

International Health Collective



2023 Clinic Report

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MISSION STATEMENT

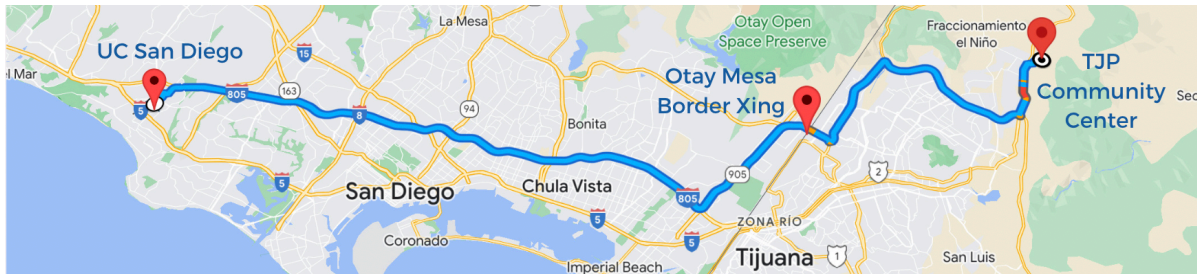
The International Health Collective (IHC) strives to alleviate disparities in the San Diego–Tijuana region and abroad using an approach that is culturally sensitive, holistic, and sustainable. Based at the University of California, San Diego (UCSD) IHC is a youth-driven, 501(c)(3) organization run entirely by students and recent alumni. This structure gives IHC the unique ability to constantly innovate and improve its approach in an effort to create lasting change. In addition, IHC also promotes education and research both within the organization and in the communities it serves. IHC works closely with its communities and continually evaluates its efficacy in addressing their needs.

IHC identifies with the World Health Organization's definition of health, which goes beyond medicine and healthcare: "Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity." IHC uses an interdisciplinary approach in which people of all backgrounds tackle large issues regarding health in a collaborative and comprehensive way.

Students, teachers, medical professionals, engineers, community leaders, artists, and many others work together to create solutions and learn from one another.

Our mission is to improve the health, and by extension the lives, of both those we serve and those who provide service.

CLINIC OVERVIEW



DEMOGRAPHICS

Our clinic site is situated in Tijuana Progreso. The community is isolated from the majority of hospitals, pharmacies, and medical clinics. Distance causes a significant barrier to healthcare access for individuals in this area. We hope to impact nearby communities where both socioeconomic and health care disparities are geographically evident through more free medical clinics and health education seminars.

CLINIC FLOW

1. Patients are triaged by IHC certified volunteers.
2. Patients are consulted by our physician providers.
3. Patients receive their prescribed medications, if applicable.

