

How-to

Introduction to Student- Run Clinics

Danielle Llaneza, MA – PhD Student
Hana Flaxman – Medical Student

Our presenters



**Danielle H.
Llaneza**

Danielle has a MA from Teachers College-Columbia University, and is a PhD student at the University of Houston, with a position at TIRR Memorial Hermann
Research/Clinical area: health services, aging & Cancer health disparities; adult populations, LGBTQ+ mental health



**Hana R.
Flaxman**

Hana is a second year medical student at Weill Cornell Medicine. Her interests include primary care, health equity research, and LGBTQ+ Advocacy Work.

Workshop sections

01

Aspects of Student-Run Clinics

Danielle

02

Logistics for opening

Hana

03

The Proposal

Danielle

04

Resources

Hana

05

Activity

Danielle & Hana



Student-Run Clinics

Student-run clinics are traditionally free or subsidized outpatient level care centers. These clinics give students the opportunity to connect with community members, provide care to specific or general populations, and increase access to treatments. Typically, students are the lead providers for logistics, operations, and treatment decision-making and require attending supervision.

01

Aspects of Student-Run Clinics

Assess needs and capacity



Assess health needs and capacity



Who would benefit from a student-run clinic?

Talk with local providers at your institution or elsewhere. Providers from all disciplines (mental health, medical, social work, nursing, occupational etc.,) all have opportunities for care. Speaking to members of the community directly can also help to inform care needs



What type of care would be needed?

Primary care, mental health, geriatrics and more are areas where community members need more care. Create a survey to send out to local providers, at community centers, shelters, to get a better idea on what is desired and needed.



What providers are available to supervise?

All clinics require licensed supervision. Start conversations with your training director, professors, preceptors etc., about a clinic.

Health Assessment Example

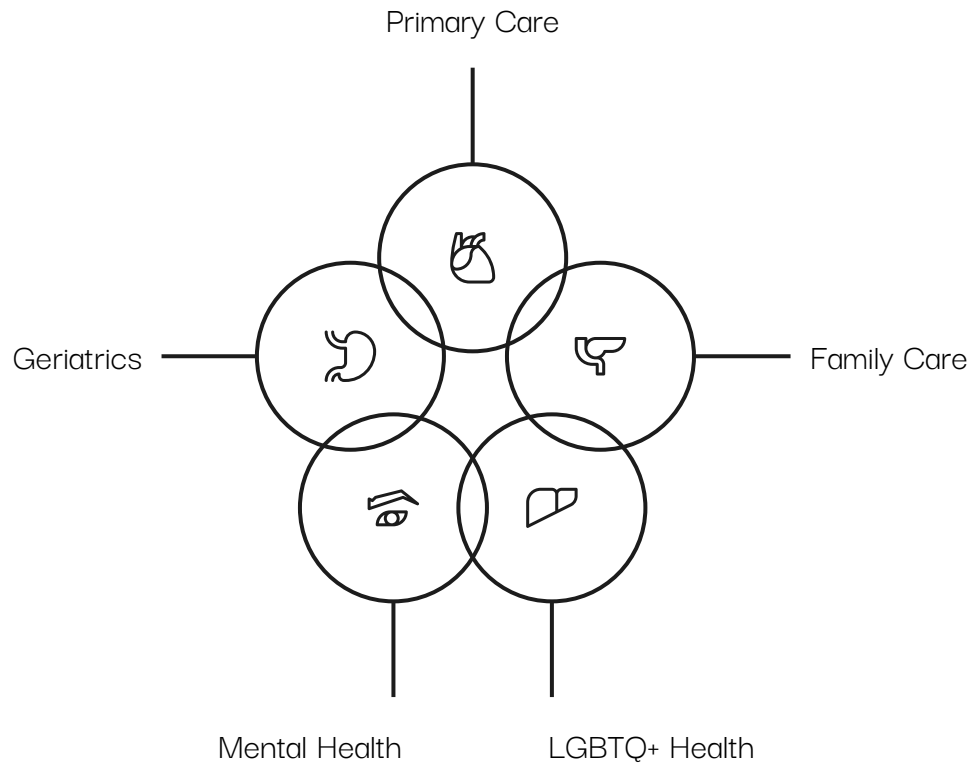
Developing your survey questions will depend on your population and include things like length/number of questions, language, survey vs interviews, and distribution.

