

HEALTH FRONTIERS IN TIJUANA
Preclinical Elective UCSD School of Medicine
MED 239+ Mental Health

Course Instructors

Steffanie A. Strathdee, PhD
Harold Simon Professor,
UCSD Dept. of Medicine
Division of Global Public Health
sstrathdee@ucsd.edu

Victoria D. Ojeda, PhD
Associate Professor
UCSD - Global Public Health
vojeda@ucsd.edu

Jose-Luis Burgos, MD, MPH
Assistant Professor
UCSD School of Medicine
Division of Global Public Health
jlburgos@ucsd.edu

Fatima Muñoz, MD, MPH
Post-Doctoral Fellow
Division of Global Public Health
famunoz@ucsd.edu

A. Scope and Objectives

Health Frontiers in Tijuana (MED239) is a preclinical elective where UCSD Medical students will learn about many of the joys and challenges of community medicine, healthcare and mental health services available to the underserved in Mexico becoming active participants in the student-run Health Frontiers in Tijuana free- clinic project. Students enrolled in this course will learn about the Mexican Health Care Systems, community partners in Tijuana and will play various roles under faculty supervision, including that of binational health care provider, community advocate, health educator, clinic administrator and global public health researcher.

This course has the following objectives:

By the end of this course, students will be able:

- 1) To learn about the health needs of marginalized populations living in Tijuana's Zona-Norte, adjacent to the Tijuana-San Diego border.
- 2) To participate in healthcare with underserved individuals in Tijuana's Zona-Norte served by the HFiT Student Run Free Clinic in Tijuana.
- 3) To identify social determinants of health among vulnerable populations living in Tijuana's Zona-Norte
- 4) To learn about the differences between Mexican and U.S. health and mental health care programs for the underserved.
- 5) To list barriers to access healthcare services by migrant populations living in Tijuana.
- 6) To identify health education needs of patients seen at the HFiT clinic.
- 7) To participate in health promotion activities and team with students from UCSD and UABC to prepare a community health education talk at the HFiT clinic.

- 8) To observe and/or participate in a walk-in onsite mental health clinic for vulnerable persons.
- 9) To identify binational social, healthcare and mental health care resources to address the needs of marginalized individuals in Tijuana's Zona-Norte.
- 10) To build cross-border community amongst students, faculty and community workers participating in the HFiT project.

Overall Objectives for the Clinical Sessions

By the end of the course, students will be able:

1. To participate as a member of a binational healthcare team at the HFiT clinic
2. To assess health and social needs and refer HFiT patients to resources under the guidance of HFiT faculty and local community healthcare workers.
3. To learn to use the HFiT's electronic medical record system to capture relevant clinical information.
4. To shadow a free clinic student leader and describe their administrative/leadership role.
5. To shadow a walk-in mental health clinic and thus demonstrate increased knowledge of mental health issues, care, and services available in the San Diego-Tijuana border region

B. Background

In 2009 a student group from the UCSD School of Medicine formed their own official student organization called Health Frontiers in Tijuana (HFiT) committed for setting up a training course including visits to a free-clinic in Mexico to receive clinical training by UCSD and UABC faculty and Mexican licensed physicians. The goal of this project is to provide high quality, free health care for a marginalized population while promoting the global health education and partnership among current and future healthcare professionals in the US and Mexico.

The HFiT Clinical Training course takes advantage of a novel model of primary health care which will offer outpatient medical services at an accessible location in a culturally sensitive manner tailored to the health needs of marginalized individuals and their surrounding urban communities. It builds on the wildly successful research collaborations between the UCSD Division of Global Public Health, PrevenCasa, and UABC to expand the potential impact on preventive medicine to include general primary care medical services for vulnerable populations in Tijuana.

The *HFiT* clinic represents a true bi-national effort to capitalize on the wealth of knowledge of medical and public health expertise through collaboration between both US and Mexican faculty and US and Mexican medical students. This clinic brings the opportunity to implement evidence based primary medical care and prevention, improving the Binational collaboration and border health. Secondly, this clinic brings the opportunity to train and sensitize physicians in training to learn about working with highly stigmatized vulnerable individuals in a culturally sensitive manner.

