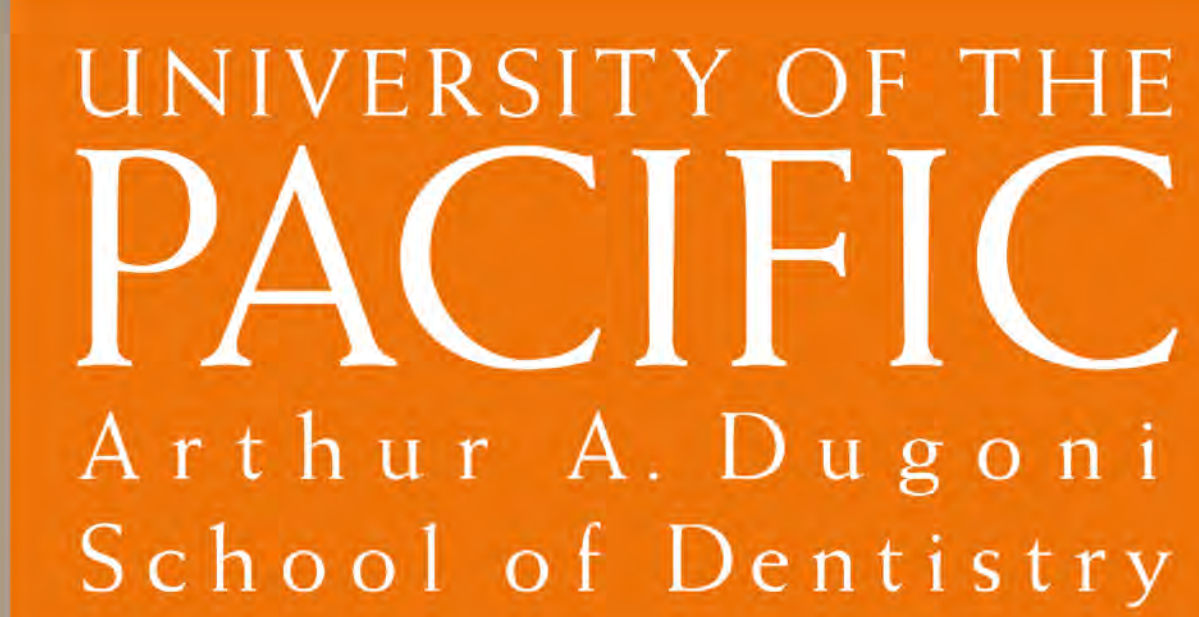


#XXXX



Student Community Outreach for Public Education (SCOPE): Senior Smiles and Wellness Event 2023

Katie Hagan DDS 2024, Serena Ly 2024
Mentor: Professor Miller



INTRODUCTION

The Senior Smiles Health & Wellness Fair is a community health outreach event sponsored by SCOPE, Student Community Outreach for Public Education, at University of the Pacific Arthur A. Dugoni School of Dentistry. The event is held annually in San Francisco at the Dugoni School of Dentistry's campus. Generally, over 100 members of San Francisco's senior citizen population with limited access to healthcare attend this event. The event is structured as a hybrid interprofessional education (IPE) event, featuring representatives from various disciplines including UOP's School of Audiology, School of Dentistry, School of Physical Therapy, Master of Social Work (MSW) program, Master of Nutrition program, and the SF Department of Disability and Aging. Each group provided various levels of screening, education, and services to clients who attended the event. This annual health fair aims to provide limited healthcare services and education to seniors ages 55+, fostering better health practices among this vulnerable population.

