

SHIFA COMMUNITY CLINIC NEWSLETTER

August 2020

COVID Clinic Update:

In response to COVID-19, Shifa has shifted from seeing patients In-person to Telehealth, where all appointments are being scheduled remotely. All volunteers, medical students and preceptors have adjusted to working from home, while delivering our patients quality healthcare and adjusting their primary healthcare concerns to the best of our abilities via Telehealth. Additionally, we have been able to provide our patients with resources including, but not limited to, directing them to links of various health education recommendations, referring them to the UCDCM Cypress building for blood draws/labs and calling their prescriptions into their preferred pharmacy in order for our patients to receive medications in a timely manner.

Meet our Personnel Manager!



"My favorite part about Shifa is the true essence of what it means to maintain a strong connection within the clinic setting and how the smallest effort in connecting with our patients makes the most impact in their day. Every time volunteers would come together and bring forth many ideas, better change came about to put the patients' needs first and none of that existent change, or impact, would have been possible without the thoughtful contribution from the whole Shifa Team."

Board 2020-2021

Personnel Manager:

Gamar Alizani

Assistant Personnel Manager:

Saahirah Mahmood

Undergraduate Representative:

Desiree Rafizadeh

EMR Coordinator:

Meraj Alam

Finance Co-Coordinators:

Rahul Bodapati & Batol Naji

Health Ed Co-Coordinators:

Dana Hazem & Maya Sahtout

Preceptor Co-Coordinators:

Katrina Sam & Anuk Virk

Outreach Coordinator:

Diana Souki

Alumni Relations Coordinator:

Hadia Lalagul

Publicity Coordinator:

Inara Ali

Monitors:

Gamar Alizani, Saahirah Mahmood, Rahul Bodapati, Samer Alshaar, Ayantu Mume, Anuk Virk, Batol Naji, Dina Hammoudeh, Hala Kassar, Noor Aljadedd, Ali Saeed, Vijay Reddy, Reeta Asmai, Priya Choudhary

SHIFA COMMUNITY CLINIC

MYTH VERSUS FACT

BUSTING COVID-19 MYTHS

 Spraying alcohol and chlorine over your body can kill the new coronavirus.	 Spraying your body with alcohol and chlorine is harmful to mucous membranes (eyes, mouth) and cannot kill viruses that have already entered the body.
Eating garlic can help prevent infection from the new coronavirus.	Although garlic is a healthy source of microbial properties, there is currently no evidence that suggests eating garlic can prevent COVID-19.
You can test to see if you have COVID-19 by holding your breath for 10 seconds. If you have no problems, you don't have it and if you do then you are positive.	You may be able to hold your breath, but that does not mean you do not have COVID-19. Similarly, if you are unable to hold your breath, it may be due to a different underlying condition, not COVID-19.
Saline rinses can help prevent coronavirus.	It has not been proven that saline rinses can protect someone from the risk of infection. However, it can reduce the symptoms of a respiratory infection.

Health Ed Infographics

During this pandemic, the Health Education Committee has been working hard to make infographics such as their "Myth Vs Facts" infographic to spread more information. They have also worked on infographics on mental health, home exercises, healthy recipes, and activities for children.

Additionally, the COVID updates group updates the information related to the virus each week. The group is still updating information for our patients as new developments occur.

Health Ed has also worked on translating these into Spanish, Pashto, Arabic, Farsi, and Urdu. Visit our website: shifaclinic.org to see all the amazing work they've done!

SHIFA COMMUNITY CLINIC

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Welcome COVID19 About Us Health Services Get Involved Our Volunteers Outreach Donate Contact Us

COVID-19 Resources

English Spanish Arabic Farsi Hindi Urdu Punjabi

Myth Busters

Covid-19 Bimonthly Updates

For continuous updates regarding Covid-19 Statistics in the Sacramento County, new public health orders, mobile testing sites, and more, please see the link below. Information will be updated twice a month following new health orders and the Sacramento Covid-19 Epidemiology Dashboard.

www.tinyurl.com/shifacovidupdates

Spanish Translation:
www.tinyurl.com/shifaspanishcovidupdates

Shifa Bingo!

Finance Committee came up with the idea of a Bingo board to raise funds for clinic due to the inability of having our normal fundraisers. Shifa volunteers who shared the board on their story helped in the collection, and together, we were able to raise \$1,529!

Upcoming Webinars

Health Ed and Outreach Committees are currently working on creating webinars for the local community. The webinar topics are the COVID-19 Pandemic: Safely Assimilating Back into Society, the Black Lives Matter Movement and Resources, and the Yemen Humanitarian Crisis. The webinars will be held in August and September.

Zoom Bonding Event!

On July 16, our Undergraduate Rep. Desiree Rafizadeh planned an online Jeopardy night with our undergrads and alumni. As we continue to quarantine and have remote classes, we hope to see more of these online events to stay connected!

Meet our Alumni Spotlights!

May Spotlight:



Elizabeth Picazo
MS1 at UC San Fransisco

June Spotlight:



Dev Dhillon
MS3 at UC Riverside

July Spotlight:



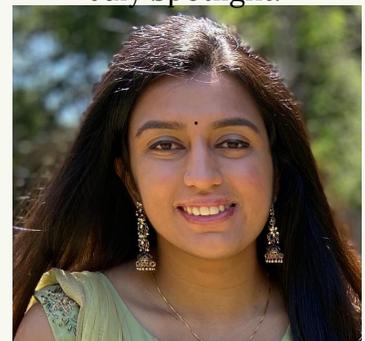
Rifa Akanda
MPH Candidate at UCLA

July Spotlight:



Susan Ahmed
Lead Program Coordinator:
Islamic Relief USA

July Spotlight:



Jyotsna Natarajan
MS1 at Drexel University

Meet our Clinic Manager!