C. Course Organization

- 1) **Classes.** Students will attend teaching sessions (see schedule for times and locations). The class is intended to provide information on the HFiT clinic, acquaint students with the Mexican health care systems, specific health and social needs of the people we serve, introduce students to some global health and community partners, and train in the various supervised clinic activities. The structure of each session will vary according to the topic, ranging from lectures to site visits to hands-on workshops.
- 2) **Primary Care Clinic.** During each quarter, each student will attend at least 2 clinic sessions on a weekend, students will be required to complete all travel requirements to Mexico determined by the Chair of the UCSD Division of Global Public Health. Students will perform clinical duties (seeing patients) at one of these sessions. At the other session they will train to perform the duties of social resource representative and patient/community education
- 3) **Walk-in Mental Health Clinic.** During each quarter JDP Clinical Psychology students will be required to participate in 5 clinical sessions per quarter. Students will be required to complete all travel requirements to Mexico determined by the Chair of the UCSD Division of Global Public Health. Students will perform clinical duties commensurate with their training. Medical students will shadow the mental health clinicians during the clinical encounter. Medical students must sign up for at least 2 dates that include mental health clinic sessions.
All students will participate in field trips to Mexican mental health care providers.
- 4) **Health Education Talk.** Each student will learn how to prepare and give one health education talk on a community health topic of choice to a group of patients at the HFiT clinic. Talks can cover topics such as nutrition, STI/HIV risk and prevention, substance use, self defense, domestic violence, etc. Students will have access to handouts, outlines and visual aids from HHSa and the Mexican health department (ISESALUD) to design their talks. Students will receive evaluations/feedback from the clinic's patients after their talk.
- 5) **Binational Social Resources Referral.** Students will learn aspects of case management and social resource referrals. During the quarter, students will be assigned two entries from the HFiT database of available social resources to research and update. Students will be expected to contact the assigned resources and complete a form that will be turned in on the last day of class.
- 6) **Dress (Per the UCSD School of Medicine Student Dress Code).** *Students represent not only themselves but also the medical profession to those with whom they have contact. Appropriate casual professional attire should be worn, especially when students are in the patient care settings or when contact with patients is anticipated. Students should be aware that personal appearance may serve to inspire or hinder the establishment of the trust and confidence that are essential in the doctor-patient relationship. Students will be required to wear a badge identifying them as UCSD students. Sandals, beach wear, and shorts are not considered appropriate dress.*

D. Grading/ Assessment and evaluation of student performance

a. Criteria for passing grade:

- i. Attendance at classroom meetings
- ii. **Medical students:** Participate in 3 primary care clinical sessions (including one health education talk and two clinic visits; see above)
- iii. **Clinical Psychology JDP students:** Participate in 5 mental health care clinical sessions at HFiT and 1 field trip
- iv. Add or revise accuracy of at least one entry to the HFiT's Binational Resource Referral database. (see above)
- v. Demonstrate **familiarity with mental health diagnostic tools for clinical settings.**

- vi. **Complete a required oral presentation** to students and faculty of the HFiT mental health experience vis-à-vis their career goals.
- vii. JDP Clinical Psychology students will:
 - 1. Provide data on their **satisfaction** with the supervised clinical rotation at HFiT.
 - 2. Demonstrate **increased confidence in their ability to provide mental health services** to populations similar to HFiT clinic patients.
- viii. Satisfactory performance of learning objectives.

E. Student evaluation of course and faculty

- “Medical students must complete course and faculty evaluations of this and all School of Medicine courses in order to receive a grade. The identity of individual students will not be shared with the course instructors.”
- All students must complete a brief anonymous online survey regarding the mental health components of the course at the start and completion of the quarter.

F. Course Topics

Date	TOPIC
Jan. 10	<ul style="list-style-type: none"> • Course Introduction • Course requirements and outline • Scheduling clinic rotations • Travel Safety, student safety and travel requirements for Tijuana Mexico (Check list) • Question answer panel with (repeat) students
Jan. 17*	<ul style="list-style-type: none"> • Electronic Medical Record • Medical history/ SOAP Notes/ Confidentiality/Safety • Physical Exam • Cultural competency • HFiT Walk-In Mental Health Clinic is Open (JDP Clinical Psych + Medical students) • Mental Health- Introduction • Introduction to HFiT Mental Health (Sol Durso)
Jan 24.*	<ul style="list-style-type: none"> • Substance abuse in the Zona Norte, Tijuana. • Congenital syphilis in Hospital General de Tijuana • Mexican Mental Health Care System- • Required Field trip to Tijuana Mental Health Hospital & Tijuana General Hospital [JDP Clinical Psych + Medical students] • Mental health: San Diego vs. Tijuana
Jan. 31*	<ul style="list-style-type: none"> • Health care and health policy in Mexico • Provider cultural competency • Social resources in Mexico • The Binational patient • Walk in HFiT Mental Health Clinic is Open (JDP Clinical Psych and Medical students) • Diagnostic tools for mental health settings
Feb. 7*	<ul style="list-style-type: none"> • Infection Control in health care settings in the US and Mexico • Case studies: TB outbreak at Hospital General de Tijuana • HIV and Mental Health • Walk in HFiT Mental Health Clinic is Open (JDP Psych and Medical students) • Substance use and mental health
Feb. 14	<ul style="list-style-type: none"> • Legal aspects of clinical practice in Mexico • Case studies
Feb. 21*	<ul style="list-style-type: none"> • Migration, deportation and health • Substance use and mental health • Walk in HFiT Mental Health Clinic is Open (JDP Clinical Psych and Medical students) • HIV and mental health

