

JANUARY 2022

UCSD STUDENT-RUN FREE CLINIC PROJECT



The first site of the UCSD Student-Run Free Clinic Project opened in January 1997 at the Pacific Beach United Methodist Church. Organized and operated by medical students under the supervision of volunteer faculty physicians, the Free Clinic Project was established to provide high quality, outpatient medical care and social service referrals to those without access to health care in San Diego County while offering a unique educational setting where students can learn about community medicine with the underserved.

25 years later the UCSD Student-Run Free Clinic Project has evolved and grown and now serves patients at 4 sites in San Diego and provides dental care, acupuncture, pharmacy services, labs, imaging, mental health services, social services, food and both primary and specialty medical care.

It is the passion, dedication, and commitment of faculty, staff, students, and volunteers that have sustained the clinic for the past 25 years and have allowed us to continue services throughout the covid-19 pandemic.

We are grateful for all our partners, volunteers, students and supporters over the past 25 years and look forward to celebrating both our history and our future throughout the year.

THANK YOU

As we reflect on the past year and look ahead to this new year, we wanted to express our deepest gratitude to all our students, volunteers, supporters and donors. It has been another incredible year at the UCSD Student-Run Free Clinic Project and we could not have done it without your support.

Over the past year we have provided:

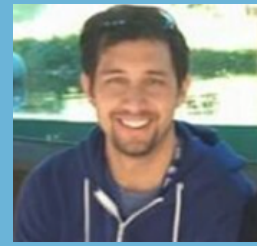
- 3,400 medical visits
- 32,000 prescriptions
- 486 covid vaccinations
- 570 hours of psychotherapy
- 8500 pounds of food every month to our patients
- Over 750 dental clinic visits during which dentists have volunteered over 550 hours, pre-dental students have volunteered over 2,700 hours, and over \$260,000 worth of care was provided.
- Dental screenings for 348 children in preschool, transitional kindergarten and kindergarten at all the elementary schools in the Lemon Grove School District



We are honored to work with hundreds of medical students, pharmacy students, pre-dental students and volunteers. Thank you to each and every one of you who support the Student-Run Free Clinic Project!

ALUMNI HIGHLIGHT

Dr. Dylan Mann, MD '16, MPH



What does Free Clinic mean to you?

STUDENT SPOTLIGHT Sydney Dong, MS2



"Free Clinic taught me strength in community. From working office to clinic flow as a patient assistance program volunteer and general manager to celebrating the behind the scenes as a video and newsletter creator, I've come to learn how multifaceted and integral each member of Free Clinic is. It's been incredible to meet and work with individuals who care about our Free Clinic and our patients so much. And, it's been so fulfilling to become a part, whatever the scale, of our patients' health journeys. Being a part of Free Clinic will have a lasting impact on my 'why' as I continue my training, and it will also challenge my 'how' in overcoming any obstacle, in and out of the clinic, for my future patients' well-being." - Sydney Dong, MS2

"The Renal Clinic is a specialty clinic that focuses on kidney diseases. We see patients with chronic kidney diseases in various stages, monitor their kidney functions, and help them manage their symptoms along with any comorbidities. I learned a tremendous amount about the intricate connections between kidney diseases and other conditions such as hypertension and diabetes. I loved working with my renal clinic attendings and my co-managers as the #KidneyKrew." -Veronica Lin, MS2

"Continuing as a General Manager for the DT clinic...has allowed me to really enjoy and learn from clinic... During this time, I've been able to foster relationships with these wonderful and inspiring people - working with this team behind-the-scenes has taught me resilience, patience, communication skills, and time management. They have also taught me by example how to work well within a team and strengthened my compassion and dedication to our patients...and I am so grateful to be a member of this Free Clinic family!" -Simran Gidwani, MS2

How has your time with Free Clinic shaped your clinical practice?

As a ritual, the General Managers would call on medical students to recite Free Clinic's four tenets (transdisciplinary, empowerment, community as teacher, humanistic - TECH was my mnemonic) and give an explanation of each before each clinic session. This continues to resonate with me as a physician. I can point to specific examples of how I continue to pursue these tenets in my current medical practice as an attending emergency physician. The beautiful thing about participating in Free Clinic is that it protects and nourishes the sacred idealism you bring as a medical student that much of the rest of your training puts under threat.

What would you tell your medical school self?

Performing well on exams is less important than it seems. With ongoing work, the necessary fund of knowledge will eventually be there. Trust that as you walk this path, as so many others before you have, your aptitude and effort will be enough. It is critical to enjoy the process and be kind to yourself along the way. Maintaining good relationships with friends and family is paramount. Not only is it simply the right thing to do, but it will sustain you through the dark times that are an inevitable part of medical training.

How have your experiences with Free Clinic shaped your journey in medicine?

My Free Clinic experience influenced my choice to specialize in emergency medicine, as my current workplace is one where all are welcome to seek care, regardless of financial or social status. At the end of residency, when I obtained a DEA license, I went through some extra training to get an X-waiver to prescribe specialized medication assisted treatment (MAT) to patients struggling with substance addiction. I was fortunate enough to get hired at small hospital in a semi-rural part of Riverside County that was doing some great work in this field through the California Bridge program. I met incredible patients who made positive changes in their lives, overcoming addiction through their desire and persistence with support from our team. It was an honor to play a small, but meaningful role in their recoveries. While I no longer work at that hospital, I still strive to be a strong advocate for patients struggling with addiction. Addiction medicine is something which has become near and dear to my heart and I aspire to do more with it as I move forward in my medical career. Free Clinic instilled the idea that, as a physician, I should be passionate about my work and look to make a tangible difference in the ways that I can.

THANK YOU FOR YOUR SUPPORT

We could not provide our patient care and services without your help. This grant and donor roll list is inclusive from January 1, 2021 to December 31, 2021. We are fortunate to have so many of you that we do not have enough space to list everyone individually. Student-Run Free Clinic Project donors from \$1-\$999 are the engine that collectively empowers us every day. We give our heartfelt thanks for being our foundation. Every \$1 is powerful and makes a huge impact.

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