Hosna Mohabbat
Clinic Manager

"Volunteering at Shifa fulfills a greater overarching purpose for me: to give back to a community of underserved individuals so greatly in need of culturally and linguistically competent care. Shifa fills a role that is essential within the Greater Sacramento Region, and I am honored to be a part of it. My favorite part about Shifa is definitely the lasting connections established with our patients over time. Shifa goes beyond the realm of healthcare and truly provides an outlet of encouragement and support, which I find to be inspirational. With the current COVID-19 pandemic, Shifa has had to shift almost entirely to telehealth. This unprecedented situation created some initial obstacles, but with the dedication of the entire Shifa team, we have been able to adapt to the current situation and address our patients' pressing primary health care needs."

Meet our Admin Co-D's



Samya Faiq
MS2 at UC Davis

"As an undergrad volunteer for Shifa Clinic, I admired the medical students and their dedication to the South Asian and Middle Eastern community and compassion towards the preceptors and volunteers. They were an inspiration to those who wanted to pursue healthcare and always offered guidance and support. I chose to be an Admin Co-D for Shifa to be that resource for undergrads and continue the legacy of love and support between the undergrad institution and medical school. The best thing about Shifa are the preceptors who volunteer their time to see patients and teach medical students with patience & purpose. In addition to the medical professionals, the undergrad volunteers are the heart and soul of Shifa. They are incredibly efficient, making it very easy for the medical students to focus entirely on the patient visit."

"Joining the Shifa team has helped me understand the unique health experiences of an ethnically, linguistically, and culturally diverse population of Sacramento. I chose to be an Admin Co-D, specifically, so that I could work more closely with our undergrad volunteers. From my very first visit to Shifa a year ago, it has been evident to me that the undergrad students are the backbone of our clinic. Each individual I have interacted with is truly exceptional in their expertise of the clinic, poise in patient interactions, and passion for community service. They have continuously supported my medical students, colleagues and I, and moreover, they're the reason that Shifa is such an amazing, warm place of service."



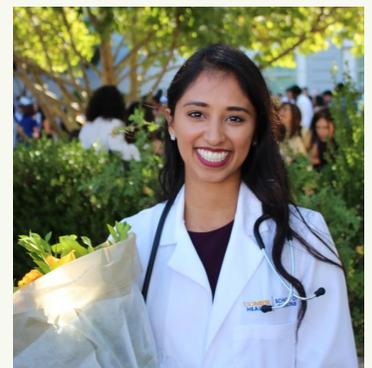
Sonia Puri
MS2 at UC Davis



Carina Franco
MS2 at UC Davis

"I chose to be a Shifa Co-D because as an undergrad volunteer I saw how dedicated the entire clinic was in putting the patient & their experience at the forefront. I wanted to support the work done by the volunteers and be able to connect with them personally. My favorite part about clinic is listening to our patients' stories. I think we all know that speaking the same language adds comfort and allows others to open up. While I've had the opportunity to have conversations in my native language, there've been times patients and I had conversations through a translator or just by trying to navigate a conversation. It's extremely special when even with a language difference, the patient puts their trust in you to be a listener, a provider, & an advocate, and for that I'm grateful. It has been amazing working alongside the undergrad volunteers & I believe they're what keeps clinic together!"

"When I volunteered at Shifa Community Clinic as a first year, I was amazed by Shifa Clinic and the incredibly grateful patients that visited the clinic. I wanted to become an admin Co-D to continue Shifa's commitment to providing the best care to its patients. Being able to work with patients at Shifa Clinic is such a privilege. I am so incredibly grateful for the patients who trust us to provide the best care that we can. Working with the undergraduates is such a privilege, they are all so kind and committed to doing the best they can."



Harveen Sekhon
MS2 at UC Davis

Dental Clinic

Shifa Dental Clinic is a Specialty Clinic that aims to help patients that have not seen a dentist for a long period of time. We provide free oral cancer screenings, fillings, cleanings, and extractions! Our subcommittee aids the preceptors with dental procedures in clinic and helps expand our dental clinic by finding resources and recruiting more dental health professionals outside of clinic.

With the contribution and help of past and current Shifa Community Clinic volunteers, we officially opened our dental clinic to our community in August 2019. A special thank you to Dr. Khan, Mohammad Abdel Jabbar the founder of Shifa's Dental Clinic, and Hiba Hummadi the Clinic Manager at the time.



Work by Dental Clinic:

Shifa's Dental Subcommittee launched the Dental Mask and PPE Drive when local hospitals were impacted the most by COVID-19. We reached out to different dental care providers to see if any places were able to donate PPE supplies to hospitals in the Sacramento area.

Dental Fact-Sheets in English, Arabic, Hindi/Urdu, Spanish, Farsi, and Punjabi will be made available soon in the clinic and to our patients.

We are currently working on expanding our services to include crowns and providing our patients with oral hygiene kits to take home!

Dental Clinic Team!



Co-Lead: Dina Hammoudeh



Preceptor: Dr. Ashraf



Preceptor: Dr Badyal



Preceptor: Dr. Khan



Co-Lead: Yahdeen Jabbar



Lead 2018-2019: Mohammad Abdel Jabbar



Dental Assistant: Reena Rana



Dental Assistant: Afnan Eltahrawi



Co-Lead 2019-2020: Kevin Gill

Other Members not pictured: Jaffar Al Balbool (Dental Assistant), Samer Alshaar, Hala Kassar, Kimia Tavasolli, Dua Abbas, Milan Shergill, Asritha Tubati, Sara Abou-Adas, Ali Saeed, and Amal Syed