Feb. 28*	<ul style="list-style-type: none"> • Cross-border collaboration between clinician-researchers for better patient outcomes: Case studies. • Walk in HFiT Mental Health Clinic is open (JDP Clinical Psych and Medical students) • Collaborative Care (Mental +Physical Health)
Mar. 7	<ul style="list-style-type: none"> • Student as Teacher • Community health • The community as Teacher
Mar. 14*	<ul style="list-style-type: none"> • Wrap up/ Case studies/ Lessons learned/ Look to the future • Walk in HFiT Mental Health Clinic is open (JDP Clinical Psych and Medical students)

* **The Walk in HFiT Mental Health Clinic is operating on these dates or a mental health field trip is occurring and is required of JDP Clinical Psych students.**

G. Staff Contacts

TBD

H. Office Hours

Office hours for Dr. Burgos and Dr. Ojeda will be by appointment on Mondays from 10:00am – noon; CRSF rooms #303 & #330.

I. Recommended References:

- Huff RM, Kline MV, ed. Health Promotion in Multicultural Populations: a handbook for practitioners and students. 2nd ed. Thousand Oaks, CA: Sage Publications; 2007 [SSH RA448.4 .P76 1999]
- Patterson TL, Mausbach B, Lozada R, et al. Efficacy of a brief behavioral intervention to promote condom use among female sex workers in Tijuana and Ciudad Juarez, Mexico. *Am J Public Health.* 2008;98:2051-7.
- Strathdee SA, Lozada R, Ojeda VD, et al. Differential effects of migration and deportation on HIV infection among male and female injection drug users in Tijuana, Mexico. *PLOS One.* 2008;3:e2690
- Deiss RG, Rodwell TC, Garfein RS. Tuberculosis and illicit drug use: review and update. *Clin Infect Dis.* 2009;48:72-82.
- Ojeda VD, Patterson TL, Strathdee SA. The influence of perceived risk to health and immigration-related characteristics on substance use among Latino and other immigrants. *Am J Public Health.* 2008;98:862-8

Required Readings for Clinical Psychology JDP Students

- Young et al., From Waiting Lists to Walk-In: Stories from a Walk-in Therapy Clinic. *Journal of Systemic Therapies.* 2008. 27(4).23-39.
- Harper-Jaques et al., A Comparison of Two Approaches to the Delivery of Walk-In Single Session Mental Health Therapy. *Journal of Systemic Therapies.* 2008. 27(4).40-53.
- Bobele et al., Single-Session /Walk-in Therapy with Mexican American Clients. *Journal of Systemic Therapies.* 2008. 27(4).75-89.

J. Safety: MED 239 implements various measures to ensure student safety. All students are required to complete the UCSD travel documents (see below) and to submit them to the instructors prior to the start of the class. Briefly, travel into Mexico will be coordinated on the US-side and students must enter Mexico as a group and will be shuttled to the Clinic from a pre-determined location in Tijuana. For their safety, students should be prepared to be onsite (bring snacks, lunch, drinks) and will not be permitted to leave the Clinic until the clinical day is completed unless instructor permission is previously obtained. Other safety points are outlined in the attached documents or the GPH website (see below).

K. Additional Course Resources

- **HFIT Clinic website:**
<http://meded.ucsd.edu/index.cfm/groups/hfit/>
- **HFIT travel documents and waivers- Required of all students/visitors to the hfit clinic**
<http://gph.ucsd.edu/resources/Pages/travel.aspx>