

How to Provide Holistic Preventative Care for a Resource-Limited Patient Population in Apopka, FL

INTRODUCTION

In 2016, MedPACT at the UCF College of Medicine expanded its global efforts to include local healthcare by developing a student-run free clinic in the community of Apopka, FL. The clinic operates in partnership with the Farmworker Association of Florida (FWAF) to turn an office space into a pop up clinic that serves 70-100 patients a night. UCF College of Medicine collaborates with a variety of professions to provide holistic medical care to a local underserved population. The breadth of services provided encompass general and specialized medicine, optometry, physical therapy, pharmacy, social work, and spiritual support. While our work to manage patients' current conditions has the most immediate effect, our role in education and prevention has the most long-lasting impact. Moreover, all of this is accomplished completely by volunteers with minimal resources, and would not be possible without interprofessional collaboration.

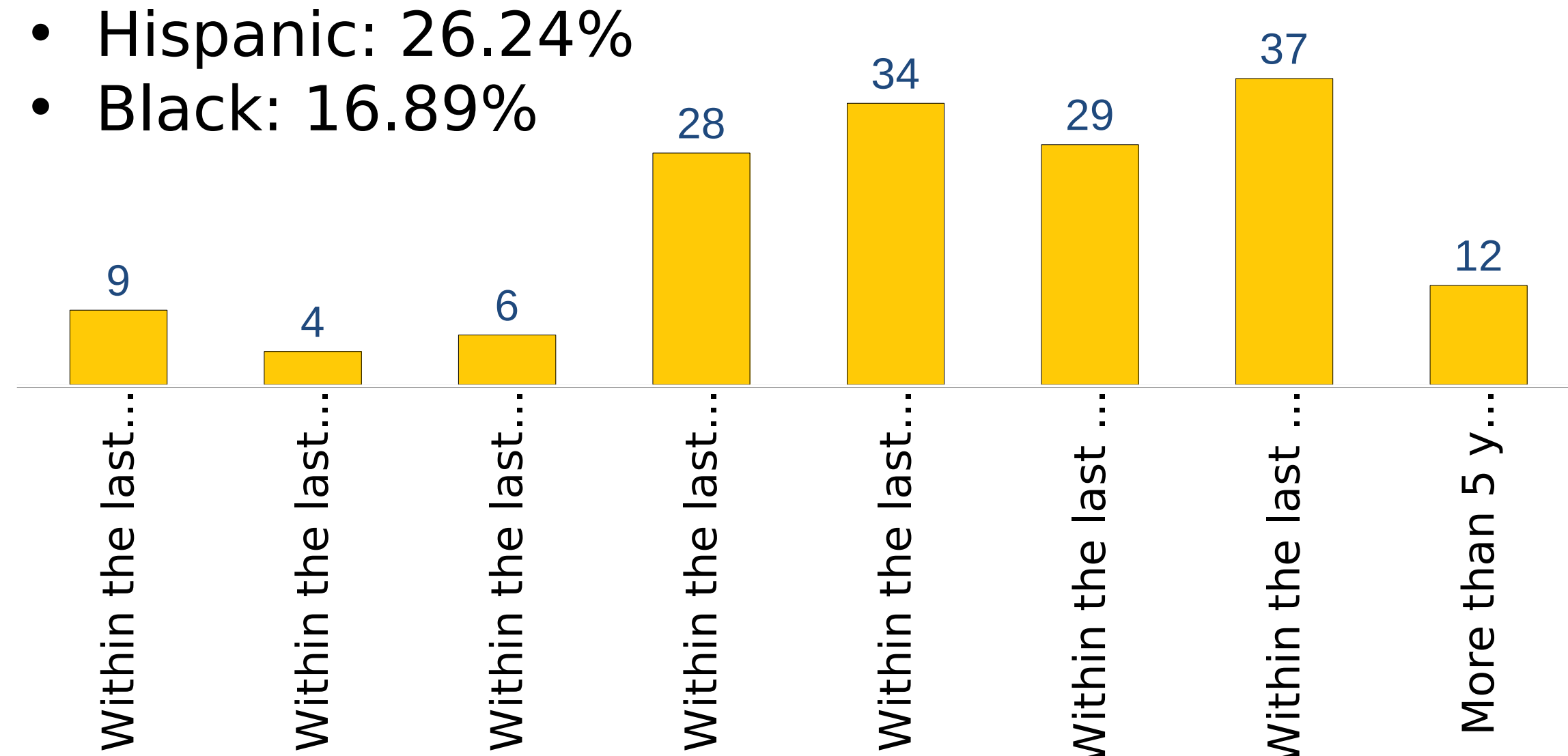
BACKGROUND

- Apopka: The Indoor Foliage Capital of the World
- Farms rely heavily on migrant Latino farmworkers
- Migrant workers earn low wages between **\$5,000-\$10,000** annually
- Undocumented workers earn even less at **\$2,000-\$5,000** annually
- Only health resource for this population is the Hope Community Center

