

International Health Collective



2024 Clinic Report

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MISSION STATEMENT

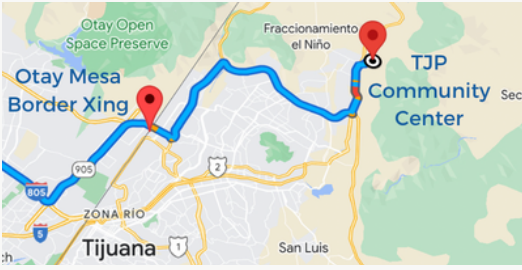
The International Health Collective (IHC) strives to alleviate disparities in the San Diego–Tijuana region and abroad using an approach that is culturally sensitive, holistic, and sustainable. Based at the University of California, San Diego (UCSD) IHC is a youth-driven, 501(c)(3) organization run entirely 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



Clinic location
36 miles from San Diego

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 Dates 2024

| | | |
|----------|----------|----------|
| Jan 6 | Feb 3 | Mar 2 |
| Apr 8 | May 4 | Jun 1 |
| Jul 6 | Sep 7 | Oct 5 |
| Nov 2 | Dec 7 | |

Clinic Flow

- 1** Patient Triage
by IHC certified volunteer
- 2** Patient Consultation
by IHC physician providers
- 3** Medication Prescription
if applicable

MESSAGE FROM THE CLINIC TEAM

IHC's Clinic Team has expanded our reach this past year to not only serve our Tijuana Progreso and San Juanico communities but to also establish a new clinic in Santa Isabel, Mexicali. Through generating innovative ideas and conducting needs assessment surveys, our Clinic Team has utilized evidence-based methods to better identify and fulfill the needs of our patients at all of our clinic locations.

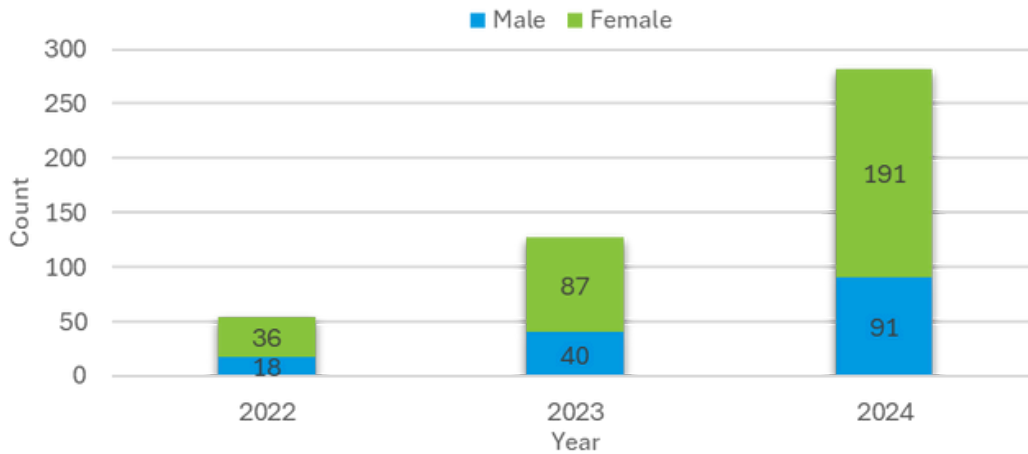
These efforts have led to an increasing number of initiatives implemented by various IHC projects for our clinic communities. This past year, we've distributed menstrual kits, dental kits, and contraceptive kits in addition to resources such as nonperishable food and donated clothing. We've hosted educational science workshops for children and taught CPR classes with real hands-on mannequin practice. In response to our patients' requests, we've introduced more specialized care services, including dental check-ups at our Mexicali Clinic and reading glasses distributions at all of our clinic locations. This past June, with the help of Berkeley optometry student Vickie Kuo, we distributed prescription glasses to our Tijuana Progreso community.

In addition to these initiatives, our Clinic Team has worked to improve clinic efficiency. Through the creation of Triage Office Hours, IHC triage volunteers are now offered a space to practice taking vital signs and speaking in Spanish prior to each clinic day with the help of experienced triagers. Furthermore, members of the Clinic Quality Improvement Project deep-cleaned and re-organized our Tijuana Progreso Clinic pharmacy room as well as created a new and thorough spreadsheet inventory to track all of our clinic supplies.

Through engaging with our communities and proactively seeking improvement, our Clinic Team continues to invest in providing patients with the high quality of care that they deserve.

