Newsletter 2018-2019

APA Health Care

Collaboration. **A**ccess. **R**esource. **E**ducation.

UCLA School of Nursing

David Geffen School of Medicine

UCLA Fielding School of Public Health

APAHealthCare

Our Mission

We are a collaboration between UCLA undergraduate students, UCLA professional schools, UCLA physicians, and community partners with **the goal of improving the health and wellness of the underserved Asian and Pacific Islander communities across Los Angeles.**

- Promote **Collaboration** with health care providers and services
- Improve **Access** to healthcare
- Provide **Resources**
- Increase Health **Education**

APA Officer Team 2018-2019

AMY JUNUS
PRESIDENT

JASON YANG
CLIENT RELATIONS DIRECTOR

WILLIAM CHWA
DATABASE DIRECTOR

JANE PARK
HEALTH EDUCATION DIRECTOR

OLIVIA YIP
FINANCE & LOGISTICS DIRECTOR

JUSTIN LAI
PUBLICITY & ACTIVITIES DIRECTOR

BAOTRAN TRUONG
PUBLICITY & ACTIVITES DIRECTOR

JAMIE LIN
REFERRALS DIRECTOR

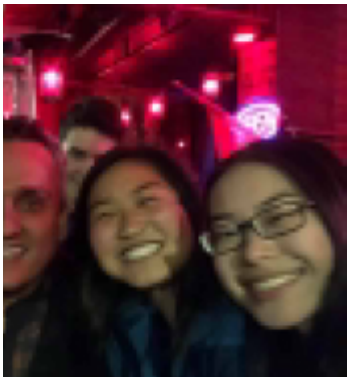
ALYSSA CHAN
SECRETARY

APA Gallery

Top: Enormous Activities Fair
Middle (L-R): New Member Orientation, VACF Health Fair
Bottom (L-R): FECSGV Health Fair, Rosemead Health and Fitness Day

Top (L-R): Alhambra Lunar New Year Festival, Cherry Blossom Festival (Day 1)
Middle (L-R): Cherry Blossom Festival (Day 2), Korean GCJC Health Fair
Bottom (L-R): Health Site Visits, Aloha Festival

Top (L-R): APA Retreat, Dorm Dinner
Middle-top (L-R): Mentor-Mentee Challenge, Dorm Dinner
Middle-bottom (L-R): Apartment Dinner & Board Game Night, KBBQ
Bottom (L-R): Mentor-Mentee Challenge, Bonfire



What We Do

Pre-Health Fair

Funding/Transportation
Our Finance/Logistics committee applies to UCLA funds for health fair costs including equipment, printing, and transportation.

Publicity
Our Publicity/Activities committee publicizes our health fair to the local API community.

Referrals/Insurance Information
Our Referrals committee prepares guides on a few local, low-cost/free clinics and information on how to enroll for insurance.

Health Education Packets
Our Health Education committee updates and prepares a packet with information on comon diseases among the API population and lifestyle tips.

Finance/Logistics
Publicity/Activities
Referrals
Health Education

Health Fair

Intake/Registration
We register our clients so they can begin the client navigation process.

Medical/Social History
We ask about the client's medical history, which includes the client and family members' past medical history. We also ask about social history and information such as insurance status, English proficiency, and household situation. This is important so that medical students and nursing students are able to have a better picture of the client and recommend more effective and specific courses of action during consult.

BMI, Body Fat %, WHR
We measure the client's BMI and Body Fat % using the client's information including age, gender, height and weight. We also calculate the patient's waist-to-hip ratio by measuring their waist and hip.

Blood Pressure (Medical/Nursing students)
Our medical and nursing students measure the patient's blood pressure manually, using a blood pressure cuff and stethoscope.

Consultations and Questions
Our medical and nursing students take the information we have recorded throughout the client navigation process and consult our clients under the guidance of the attending faculty (from David Geffen School of Medicine/UCLA School of Nursing). This is also a time for our clients to ask any questions about their health.

Checkout
We thank our clients and leave them with a resource folder with their measurements from the intake, information provided during their consult, referrals to local low-cost/free clinics, and health education packet with information on diseases common among the API populations and lifestyle tips.

Undergraduate Members
Medical Students
Nursing Students
UCLA Faculty

Follow-up

Client Follow-up
Around one month after the health fair, our Client Relations committee calls our clients to follow-up with each client individually with their health progress.

Research
Our Database & Research committee uses all of the de-indetified values to conduct research on the effectiveness of our interventions and/or other trends. We present our research at conferences to raise awareness of API-specific disparities and advocate for the API population.

