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Our Goal

All students who train at the Medical College of Wisconsin Central Wisconsin regional campus will become community engaged physicians. This means that they will reflect on the impact health of the communities where they choose to practice.

Over the two year Physicians in the Community course, students forge relationships with community members across many professional disciplines and explore local health priorities. In partnership with community mentors, the students identify community needs, collaborate to design and implement a community engaged scholarly project, and develop presentations to share their results. Many of the students are building upon projects started by previous medical students, and projects will continue to evolve to meet the needs of our Central Wisconsin community.

We would like to thank our many community teachers and community mentors, as well as the Physicians in the Community Advisory Board for their input into the training of our future doctors, many of whom will return to live and work in Central Wisconsin communities.

Welcome & Opening Remarks

Ø Corina Norrbom, MD

Featured Project Presentations

- Ø Colton Brown > E [• >] š š o > Œ v Œ • W h •] v P s o } e c t š ^ Œ v] v P
Developmental Delays During a Pandemic
- Ø Amanda Wright Medical Students as Effective Mentors to Teenagers with Adverse Childhood Experiences (ACEs)
- Ø Ciera Danen Pap Smea Guidelines in High Risk Populations
- Ø Margaret Lieb Seeking Peer Outreach (SPO): An integrated tiered approach to address stigma and isolation in medical education
- Ø Vince Berry and Marko Ivancich The Burden of Unreported mTBI in Midwestern Skiers & Snowboarders and Titanium Crew: Peer Mentorship to Improve Concussion Literacy and Reporting

Community Engagement Fund Awards & Closing Remarks

Amy Prunuske, PhD

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- Ø [Satchel Beranek, Improving Down Syndrome Outcomes Through Parental Education](#)
- Ø [Greta Berger, COVID-19: Engaging Hmong Populations in Bidirectional Communication](#)
- Ø [Vince Berry, The Burden of Unreported mTBIs on Midwestern Skiers & Snowboarders](#)
- Ø [Colton Brown, Tools to Detect Developmental Delays During a Pandemic](#)
- Ø [Ciera Danen, Pap Smear Guidelines in High Risk Populations](#)
- Ø [John Feemster, Evaluation in Outcomes in LENA Start Marathon County](#)
- Ø [John Geissing, Health Management Psychology in Teenagers](#)
- Ø [Katherine Graebe, Khandakanj Effects of COVID-19 on the Perceptions of Health & Cancer Care Delivery in Central Wisconsin Cancer Patients](#)
- Ø [Phillip Hartfield, Creating Connections with Chromebooks during COVID-19](#)
- Ø [Marko Ivancich, Cranium Crew: Peer Mentorship to Improve Concussion Literacy and Reporting](#)
- Ø [Dima Jaber, Centering Hmong Voices and Stories to Better Understand Disparities and Healthcare Needs](#)
- Ø [Karly Johansen, CBD and You: Assessing the Knowledge and Perceptions of CBD Products](#)
- Ø [Margaret Lieb, Seeking Peer Outreach \(SPO\): An integrated approach to address stigma and isolation in medical education](#)
- Ø [Mercedes Miller, U d Z E } P Z } CE • \[W o Z \] %o } } |](#)
- Ø [Sarah Steffen, Hispanic and Hmong Community Health Needs Assessment: Focus Groups Inform Free Clinic Services](#)
- Ø [Shelby Stewart, Key Risk Factor Related to High Job Attrition Rates Among Joseph Project Graduates](#)
- Ø [Hayden Swartz, Caring for Crisis: Crisis Assessment Response Team \(CARAT\) is in addressing law enforcement impact on mental health and substance use disorders in the community](#)
- Ø [Andrew Tondryk, Connecting Medical Students with Seniors in Central Wisconsin during a Pandemic](#)
- Ø [Zachary Wallace, Child Psychiatry Consultation Program: Utilization and Satisfaction Among Primary Care Providers](#)
- Ø [Amanda Wright, Impacts of Teen Mentoring Program on Medical Student Mentors](#)
- Ø [Katelyn Zuendorf, The Healthy Babies Project](#)

Medical Student:Satchel Beranek

Project Title:Improving Down Syndrome Outcomes Through Parental Education

Community Mentor: CE] CE u Playhouse Wausau

MCW-CW CollaboratorCorina Norrbom, MD

Purpose:Down Syndrome has many well known associated health conditions. Physicians have poor

Medical Student: Greta Berger

Project Title: COVID-19: Engaging Hmong Populations in Bidirectional Communication

Community Mentor: Julie Bunczak, MEd, Wisconsin Institute for Public Policy and Services
Mang Xiong BA, Hmong Wisconsin Chamber of Commerce

MCW-CW Collaborator: Corina Norrbom, MD
Amy Prunuske, PhD, Dima Jaber, M2

Purpose: Hmong communities in North Central Wisconsin have not been consistently reached through public health communication. In a pandemic, it is critical to reach all populations within a community to mitigate the spread. The aim of this project is to decrease the impact of COVID-19 by establishing an innovative communication channel between health systems, public health officials, agencies, and Hmong and Hispanic communities in North Central Wisconsin, incorporating intentional listening to community members.

