

Letter From the Directors

Dearest Greetings to Our Readers,

We would like to thank you all for your immense support for the Al-Shifa. This year has been one of predictable growth in many aspects. In addition to Casa Latina, our main clinical site, we participated in a number of health fairs serving numerous immigrant populations, including Hispanic, East African, and Asian. Our largest event was Binational Health week at the Mexican consulate where we were one of several participants in promoting Latino health through screening and education. Casa Latina has expanded while incorporating a new educational component into the site. Bimonthly teaching sessions on topics chosen by Casa patients, such as sexual health and STD prevention/treatment have been a success. We also continue our education classes for the Vietnamese elders at REWA. With your financial support, we have purchased new dividers and clinic supplies for our clinic. We have incorporated pharmacy students and PA students as part of our team, and have conducted essential eye exams thorough utilizing Unite for Sight, an undergraduate organization that promotes visual health. Since opening in March 2008, Al Shifa has seen more then 500 patients in clinic and outreach events and has served dozens more in education events! With the anticipated roll out of our EMR in January 2009, built by Md/PhD students Cait Rippey and Arjun Rustagi, we will also have a powerful tool to track chief complaints, repeat visits, and clinical data such as glucose levels and serial blood pressures. Big thanks are owed to the two undergrads, Nicole Larson and Yoon Shin, who put their HIPAA training obtained in their other jobs to work entering all the data.

On the political side, Al Shifa has been busy organizing with other student groups to make service learning an institutionalized value at UWSOM. The accreditation guidelines for the School of Medicine this year include a service learning component. Al Shifa leadership has been involved with the administration to craft a school policy and Web-based Toolkit that would meet the needs of students who are interested in work such as that done by Al Shifa. Working with the administration, and other student groups such as Students in the Community- Aloha Inn, Al Shifa has become a permanent part of the service landscape. Besides the aforementioned Binational Health Week and administrative work, Al Shifa and SITC have been actively collaborating on several other projects and shared agendas; an outreach center at Urban Rest Stop, and over-the-counter medications in the outreach centers. By working together on shared issues, and sharing our separate areas of expertise, we have created a whole new model of student initiative based on collaboration rather than competition.

With consideration to the clinical setting of Al Shifa, we continue to wrestle with the problem of a lack of permanent clinic space. We have made steps in that direction though. Dr. Jill Watanabe, and the Adult Medicine Clinic at Harborview, has volunteered to have a precepting clinic on Tuesday evenings. This will work as a referral clinic; patients that are seen during the week can go to clinic on Tuesday evening, the medical student involved with the care of the patient will see them and present to Dr. Watanabe in the same way they would at Casa Latina Clinic. Undergrads or non-medical students would be able to accompany the patient to clinic as a friend if the patient was willing. This new system is set to launch in January 2009, coincident with the move by Casa Latina into their brand new building at 17th and Jackson. At that time, we will be moving to weekly clinics. We are continuing to utilize the referral system created by Jenni Somers to triage patients to the appropriate clinical setting as well. We will continue to search for a clinical home

Al Shifa members have been active academically too. Eden Sellassie presented at the SNMA Region I Conference in Portland, OR and won First place for her poster presentation. Tim Harris was awarded a Mary Gates Leadership Scholarship for his work on the Annual Auction. And we have been selected to present a Best Practices Model Workshop in March 2009 at the Sharing the Vision- Student-run Clinics Conference in Omaha, NB.

All this work wouldn't happen without a small army of passionate people. Al Shifa has grown in numbers of active volunteers: the undergrad pool was expanded to 30+, and the health science student volunteers now numbers approximately 300. We have dozens of physicians who volunteer to precept for clinic ranging from senior residents to professors emeritus. All told there are close to 400 people involved in one way or another in this organization. That is growth from 15 at this time last year. Wow.

Thank you again to our entire cast of supporters; financial, volunteer, or word of mouth. Your belief, hard work, and creativity have created an exceptional organization that is successfully bringing primary care to vulnerable populations in Seattle. We have learned, and are learning, a lot about this work, which in turn will likely result in the continued commitment of those involved to underserved care. Our patients so desperately need this assistance, and we are deeply grateful to be able to provide it.

Sincerely,
Adeena Khan, Clinical Director
Meg Mullin, Board Director

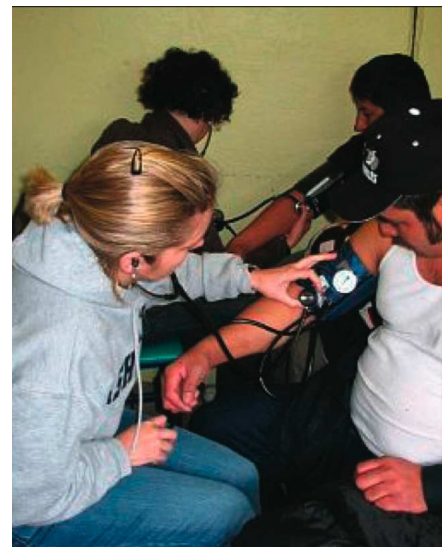
Casa Clinic Update

Hello! My name is Luis Tulloch, the Casa Latina Site Director. I want to use this opportunity to update you on the services that are currently being offered to the patients at our Casa Latina Site and on forthcoming changes to our clinic.