CLINIC DATES

Jan 14, Feb 4, Mar 4, Apr 8, May 27, Jul 9, Sep 2, Oct 7,
Nov 4, Dec 2

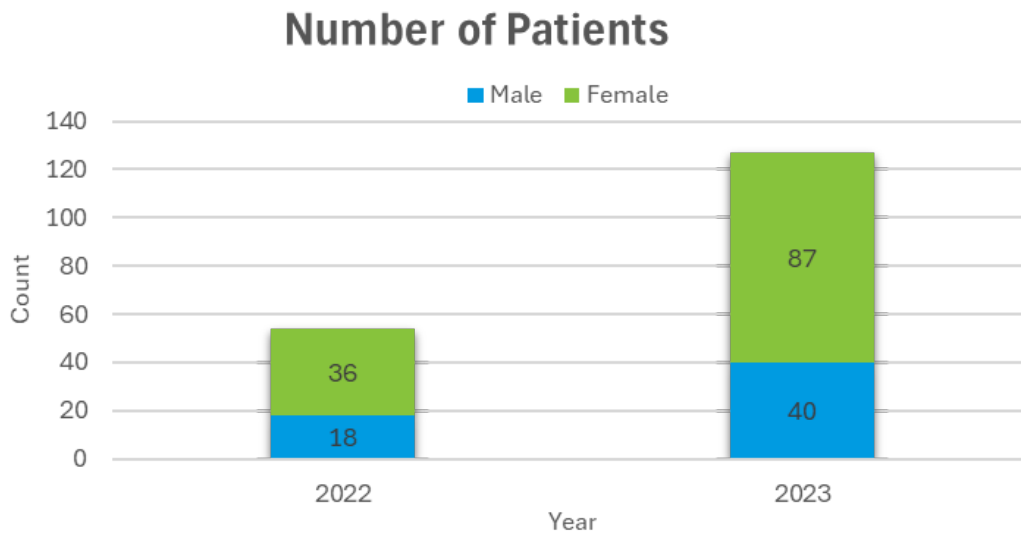
MESSAGE FROM THE CLINIC TEAM

In service of the Tijuana Progreso community, the Clinic Team coordinates all improvements of IHC's monthly clinic. This year, the Clinic Quality Improvement project created and refined an inventory to track our supplies. Through collaboration, we've responded to community requests by delivering informational sessions on English learning and vision care.

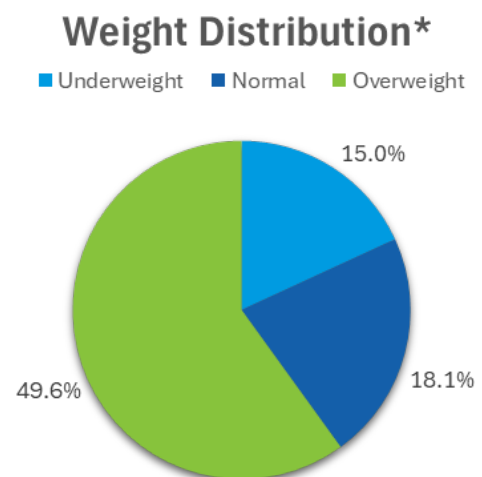
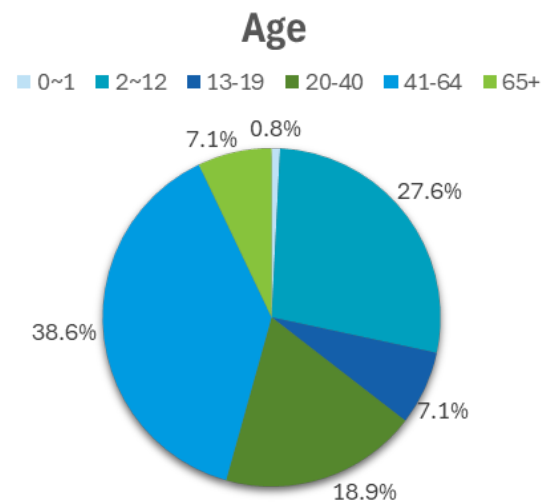
We're also actively working to deliver glasses, CPR classes, and food donations to community members. Finally, we've initiated discussions about establishing a system for referrals. Other projects have coordinated the distribution of period products and the establishment of a community garden! The Clinic Team feels motivated by the progress we've made, and we remain dedicated to maximizing patient experiences.



