Message from the Director

The year has been filled with peaks and valleys, but we’ve emerged a stronger and a more united community! Our students have demonstrated tremendous resilience, as evidenced by their unending support of one another.

The academic year has come to an end, and as a PRIME-HEq community, we look forward to another year of engagement and further development of partnerships and relationships. Our 5th PRIME-HEq cohort graduated on June 5, 2016 and have moved on to residency training. This is always a bitter sweet occasion, and while we will miss them, we know that they will continue to do amazing work on behalf of the underserved. Seventy-six percent (76%) of our graduating students will be pursuing training in Primary Care, and fifty-six percent (56%) will be training in California.

Our MS-4 students have returned from their Master’s year energized and highly motivated. We look forward to hearing more about their various projects, many of which are centered on advocacy and policy. This year, we will be sending five students to Harvard (MPH), one to UC Davis (MPH), one to UCSF (Master’s in Translational Medicine), one to USC (Master’s in Urban Planning), and one to UCSD (MAS). We are very fortunate that our students have consistently been able to obtain their Master’s training at the program of their choice. Our MS-3 students are enjoying their status as ‘newly minted’ student doctors, and our MS-2 students are making the most of their summer break!

This upcoming year is especially noteworthy for our PRIME-HEq community as we enter our 10th year as a program! It will be a year of reflection and innovation. I feel immense gratitude to have the opportunity to oversee such a talented and committed group of students. It is a true privilege, and I look forward to continuing our journey together!

Wishing you all the very best,

Lindia

Lindia Willies-Jacobo, MD, PRIME-HEq Director
How are the decisions that impact the practice of medicine and what it means for our future patients actually made? This was my underlying guiding question in working on my MPH at UC Berkeley over the past year. Although we live and breathe books, powerpoint slides, and eventually hospitals and clinics during our years in medical school, learning and ultimately practicing medicine doesn’t exist in a bubble. Health care in the United States is a dynamic, complicated industry that extends into many sectors. I wanted to learn more about health policymaking and was lucky enough to be able to do this largely outside of the classroom in one of the many places where real policy is made – the California State Capitol.

My journey to the Capitol started as a simple question that quickly became complicated: why are donor human milk banks in California getting fewer and fewer donations from currently breastfeeding women with extra milk? Donor human milk is used to feed preterm infants in NICUs all over the state when their own mothers’ milk is not yet available and is a critical resource to reduce the risk of necrotizing enterocolitis, sepsis, and other life-threatening complications. As is turns out, there are several answers to this question. Some women don’t know that donor human milk banks exist in the first place, others are selling it to other mothers and occasionally bodybuilders over the internet (no joke), and others have recently begun selling it to pharmaceutical companies.

This last venue was interesting to me. It turns out that some pharmaceutical and biotech companies are buying breastmilk from women so that they can manufacture it into a human milk-based feeding product for these same NICU babies. The idea is reasonable although these feeding products have yet to be proven to be superior to other products already on the market. Additionally, these feeding products are very expensive and not available to all families, unlike donated milk from milk banks. So it seemed that this was a classic public health issue – should we use policy to guide the allocation of a scarce and life-saving resource?

The fun part about this project was I never realized how accessible policymaking is to the general public. I brainstormed ideas and then went to Sacramento to “pitch” them as ideas for a bill. Anyone can do this. In fact, during the month of January there are individuals from all over the state who come to the Capitol and go from legislator to legislator hoping for someone to accept their bill pitches. I got to be one of those individuals and was ecstatic when a Senator from Davis agreed to sponsor my bill idea. I drafted the bill with the help of attorneys who work at the Capitol for exactly this purpose, and SB1316 was introduced into the California State Senate on February 2016.

As it turns out, one of the biggest lessons I learned from this experience was that there is no policymaking that is not political. You can write as many policy briefs as you want or do as much policy research as you want, but as soon as you actually try to make real policy the political side is unavoidable. This certainly happened with SB1316, as the pharmaceutical companies pretty immediately got involved in opposing the bill which did put some restrictions on their ability to procure breastmilk from women with very young babies. They hired several short-term lobbyists (which apparently are often paid around $10,000 per day!) who roamed the Capitol to convince the Senate Health Committee to vote “no” on the bill. Even with support from the American Academy of Pediatricians, the American Congress of Ob/Gyns, WIC, and other organizations this was no match for the money that these companies were able to spend on opposition.

In the end, the bill passed almost unanimously out of the Senate Health Committee but not without significant political deal making. Because of the financially strong opposition, it will likely “die” in the Appropriations committee. Nevertheless, I could not have asked for a better experience during my Master’s year. I hope that I can continue to work in legislative advocacy in some way in the future. It is certainly one of the best ways to really be a “voice” for our patients on a larger scale.
By, Katherine Garcia, MA, PRIME-HEq Coordinator

Many people hear about pipeline work all the time. Pipeline refers to the pathway for students to reach higher education, from elementary school to middle school, to high school, to college and then to graduate school. But if we want to focus on underrepresented students, we must also focus on Community College pathways.

