

# Health Disparity Reduction Project

Putting Clinical Prevention Into Action

**Larry Vitale, RN, MPA, MPH**  
School of Nursing



SF STATE

# San Francisco State University School of Nursing

---

- Dedicated to social justice
- Commitment to reduce health disparities in our local communities
- Provide future nurses with an educational and experiential foundation in clinical prevention
- Intention to shape the ethical behavior of our future nurses who will certainly have marginalized persons as their patients



## From our Mission and Philosophy webpage

---

*All students, regardless of chosen emphasis, will complete community health practicums in the pre-licensure phase of the program. In accord with the SF State mission, the School of Nursing is dedicated to the practice of social justice. As a result, we have an unwavering commitment to reducing health disparities in our local communities. To fulfill that commitment, most of our community health practicums are located in underserved San Francisco neighborhoods. While work in these communities may be challenging, we believe that the experience prepares our students to become productive, ethical and active citizens.*





SAN FRANCISCO  
STATE UNIVERSITY

SCHOOL OF NURSING

# HEALTH DISPARITY REDUCTION PROJECT



## Health Disparity Reduction Project

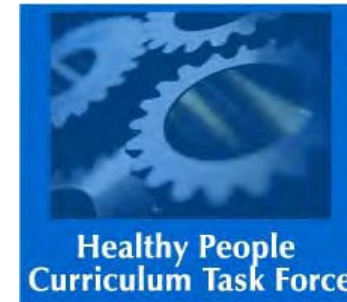
- SF is a city with stark social inequities
- Estimated 7,500 homeless persons
- Severe housing 'shortage' and high rents