Client Relations
Database & Research

Committee Highlights

Finance & Logistics

Members: Alexis Duke, Jenny Kim, Deborah Cheng, Edward Lee, Jenny Kim

Storage
Secured long-term locker space for storage.

Funding
This year, the Finance & Logistics committee was able to secure funding from multiple grants for many new equipment costs such as conferences, new phone system, and new iPads for our new electronic patient intake system.

Fundraising
The Finance & Logistics committee organized 6 fundraisers this year, raising a total of $500 from fundraising alone.

Publicity & Activities

Members: Kirsten Bermudo, Yubin Moon, Josephine Wang, Nguyen Do, Salena Chowdri, Hyewon Kim, Dua Lee, Andrew Zhong

Mentorship
The Publicity & Activities committee spearheaded three mentorship programs-APAMSA x APAHC mentorship, Nursing x APAHC mentorship, and Undergraduate mentorship. All members had the ability to be paired up with a UCLA medical/nursing student as well as an older undergraduate mentor. Activities such as Med-Undergrad Mixer, Med School Workshop, and MMI workshop were also held.

Socials
This year, the Publicity & Activities held 7 socials including dorm dinners, Westwood hangouts, and apartment & board game night socials.

Health Fair Site Visits
We visited 8 new health fair sites and talked to local community health leaders about future opportunities to collaborate.

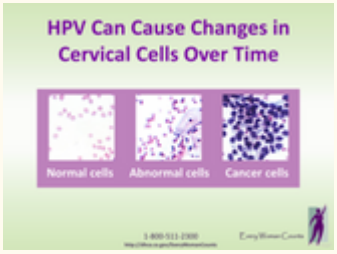
Collaboration
We collaborated with KHEIR to bring free blood-glucose tests to our GCJC health fair.

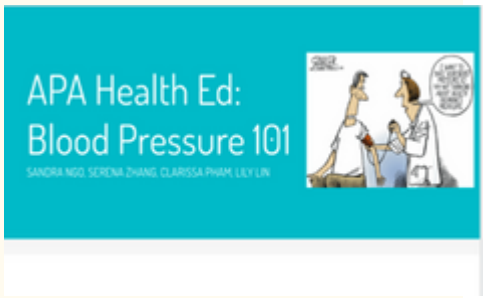
Other
The Publicity & Activites committee also designed new windbreakers, created a classes study spreadsheet to help organize study groups, and started the APA Alumni program.

Health Education

Members: Anamika Gosh, Jaewoo Jo, Jana Sun, Katelynn Luansing, Kevin Sun, Sandra Ngo, Serena Zhang, Sharon Yuen, William Lan

Community Outreach
This year, the Health Education committee held four health seminars on Diabetes and Heart & Vessel Disease, Sugar and Health Eating to 65+ community members, aged 9-85 years old, and speaking Chinese, Korean, and Spanish.





Collaboration
The Health Education committee collaborated with EWC, Every Woman Counts, an organization focused on breast and cervical cancer during our GCJC health fair.

Member Inreach
The Health Education committee held three member inreach presentations on Blood Pressure 101, BMI & Body Fat Percentage, and Vision in order to better equip our members.

Referrals

Members: Albert Sohn, Alyssa Chin, Amanda Sun, Angela Chen, Ethan Kato, Jonathan Tse, Katelyn Han Ngo, Kristy Lin, Menna Sun, Peter Wang

Referral Forms
This year, the Referrals committee created 5 new referral forms, translated 5 referral forms, and updated 10 referral forms in order to provide information on local health clinics during our health fairs.

APA Reference Sheet
This year, we updated our reference sheet where we record our client's measurements so that each of the measurements corresponded to the accurate range corresponding to each stage of disease. We also added a vision portion to the reference sheet.

Cultural Competency
The Referrals committee presented three new cultural competency presentations- Chinese, Japanese, and Sri Lankan to prepare our members during health fairs and educate them on each of our clients' cultures.

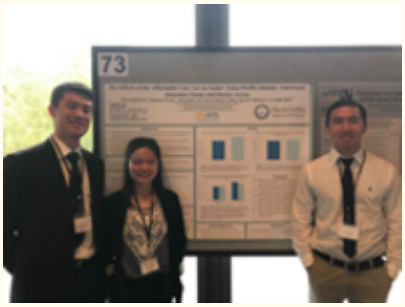
Health Insurance
The Referrals committee held three insurance workshops- Health Insurance workshop, Medi-Cal vs Medicare workshop, and MyHealthLA workshop.

Database

Members: Jeffrey Huynh, Raymond Le, Meachelle Lum, Daryl Moniga, Shannon Tseng, Joshua Xian, Kevin Zhang, Jonathan Zuo

API American Senior Healthcare Disparities Outreach

This year, the Database and Research Committee wrote 2 abstracts and presented at 3 conference- APAMSA Regional Conference, Stanford Research Conference, and National Conference of Undergraduate Research. The committee also submitted a manuscript to the Journal of Aging & Social Policy.



