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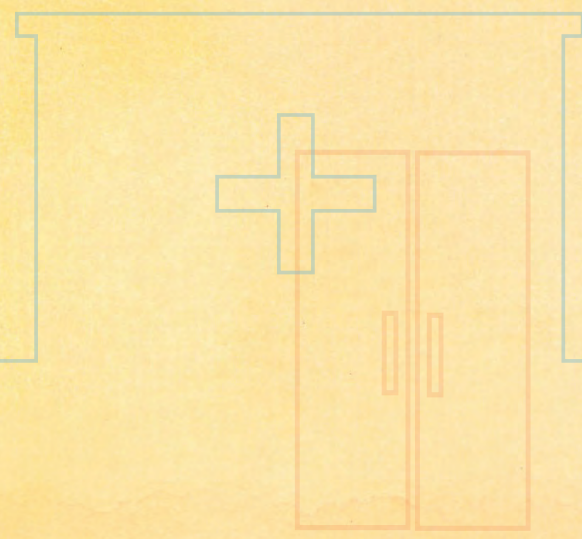
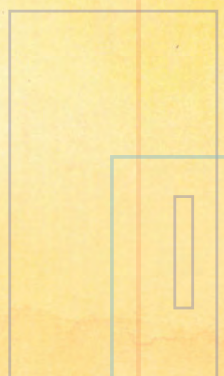
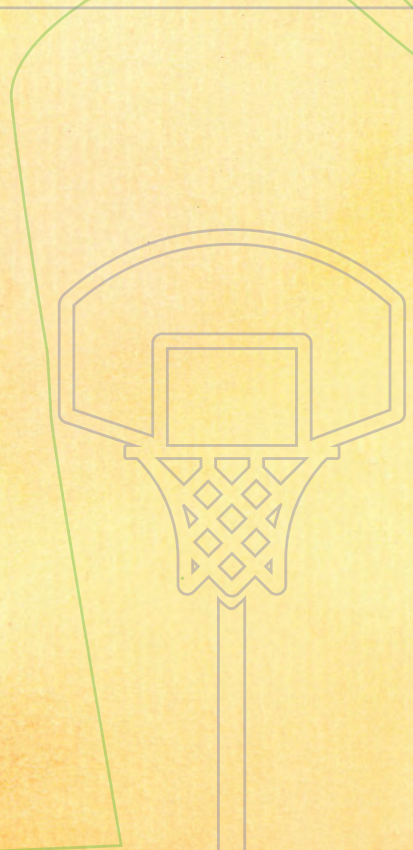
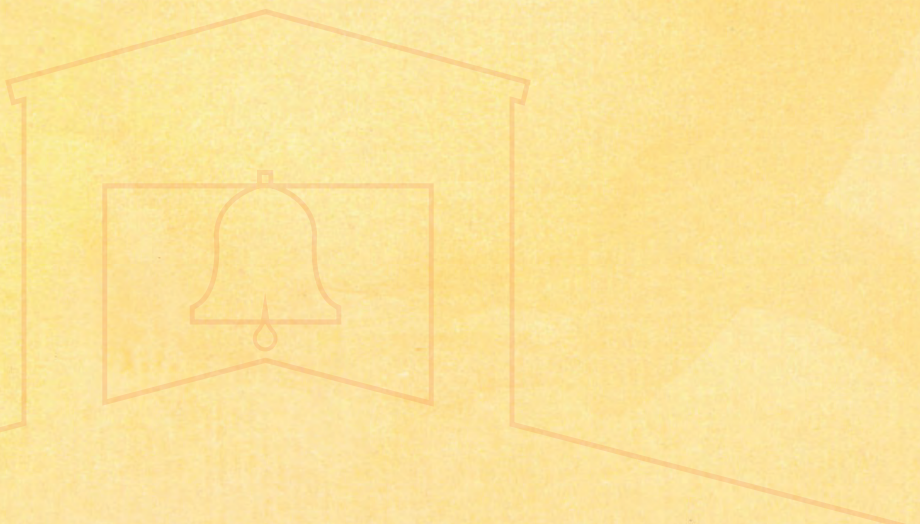
because

a 2017 community benefit report



Penn Medicine

Perelman School of Medicine
University of Pennsylvania Health System



Together

We are one **community...**

... and because we are one, we find inspiration and renewed purpose by joining forces with those who share our mission of service. The battles against social injustices in our communities pose a profound challenge, but together we are making progress one person, one day, one helping hand at a time.