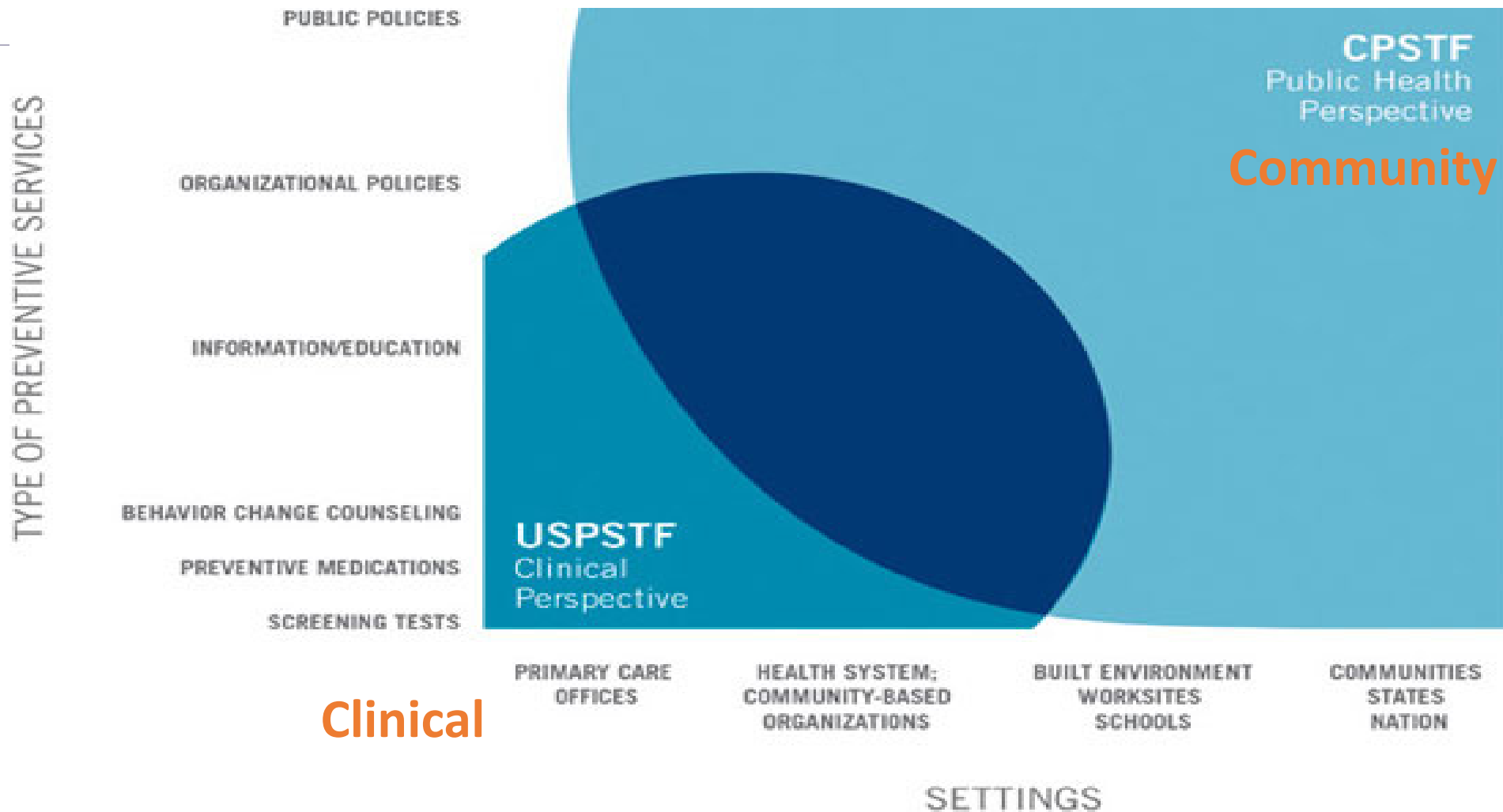
SF STATE

# 1<sup>st</sup> semester course in clinical prevention

- Utilizing the Clinical Prevention and Population Health Curriculum Framework (ATPR)
- Clinical Preventive Services and Health Promotion
  1. Screening tests
  2. Behavior Change Counseling
  3. Preventive medications
  4. Information/Education
- Clinical Practice and Population Health