Case Studies of Effectiveness of Health Fairs on API Americans

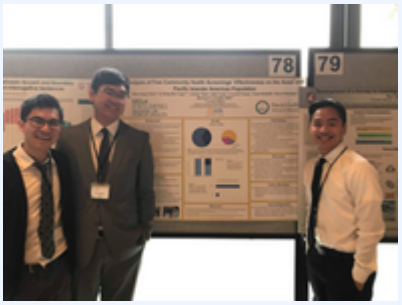
The Database committee also collaborated with the Client Relations Committee in a new study on the effectiveness of our health fairs.

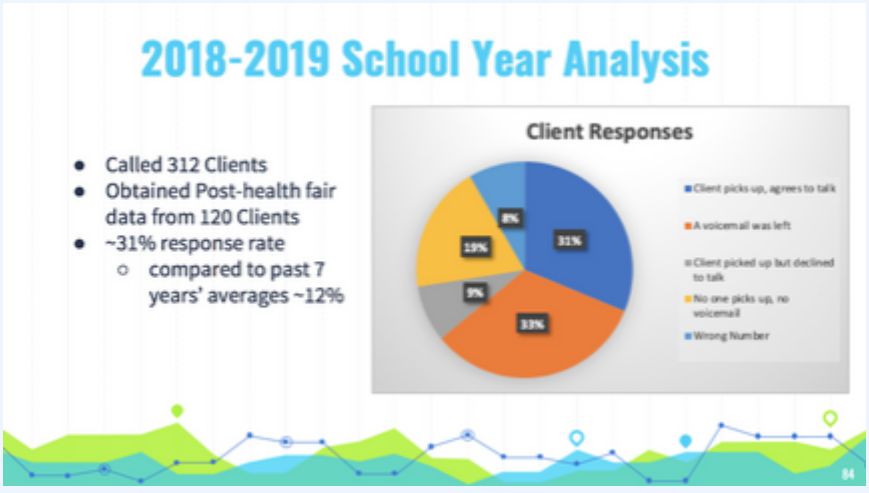
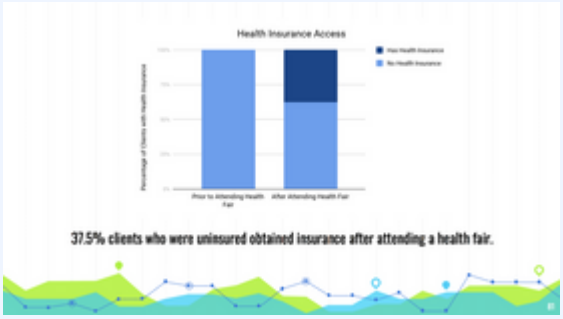
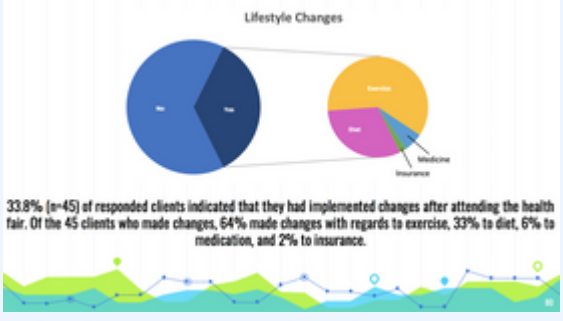
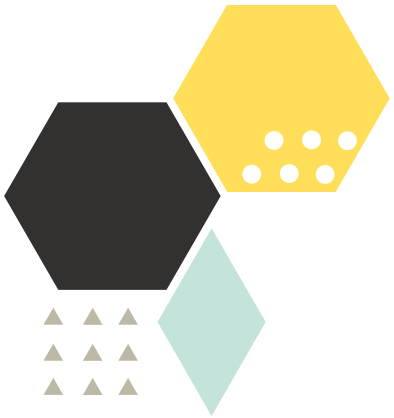
Client Relations

Members: Jason Fukuta, Jeremy Pandji, Julia Yuan, Samuel Leong, Amy Xu, Janine Chan, Iris Kang, Angus Tsui, Crystal Chung

Increased Call Response Rate

The Client Relations committee called 312 clients and obtained post-health fair data from 120 clients. This 31% response rate increased from the previous seven year's response rate of 12%.



Other

The Client Relations committee revised its call script to increase professionalism during their follow-up calls. The committee also decided to follow-up with clients twice instead of once in order to increase caller response rate.