Chronic Disease Management

To what extent does the health care facility:

1. Implement a referral system to help patients to access community-based resources or services for chronic disease management?
2. Provide routine follow-up counseling and education to patients to help address chronic diseases and related risk factors (e.g., poor nutrition, physical inactivity, hypertension, high cholesterol, elevated blood sugar levels, tobacco use and exposure)?
3. Provide screening for chronic diseases in adults with risk factors (e.g., poor nutrition, physical inactivity, hypertension, high cholesterol, elevated blood sugar levels, tobacco use and exposure)?
4. Measure weight and height, and calculate appropriate body mass index (BMI) for every patient at each visit?
5. Adopt a plan or process to increase patient adherence to chronic disease (e.g., cardiovascular disease, diabetes) treatment?
6. Institute a systematic approach to the processes of diabetes care?
7. Institute the latest emergency heart disease and stroke treatment guidelines (e.g., Joint National Committee 7, American Heart Association)?

Types of Care



02

Logistics for opening

Staffing, Location, Referrals



Important questions for operation

Staffing

Who will work at the clinic? Think about you, your peers', and supervisors' availability. Will this be once a week, once a month? Being consistent is key.

Location

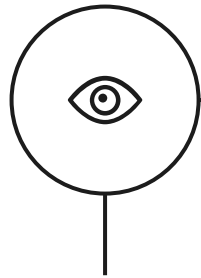
Where will patients be treated? Is there a location on campus that can be transformed for clinical care? Remember you need cleanliness, safety, and privacy.

Referrals

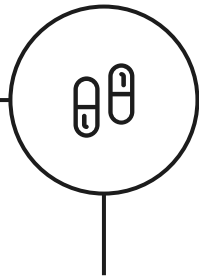
How will patients find the clinic? What type of marketing needs to be done so patients know to come to the clinic? Is this clinic pro-bono, subsidized?

Key Steps Pre-Opening

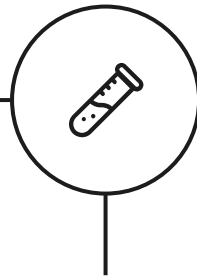
Providing healthcare treatment requires diligence, awareness, and time.



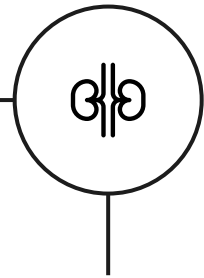
Get necessary
approvals



Create policies and
procedures



Develop mechanisms
to follow outcomes



Schedule your
clients/student
clinicians and start
treating

Framework example

Figure 3. Consolidated Framework for Implementation Research (CFIR) model for the Integrated Behavioral Health Clinic (IBHC)