  - Practicum in multiple low-income housing facilities
  - Spring 2019: 8 clinical sections of 8 students, each had 9 health screening events over a 5-week period. Average 16 residents per screening session x 9 = 144.
  - Total for the 8 sections = 1,152 low income residents assessed



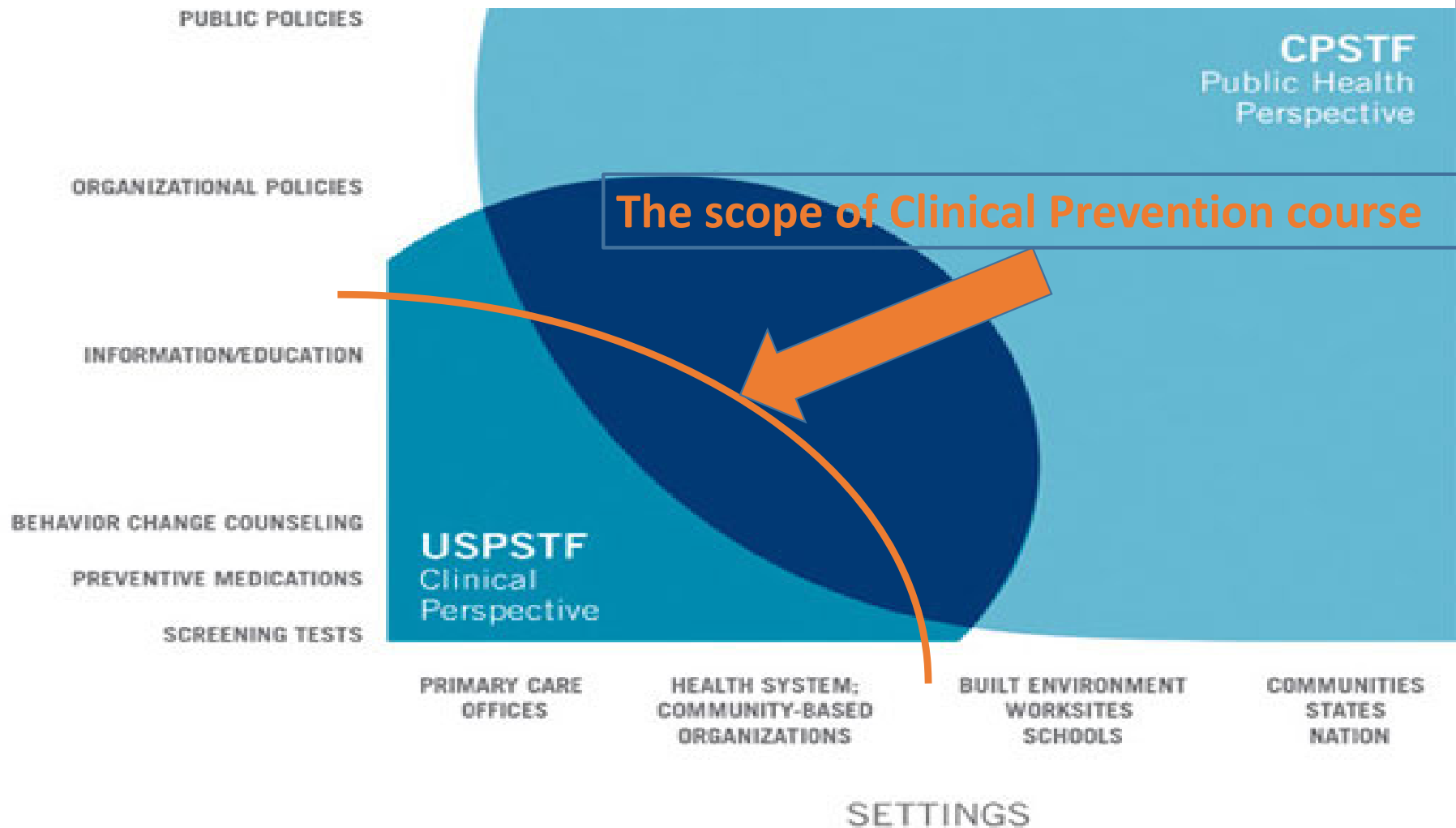
# Improving the health of the population