PATIENT DISTRIBUTION

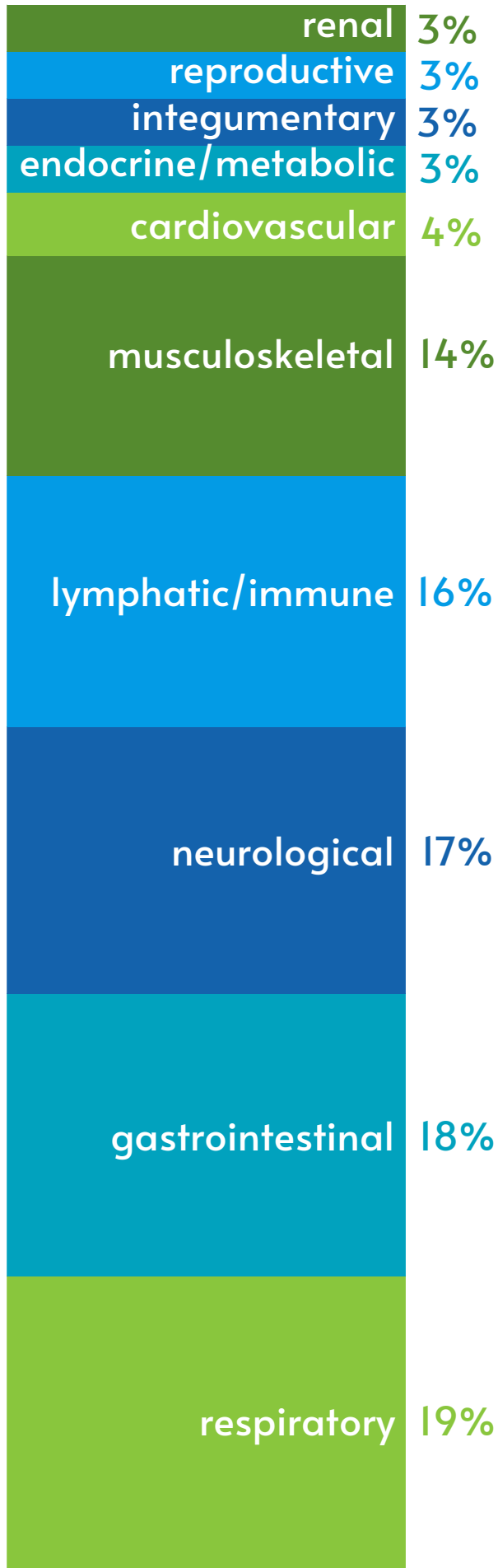


The clinic observed a 135.2% increase in patient number compared to 2022, where 38 among 127 were repeating patients from previous year. More than half of patients visited clinic with their family members. In fact, our patients were predominantly married middle-aged women who visited clinic with their sons. While most of minors were on or near healthy weight, a significant portion of adult patients were overweight. Two common medical histories of visiting patients were hypertension (33.9%) and diabetes (18.1%).



*Patients categorized by BMI according to CDC definitions. BMI is a useful screening tool; it is not diagnosis of body fatness or overall physical health:
<https://www.cdc.gov/obesity/basics/adult-defining.html>

