

Newsletter 2019-2020



APA Health Care

Collaboration. Access. Resource. Education.

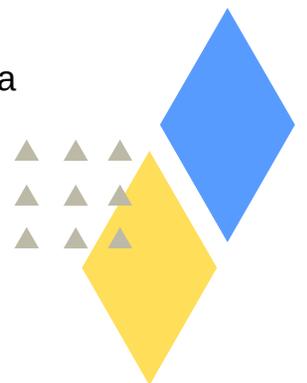


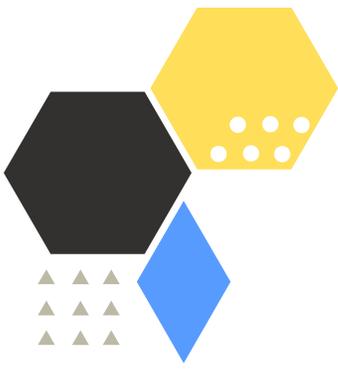


Our Mission

APA Health Care (APAHC) an interdisciplinary collaboration between UCLA undergraduate students, UCLA professional schools, physicians, and community partners with **the goal of improving the health and wellness of the underserved Asian and Pacific Islander communities in the greater Los Angeles area.** We strive to make a lasting impact on community health by:

- Promoting **Collaboration** with health care providers and services
- Improving **Access** to healthcare
- Providing **Resources**
- Increasing **Health Education**

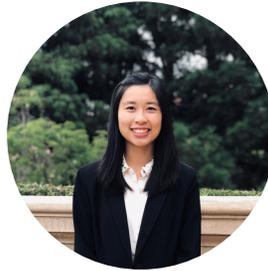




APA Officer Team 2019-2020



**JAMIE LIN
PRESIDENT**



**ALYSSA CHAN
SECRETARY**



**JASON YANG
DATABASE
DIRECTOR**



**CRYSTAL CHUNG
FINANCE &
LOGISTICS
DIRECTOR**



**KRISTY LIN
FINANCE &
LOGISTICS
DIRECTOR**



**ANGELA CHEN
PUBLICITY &
ACTIVITIES
DIRECTOR**



**JUSTIN LAI
REFERRALS
DIRECTOR**



**JOSHUA XIAN
HEALTH
EDUCATION
DIRECTOR**

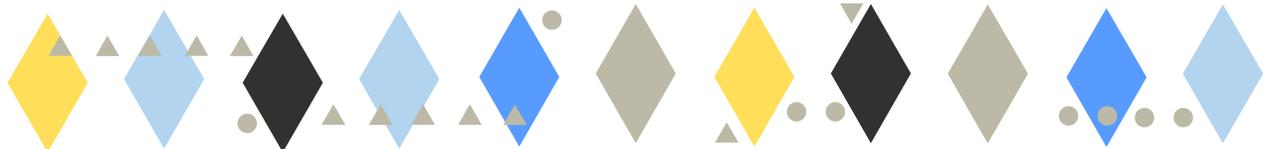


**KEVIN ZHANG
CLIENT RELATIONS
DIRECTOR**



APA Gallery

Top, Middle: Member Training & Orientation
Bottom: Welcome Night (Social)



APA Gallery

Fall* Health Fairs

Top: St Elizabeth Health Fair

Middle: FECSGV Health Fair

Bottom: Rosemead Health Fair



*due to COVID-19 safety precautions, all Winter and Spring health fairs of 2019-20 have been cancelled

Socials & Fundraisers

Top: Annual APA Retreat

Middle (L-R): Winter Dorm Dinner, Spring Virtual Banquet

Bottom (L-R): Baked Goods Fundraiser, Dim Sum Fundraiser



and many more!



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 health insurance enrollment.



Health Education Seminars and Packets

Our Health Education committee prepares an information on common diseases in API populations for health fair clients. Members also deliver presentations on relevant health topics.

Finance/Logistics

Publicity/Activities

Referrals

Health Education

Health Fair



Intake/Registration

We securely 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-identified 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

Officers: Kristy Lin, Crystal Chung

Members: Deborah Cheng, Alyssa Chin, Yubin Moon

Funding

This year, the Finance & Logistics committee was able to secure funding from multiple grants for transportation, research conferences, health fairs, an upgraded website system, and over 10 new iPads for our electronic intake system.

Fundraising

The Finance & Logistics committee organized 5 fundraisers across Fall and Winter quarter, including dim sum and bakery goods, raising over \$700 from sales.

COVID-19 Role

Throughout the Spring quarter, the Finance & Logistics committee has conducted research on health topics on new COVID-19 legislation and financial resources to share these updates with the community.



Publicity & Activities

Officer: Angela Chen

Members: Salena Chowdri, Timothy Ho, Sion Hwang, Joyce Ito, Meachelle Lum, Jeremy Pandji, Amanda Sun

Publicity

During Fall and Winter quarters, the Publicity & Activities committee has reached out to 22 community sites to publicize our health fair and health seminars, designing flyers across 3 different languages.

Socials

The APA family is an important part of our organization, and to facilitate member interaction and bonding, the Publicity & Activities committee held 5 organization-wide socials, including a new Welcome Night and multiple apartment/dorm socials. Members are further encouraged to find friends and study buddies through our class spreadsheet.

