



Fremont Clinic Health and Wellness Initiative

Elise Seyferth and Spencer Chang

North Carolina Albert Schweitzer Fellows 2019-2020



PROJECT SITE AND GOALS

The Fremont People's Free Health Clinic is a monthly free clinic located in Fremont, NC that has been running since the 1970s. The clinic is owned by a committee of Fremont community members and is staffed by Duke medical students and doctors. The clinic helps fill a gap in health care in rural NC: a shortage of primary care providers and high burden of morbidity and mortality due to preventable chronic disease (such as hypertension, diabetes, and heart disease).



Fremont Clinic pictured above on a sunny Fall day, located at 107 E Ward St, Fremont, NC 27830.

The Fellows' Goals

- Partner with patients of the clinic in achieving their health goals
- Empower our medical student volunteers to become advocates for their patients

PROJECT INITIATIVES

- Expand vaccines and lab tests to include Pneumovax and lipid panels
- Provide home blood pressure cuffs and logbooks to patients diagnosed with high blood pressure
- Launch Patient Partners Program: medical students provide health coaching to patients with chronic diseases between clinic visits to improve continuity of care
- Revise in-clinic patient health education materials
- Improve paper charting system to make it easier to track completion of health maintenance measures
- Reform curriculum used to prepare medical students for clinic visits to include motivational interviewing, social determinants of health, and chronic disease management



Duke medical student volunteers pictured with one of the founding members of Fremont Clinic. From left to right: Isabel Prado, Vir Patel, Seth Flynn, Jemi Galani, Spencer Chang, and Elise Seyferth

RESULTS

- **33 new patient and 20 returning patient visits completed**
- 10 patients received the **flu vaccine**
- 5 patients received the **Pneumovax vaccine**
- 3 patients had a **lipid screen**
- 5 patients with diabetes had a **monofilament foot exam**
- 10 patients were given **automatic blood pressure cuffs and logbooks** for home monitoring
 - 5 of the patients returned to clinic and confirmed that they are checking their blood pressure at least 3 times/week
 - 3 of these patients had significantly improved blood pressure vs their baseline
- 9 patients participated in the **Patient Partners Program** to work on a health goal with the help of a medical student
- **Patient education materials** on 4 topics were revised and used during patient visits
- **"Health Maintenance Cover Sheets"** were added to each new patient's chart, which simplify tracking of patient demographics and completion of health maintenance measures (ex: vaccinations)
- **Classroom curriculum** used to prepare medical students for clinic was revised, with sessions taught by providers experienced in motivation interviewing, experts in population health and social determinants of health in NC, and more



Clinic volunteers enjoying a busy Saturday morning. From left to right: Connie Scoggins, Amna Shabbir, MD, Norine Chan, Seth Flynn, Liz Kobe, Spencer Chang, and Wanda (Fremont Community Board Member)

SUSTAINABILITY

- We have transitioned student leadership of the clinic to current third-year medical students who are familiar with our project initiatives
- Purchase of lab tests, monofilaments, vaccines, and blood pressure cuffs and logbooks will be supported by the medical school, the Chancellor of the Duke Health System, and the Schweitzer Sustainability \$1,000 Fund
- The Patient Partners Program and reformed classroom curriculum will continue with next year's medical student volunteers
- Use of health maintenance cover sheets and patient education materials have been incorporated into standard clinic workflow



Fremont Leadership team and the Fremont Community Board members. Left to right: Spencer, Elise, Wanda, Trina, Bobby, and Rochelle.

ACKNOWLEDGEMENTS

We would like to thank the **Albert Schweitzer Fellowship**, the **Fremont Community Board**, our generous **student and physician volunteers**, and our **dedicated mentors**:

Katrina Holt

Site Mentor, Fremont People's Free Health Clinic

Dr. Barbara Sheline

Faculty Mentor, Duke University School of Medicine

Barbara Heffner

Director, NC Albert Schweitzer Fellowship