SF STATE

# Health Promotion in Nursing

TYPE OF PREVENTIVE SERVICES



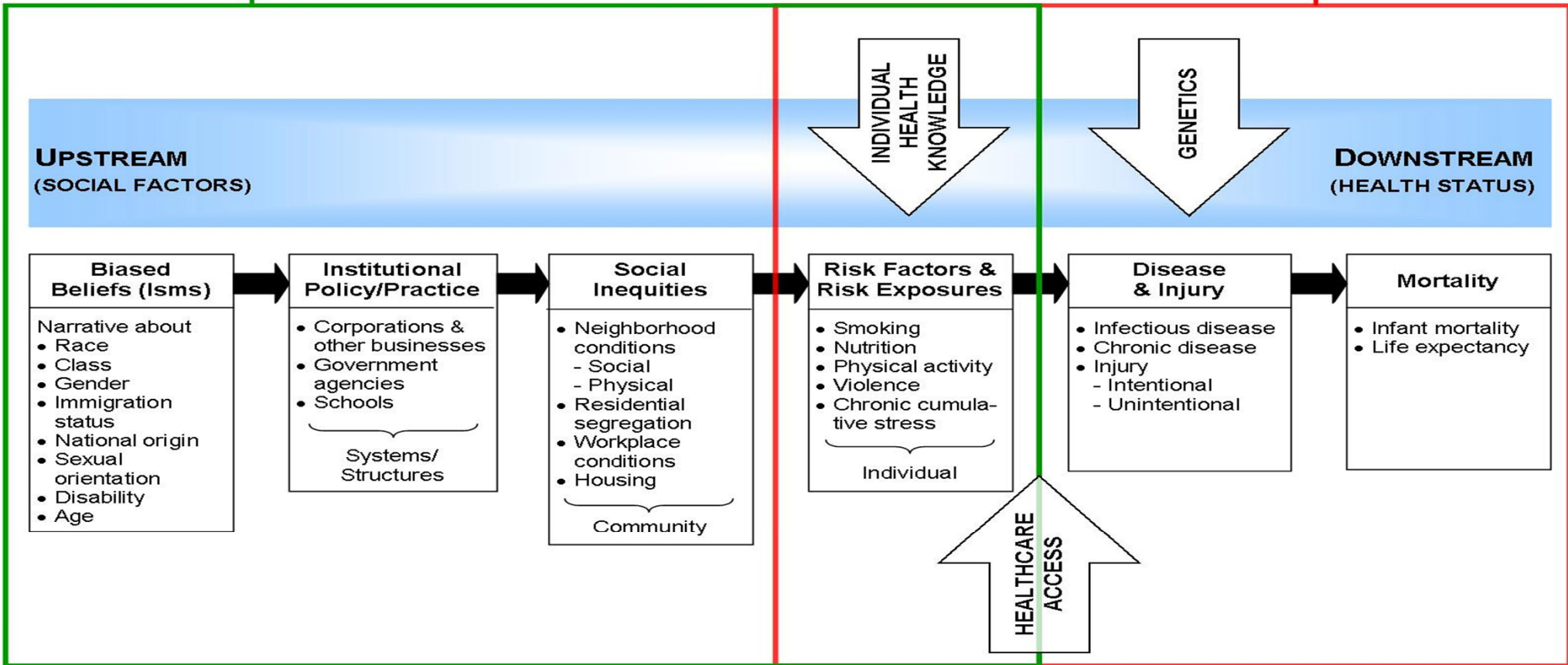
SF STATE



## Socio-Ecological Model

# A Framework for Health Equity

## Medical Model





# Course Content

Based on practice guidelines



CENTERS FOR DISEASE  
CONTROL AND PREVENTION



- Concepts of Clinical Prevention
- Cardiovascular Disease: Risk Assessment, Control and Prevention, CVD Preventive Medications
- Diabetes: Risk Assessment, Control and Prevention
- Promoting Senior Health in the Community: falls risk, hearing, vision, cancer screening
- Effective Health Communication: implicit bias, cultural humility, harm reduction, motivational interviewing
- Infectious Disease: Basic Concepts of Control and Prevention. Antibiotics and antibiotic resistance
- Immunization and Vaccine-Preventable Disease
- Healthcare-Associated Infections and Prevention
- Promoting Health while Traveling Overseas: global health issues, vector-borne disease, diarrhea
- Latent Tuberculosis Infection (LTBI) and TB
- Sexually Transmitted & Bloodborne Infections: Chlamydia, Gonorrhea, Syphilis, Hep B, Hep C, HIV.
- Protecting Patient Health and Safety: errors, patient advocacy, complexity



SF STATE

**Screener's initials on the line preceding the test**

Screening Date: \_\_\_\_\_  
 Date of last medical visit: \_\_\_\_\_ Primary care provider: \_\_\_\_\_  
 Date of last hospitalization: \_\_\_\_\_ Reason/cause? \_\_\_\_\_  
 Sex \_\_\_\_\_, Age \_\_\_\_\_, Race (circle one) WH, AA, Other  
**Blood Pressure:** \_\_\_\_\_ / \_\_\_\_\_  
 Previous diagnosis of hypertension? Yes No Unknown  
 Treatment for hypertension? Yes No  
 Taking blood thinners? No Yes or Aspirin? No Yes  
 Current Smoker (within last year)? Yes No Former  
 \_\_\_\_\_ **Total Cholesterol (mg/dL):** \_\_\_\_\_  
 \_\_\_\_\_ **HDL Cholesterol (mg/dL):** \_\_\_\_\_  
 \_\_\_\_\_ **LDL Cholesterol (mg/dL):** \_\_\_\_\_ (estimate)  
 Treatment with statins? No Yes, which?  
 \_\_\_\_\_ **Non-fasting Glucose (mg/dL):** \_\_\_\_\_  
 \_\_\_\_\_ **Non-fasting A1C:** \_\_\_\_\_  
 Last meal (how many hours ago?) \_\_\_\_\_  
 Previous diagnosis of diabetes? Yes No unknown  
 Taking diabetes meds? No Yes, which?  
 If diabetic: **Foot assessment done?** No Yes, impression:

**Atherosclerotic Cardiovascular Disease (ASCVD) Risk Estimation**

(Intended for use in persons 40 -79 years old, if no ASCVD present and LDL-Cholesterol is <190 mg/dL)

Adults 40 to 79 years of age  
**10-Year ASCVD Risk:** \_\_\_\_\_% calculated.