Mentorship

The Publicity & Activities committee led two mentorship programs this year: APAMSA x APAHC and undergraduate mentorship. All members were offered opportunities to be paired with a DGSOM student and undergraduate mentor to help navigate college and professional aspirations. The committee worked to organize a Med-Undergrad Mixer, Med School Workshop, and multiple mentor-mentee bonding events.

COVID-19 Role

Following the pandemic, the Publicity & Activities committee has worked to condense the extensive research conducted by other committees into resource infographics. Working alongside members of a temporary translation committee, we created 8 unique infographics translated across Chinese, Korean, and Vietnamese and publicized our work, reaching over 2000 views and 800 engagements.



Database & Research

Officer: Jason Yang

Members: Janine Chan, Heather Chou, Jeffrey Huynh, Jaewoo Jo, Matthew Tsai, Linh Vo, Sharon Yuen

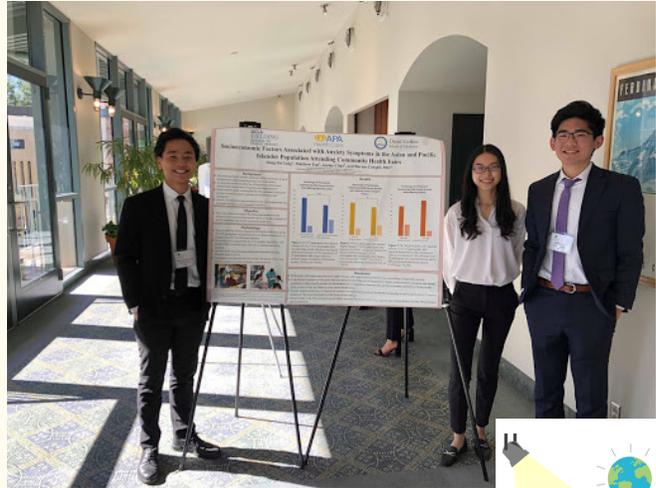
Research Projects

This year, the Database & Research committee conducted data analyses and submitted multiple abstracts on their two new projects:

1) Socioeconomic Factors Associated with Anxiety Symptoms in an Asian and Pacific Islander Population Attending Community Health Fairs, and
2) Socioeconomic Predictors of Health Status of the Asian and Pacific Islander Population Attending Community Health Fairs for poster presentations. Members then presented their research findings at LA Global Health Conference 2020 and UC Global Health Day 2020.

Publication

This year, the committee further published their manuscript in Journal of Community Health, titled APA Health CARE: A Student-Led Initiative Addressing Health Care Barriers Faced by the Asian and Pacific Islander Population in Los Angeles



Client Relations

Officer: Kevin Zhang

Members: Kirsten Bermudo, Iris Kang, Ethan Kato, Alex Ma, Amanda Mac, Joanne Seung, Jana Sun, Angus Tsui, Jenny Wang, Elaine Zheng

Client Calls

The Client Relations committee called 187 clients from this year's health fairs to follow-up with our health fair services and referrals. This year, we garnered 72 pick-ups, increasing our response rate to 39% from last year's 31% and the 12% of eight years prior.

Caller Training

This year, Client Relations has worked to increase members' calling professionalism by having callers create annotated scripts and practicing mock scenarios to anticipate and prepare for client's needs.

Other

We further secured all our client information onto a HIPAA-approved, Qualtrics online database to maintain confidentiality and patient privacy.

COVID-19 Role

The Client Relations committee continued APAHC's mission of reaching out to local community members by contacting past health fair clients and updating them with recent information on COVID-19, while also connecting them to much-needed social resources in their area.



Health Education

Officer: Joshua Xian

Members: Yvonne Du, Alexis Duke, Cheyeon (Jenny) Kim, Katelynn Luansing, Han Ngo, Jeana Shin, Vanessa Su, Menna Sun

Community Outreach

This year, the Health Education committee held a health seminar at our First Evangelical Church of San Gabriel Valley Health Fair, providing clients with in-depth information on health maintenance and answering questions alongside professional school students and faculty.

Member In-reach

This year, the Health Education committee held member in-reach presentations on health insurance and provided breakdowns of our health summary sheets to better equip members for health fairs and client navigation.

COVID-19 Role

During the Spring, the Health Education committee followed CDC and WHO updates on the symptoms and pathology of COVID-19, as well as modes of transmission, every two weeks to provide vital information to the public.



Referrals

Officer: Justin Lai

Members: Jason Fukuta, Abraham Jeong, Josephine Lu, Sandra Ngo, Ly Nguyen, Amy Thodiyil, Shannon Tseng, Evan Wang

Client Referrals

The referrals committee connects our clients to long-term care by referring them to local free/low-cost clinics and health insurance resources. The aim of this effort is to aid clients in continuing to care for their health long after the health fair has passed, so that they may lead healthy lives into the future. This year, the Referrals committee started multiple initiatives in an effort to

- 1) better understand the barriers that may prevent clients from accessing our referral clinics
- 2) address some of these barriers and encourage clients to utilize these resources.

These goals were completed by conducting site visits to our referral clinics, developing a survey to assess barriers to access within our client population, and developing health education materials for use during health fairs to illustrate the importance of access to care in the spectrum of health prevention.

COVID-19 Role

In light of COVID-19, the Referrals committee focused on finding updated health insurance and COVID-19 testing information to share with local community members through Client Relations' calls and Publicity & Activities' online infographics.



Find out more on our website www.apahcare.com!



