



The Monthly Follow-Up

Clinic Updates

Hi everyone! We made it to October, a month filled with pumpkin patches, cozy sweaters, and IUSOC elections for next year's medical board!

- Are you at least an MS2 with at least year left in medical school? Have you volunteered at the Indianapolis SOC at least once either in-person, on telehealth, or through an alternative experience?
- If so, please consider running for a board position with us! To run, please submit a one-page platform that briefly includes info about yourself, a photo, your qualifications, and your interest in the board position. Make sure to indicate which position(s) you are running for. You may run for as many as you would like, but be sure to submit only one platform. Platforms are due by Tuesday, October 19th at 11:59 pm to jskabir@iu.edu.
- For more info, please join us tomorrow, October 5th at 7 pm for a Q&A panel with current board members on Zoom: <https://iu-baa.zoom.us/j/83301805749?pwd=ZlIFYUN4dWlzMzNzKy9BeEluY3pSdz09>



Alumni Spotlight

JOE WOLF

Positions held: Clinic manager for 2 years, volunteer chair for 1 year

Where are you now? Pediatrics Residency at IU

How have you taken your SOC experiences into next steps of training?

Hi everyone! I volunteered at the SOC from 2017 to 2021. I miss working with all our friends and neighbors at the SOC, but I am also enjoying the start of my pediatrics residency at IU! I am thankful for my experience at the SOC every day. Volunteering there frequently really helped me to gain confidence in my clinical skills but also gave me the humility to realize that the best treatment plans will often fail if you don't get to know your patients' values and the barriers to health that they encounter.

The SOC taught me that you won't know these things unless you ask. As a medical student, you have more time than anyone else to get to know your patients. I would advise you to take the time to ask about things like social determinants of health or the values and goals of your patients. You can make a HUGE difference for your patient and the rest of the team will greatly appreciate it. I have also found that a stronger relationship with patients also makes my work much more meaningful and enjoyable.

Thanks for all you do as students at IU and as volunteers at the SOC! You have a greater impact than you realize. Hopefully I'll see you at Riley!

SOC Partner: UIndy PT

The University of Indianapolis physical therapy program is proud to be a regular provider at the IUSOC. We always look forward to serving the neighbors of this community and teaching them to use their own bodies to decrease their pain and increase their overall health. In March of this year, following the reopening of the clinic, UIndy PT shifted to a telehealth model to continue providing care while keeping volunteers and patients safe. In July we were able to return to clinic to once again provide the hands-on care that makes PT so beneficial to our patients.

We have a board of nine dedicated individuals who show up and work hard to make sure the clinic runs from the administrative side. Each week, we count on volunteers to provide therapy to our neighbors. Volunteers can be of any level of experience from third-year Doctor of Physical Therapy students about to graduate to first-year students going into just their second week of classes in the DPT program. Our students team up in terms of experience to ensure that the more experienced students mentor the newer students and patients are able to receive high-quality treatments, which are always run by our amazing faculty supervisors. During a PT appointment, we take the time to listen to each patient's aches and pains and create an individualized plan for them to manage their symptoms with specific educational interventions and exercises that target the source of their pain. After assessing their response, we then put together a home program to encourage patients to continue to make progress with their recovery outside of the therapy appointment. We are thrilled to partner with SOC to improve the lives of all neighbors who walk through our doors.

SOC Partner: IU PT

IU Physical Therapy emphasizes the importance of giving back to our community, providing the resources to patients who may not have the ability to get them elsewhere, and focusing on strengthening our clinical skills and confidence. Upon PT's return to the clinic in March of 2021, we have treated 37 different community patients via a Telehealth model that ensures the safety of the patient, students and volunteers. With this Telehealth approach, our student volunteers gain valuable experience treating patients virtually. This provides a strong foundation for possible treatment scenarios in future career positions for IU DPT students. In addition to Telehealth, DPT board members and licensed physical therapists are present in the clinic to ensure proper patient care and support in the clinical decision making of the treating students. As the Fall semester begins, our plan is to transition back to treating patients with volunteers in person again, while still utilizing the benefits of telehealth when needed secondary to changing pandemic guidelines. We are proud to work alongside many other healthcare professions to ensure the best patient care at IUSOC.

Upcoming Events for the Community:

- October is PT month!
 - From the PT Day of Service on Saturday, October 9 to daily challenges, the entire month of October is filled with fun activities to help our communities get moving and seek PT services if needed. For more information, please visit: <https://www.apta.org/national-physical-therapy-month>
- Women's Health PT Clinic Day. Saturday, December 11!
 - We are excited to work alongside IU School of Medicine and IU OT to provide Women's Health PT Day at SOC. Kathryn Goncalves, a Women's Health PT, will be in attendance to assist with patient care, assessment and treatments.



UIndy PT volunteers!



Ways to get Involved!

- Sign up to volunteer at comet.soic.iupui.edu
- Follow us at **iu_soc** on Instagram
- Make a donation to our Venmo (**IUSOC**) to contribute to our EMR, clinic phone, and medical supplies fund!

We are currently building a new clinic to be able to serve more in our community with the goal of expanding our operations from 1 day to 4 – 6 days a week! Learn more about our future space at **compassionclinics.org**

Have a story you would like
featured in a future newsletter?
Share using the QR Code!



Email us at iusoc@iu.edu with any questions!