Recommendations based on American College of Cardiology Guidelines:

\_\_\_\_\_ **Weight:** \_\_\_\_\_, **Height:** \_\_\_\_\_ (inches)  
**BMI:** \_\_\_\_\_, **Waist circumference:** \_\_\_\_\_ (inches)

**Fall Risk Factor Assessment**

Timed Up and Go (TUG) Test (Gait) ≥12 seconds? No Yes \_\_\_\_\_  
 4-Stage Balance Test. Full tandem stance <10 seconds? No Yes \_\_\_\_\_  
 30-Second Chair Stand Test (Strength). Below average score? (See table) No Yes \_\_\_\_\_  
 Postural hypotension? No Yes, Systolic drop \_\_\_\_\_ Diastolic drop \_\_\_\_\_  
 \_\_\_\_\_ **Fall Risk:** Low  Moderate  High

Date of last dental visit: \_\_\_\_\_ Dental care provider: \_\_\_\_\_  
 \_\_\_\_\_ **Dental assessment done?** No Yes, impression/recommendation:

\_\_\_\_\_ **Vision:** Right 20 / \_\_\_\_\_ Left 20 / \_\_\_\_\_  
**Vision results:** With glasses Pass Needs Referral, comments / recommendation:

\_\_\_\_\_ **Hearing:**  
 Frequency: 1000 Hz 2000 Hz 3000 Hz 4000 Hz  
 Right (dB) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ Decibels  
 Left (dB) \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ Decibels

<b>Hearing results</b>	
<b>Right Ear</b>	<b>Left Ear</b>
<input type="checkbox"/> Pass	<input type="checkbox"/> Pass
<b>Hearing Loss (HL)</b>	
<input type="checkbox"/> Slight HL	<input type="checkbox"/> Slight HL
<input type="checkbox"/> Moderate HL	<input type="checkbox"/> Moderate HL
<input type="checkbox"/> Severe HL	<input type="checkbox"/> Severe HL
<input type="checkbox"/> Profound HL	<input type="checkbox"/> Profound HL
<input type="checkbox"/> Needs MD or audiologist referral, comments / recommendation:	



SF STATE

**Additional Screener Recommendations and Comments**

**CDC Vaccine Schedules**  
 Recommended Adult Immunizations Based on Age and Medical Conditions:

Other recommendations or health screening tests based on your age:  
 e.g., AHRQ Electronic Preventive Services Selector (ePSS)

**KNOW YOUR NUMBERS**

**Blood Pressure (mmHg)**  
 <120 systolic and <80 diastolic    Normal  
 120-129 systolic and <80 diastolic    Elevated  
 130-139 systolic or 80-89 diastolic    High Blood Pressure, stage 1  
 ≥140 systolic or ≥90 diastolic    High Blood Pressure, stage 2  
 >180 systolic or >120    **Hypertensive Crisis**

**Blood Glucose (mg/dL)**  
 Random: 60-140. Diabetes: ≥200  
 2 hours after eating: 60-140. Diabetes: ≥200  
 Fasting: Normal: 60-99. Prediabetes: 100-125. Diabetes: ≥126  
**A1C:** Normal: <5.7%. Prediabetes: 5.7-6.4%. Diabetes: ≥6.5%

**Total Cholesterol (mg/dL)** (lower is better) <200-desirable, ≥240-very high  
**LDL Cholesterol (mg/dL)** (lower is better) <100-desirable, ≥190-very high  
**HDL Cholesterol (mg/dL)** (higher is better) <40, major risk. ≥60, desirable

**BMI** <25 - Normal | 25-29.9 - Overweight | >30 - Obese  
**High Risk Waist circumference** Men: >40 inches | Women: >35 inches

**Vision.** Normal vision is 20/20  
 20/40 and above is a risk for falling

**Hearing**  
 No Hearing Loss (normal): ≤25 dB  
 Mild Hearing Loss: 26 - 40 dB  
 Moderate Hearing Loss: 41 - 60 dB  
 Severe Hearing Loss: 61 - 80 dB  
 Profound Hearing Loss: > 90 dB

Chair Stand – Below Average Scores		
Age	Men	Women
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	<12	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4



**Health Screening Record for**

Name

Date of Birth

San Francisco State University, School of Nursing  
 1600 Holloway Ave, BH 357, San Francisco, CA 94132  
 Office telephone: 415-338-1802. Internet: <http://www.nursing.sfsu.edu/>

“In accord with the mission of San Francisco State University, the School of Nursing is dedicated to the practice of social justice. As such, we have an unwavering commitment to reducing health disparities in our local communities. We sincerely hope that by offering these selected clinical preventive services, we have contributed to your health and the health of your community.”