We partner with schools to create lessons for the next generation.
We knock on the doors of our neighbors to offer and receive strength.
We unite to offer comfort in places of worship, in community spaces, and within the walls of our hospitals.

Together, we gather and serve. From small rural schools to verdant farms, from blighted parking lots to historic Philadelphia churches: On every block, down every road, we work... simply because.



Together

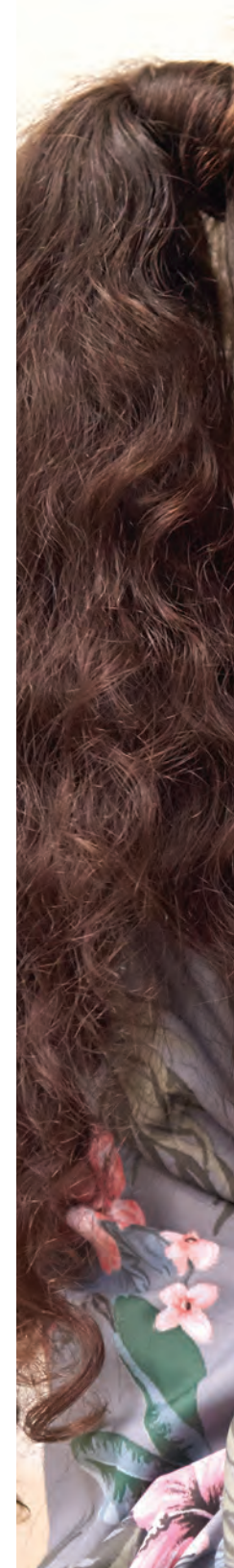
We Learn

Nurturing the next generation – body, mind, and soul – through school partnerships

A fresh, ripe tomato off the vine, a convenient trip to see a doctor, or pounding the pavement to cross a finish line: At Penn Medicine, they're all ways to empower youth to grow into healthy adults.

Partnerships with local schools from West and South Philadelphia, to the city of Lancaster 80 miles away, offer highly personalized, and often hands-on, experiences to put school-age children and their families on a path to a lifetime of health. The programs address crucial issues for today – helping with homework for immigrant students learning to speak English, for example, and providing low-income families with nutritious food from community gardens – while also building the tools to develop practical, lifelong habits that improve the wellness of the entire community.

Lancaster General Health's partnership with local schools stretches back nearly 25 years, to when the hospital opened its first clinic in a Lancaster School District elementary school identified as one with the highest percentage of students eligible for free lunches. That statistic was a marker for other struggles faced by the students' families. Many of the parents in that school were working multiple jobs, and couldn't take time off for doctor visits for their children. If they could get away, they might have to wait a week for an appointment. So a child with strep or conjunctivitis might miss a week of school just waiting to see a doctor, let alone be treated in order to get back to class. The clinic changed that.





“We didn’t want them out of school not learning for that whole period of time,” said Alice Yoder, MSN, RN, director of Community Health for Lancaster General. “With the clinics they have immediate access, they can get diagnosed, and they can get their medication right away. So with something like conjunctivitis – pink eye – they can be back in the classroom by the next morning or afternoon. At most, they miss a day instead of three or four, which was the norm before.”

Those kind of practical results have earned the program support from a grateful community, and an opportunity to spread its mission. Clinics soon opened in two other elementary schools – one attended by the children who reside in a homeless shelter across the street. A nurse practitioner or pediatrician staffs each clinic three days a week. In addition, Lancaster General recently received school board approval to open a high school-based clinic. This one, unlike the clinics in the grade schools, will remain open during summer breaks.

“The members of the school board, the teachers, the families, they’ve seen what we can do,” Yoder said. “We have a history of practicing solid, reliable primary care, so we’re trusted.”

Across the region Penn Medicine serves, staff is working with kids outside the school day, too.