PATIENT DISTRIBUTION

Number of Patients



- Sustained Growth and Trust**

Total 282 patients visited in 2024, marking an impressive 122% increase within a year. High revisit rate of 94.5% highlights patient satisfaction and continued trust in our clinic's service.

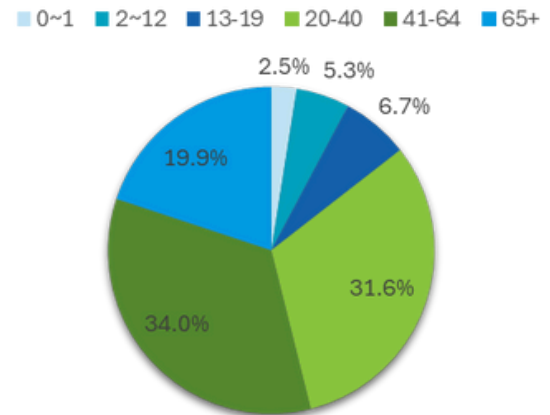
- Patient Demographics**

The most prevalent patients were married middle-aged women, followed by young male. About half of our patients visit with their families, highlighting our clinic's role as a hub for family healthcare. Patients from diverse backgrounds indicates that our clinic effectively meets the needs of a broad population.

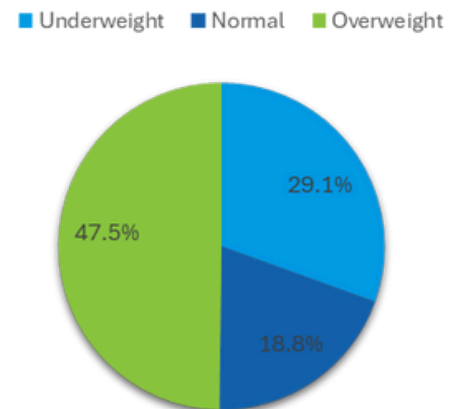
- Key Health Issues**

Overweight was the most common health issue, especially among women who have experienced childbirth. Two most frequent medical history were diabetes (22.7%) and hypertension (17.7%), showing chronic disease management as one of the key focus of our clinic.

Age



Weight Distribution*



*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 **215 unique patients** examined,

- 30% were found with hypertension
- 23% were found with diabetes

For the second year in a row, **respiratory** issues are the predominant type of chief complaint.

- 2024: 27% of total CC's
- 2023: 24% of total CC's

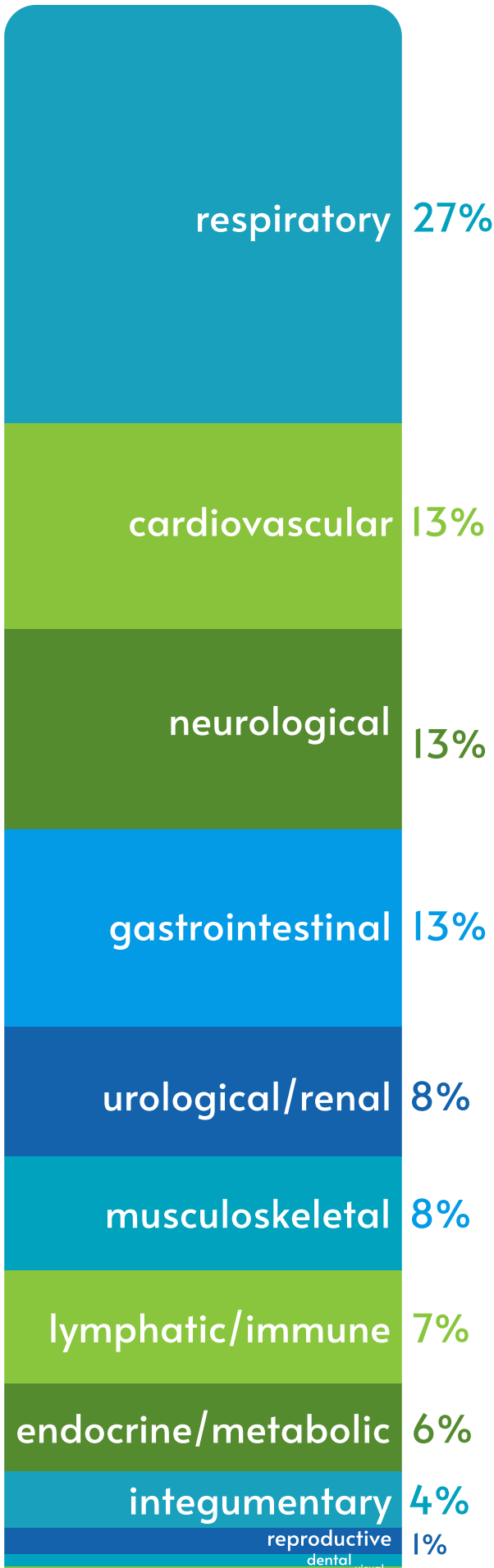
Notably, **cardiovascular** issues saw an increase in prevalence over the past year:

