up with alternatives to using violence. We also gave them stress balls to use both at home and in the classroom. We evaluated the effectiveness of our project based on their ability to identify emotions before and after the presentation as well as through their responses. Prior to the presentation the children were all able to identify anger but only 50-75% of the children were able to identify other emotions such as happiness and sadness. Their responses to feeling angry included violence with suggestions such as "I slam their face", "I smack them in the face" and "I kick them". Following the evaluation all of the participating children correctly identified the emotions in the pictures. When asked what they could do when they feel angry they responded with ideas such as "take a deep breath" and "squeeze the ball". Following the presentation we got great feedback from the teachers that the presentation was fun, effective and something that the students needed. Based on these responses we determined that the project produced significant positive results in their ability to identify and deal with emotions.

**2. Title of Project:** Holiday Gift Bags for People in Recovery

**Student Name(s):** Farrell Mason-Brown, Cory Ross, KelliAnn Coleman, Paul Ucci, Morel Berthold, Morgan Suranyi

**Course:** NS-521 -01 Community Nursing Principles and Theories, Fall 2014

**Brief Description:** We used the grant money to buy 48 pairs of socks, paper gift bags, 50 winter hats, and 50 pairs of winter gloves. We also got donations from hotels to put in the gift bags including soap, shampoo, conditioner, toothpaste, toothbrushes, and lotion. From the community resource library we found 3 health promotion fliers about preventing winter illnesses, oral hygiene, and nutrition. We made 50 copies of these fliers and put one of each flier in the gift bags. We gave out the gift bags 2 days before Thanksgiving in the men's stabilization unit. We had enough gift bags to have bags for the Women's Hope program and the Living and Recovery Program as well. The men in the stabilization unit were very very thankful. A couple men teared up. A different man told us that no one has ever done this for them. It was especially meaningful that the gift bags were given out around the holidays because many of the people in recovery programs are estranged or isolated from their families so the holidays can be a lonely time. We were able to communicate with the patients that we were thankful for their openness and courage in sharing their stories with us. We hoped to address issues of low esteem by communicating that these men have a lot to offer and gave us valuable tools and information about fighting addiction.

**3. Title of project:** Vision Exam Brochures

**Student Name(s):** Kelsey Durand, Mackenzie Rose Gavin, Rosemary Truong, Elizabeth Schultz, Christopher Keith Lopez, Rena Blechner, Kelsey Durand

**Course:** NS 521- Community Health Nursing

**Brief description:** The project we have conducted at Orchard Gardens Elementary School consisted of doing vision screening for each of the students here. We tested 4<sup>th</sup> grade and up for nearsightedness, farsightedness, weight and height. We screened the kindergarten through 3<sup>rd</sup> grade for nearsightedness, farsightedness and stereopsis. After completing all of the vision screenings, we have made a brochure to send home with each of the students who failed the screening. Each brochure has a number of vision exam clinics in each major neighborhood of Boston (Roxbury, South Boston, East Boston, South End and Dorchester) and their contact information, hours, directions/T access and interpretation into different languages. We also included all of the languages that are spoken at the clinic to ease the process of deciding where to go.

**4. Title of project:** Elder Health at Robert A Georgine Towers

**Student Name(s):** Nikita Bourque, Katelyn Ackles, Remy Bergeron, Andrea Roy, Carlie Holmes, Lisa Chung

**Course:** NS 521 Community Health Nursing

**Brief description:** This semester we are working with the elders at the Robert A. Georgine Towers who live independently in the community of Charlestown. The manager states that there are 58 residents in the building. The youngest resident is 64 and the eldest is 93. The residents are broken down into two categories, "Frail" and "At Risk". An individual is considered "Frail" if they require two or more services. An "At Risk" individual is a resident who requires three or more services. 50% of the population is Chinese and Chinese speaking and the other 50% is Caucasian and English speaking. With this population, we plan to engage community members in activities that cross language and cultural barriers in an effort to bring the community together and promote socialization among the elders. We plan to utilize the indoor and outdoor community spaces to hold events that will focus on increasing their activity level and improving their health education in an effort to promote healthy living. Some of the activities we plan to implement include a weekly Blood Pressure Clinic, Zentangle Meditation, Apartment Wide Cookout, Tai Chi and a Foot Care Clinic. The funds we are requesting will go towards the supplies needed to perform our weekly activities. Our estimated budget per week is \$25.00 with a total of 6 weeks on site leading to a total cost for the semester of \$150.00. This is our average weekly budget as different activities will incur more cost than others. For example, the Dance Lesson will be low cost while the Apartment-Wide Cookout will require more than the \$25.00 allotted per week.