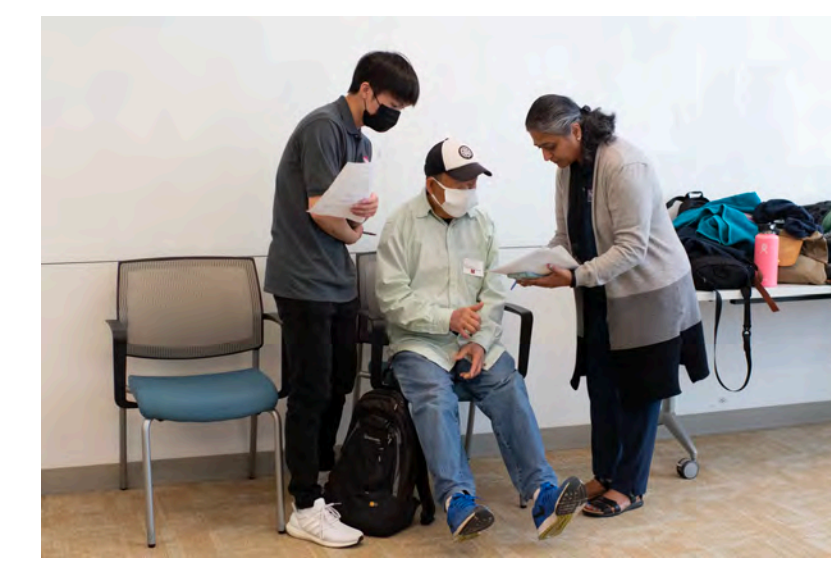


ACKNOWLEDGMENTS

We could not have accomplished such success without the support and guidance from Professor Miller, Dr. Benton, Dr. Brady, Dr. Gallagher, Dr. Booth, Dr. Ward, Dr. McLaren, Dr. Nguyen, and Dean Nadershahi. We are grateful for the help of Carol Weinstein, Karl Pfeifer, and Dan Soine, who continue help organize and promote this event year after year. Lastly, we are thankful to all of the students, faculty, and staff who continue to volunteer for SCOPE events.



UOP School of Audiology offering hearing screenings



Physical Therapy Student performing balance testing and determining fall risk



Dental Student administering dental screening exam



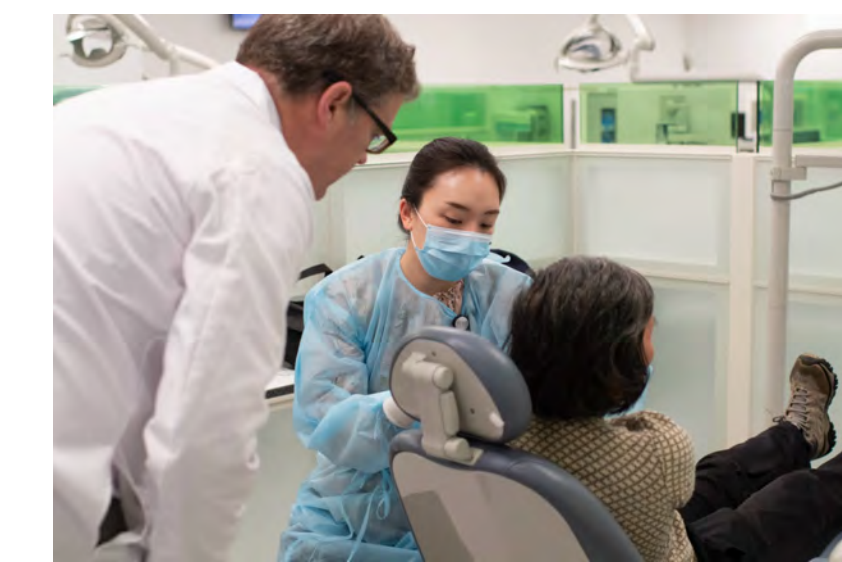
MSW Students providing resources regarding services for seniors



Dental Student completing blood glucose testing with Finger Stick Blood Glucose Test



Dental Student educating attendee on blood pressure reading and hypertension risk



Dental Student delivering COVID-19 booster vaccinations with faculty supervision



Clinical Nutrition Student counseling attendee on nutritional recommendations

METHODS

Pre-Event Planning: Planning began six months prior to the event date. Student representatives from SCOPE at the Dugoni School of Dentistry collaborated with healthcare profession students from various fields to coordinate services for Bay Area seniors with limited access to care. Advertisements were featured on Muni buses and light-rail Metro trains two months prior to the event. Flyers in four different languages were distributed to various community centers, libraries, churches, and housing centers across San Francisco two weeks prior to the event.

Event Day: Prior to opening to the public, the volunteers from each health professional school attended an interprofessional education (IPE) breakfast. In order to foster interprofessional collaboration, each involved group delivered an introductory speech detailing their profession, their impact on health equity, and recommended interventions.

Services Provided: Services provided included blood pressure testing, hypertension education, blood glucose testing, diabetes screenings and risk assessments, nutritional counseling, physical therapy tests (balance, flexibility, and core strength), fall prevention, hearing exams, dental and oral cancer screenings, COVID-19 vaccinations, and medical and dental community care resources. NICOS Chinese Health Coalition also provided a Covered CA Certified Enrollment Counselor, who offered Medi-Cal Dental enrollment information and responded to questions regarding the enrollment process.