Robin Ward, director of Customer Engagement and Marketing Analytics at Penn Medicine, and her friends have literally taken to the streets to help young girls grow up strong. As the mom of a third grader, Ward was acutely aware of the challenges young girls face daily. So she was more than willing to help start a local chapter of Girls on the Run International, which offers physical activity-based development for girls in grades three through eight. “I, myself, have found running to be transformational, both physically and emotionally,” Ward said.

“When I learned about GOTR and realized that Philly did not have this program, I knew I had to do whatever I could to bring it here.”

The local program began in spring 2013 in two city schools, and has since expanded to twenty-one sites. Girls meet twice a week for twelve weeks, with an eye on boosting confidence through accomplishments, while also building an appreciation for health and fitness. Assistance from a Penn Medicine CAREs grant initially helped bring the national program to Philadelphia. Since then, the grant has helped expand the program to be offered at more schools. “We teach life skills through dynamic interactive lessons and running games,” Ward said. “The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running








event.” During their “practice” sessions, they run, but they also talk about body image, bullying, peer pressure, the impact of advertising, and making healthy choices.

Does it work?

“We had a girl last year who had a really terrible time training all season,” Ward remembered. “She really didn’t think she could finish a 5K, and was very emotionally conflicted with putting herself out there and doing this huge thing – and it is a huge thing for an eight year old. At the 5K, she, along with her running buddy, ran across the finish line and right into my arms with tears in her eyes. ‘I did it. I really did it,’ she said to me. “That child’s life is absolutely changed, and, honestly, that day, mine was too.”

Programs Depicted

-  Girls on the Run inspires girls to be joyful, healthy and confident using a fun curriculum leading up to a 5K race.
-  Clinicians from Lancaster General Health staff school-based clinics that offer convenient access to care that keeps children well – and less likely to miss class.
-  Middle school students from Quba Institute, an Islamic school in West Philadelphia, got a look at health care careers during a visit to the Hospital of the University of Pennsylvania
-  In conjunction with Lighten Up Lancaster, Lancaster General Health works with students to plan their spring and fall gardens.
-  Sayre Health Center provides quality and affordable health care to community members regardless of their ability to pay.

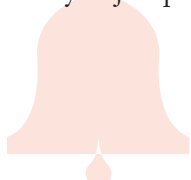


Lancaster General, in partnership with Lighten Up Lancaster County, uses that same personal approach in the community's fight against obesity, where participants literally get their hands dirty in a county-wide school gardening program. "We look to achieve systemic changes and implement initiatives that are skills-based and sustainable," Yoder said. "We'll do an occasional lecture or health fair, but ideally we want to create an environment where the healthy choice is the easy choice."

Sue Lackmann, MEd, Lancaster General's Health Educator, was a natural to spearhead the program. As a former teacher, she knows the time constraints and other struggles of educators, so she seeks ways to smoothly integrate gardening into the school day. Currently, gardens have been established in more than a third of the county's 113 schools, touching the lives of more than 23,000 students.

Programs vary, from start-ups with one or two gardening beds in some schools to one in the city of Lancaster with more than thirty beds – all but one of the city's eighteen schools now have a gardening program. Sometimes the coordinator is an administrator, sometimes a teacher, and sometimes a parent. "When we have a work day, and twenty-five to thirty parents show up to build beds, get them ready for planting, or weed them, that's a cool thing to see," Lackmann said.