The CA community colleges represent a potential source of underrepresented pre-med students that will diversify medical schools.

UCSD School of Medicine students in the PRIME-HEq program, Latino Medical Student Association (LMSA), Student National Medical Association (SNMA) and SOM Mentors, have mentored many pre-meds and have always opened their mentoring events to community college pre-meds. Fernando Echegaray is a Community College mentee of our UCSD SOM Mentors and has taken time to volunteer at events such as, DOC 4 a DAY and the Border Health Project. Fernando is a student at San Diego MESA Community College and the president of the American Medical Student Association (AMSA).

Last year Fernando shared a similar story that many pre-meds in Community College experience; there was no specific advising on pathways to medical school. Fernando wanted to do something to address this need in the community colleges.

This led to the partnership between UC San Diego School of Medicine PRIME-HEq, San Diego Mesa College, Educational Outreach Program, Stanford University and the American Medical Student Association, all of whom came together to host the 1st annual San Diego Mesa College Pre-Medical Conference on Saturday, November 6, 2016.

Over 70 community college students attended the event. Dr. Willies-Jacobo was the keynote speaker and gave a lecture on Health Equity. Kim Nguyen-Ta, PRIME-HEq MSIII student organized her classmates that had previously attended community college and planned a UCSD SOM Medical Student panel. During the SOM Student Panel, students shared their experience in attending community college, transferring to a four year university and ways of finding career advice during their community college years.

Fernando Echegaray will be transferring with a full ride to Cornell University as a pre-med and he will be applying to medical school in 2020.

Plans for the 2nd Annual Pre-Medical Conference are underway with outreach to all San Diego Community College campuses being worked on.
Dylan Mann  
Community Leader Award  
UCSD Student-Run Free Clinic

The UCSD Student-Run Free Clinic in partnership with communities, provide respectful, empowering, high-quality health care for the underserved while inspiring the next generation of health professionals.

Dylan Mann was recognized for his inspirational leadership and outstanding dedication, commitment, service and making a difference in the lives of UCSD Student-Run Free Clinic Project patients and students.

Ana Ortiz Ilizaliturri  
Minority Scholars Award  
American Medical Association

The AMA Foundation is committed to increasing the number of minority physicians to better reflect the needs of our increasingly diverse society.

The Minority Scholars Award program not only encourages diversity in medicine and alleviates debt, but also rewards commitment to the elimination of healthcare disparities, outstanding academic achievements, leadership activities and community involvement.

Brittany Burton  
California Community Service—Learning Program  
National Medical Fellowship

The California Community Service-Learning Program (CCSLP) – designed to increase the number of qualified medical providers who have a commitment to improving access to quality healthcare in medically underserved communities in California.

Award recipients receive a scholarship award and complete 200 hours of self-directed community service, develop critical skills, and join an active collegial networks.

Naeemah Munir  
California Community Service—Learning Program  
National Medical Fellowship

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The Oliver Goldsmith, MD Scholarship program focuses on enhancing culturally responsive care by supporting and recognizing third- and fourth-year medical students who explore these issues through participation, development, leadership and research.

The award celebrates students’ efforts to improve the health care of underserved communities. Awardees receive a scholarship funded by KPSC Community Benefit, mentoring from a Kaiser Permanente clinician, and a clinical rotation at a Kaiser Permanente facility.


2017 Gold Humanism Honor Society

Lorenzo Gonzalez  Christian Lopez  Nicole Tantoco

The Arnold P. Gold Foundation has developed the Gold Humanism Honor Society (GHHS) as a part of a national effort to provide a means of formally recognizing medical students, residents, faculty and alumni who demonstrate exemplary behavior that promotes humanism in medicine.

The following students were selected by their peers, endorsed by the Faculty and will be inducted this Fall at the White Coat Ceremony. These students are GHHS members for life and will serve the community to emphasize the importance of humanism and professionalism throughout the continuum of physician training at our institution.
Welcome Back!

Bryan Davis, MAS, UC San Diego
Chris Evans, MPH, Univ North Carolina
Rene Garcia, MPH, UC Los Angeles
Laura Muehl, MAS, UC San Diego
Sabrina Owens, MPH, UC Los Angeles
Kristin Parrinella, MPH, UC Berkeley
TC Robbins, MPH, UC Berkeley
Austin Parish, MS, Stanford

MASTERS Year
Have a great year!

