

# A Student-Run Free Clinic

In 2010 we are on pace to see over 1,300 patients at UCC, up from 1,200 in 2009. 66% of our patients have no health insurance. In recent years, we have also increased the number of services that we offer at UCC. We now offer optometry and dental services along with our main clinic services. In addition, we have a hypertension program devoted to providing longitudinal care and medications to patients with uncontrolled hypertension who have no insurance.

At UCC, 46% of our patients came in for a work physical. Without UCC, many of these patients would have to go to a Philadelphia District Health Center, where wait-times can exceed 6 weeks for a routine physical. Furthermore, since insurance and employment are so connected, we are also helping our patients gain access to healthcare at the same time that we are helping them find a job. As the economic downturn continues, we anticipate that the need for our services will become ever greater, while funding sources will become increasingly scarce. Despite these challenges, we are determined to continue providing excellent care for our patients.



*"I started at UCC my sophomore year. Two years later, coming to clinic each Monday is still the best part of every week."* **Shira Lerner**, Undergraduate

*"I never know what a patient will present with in clinic, and the excitement of seeing something I have never seen before and working through my findings is an incredible way to learn."*

**Carrie Chan**,  
Nursing Student



*"UCC is a great service."*

**S.W.**, Hypertension Patient



*"My favorite part of UCC is the patients. It's an honor to be a part of their lives."*

**John Barbieri**,  
Medical Student

## A Patient's View

*"I first came to the UCC clinic because they were doing a blood pressure check at the YMCA and they checked and told me mine was high. I was very worried because I didn't have insurance at all and had no way to pay for any of the medicines that they said I needed, but the people at UCC let me know that I could come and get everything from the clinic. I have been a patient for a long time now and I really like the experience. Everyone at clinic is very friendly, and they do a good job of taking care of your health. I am always very happy to come to clinic even though my blood pressure is staying low and I am taking my medications. I wish that it were a program that more churches could have, because a lot of people have the problems of high blood pressure. Overall, it is a great service."*

## What we offer...

- Physical exam screenings
- Acute care for minor illness
- PPD placement for tuberculosis screening
- Hypertension management
- Eye exams, including free prescription glasses
- Administration of seasonal flu shot
- Rapid (20-minute) HIV testing
- Glucose testing
- Cholesterol testing
- EKG analysis
- Limited laboratory diagnostics (provided by the Hospital of the University of Pennsylvania)
- Lifestyle and nutrition counseling
- Dental Screenings



Did you know that every spring we host a Bike Rodeo teaching bike safety, health, and hygiene to children?



## Our Optometry Program

The optometry program currently runs once a month on Monday nights, typically seeing 4-6 patients a night. Patients are given a free full eye exam and glasses at no cost to them. Student volunteers work with a licensed optometrist to provide acuity screenings and assist with the ocular exam. Many patients are also diagnosed on site with other eye conditions such as glaucoma, and students follow-up with them if they need additional assistance or referrals.



Did you know that 72% of our patients have no prescription drug coverage?

*"Working with the Optometry Program has given me the opportunity to see patients of all ages and connect with them on a long-term basis."*

**Louise Wang**, Undergraduate

## Our Hypertension Program

The UCC Hypertension Program runs every Monday night, coordinated by medical, nursing, and undergraduate students from the University of Pennsylvania, and supervised by Penn doctors, nurses, and pharmacists. We provide free medications, lifestyle counseling, lab tests, and regular follow-up care to UCC patients with high blood pressure. There are currently 37 patients actively enrolled, many of whom have been coming to us since the program began in Fall 2009. Our patients come from both the East Parkside community and the surrounding areas of Philadelphia. Looking ahead to Hypertension's third year, we hope to be able to expand the number of patients we can accommodate in the program and to continue to reach out to members of the community through blood pressure screenings and hypertension education.