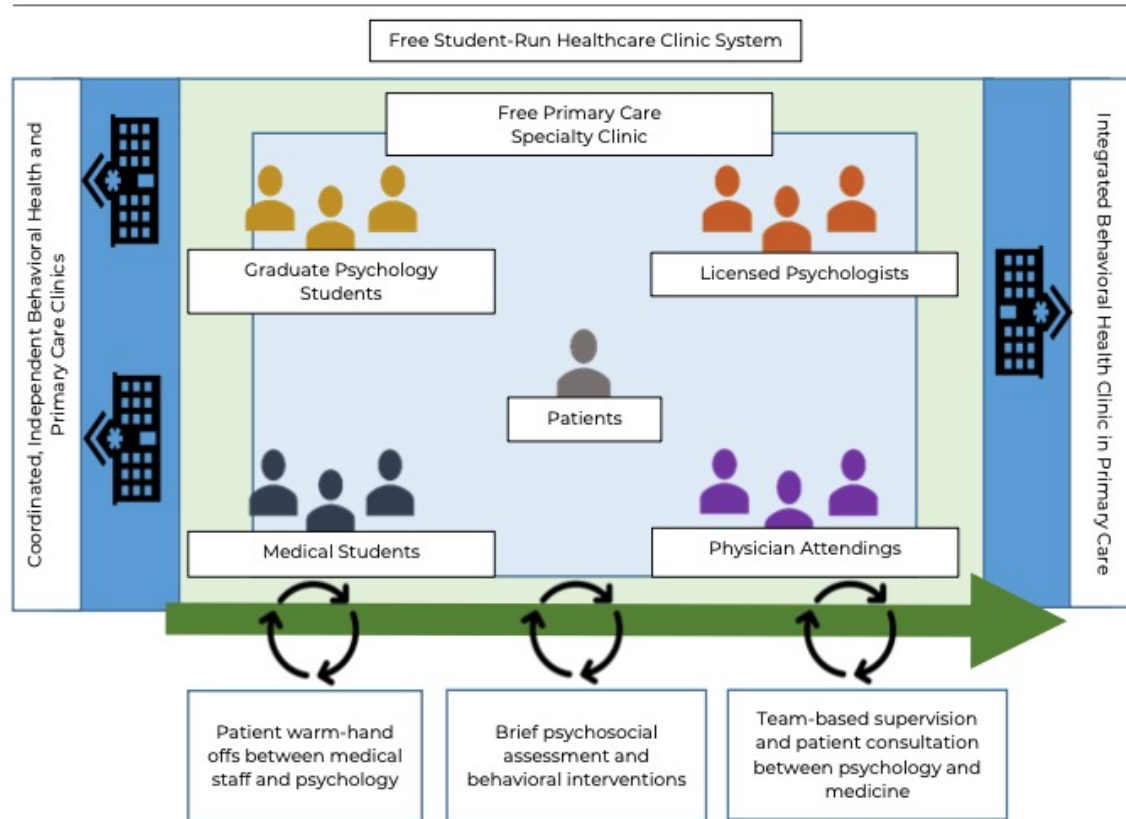


Figure 3 illustrates the implementation framework of the IBHC, drawn from the CFIR model. The diagram describes the process by which the once separate student-run Equal Access Clinic Network and Equal Access Behavioral Health Main Clinic became integrated through the partnership of graduate psychology students, medical students, physicians, and psychologists through team-based interaction in Equal Access Clinic Network primary care settings. Together, the team engaged in warm handoffs, brief psychosocial assessments and behavioral interventions, and team-based patient supervision to discuss holistic approaches to treatment and follow-up.

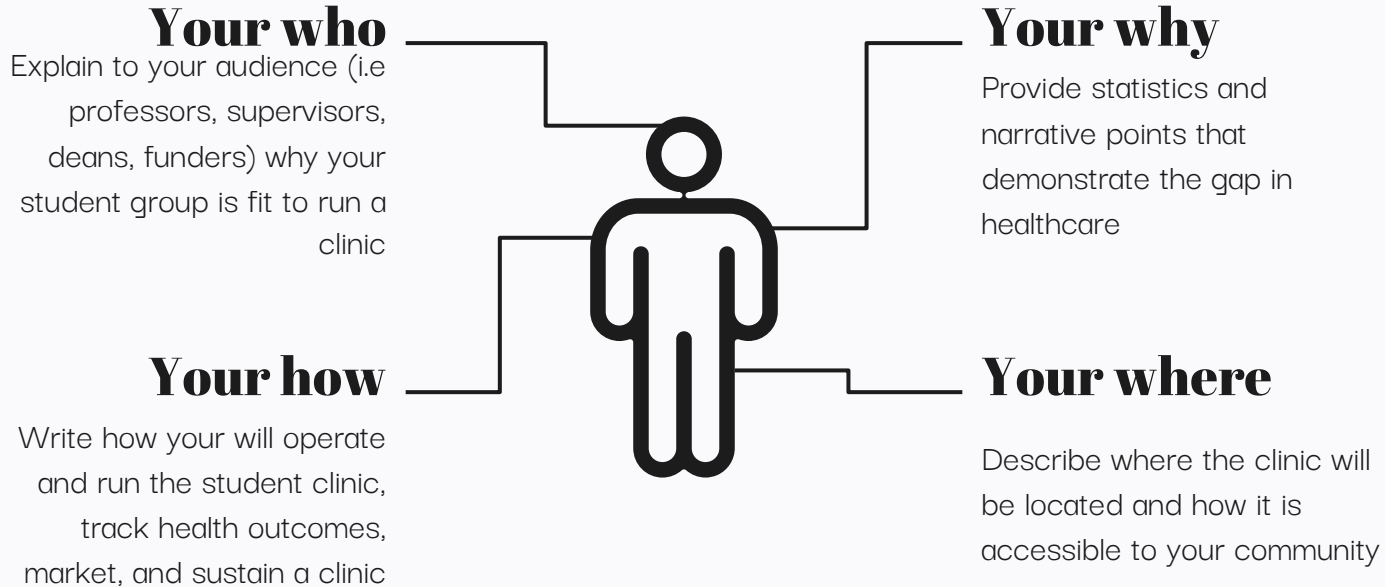
03

The Proposal

Explaining the dream, fit, and design of your clinic is critical to getting it running.



Components of your proposal



Answer questions like:

- **Describe your organization's capacity to lead this project.**

- What challenges exist in the community that may indicate a need for a clinic? (for example, low graduation rate, high chronic illness, high absenteeism)
- Are there specific health care needs that have been identified by the community? (for example, dental care, vision care)

- **Describe how your clinic will address the gap in care.**

- Anticipated patient population*
- Anticipated health services*
 - Facilities planning*
- Planning team and process
 - Anticipated schedule
 - Data tracking

- **Describe the need for a student-run clinic or health center.**

- Describe your organization*
- Experience with health centers
 - Organizational support