Kelechi Anudokem—Harvard University—Public Health
Sherise Epstein—Harvard University—Public Health
Silvia Fonseca—Harvard University—Public Health
Lorenzo Gonzalez—USC Urban Planning
Lue Lao—UC Davis—Public Health
Christian Lopez—Harvard University—Public Health
Carissa Santos—UCSF—Public Health
Nicole Tantoco—Harvard University—Public Health
By Sabrina Owens, MSIV

June 9, 2016 commenced the 2\textsuperscript{nd} annual UCSD SOM PRIME HEq Back to Basics Re-entry Program for students returning from their Master’s school year. Developed to meet the needs of students requesting a program that would re-introduce them to the basics of medicine and life on the wards, this one and a half day re-orientation set the stage for students returning to the 4\textsuperscript{th} year of medical school.

Participating students received a high-yield review of medical skills such as how to conduct a full physical exam, history taking, radiology review, oral patient presentations, and developing assessment and plans for patient cases. They also completed BLS certification, Mask Fitting, and a brief re-introduction to the Electronic Medical Record system.

Initially catering to PRIME students, the program has expanded to include all students, regardless of specialty choice, interested in strengthening their skills set prior to starting sub-internships. The Back to Basics program, designed to assist students in preparation for some of their most important medical school rotations, has been very successful in providing a low stress learning environment and increasing student level of comfort.

Here’s what students had to say following participation:

“\textit{The physical exam review with Dr. Goldberg was amazing and very thorough. Getting to review patient cases with Dr. Willie-Jacobo and Dr. Smith were helpful and got me thinking about case differentials and everything we would have to think about for a patient presenting with a specific symptom. The EMR training and radiology review were a nice component that brought back some missing knowledge.}”

“I really liked having a comprehensive re-cap of physical exam skills with Dr. Goldberg, because he is so methodical and easy to learn from. I liked how he connected specific PEx skills to specific pathology.”

“The CPR re-certification was very useful!”

“Radiology overview was helpful - the high yield points.”

“This program was a very nice start back in to rotations. The facilitators were aware of our level and length of absence and guided what they taught us and prepped us for what they would expect for a student at our level working with them.”
Congratulations to the fifth PRIME-Health Equity Class of 2016

Victoria Chia
Obstetrics and Gynecology
Boston University Medical Center

Jessica Cruz Whitley
Internal Medicine
UC Davis Medical Center

Elizabeth Elmschig
Psychiatry
UC San Francisco Medical Center

Ryan Huerto
Family Medicine
UC San Francisco Medical Center

Richard Kow
Pediatrics
Univ of Washington Hospitals

Alexis Lopez
General Surgery
Icahn School of Medicine at Mount Sinai Hospital, NY

Dylan Mann
Emergency Medicine
Maricopa Medical Center, Phoenix, AZ

Zana Shirwan
Family Medicine
UC Riverside SOM

Damilola Soyode
International Volunteer
Nigeria

Viridiana Tapia
Master of Advance Studies
Clinical Research, UCSD

Tu-Phuong Tran
Family Medicine
Kaiser Permanente, San Diego

Hoa “Holly” Vo
Pediatrics
UC San Francisco Medical Center
In the Spring 2016, LGBTQ-Meds, Med Students 4 Justice and UC San Diego School of Medicine hosted the first Transgender Week of Visibility. Events included Guest speaker, Hilary Whittington, author of “Raising Ryland.” Hilary shared her experiences as a mom raising her transgender son and a book signing. The week also included a Physician Panel and Transgender Panel which allowed all participants to learn ways to provide competent care for LGBTQ population.

Congratulations Katherine!
We would like to congratulate Katherine Arias Garcia on her acceptance to the UC San Diego Education Studies PhD program! Katherine will be focusing her research on access to higher education for underrepresented students. She will start in the Fall 2016 and continue to work with PRIME-HEq.

Congratulations Isabelle!
We would like to congratulate Isabelle Azzoo on receiving the Latino Medical Student Association (LMSA) Advisor Service Award 2016. Isabelle has worked over 20 years in the Diversity & Community Partnerships Unit and works closely with our affinity organizations in supporting their goals.
There are several students that stand with us, in our PRIME-HEq mission, in our fight for health equity and social justice. Jeremy Egnatios was an honorary PRIME student. We remember Jeremy as he attended our PRIME Orientations, and worked with us on the Border Health Project, Student Run Free Clinic Project, the Project on Medical Outreach and Refugee Education, the Latino Medical Student Association, and many more others.

We are continuing the fight for health equity and mental health awareness.

We miss you Jeremy.

"I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can. For me, the harder I work, the more I live. Life is a splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."

-George B. Shaw
Happy Birthday Wishes to our PRIMErs!

**June**
- Jackie Lee 6/22
- TC Robbins 6/23
- Robby Turk 6/30

**July**
- Daniel Woolridge 7/6
- Bryan Davis 7/9

**August**
- Olu Akinrimisi 8/10
- Andrew Enslen 8/28

**September**
- Sejal Patel 9/6
- Carissa Santos 9/13
- David Hubbard 9/19
- Austin Parish 9/19
- Laura Muehl 9/21

For more information about UCSD PRIME-HEq:
https://meded.ucsd.edu/index.cfm/asa/dcp/primeheq