Patient Demographics

- Total population: 90,983
- Low income population: 38.47%
- Low income not served by Health Centers: 27.24%
- Uninsured not served by Health Centers: 12.64%
- Non-white: 31.09%
- Hispanic: 26.24%
- Black: 16.89%

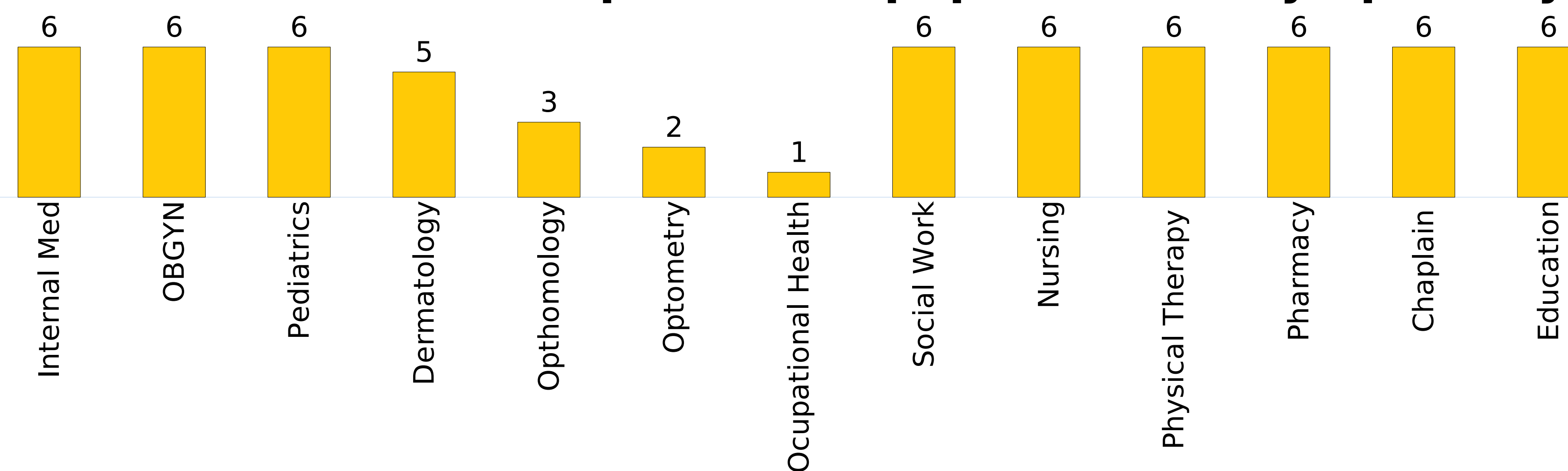
Last Time Patients Visited a Physician



HOLISTIC CARE

The Apopka Clinic is unique because patients seen at this clinic can see a variety of providers all under one roof and the clinic provides for all members of the family. When the patient is checked into clinic, a brief history is obtained, and triaged to various specialties based on their presenting complaints. The patient is then able to see each provider as they become available. Patients are guided to each specialty with the help of floor managers and patient navigators. The specialties available at each clinic vary and below is the participation of each of the specialties during the past six clinics.

Participation in Apopka Clinics by Specialty



Social Work

Social Work provides various patient assessments in a private and confidential setting that provide care for the patient as a whole. Some of the most common services provided are listed below.

- Child safety
- Memory assessment
- Trauma/psychological first aid
- Complex grief
- Immigration related stress
- Depression/anxiety

Pharmacy

University of Florida College of Pharmacy runs a medication drive and with the money raised from outside sources, we are able to dispense free over-the-counter medications. Medications that we are unable to dispense in clinic are called in to local pharmacies. Through a combination of leveraging discount formularies and comparing costs, the Apopka Clinic aims to overcome barriers of access.

Clinic Date	Scripts Dispensed	Scripts Called-In
July 2016	58	44
Nov 2016	31	13
March 2017	35	17
July 2017	44	43