**5. Title of project:** Barn Babies

**Student Name(s):** Stephanie Chiappa, Anne Bayerle, David Cornette, Jamie Stein, Willada Loch

**Course:** NS 664-01 Community Principle Theories

**Brief description:** Barn Babies - is a traveling petting zoo. We are looking to fund the visit from the Barn Babies company to the Zelma Lacey Assisted Living in Charlestown. They bring over 20 baby animals: bunnies, chicks, diapered pot belly pigs, diapered goats, kittens, puppies, and others. Research has discovered that human and animal interaction can improve a person's social, emotional, physical function. The purpose is to engage residents in an activity to get them out of their rooms and participate in a community event with over 66 residents. The main problem we identified with this population of older adults is their risk for isolation. This project will encourage psychosocial wellness and bring a sense of community to the residents. We are going to take pictures and engage with the residents in the activity. Our objective is to introduce this service to the facility and start the assisted living to continue with these visits throughout the year to help bring joy to the residents by increasing their overall psychosocial wellness.

- 6. Title of project:** Clinical Intervention of Health Teaching at Rogerson Adult Day Center  
**Student Name(s):** Carlos Covarrubias, Mavis O'Mensah, Francine Williams, Solomon Raji, Joe Golden, Andrew Sherburne  
**Course:** NS-521-03 Community Health Nursing  
**Brief description:** A health fair of short presentations on: foot care for diabetics, home safety, infection prevention, oral care, and personal hygiene for older adults at the Rogerson Adult Day Health Center.
- 7. Title of project:** Safety in the Community presentation to Rogerson House  
**Student Name(s):** Anthony Gross, Krista Scorsune, Victoria Rios, Katy Bitner, Tram Tran, Sana Muqqadus  
**Course:** NS 664-01 Community Principle Theories  
**Brief description:** Presenting safety tips in the form of a game show to clients of adult day care facility - Rogerson House.
- 8. Title of project:** Health Promotion Final Project for Community Clinical  
**Student Name(s):** Allison Kassel, Logan Poole, Hayley Schiloski, Catherine Bacolod, Louisa Harrison  
**Course:** NS521- Community Nursing Principles and Theories  
**Brief description:** We would like to focus on building social/emotional skills in the classroom, which the students can take forward with them as they grow up outside of the walls of the Kennedy Center too. We have observed one of the largest challenges facing this age group (3-5) is conflict resolution, thus this is where we would like to focus our attention. We are planning to implement a lesson plan that is made of four major parts: (1) an visual display of common emotions felt during conflict (story book, to leave in each classroom upon finishing), (2) going around and sharing what makes us angry/mad/sad, (3) securing this discussion with paper plate emotion recognition, and (3) discussion on ways to handle conflicts displayed on a poster (to be left in each classroom), with suggestions of what one might do before going to an adult (for example, deep breathing, walking away, saying how you feel, etc. The materials used may include paper plates to display emotions, popsicle sticks to hold paper plate faces, book to read and leave in classroom, markers, crayons, and a poster left in the room. We are hoping to implement this exercise in the 3 classrooms in which we currently observe/assist on the morning of July 23, 2015.
- 9. Title of project:** Improving Health Through Community Engagement  
**Student Name(s):** Qingyu Zhong, Nhi Tran, Esther Jarvis, Benjamin Yu, Nickalaus Swan, Sarah Moy  
**Course:** NS-664 Community Health  
**Brief description:** Ferrin St. Housing provides independent residential housing for low-income older adults in the Charlestown area. For our Community Health clinical rotation, our team of 1st year DEN students spends Tuesday mornings with the residents, taking blood pressures and leading different activities that promote "Health through Community Engagement". The Ferrin St. residents are of different ethnic backgrounds (with about 50% being of Chinese descent) and our goal is to help them engage with their fellow residents despite language and cultural barriers. We have a repertoire of activities planned including a social breakfast, group Tai Chi, and gardening. We anticipate 25 residents to attend and the grant will go directly to funding the group activities.
- 10. Title of project:** Improving Patient-Primary Care Physician Communication  
**Student Name(s):** Michelle Kosinski, Ian Doherty, Maggie Leung, Alexia Marcous, Estella Soohoo  
**Course:** NS 521-01 Community Nursing Principles and Theories

**Brief description:** After assessing this community, we have determined that the elders in this independent living facility have a knowledge deficit in their approach to primary physician visits. This project will develop a tool to better facilitate patient/pcp communication and outcomes. Specifically including a means of recording questions prior to the visit, improving information retention and accuracy of information given by the physician, and improving adherence to medical and nursing interventions. Teaching will include the residence knowledge of how to approach the physician, how to develop questions to ask the physician, knowledge about identifying all the medications they use including OTCs and herbs, identifying the side effects they are experiencing, and identifying any problems they are having. We have also determined there is a deficit with medication adherence. Residence have identified they do not like to take certain medications or sometimes forget to take some medications. This project will develop a chart so the residence can have a color-coordinated system of what to take and when to take it. The times of the medications will be determined by the patient's normal daily schedule. We will also provide weekly pillboxes to those who do not have them so they can have their medication laid out for the week.