Post-Event: Data collected at the Welcome & Registration Desk was organized to identify how the community members heard about the event, how many community members were served, and which services were provided to clients. A SWOT Feedback Discussion (Strengths, Weaknesses, Opportunities, Threats) was held within the week following the event to assess and document possibilities for improvement in the future. A thorough event manual was created to guide subsequent event leaders, providing detailed instructions and recommendations for future Senior Smiles Health & Wellness Event Coordinators.



RESULTS

In May 2023, the 28th annual Senior Smiles Health & Wellness Fair successfully served a record number of senior citizens in the local community – over 200 seniors were provided with health services and educational resources. The event's success was made possible by the generous participation of 96 volunteers from the Dugoni DDS, IDS, and DH classes, along with over 30 volunteers from external health profession programs.

The event aimed to address specific challenges that seniors often face as they age, including heightened risk of diabetes and prediabetes as well as lack of nutritional guidance. The prevalence of diabetes and prediabetes among people aged 60-69 has increased to 23.9% and 47.6%, respectively. Additionally, seniors are more vulnerable to severe outcomes from COVID-19, as adults over the age of 65 represent 80% of hospitalizations and have a 23-fold greater risk of death than those under 65. Seniors also face an increased risk of falling, with falls ranking as the primary cause of injury and injury-related deaths within this demographic. Seniors are at risk of developing dental conditions associated with aging, such as xerostomia, root and coronal caries, and periodontitis. Lastly, seniors are susceptible to hearing loss, with one out of every three adults aged 65 and above experiencing some degree of hearing impairment.

This event not only facilitated health screenings for seniors but also connected them with resources for comprehensive and personalized assistance from healthcare providers and services.

CONCLUSION & FUTURE DIRECTIONS

Through SCOPE's dedication, this event presented an opportunity for various health education programs to learn from each other and promote future collaborations among healthcare providers. A future opportunity for growth may include telehealth education for seniors, who typically lack experience with navigating online health systems. In addition to this, more educational resources regarding treatment plan options for partial edentulism could be beneficial for seniors who lack knowledge about bridges, partial dentures, and implant technology. Lastly, a potential area for growth could involve establishing a screening station to enroll individuals as patients of the school.

The ultimate goal of this event is to promote health equity, increase interprofessional engagement, provide a variety of health screening assessments and referrals for elders 55 years and older, and facilitate interprofessional coordination of care for patients.

REFERENCES

- "Age-Related Hearing Loss (Presbycusis)." *Johns Hopkins Medicine*, 6 Jan. 2023, www.hopkinsmedicine.org/health/conditions-and-diseases/presbycusis#:~:text=One%20in%203%20adults%20over,noise%20is%20usually%20not%20affected.
- "Aging and Dental Health." *American Dental Association*, www.ada.org/resources/research/science-and-research-institute/oral-health-topics/aging-and-dental-health.
- Falls and Fractures in Older Adults: Causes and Prevention | National Institute on Aging*, www.nia.nih.gov/health/falls-and-fractures-prevention/falls-and-fractures-older-adults-causes-and-prevention.
- "Keep on Your Feet-Preventing Older Adult Falls." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 2 Apr. 2024, www.cdc.gov/injury/features/older-adult-falls/index.html.
- Mueller, Amber L., et al. "Why does covid-19 disproportionately affect older people?" *Aging*, vol. 12, no. 10, 29 May 2020, pp. 9959-9981, <https://doi.org/10.18632/aging.103344>.
- Yan, Zihui, et al. "The interaction between age and risk factors for diabetes and prediabetes: A community-based cross-sectional study." *Diabetes, Metabolic Syndrome and Obesity*, Volume 16, Jan. 2023, pp. 85-93, <https://doi.org/10.2147/dms.o.s390857>.

Medi-Cal Insurance Sign-up

01 Application for eligibility
2 ways: Online or Mail-in
Remember to use blue or black ink

02 Main Contact Information
Fill out home address, and phone number

03 Tell them about you

- Name
- Date of birth
- Pregnant?
- Social security number
- Tax information

04 Tell them about others

- Name
- DOB
- Pregnant?
- Social Security Number

05 Read and Sign
Make sure to read the information on the application and understand what you are signing.

- Are you interested in food assistance?
- Are you interested in Cash/support assistance?

06 Questions?
1-800-300-1506
Monday to Friday 8:00AM- 8:00PM

Educational resource regarding Medi-Cal enrollment

OKU Sutro Excellence Day Project Cover Sheet

Project Title

Full name(s) and class year(s) of all project collaborators

Example: Jane Smith, DDS 2022; John Smith, DDS 2022

Project Category

Enter your abstract text here (max 300 words)