The goal for the Casa Latina Site is to eventually create a student-run clinic with the necessary resources to diagnose, treat, and triage uninsured patients. Currently, the clinic meets every other Saturday for four hours during which a staff consisting of one physician, 3 clinical students, and 6 pre-clinical students attend to the health care needs of about 30 patients. About half of our patients are seen for yearly physicals and hypertension, diabetes, or cholesterol screening. The other half come in with specific complaints for which they are referred to an appropriate hospital or clinic. The clinic also offers a variety of ancillary services such as listings of for shelters and sliding scale dentists and optometrists in the greater Seattle area. Also, the clinic offers free vision screening through our partnership with Unite for Sight and monthly educational seminars for our patients on a variety of health topics.

As far as upcoming changes go, the major change is that the Casa Latina Day Laborer's Center, and thus, our clinic, is moving to Yesler Terrace in late January. This change is going to bring a more permanent facility for the Casa Latina Site. Also, in early January, Al-Shifa is going to open a "mini-clinic" housed at the HMC Adult Medicine Clinic. This clinic will be staffed by clinical students and HMC Adult Medicine attendings. Complicated patients encountered at the Casa Latina Site on Saturday are going to be directly scheduled to the "mini-clinic" on Tuesdays. There, they will be managed in a long-term basis. Thirdly, the clinic is currently pursuing partnerships with the University of Washington Schools of Dentistry and Occupational Health to provide our patients with referrals to these services. Lastly, the monthly educational services for patients will be occurring every other week starting in early February.

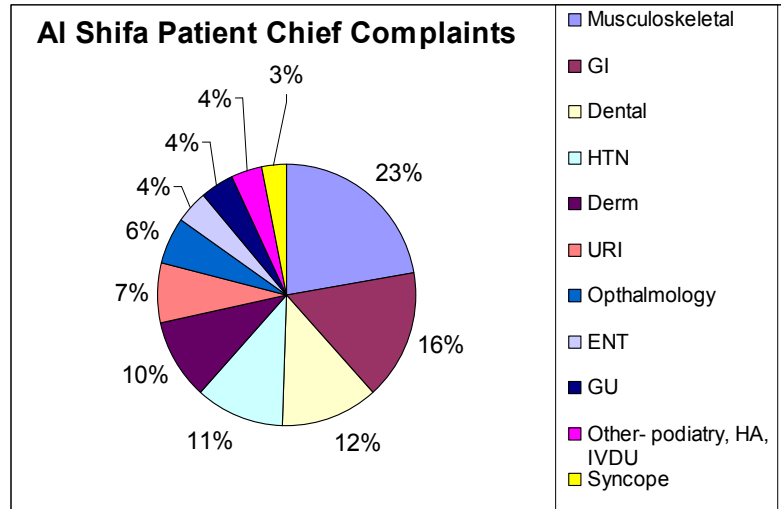
As always, thank you for your support. The clinic would not run without you.



Pertinent Health Issues in the Communities We Serve

Al Shifa currently provides preventive healthcare services, health care coordination, and education to uninsured, low income immigrant and refugee populations who are not eligible for, and/or are not receiving assistance from federal or state funded healthcare programs (Medicare, Medicaid). According to the 2000 Census, approximately 16% of the residents in King County are refugees and immigrants. In 2003, 52% of the immigrant and refugee population in King County were uninsured and did not have access to preventive and primary care services.

The graph to the right represents the chief complaints patients are presenting in the communities we serve. Of note, about 25% of our patient visits are for screening of blood pressure and blood glucose alone. We would like to check every patient's blood glucose given the high risk of diabetes in the populations we serve but continue to be limited by a finite number of reagent strips.



Annual Auction

It's that time of year again! The Al-Shifa Health Resource Center is hosting its annual dinner auction, Coming Together for Health. The benefit will take place on 27 February 2009 and doors open at 6pm at the University of Washington, South Campus Center room 316 [located behind the medical center]. Get ready for an evening of food, fun and philanthropy, as this benefit raises funds for the growth and development of the clinic.

Last year the auction raised nearly \$5000, and this year we hope to double our profits. But we cannot do this without the



help of our community partners, both old and new. As a perpetually-growing, student-run organization, we need to raise funds to remain sustainable. Now that the clinic has received formal affiliation with the UWMC, we are working hard to create a strong infrastructure for the clinic.

Your attendance and donation will be critical in the success of this auction and of this clinic. Take the liberty to donate to the auction by contacting Tim Harris, Special Events Coordinator, at tharris87@gmail.com. All donations are tax-refundable.

Tickets can be purchased online at Brown Paper Tickets: <https://www.brownpapertickets.com/event/48047>.