Patient Education

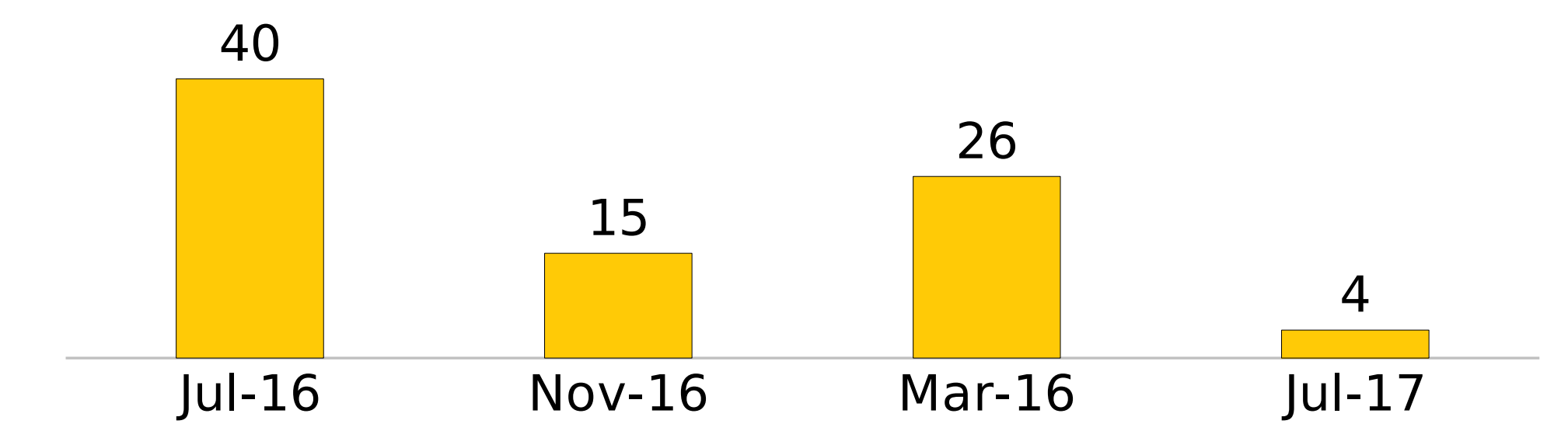
Education plays a large role in prevention of disease, and while our work to manage patients' current conditions has the most immediate effect, our role in education and prevention has the most long-lasting impact. Therefore, to ensure that we reach all of our patients, we provide patient education materials for the following topics in both Spanish and English:

- Nutrition
- Blood pressure
- Diabetes
- Sexual health
- Hygiene
- Wound care

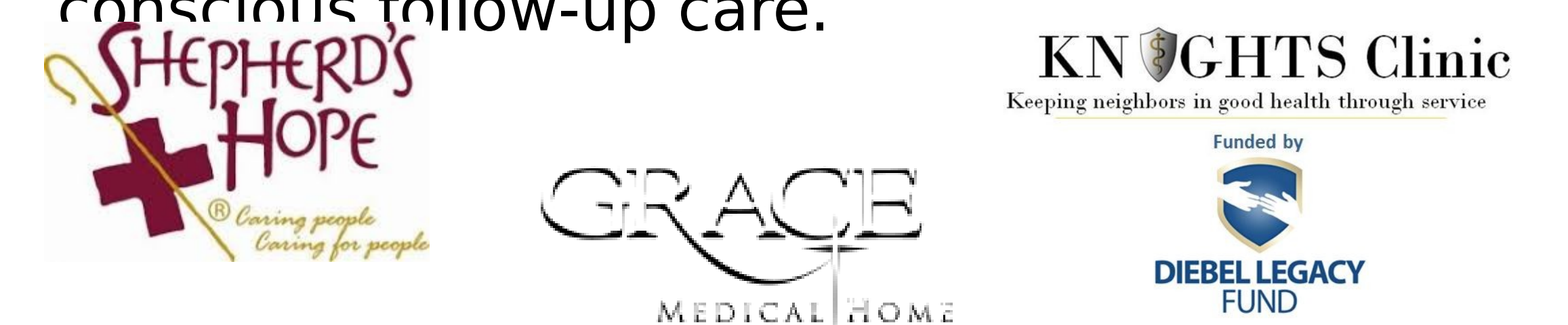
CONTINUING CARE

The clinic is held three times a year to maintain continuity of care. Additionally, the Apopka Clinic serves as a link to other resources to ensure that patients are receiving the most comprehensive and continuous care.

Referrals



We partner with these local medical facilities serving low income and uninsured patients to ensure that patients are receiving cost-conscious follow-up care.



Additionally, the College of Nursing continues to serve at Quest, Inc (day program for physically and developmentally delayed adults), Wheatly Elementary, Wekiva High School, Apopka High School, and various FWF projects between clinics in order to further educate patients about common diagnoses.

FUTURE DIRECTIONS

The Apopka Clinic is able to provide exceptional holistic care by harnessing the power and expertise of a variety of health professions. In resource limited environments, such as at the Apopka Clinic, teamwork is vital for the success of patient care. Moreover, the unique interprofessional environment of this clinic provides a framework on which to base larger scale clinics. Due to the complexities of coordinating volunteers from many specialties, this clinic is held only three to four times a year. However, this interprofessional model could be used by other systems to create a sustainable source of care for patient populations in need.

ACKNOWLEDGEMENTS

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