Methods: To build this sustainable communication bridge, we connected Hmong Community Health Worker (CHWs) facilitated communication with Hmong communities. CHWs informed message adaptation and leverage existing social infrastructures and messaging platforms (such as social media and newspaper). CHWs were trained on basic COVID-19 prevention strategies and were provided with necessary supplies, such as cloth masks, to share within the communities. iPads distributed to CHWs provided an effective tool to combat literacy barriers to case education on COVID-19.

Medical Student Vince Berry

Project Title: The Burden of Unreported mTBIs on Midwestern Skiers & Snowboarders

Community Mentor: Dr. Andrew Baumont, Aspirus; Dr. Michael Clark, Ascension and Dr. Jeffrey Amundson, MCW-CW

MCW-CW Collaborator Corina Norrbom, MD

Purpose: Concussions are generally not considered to be life-threatening injuries, which, in most circumstances is correct. Yet, the range of symptoms, road to recovery, and future sequela can vary dramatically. Understanding this degree of difference is essential considering the severity of concussions and the importance of reporting followed by adequate treatment. The varying degree of repercussions for mild traumatic brain injuries leads to the importance of emphasizing concussion safety, recognition of symptoms, and post-concussion protocol.

Adolescents in traditional sports such as football or soccer receive a standardized form of instruction on concussions. However, those who may participate in more individualized activities, such as skiing or snowboarding, lack appropriate education on the matter. Due to the lack of required head injury education and the inherent dangers of downhill skiing and snowboarding, we suspect this is an environment where injuries, particularly minor traumatic brain injuries occur without a valid diagnosis as well as lacking proper treatment. Therefore, this community project aims at understanding the degree of unreported minor traumatic brain injuries (mTBIs) in the adolescent and young adult population of midwestern skiers and snowboarders by addressing three questions:

- x Is there a burden of undiagnosed concussion on Midwest skiers/snowboarders?
- x Who are they happening to?
- x Why do they go unreported?

Methods: A 29 question survey was given anonymously to Midwestern skiers and snowboarders. The Qualtrics data was analyzed.

Results:

- x 20.35% of the subjects have experienced a suspected concussion
- x 10.47% of the subjects have experienced a diagnosed concussion
- x Ages 14-24 Z š Z Z] P Z • š Œ • % } v • } (^ Ç • _ š } Z a] ou s ion i n u • % š the past 3 years

Conclusions:

- x There is a burden of undiagnosed

Medical Student: Colton Brown

Project Title:

Medical Student:Ciera Danen

Project Title:

Medical Student: John Geissinger

Project Title: Health Management Psychology in Teenagers

Community Mentor: Jessica Truax, Wausau East High School

MCW-CW Collaborator: Amy Prunuske, PhD and Joshua Shupe, MD

Purpose: The purpose of the project was to evaluate if educational sessions that utilize cognitive behavioral strategies can help promote positive self-esteem and increase emotional

Medical Student: Katherine Grøbel-Khandakani

Project Title: Effects of COVID-19 on the Perceptions of Health & Cancer Care Delivery in Central Wisconsin Cancer Patients

Community Mentor: Beth Knetter, Aspirus

MCW-CW Collaborator: Amy Prunuske, PhD and Karly Johnson, M3

Purpose: Over the past few years, the COVID-19 pandemic has significantly impacted the healthcare system and the lives of millions of people. This project aims to explore the perceptions of health and cancer care delivery in Central Wisconsin cancer patients during this challenging time. The study will involve a survey of patients, interviews with healthcare providers, and analysis of data to identify trends and challenges. The findings will be used to inform the development of strategies to improve cancer care delivery and patient experiences.

Medical Student: Phillip Hartfield

Project Title: Creating Connections with Chromebooks during COVID

Community Mentor: Erin Wells, Aging & Disability Resource Center of Central Wisconsin

MCW-CW Collaborator: Amy Prunuske, PhD

Purpose: The objective of this project was to determine whether electronic devices could be used to decrease loneliness in the elderly population during the COVID pandemic.