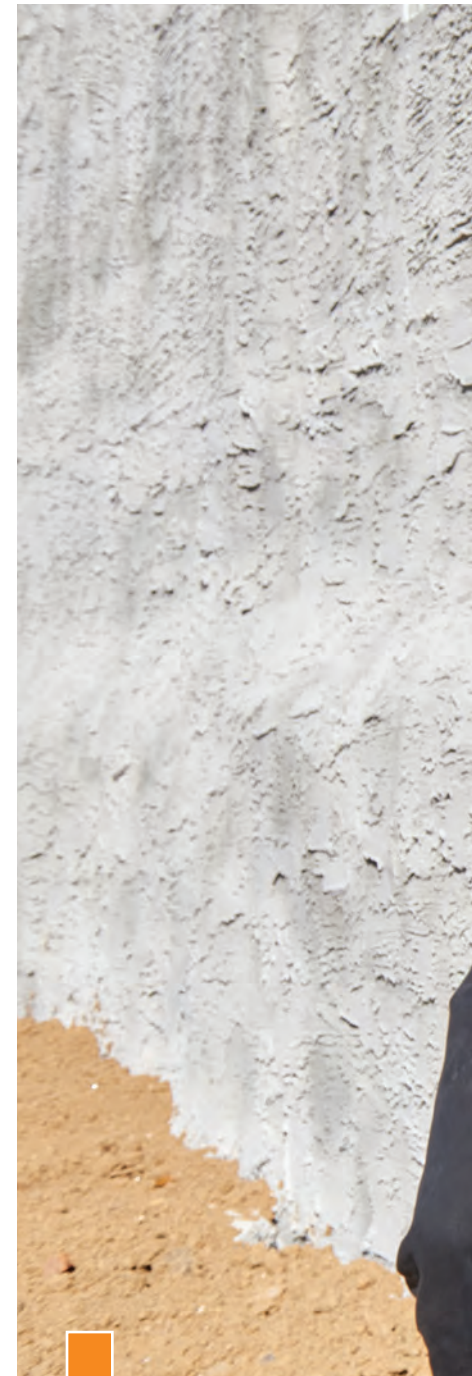
Produce harvested by the students may be used within the school, sent home or donated to community organizations. "It's something to watch these kids and their parents when it's time to harvest," Lackmann said. "Some have never done this before, so it's a treat for them to eat a fresh green bean or cherry tomato that they've just picked off the vine."