6 patients (4% of total) in 2023



84 patients (13% of total) in 2024

Dental and visual complaints, which are the focus of recently-established clinic projects, constitute 0.5% and 1.7% of CC's, respectively.



CLINIC TEAM

Providers (21):

Dr. Leah Kern, MD, MPH (Pediatrics)

Dr. Larry Lyle, DO (Family Medicine)

Dr. Gerard Boss, MD (Internal Medicine)

Dr. Arielle Schechter, MD (Family Medicine)

Dr. Natalie Colaneri, MD (Internal Medicine)

Dr. Christina Gu, MD (Internal Medicine)

Dr. Sabahat Rahman, MD (Family Medicine)

Dr. David Hall, MD (Internal Medicine/Pediatrics)

Dr. Ben-Yehuda, MD (Cardiology)

Dr. Maggie Smith, MD (Internal Medicine)

Dr. Haya Najjar, MD (Internal Medicine)

Dr. Daniel Pearce, DO (Internal Medicine)

Joycelle Martinez, NP (Cardiology)

Dr. Divya Reddy, MD (Family Medicine)

Dr. Deema Arafah, MD (Pediatrics)

Dr. Lori Daniels, MD (Cardiology)

Dr. Katherine Mandeville, MD, MS (Emergency Medicine/Pediatrics)

Dr. Lara Jacobson, MD (Pediatrics)

Shannon Hutto, FNP (Family Medicine)

Dr. Edgar Yap, MD (Family Medicine)

Dr. David Mata, MD, MS (Family Medicine)

Faculty Advisors:

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

Clinic Directors:

Hailey Min (Jan-Dec)

Adriana De Paz (Oct-Dec)

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

TJP CLINIC PROJECTS



Pharmacy Quality Improvement

This team works to improve the flow of the pharmacy at the Tijuana Progreso and Mexicali clinics so patients can get their medications quickly and reliably. Efforts also focus on partnering with pharmacists, suppliers, and nonprofits to secure essential medications.

Clinic Quality Improvement

This team supports the Tijuana Progreso Clinic by finding ways to make each clinic day run more smoothly and effectively. By focusing on the full patient journey from triage to discharge, they aim to improve the experience for patients, providers, and volunteers alike through thoughtful, evidence-informed changes.



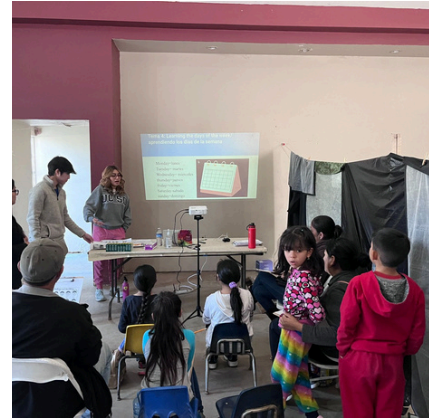
Nutrition and Fitness Education

This team works to improve the flow of the pharmacy at the Tijuana Progreso and Mexicali clinics so patients can get their medications quickly and reliably. Efforts also focus on partnering with pharmacists, suppliers, and nonprofits to secure essential medications.

TJP CLINIC PROJECTS

Community Engagement

This team leads interactive activities to help local children build basic English-speaking skills, opening doors to future opportunities. They also host monthly health education workshops aimed at improving health literacy and empowering the Tijuana Progreso community.



Community Garden Project

This project aims to turn unused space outside the Tijuana Progreso community center into a thriving garden that offers free food and green space. It also engages local children by giving them their own small plots to care for, encouraging responsibility and connection to nature.

Spanish Interpreter Project

This team helps bridge language gaps between IHC volunteers and the Spanish-speaking communities served at the Tijuana Progreso Clinic. By interpreting in consult rooms, vitals stations, and workshops, they support smoother clinic flow and build trust through clear, compassionate communication. Training sessions also help prepare interpreters for success.



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