04

Resources

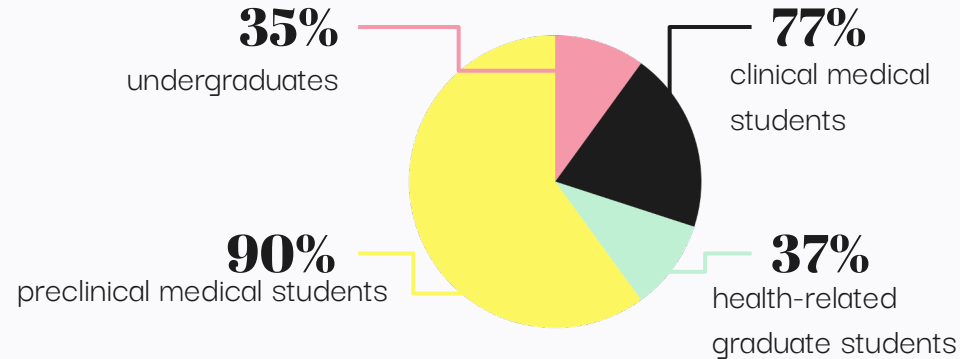
Creating a clinic takes time, dedication, perseverance, and a clear why.



Educational Value of Student-Run Clinics

"Several benefits have been documented, including students with SRC experience using patient-centered approaches to care, showing interest in working with marginalized populations, and more fully appreciating the care provided by interprofessional teams."

Prevalence



Evolution



152+

Student-Run clinics in USA

In a national survey of medical schools in the 50 states (76% response rate), we identified 111 student-run clinics in 25 states.

Funding Considerations

Internal

- Plan a meeting with the Office of Student Affairs to pitch the idea for your clinic
- Ensure you have a detailed plan regarding the leadership structure and model of the clinic
- Have a strong statement of purpose and understanding of both the need for and benefits of the clinic
- Recruit faculty mentors and physicians who will advocate for you to institutional leadership
- Consider tapping into your institution's alumni network for donations
- Fundraising events may be beneficial as well

External

- HRSA predoctoral grand to fund faculty for program supervision
 - [Find Grant Funding | HRSA](#)
- AOA Student Grants
 - [Medical Student Service Leadership Project Grant - Alpha Omega Alpha](#)
- NIH Funding
 - [OER Home Page | grants.nih.gov](#)
- Do Something Grant
 - [Fueling Young People to Change the World | DoSomething.org](#)
- Humanity Rising
 - [Submit Your Service Story - Humanity Rising](#)
- President's Volunteer Service Award
 - [The President's Volunteer Service Award \(presidentalserviceawards.gov\)\)](#)

05

Activity

Let's brainstorm your proposal!

Link for worksheet:

https://docs.google.com/document/d/1RmctxbFejJFcUZJ5XyDwDFVMjdHL_qGE4nLLEEu4n84/edit?usp=sharing



Activity: Creating your proposal

**Brainstorm your proposal following our:
who, why, how, where questions.**

**Please write out your responses and share
them verbally or in the chat.**

Links to resources



Toolkits

- <https://www.studentrunfreeclinics.org/the-free-clinic-research-collective/>
- https://livewell.marshall.edu/mutac/wp-content/uploads/2011/08/Opening_a_School_Based_Health_Center_Final_April_2010.pdf
- https://www.interactforhealth.org/upl/media/sbhc_rfp_final_032519.pdf
- https://nnphi.org/wp-content/uploads/2015/08/PrinciplesToConsiderForTheImplementationOfACHNAPProcess_GWU_20130604.pdf
- <https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/tools/change/pdf/changeactionguide.pdf>
- <https://www.aota.org/publications/student-articles/student-leadership-advocacy/clinic>
- <https://www.studentrunfreeclinics.org/25-steps-to-starting-a-clinic/>



Readings

- https://journals.lww.com/academicmedicine/Fulltext/2021/07000/Examining_the_Educational_Value_of_Student_Run.49.aspx
- <https://www.houstonmethodist.org/about-us/community-involvement/community-health-needs-assessment/>
- <https://cyfar.org/sites/default/files/Sharma%202000.pdf>
- <https://www.cdc.gov/publichealthgateway/cha/plan.html>
- https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKewjp4KC05JL6AhWzImoFHexcBNQQFnoECA0QAO&url=https%3A%2F%2Fjournalsrc.org%2Findex.php%2Fjsrc%2Farticle%2Fdownload%2F241%2F142%2F&usq=AOvVaw2b8L1NL-_MdapDUic3sVHT
- <https://www.acc.org/Membership/Sections-and-Councils/Medical-Students/Section-Updates/2021/05/08/02/34/Student-Run-Free-Health-Clinics>

Thanks!

Do you have any questions or comments?

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon** and infographics & images by **Freepik**



Stay connected with us:

<https://www.nyam.org/fellows-grants/workgroups/advocacy-medicine/>

Email:

AIMGraduateHealthProfessional@gmail.com