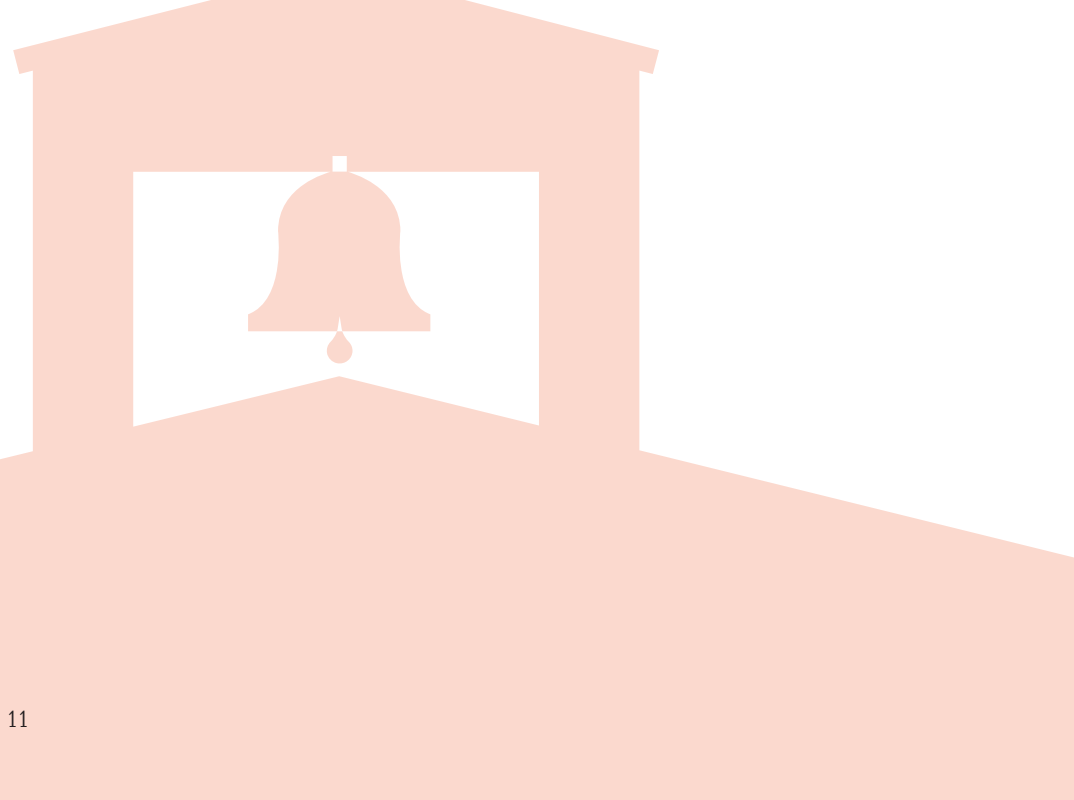












Together

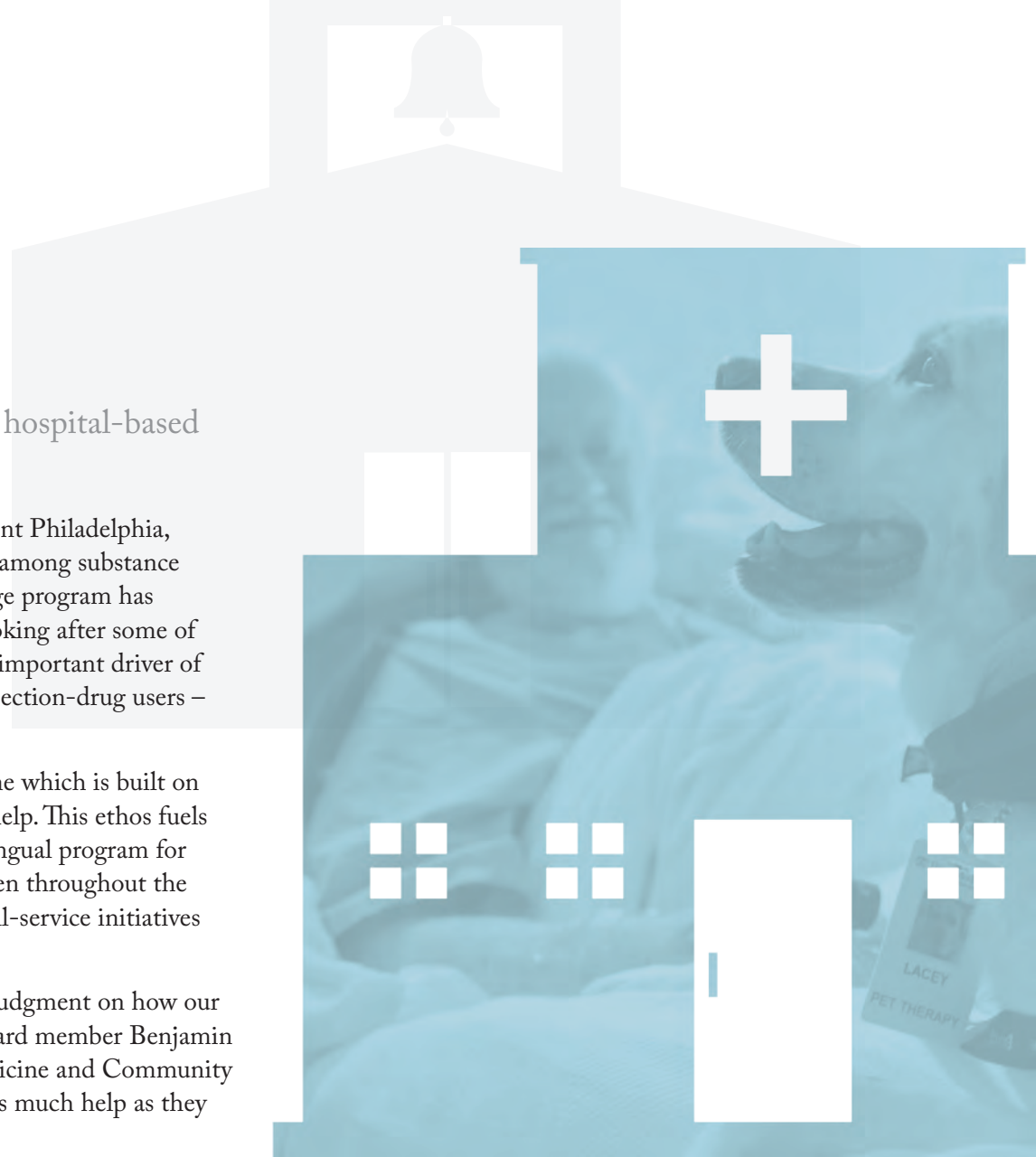
We Heal

Caring at clinics in the community and creative hospital-based initiatives bring many shades of hope

Good medical care starts with trust. Consider Prevention Point Philadelphia, which has been promoting health, empowerment, and safety among substance users since the early 1990s. What started as a needle-exchange program has grown into a full-service health and social services agency looking after some of Philadelphia's most vulnerable populations. It's praised as an important driver of the city's dramatic decrease in HIV-infection rates among injection-drug users – from 42 percent in 1992 to less than 10 percent today.