Methods: During May 2020, 15 participants were recruited at the Island Place Apartments located in Wausau, Wisconsin. Eligibility criteria included income at or below 250% of the federal poverty level, 65+ years old, and with a disability. Participants were screened for COVID-19 and given a COVID-19 test.

The participants were given a Chromebook and trained on how to use it. They were also given a tablet and trained on how to use it. The participants were then given a survey to complete. The survey asked about their loneliness, their use of technology, and their satisfaction with the project. The survey was completed by 14 participants. The results of the survey showed that the participants were significantly less lonely after using the Chromebook and tablet. They also reported increased use of technology and satisfaction with the project.

Medical Student: Karly Johannsen

Project Title: CBD and You: Assessing Knowledge and Perceptions of CBD Products

Community Mentor: Susan Krolow, United Way of Marathon County

MCW-CW Collaborator: Amy Prunuske, PhD

Purpose: The purpose of this project is to assess the knowledge level, perception, and comfort level discussing CBD products after an informational presentation. Participants include members of Marathon County in Wisconsin.

Methods: An informative, virtual presentation was given to various members of Marathon County about CBD products (production, use, FDA regulations, etc.). Three presentations were given from October 2020 to February 2021. After the presentation, participants were given a survey that assesses their knowledge level, perception, and comfort level discussing CBD products with their health care providers, both before and after the presentation. The data was then assessed to determine if there was any difference between before and after the presentation.

Results: Results indicate that the knowledge level, perception level, and comfort level with talking about CBD products improved after listening to the informational presentation. Graphical representation of results can be found in the poster.

Conclusions: In general, it appears that the knowledge level of CBD products improved with the presentations. The participants also felt that they would be more comfortable speaking to their health care providers about CBD products, which is both beneficial to the patient and the provider.

Medical Student: Margaret Lieb

Project Title: Seeking Peer Outreach (SPO): An integrated tiered approach to address stigma and isolation in medical education

Community Mentor: Dr. David Cipriano, Dr. Jeff Fritz, and Dr. Barbara Moser, Medical College of Wisconsin

MCW-CW Collaborator: Amy Prunuske, PhD and Corina Norrbom, MD

Purpose: To develop a peer-led program to combat mental health issues that accompany medical school and to evaluate its effectiveness in providing benefit towards medical students. While still in the preliminary stages, we sought to first identify areas that are especially relevant by surveying current medical students to better direct the development of our program.

[Poster](#)

[Project Video](#)

Medical Student: Mercedes Miller

Project Title: Food Insecurity in the Community

Community Mentor: Dr. David J. Anderson
Place

MCW-CW Collaborator: Corina Norrbom, MD

Purpose: Food insecurity is a major social determinant of individual and community health and is defined by the U.S. Department of Agriculture (USDA) as limited or uncertain access to nutritionally adequate foods¹. Impacting approximately 37 million people in 2018 in the United States alone², food insecurity is associated with increased risk of chronic diseases such as diabetes, hypertension, obesity, and heart disease³.

The Marathon County Hunger Coalition reported that Marathon County food pantries provided food to people in need 64,000 times in 2009. In 2019, that number nearly tripled (over 185,000), illustrating a significant increase in the need for food assistance. This burden is compounded by providing food distribution in addition to several other services for Marathon County residents.

To address these challenges, a community cookbook was created. The primary goal was to improve food availability, time, and meal ideas, a community cookbook was created. The primary goal was to provide a resource for residents to access groceries and meet their desire for more options.

Methods: A collection of recipes were compiled into a community cookbook based off common food pantry items. 161 visitors were offered a copy or guidance to accessing it online if they were interested or believed it would be a helpful resource. They received a QR code (h)-2.998 (h(o)-5 (n6 (m)w d)2.998 ()2.998

Medical Student: Sarah Steffen

Project Title: Hispanic and Hmong Community Health Needs Assessment:
Focus Groups to Inform Free Clinic Services

Community Mentor: Dr. Jeffrey Oswald, Marshfield Clinic Stettin Center,
Wausau Free Clinic

MCW-CW Collaborator: Corrie Norrholm, MD

Purpose: The purpose of this project was to inform the development of the new Wausau Free Clinic and to improve its accessibility and services for Hispanic and Hmong community members.

Methods: Two focus groups were conducted via Zoom. Focus group participants consisted of 6 Hispanic and 6 Hmong community members with diverse medical experiences, current access to health care, needed medical services, and barriers about obtaining care. The focus group discussions were recorded and transcribed. Qualitative data was analyzed and assessed for emergent themes, common problems, and community needs.