- Larry Vitale, RN, MPA, MPH, Community Clinical Practicum Coordinator

Please consider a tax-deductible donation to our Health Disparities Reduction Project  
<https://www.nursing.sfsu.edu/content/health-disparity-reduction-project>

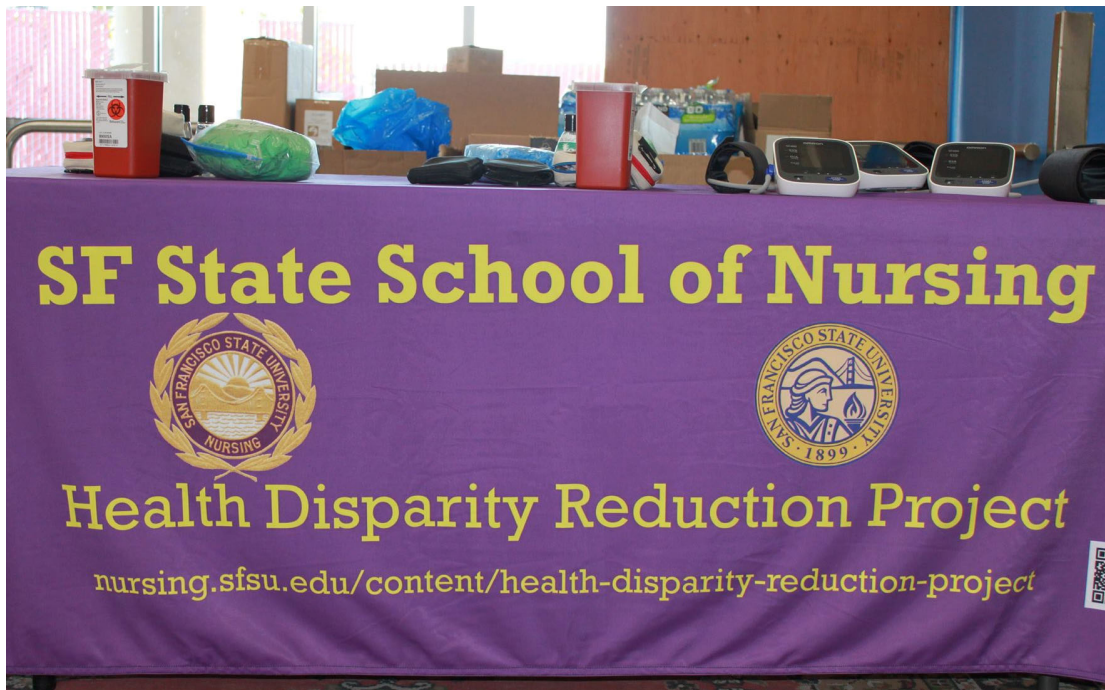


SF STATE



# Health Disparity Reduction Project

The HDRP is supported by donations, and volunteer nursing students, which provide clinical preventive services on a voluntary basis, outside of clinical practicum.



The initiative has two main objectives:

1. provide clinical preventive services to marginalized populations, and
2. contribute to the ethical comportment of future nurses.