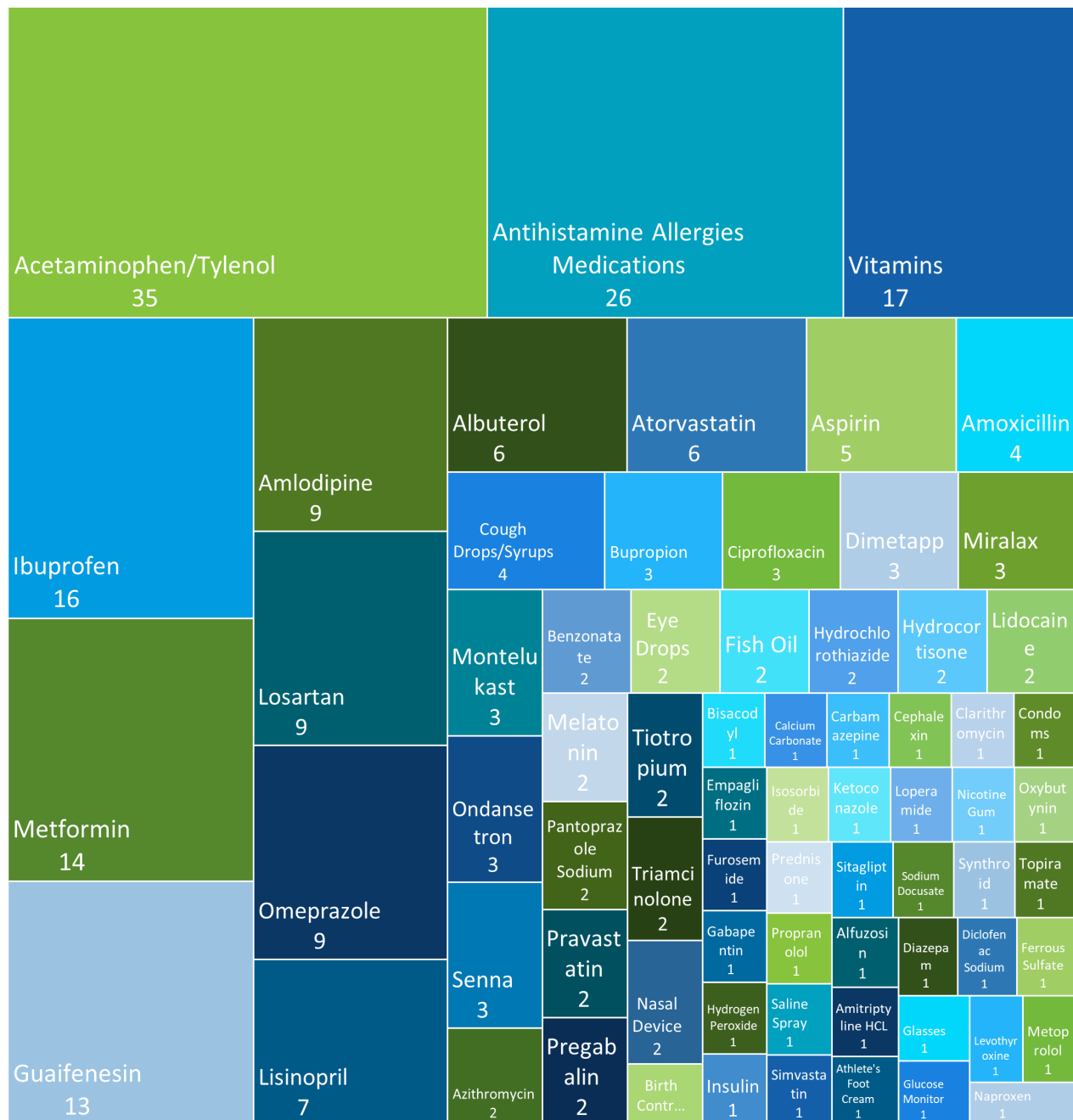
CHIEF COMPLAINTS



Patients were triaged by Medical Assistants, EMTs, and student volunteers to collect their chief complaints. Of the 128 patients examined, 34% were diagnosed with hypertension and 18% with diabetes. Dramatically, five categories of chief complaints dominated among the patient population in relatively equal prevalence, as a substantial 84% majority of patients reported either respiratory, gastrointestinal, neurological, lymphatic/immune, or musculoskeletal difficulties. The remaining 16% of chief complaints were again distributed evenly among the less frequent categories of cardiovascular, endocrine/metabolic, integumentary, reproductive, and renal complaints.

MEDICATIONS DISPENSED

Our pharmacy can dispense medication to patients directly after consultation with a physician either on site or online. Student volunteers assist the Pharmacy Team to prepare medication for distribution. The most common prescriptions from this year's clinic were for Acetaminophen, Antihistamine Allergies Medications, Vitamins, Ibuprofen, Metformin, and Guaifenesin.



CLINIC TEAM

Providers (18):

Dr. Leah Kern, MD, MPH (Pediatrics)
Dr. Larry Lyle, DO (Family Medicine)
Dr. Dina Rosa, DNP (Family Medicine)
Dr. Gerard Boss, MD (Internal Medicine)
Dr. Erik McLaughlin, MD, MPH (Family Medicine)
Dr. Arielle Schecter, MD (Family Medicine)
Dr. Natalie Colaneri, MD (Internal Medicine)
Dr. Adrià Jiménez Bacardí, MD, MS (Internal Medicine)
Dr. Andre Sisk, MD, MPH (Internal Medicine)
Dr. Elina Kim, MD (Internal Medicine)
Dr. Christina Gu, MD (Internal Medicine)
Dr. Jason Xu, MD (Family Medicine)
Dr. Jonathan Davis, MD (Cardiology)
Dr. Jia Shen, MD, MPH (Cardiology)
Dr. Sabahat Rahman, MD (Family Medicine)
Dr. Samantha Marley, MD (Internal Medicine)
Dr. Julia Weston, MD (Internal Medicine)
Dr. David Hall, MD (Internal Medicine/Pediatrics)

Faculty Advisors:

Dr. Jia Shen, MD, MPH and Dr. Weena Joshi, MD

Clinic Directors:

Cristina Mora and Jay Patel (Jan-Jun)

Hailey Min (Jul-Dec)

+ over 50 IHC volunteers: drivers, interpreters, scribes, EMT/MAs, pharmacy

CONNECT WITH US



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