Results: The top three desired services for Hispanic participants included: 1) Chronic health services 2)

Medical Student: Hayden Swartz

Project Title: Caring for Crisis: Crisis Assessment Response Team (CART) Analysis in addressing law enforcement impact on mental health and substance use disorders in the community

Community Mentor: Laura Scudiere, Marathon County Health Department

MCW-CW Collaborator: Amy Prunuske, PhD

Purpose: Psychiatric illnesses and substance use disorders are on the rise in Wisconsin, with over 100,000 never receiving treatment. Law enforcement is designated first contact with these individuals, of which the interactions have proved difficult for both officers and patients. Due to the complexity of mental health and law enforcement officers, using a multi-agency approach, Marathon County and other partners created a designated task force to overcome this.

Methods: Compare admission data from pre and post Crisis Assessment Response Team (CART) program implementation in 2018 for NCHC, WPD, and MCSO. The primary marker to be included is number of admissions by month from 2015 to current date (June 2019) North Central Health Care Wausau, WI, 2) Norwood Health Center Marshfield, WI, and 3) Winnebago Mental Health Services Oshkosh, WI. Of the data, scatterplot analysis for comparison will be observed to determine the rate of admissions pre and post CART program implementation.

Results: One year prior to CART implementation (2017) compared to the year after its implementation (2018), the rate of increasing crisis admissions, was cut in half (52%). This decrease in rate of admissions was not due to deferrals to other local institutions.

Conclusions: The decrease in the rate of mental health crisis admissions with hospitalization is enough to demonstrate the benefit of expanding and implementing this framework across other law enforcement agencies.

[Poster](#)

[Project Video](#)

Medical Student: Andrew Tondryk

Project Title: Connecting Medical Students with Seniors in Central Wisconsin During a Pandemic

Community Mentor: Ruth Hebbe, Faith in Action

MCW-CW Collaborator: Amy Prunuske, PhD and Karly Johannsen, M3

Purpose: Goal was to measure the impact that phone calls between medical students and isolated populations. It was attained, but a larger population could be used. My goal was relevant to my objective to connect medical students with the community and to help an isolated population during a pandemic. My portion of this project is completed. Can hand it off to an M2 for further data.

Methods:

- x Medical students were paired with elderly residents of Marathon County (care receivers) during the COVID-19 pandemic.
- x The students called the care receivers once a week to ensure they were receiving the food, medication, and care that they required.
- x The students built relationships with the care receivers by making polite conversation.

Surveys were sent out to both populations (care receivers and students) to measure the impact these calls had on mental health, loneliness, and relationship building skills.

Results: This study aimed to measure the impact that connecting medical students with elderly residents (care receivers) of Marathon County had on both the student and elderly populations. The

Medical Student:Zachary Wallace

Project Title:ChildPsychiatryConsultationProgram:Utilizationand
SatisfactionAmongPrimaryCareProviders

Community Mentor:GabriellaHangiandreou, MDChild Psychiatry
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Medical Student:Amanda Wright

ProjectTitle: Impacts of a Teen Mentoring Program on Medical Student Mentors

Mentor: Shannon Young, Ed.D., Enrich, Excel, Achieve Learning Academy

MCW-CW

Medical Student:KatelynZuebsdorff

Project Title:The Healthy Babies Project

Community Mentor:Dr. Carolyn Nash & Eileen Eckart, Marathon County
Early Years Coalition

MCW-CW CollaboratorCorina Norrbom, MD

Purpose:The purpose of this project is to identify what areas of Marathon County are being reached by the Healthy Babies videos. This information will be used to direct further efforts on reaching new populations. Three videos with the most up to date infant safety information were created. These videos discussed car seat safety, safe sleeping, and coping with crying.

Methods: After watching the videos participants took a survey giving their basic information in order to be sent a thank you gift card. The addresses of participants from Marathon County were used to create a geomap to visualize the populations currently being reached.

Results:The geomap was used to analyze the location of current participants to give a visual of what areas are being reached by the videos. It showed a higher number of participants in a more rural area with a smaller amount of participants in more rural areas of Marathon County.

ConclusionsIn conclusion, the geomap is a valuable tool in analyzing what populations are being reached by current outreach efforts as well as what areas of Marathon County could use more targeted outreach. This knowledge will be used to plan future events in communities in order to benefit the greatest amount of people with education on infant safety.

[Poster](#)

[Project Video](#)

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If you would like to contribute to the Community Engagement Fund to assist future students with their community engagement projects, please contact:

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