SF STATE



Outreach to homeless IV drug users (in partnership with SF AIDS Foundation's Syringe Access Services) to screen for diabetes, hypertension, and assess any untreated wounds

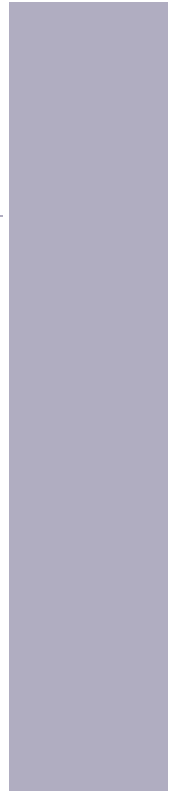


SF STATE



# Hepatitis B outreach and education services

Long-standing Hep B Free SF Ambassador program that provides 'on the ground' services for the SF Hep B Free Coalition, that they would otherwise be unable to afford



# Annual health screening in the San Quentin State Prison

More than 200 inmates served last year





# San Quentin State Prison, August 2018



SF STATE



Annual flu immunization campaign in all of San Francisco's homeless shelters



More than 300 flu vaccinations given in more than 20 homeless shelters last year



# Rafiki Coalition for Health and Wellness

Regular health screening  
at a wellness program  
serving African-Americans  
in the Bayview district of  
San Francisco





# Kai Ming Head Start Annual Parent and Staff Health Fair in SF Chinatown





Health screening and health education at the City-sponsored Sunday Streets event, held in a different part of SF each month



SF STATE

# Shared governance



NSA Directors of Community Health, Directors of Hep B Ambassador Program. Establishing schedules, recruiting volunteers, coordinating equipment and supply hand-offs.



Don't miss our special offer - up to \$100 off premium plans!

SignUp Genius is a free online scheduling service that has been an invaluable aid to keep our many volunteer events staffed and organized.

# Group Organizing Made Easy

[Schools](#) [Family](#) [Business](#) [Volunteers](#) [Sports](#) [Church](#) [Temple](#) [Potluck](#) [Fundraising](#) [College](#)

[Create a Sign Up](#)



<p>03/02/2019 (Sat. 8:30am - 11:30am)</p>		<p><b>Volunteer (2)</b> Level + Program Type</p>	<p>All slots filled</p> <ul style="list-style-type: none"> <li>EV Elana Velichko BSN level 1</li> <li>AH Avel Level</li> </ul>
<p>03/05/2019 (Tue. 4:45pm - 7:00pm)</p>		<p><b>Volunteer (2)</b> Level + Program Type</p>	<p>All slots</p> <ul style="list-style-type: none"> <li>LA Liz A Level</li> <li>KJ Kris BSN</li> </ul>
<p>03/07/2019 (Thu. 4:45pm - 7:00pm)</p>		<p><b>Volunteer (2)</b> Level + Program Type</p>	<p>All slots</p> <ul style="list-style-type: none"> <li>CL Chri Level</li> <li>JS JAM BSN</li> </ul>
<p>03/12/2019 (Tue. 4:45pm - 7:00pm)</p>		<p><b>Volunteer (2)</b> Level + Program Type</p>	<p>All slots</p> <ul style="list-style-type: none"> <li>AS And Level</li> <li>ML Min level 3 bsn</li> </ul>
<p>03/14/2019 (Thu. 4:45pm - 7:00pm)</p>		<p><b>Volunteer (2)</b> Level + Program Type</p>	<p>All slots filled</p> <ul style="list-style-type: none"> <li>CL Christy Li Level 1 BSN</li> <li>JS JAMES SPEAKS bsn leven 1</li> </ul>



**Group Organizing Made Easy**

Hello, Larry Vitale!

This email is to notify you that someone recently updated your SignUpGenius form "Homeless Street Outreach".

Jose Vasquez signed up for:  
 Week 2, BP/BG screening and wound self-assessment education  
 (1) on 05/09/2019 (Thu) 7:00pm-9:00pm PDT at Hemlock Alley off Polk, between Post and Sutter  
 Comment: BSN lvi 4

[View Sign Up](#)



# Conclusion

---

The volunteer opportunities give our nursing students additional clinical experience in community health, and helps them 'put a human face' on marginalized populations.

Our intention, besides providing needed health services, is to shape the ethical behavior of our future nurses, who will certainly have marginalized persons as their patients.

The HDRP also serves as a fund-raising mechanism to support the cost of medical supplies and equipment used for health-promotion activities that improve the health of our community while training the nurses of tomorrow.





SAN FRANCISCO  
STATE UNIVERSITY

SCHOOL OF NURSING

# HEALTH DISPARITY REDUCTION PROJECT



EQUALITY → EQUITY → JUSTICE



SF STATE