**11. Title of project:** Holiday Gift Bags for people in Recovery

**Student Name(s):** Farrell Mason-Brown, Cory Ross, KelliAnn Coleman, Paul Ucci, Morel Berthold, Morgan Suranyi

**Course:** NS 521-01 Community Nursing Principles and Theories

**Brief description:** We are planning on putting together gift bags with supplies such as shampoo, conditioner, toothpaste, hats, mittens, healthy food options such as oranges. We already have shampoo, conditioner, and soap supplies from our instructor Donna White. We are also starting a coat drive at IHP but we will not need funds for this aspect of the project. We will give these gift bags out before the holidays to show our appreciation and support of the patients in drug recovery programs. The number of recipients will be 50 patients. This will take place in the recovery programs at Shattuck Hospital.

**12. Title of project:** Foot Care Clinic

**Student Name(s):** Jessilyn Haines, Julia Miles, Hannah Peterson, Kaitlin Picard, Marco Felipe Ribeiro, Melanie Rotty

**Course:**

**Brief description:** One March 31, 2015 Barb Giles' Community Health Clinical Group ran a foot clinic for the men and women at the Cardinal Medeiros Center in Boston. The Medeiros Center provides services for homeless and marginally housed men and women in the Boston area. Throughout the morning, 26 participants who attended the clinic were able to soak and clean their feet. The nursing students, along with Barb Giles, provided assessment, treatment, referrals, and education about foot care as the participants soaked their feet. We saw a variety of foot issues including over grown nails, fungal infections, ulcers, and diabetic neuropathy. The participants received "Goody Bags" designed by the clinical group with clean socks, foot cream, other personal hygiene items, and some snacks. The clinic was a huge success. It provided a valued service to the population at the Medeiros Center and a great learning opportunity for the student nurses.

**13. Title of project:** Flu Prevention

**Student Name(s):** Alexa Mitton, Casey Carnini, Elizabeth Green, Jesus Silva, Caitlyn Walker, Jillian Wool, Virginia Lee

**Course:** NS 521-01 Community Nursing Principles and Theories

**Brief description:** This semester in community we are working at PACE, an elder day program. One of the major issues that our sites have asked us to work on is Flu information, prevention and

teaching. We will be holding three presentations to provide flu information to the health care staff. Our goal is to help our sites reduce the occurrence of flu within their participants population. We are hoping to acquire the money in order to make our presentation more interactive and also to be able to purchase hand sanitizer bottles for the healthcare staff with a brochure on the information we present to them.

**14. Title of project:** "Dancing with the Stars": Socialization with Autistic Students K-8<sup>th</sup> Grade

**Student Name(s):** Kallyn Rogers, Shivani Patel, Kelli Devitte-McKee, Diana Queheillalt, Katelyn Cotter, Catharine Grace Novikoff

**Course:** NS 664 - Community Health

**Brief description:** As a part of our Community Health and Principles clinical project, we will be holding a dance / social event for the 30 autistic students at Orchard Gardens K - 8 Pilot School. We will be teaching the students dance phases, teaching them how to socialize with others, and offering time for free dance. There will be dance performances, a food table, a crafts table, and a DJ where the children can request music.

**15. Title of project:** Mildred Avenue Middle School Health Fair

**Student Name(s):** Shawna Welch, Stacyann Hough, Julia Singleton, Jessica LaFleche

**Course:** NS 521-01 Community Nursing Principles and Theories

**Brief description:** For our community health rotation, we are placed at the Mildred Avenue Middle School in Mattapan. Our project will be preparing for a health fair for grades 6-8 to attend, along with their parents and families; we expect anywhere from 200-300 participants. The health fair will take place in the school gymnasium during school hours on Thursday, April 16. Our role in the health fair is to create educational booths at the fair to provide information and resources on a variety of subjects, including asthma, sun protection, and bicycle safety. \*Rita Olans is not available on campus this week, and will be contacting to provide her approval our project. Thank you for understanding.

**16. Title of project:** BGCB Health Promotion for Children

**Student Name(s):** Jessica Santiccioli, Stephanie Picanso, Christina Giudice, Evgenia Khemlin, Katherine Shea

**Course:** NS 664 - Community Health

**Brief description:** We are conducting weekly projects of presentations to the 6, 7&8 and 14+ age groups on various topics changing weekly. Topics include: Hand Hygiene, STDs, Home Safety, Nutrition and Substance Abuse. All 5 students are leading each presentation and providing supplies for the children.

**17. Title of project:** The Cognitive Functional Therapy Program

**Student Name(s):** Jie Yang

**Course:** Schweitzer Fellowship Project

**Brief description:** Schweitzer Fellowship for this project to provide group and individual therapy to people with traumatic brain injuries. It involves two agencies in the community: Spaulding Rehabilitation Hospital and the in-house clinic of MGH Institute of Health Professions (MGH IHP), i.e., the Speech Language and Literacy Center. The project has launched its first phase service for six clients in the Fall semester, 2014. The second phase service is going to start in January 2015 during the Spring semester. This project is addressing unmet needs of people living with the long-term effects of concussion and traumatic brain injury (TBI) in the Greater Boston Area. This request is for funds to supply beverages and snacks for the group treatment sessions which are scheduled over the lunch hour.