It's a people-level, hands-on approach to community medicine which is built on a foundation of listening and responding to those who seek help. This ethos fuels initiatives tied to all parts of Penn Medicine, from a new bilingual program for pregnant Hispanic women, to a breast-health effort for women throughout the tri-state region, to pet therapy for hospitalized patients, to full-service initiatives like Prevention Point.

“We try to provide a clinic that is free of cost and passes no judgment on how our patients spend their waking hours,” says Prevention Point board member Benjamin Cocchiaro, MD, a resident in the department of Family Medicine and Community Health. “We try to meet people where they are and provide as much help as they are willing to accept.”



A person might come in for needles, and receive them. No charge. No hassles. In the next visit, maybe that person asks for needles, and mentions another issue, a sore or a rash. Can they help? Probably. Next time, the person might mention a problem with food or housing. Prevention Point works with an array of social service agencies to address those needs, too.

“Would we like them to quit using? Yes, but that’s not what we put out there,” said longtime Prevention Point volunteer and its current board chair, Brian Work, MD, MPH, an assistant professor of clinical medicine who practices at Penn Presbyterian Medical Center. “Our approach is, let us help you, let us get you the services you need. Little by little, they see their life start to improve. And then that’s when they want to quit.”

Building the trust that leads to better health outcomes was the impetus for the Community Health and Wellness Services of Chester County Hospital to hire Carla Graves, a bilingual health educator and registered dietitian, for its prenatal clinic.



The clinic delivers hands-on obstetrics and gynecology care at a reduced cost. For most of its patients, English is a second language, and for the women who had been diagnosed with gestational diabetes, the staff saw that things were getting lost in translation as the women rotated among three different departments to receive care for pregnancy, treatment for diabetes, and education on managing the condition as they carried their babies. There were miscommunications about appointments, problems scheduling interpreters, and difficulty in conveying basic health information.

“We wanted to make that care more seamless, for provider and patient, by removing the language and cultural barriers,” said Julie Funk, Director of Community Health and Wellness Services.

Enter Graves, whose language skills, dietetics degree, and internship experience with Community Volunteers in Medicine were the professional combination that CCH needed. “I’m able to speak with our patients in their own language,” Graves said, “and connect with them as someone who understands their culture and diet.”

Removing barriers also drives the Penn Medicine Breast Health Initiative, which offers breast screenings, as well as diagnostic and treatment services,

to underserved and uninsured women in partnership with more than a dozen nonprofits and clinics in the region.








“I really enjoy working with the community organizations and clinics throughout the area to make sure we are connecting women with the care they need,” said Andrea Nicholson, patient navigator and program manager for the initiative, which was co-founded by Ari D. Brooks, MD, director of the Integrated Breast Center and Endocrine and Oncologic Surgery at Pennsylvania Hospital, and Carmen E. Guerra, MD, MSCE, an associate professor of Medicine and associate chief of staff for the Abramson Cancer Center.

The program offers interpreters and SEPTA tokens to clients as needed. The effort has proved lifesaving: Of the 600 women served since the program began in June 2014, eight have been diagnosed with breast cancer and treated at the Abramson Cancer Center. Guerra and Michael L. Kochman, MD, a professor of Gastroenterology, run a similar screening program for colon cancer, helping West Philadelphia residents get colonoscopies. So far, 520 patients have been screened through that program, which began in November 2011.





Programs Depicted

-  Residents and fellows provide podiatry care to patients in local health clinics.
-  Prevention Point promotes health, empowerment and safety for clients while advocating for humane public policies and programs.
-  Therapy dogs lift the spirits of patients at Chester County Hospital and other Penn Medicine facilities.
-  Patients at Puentes de Salud (Bridges of Health) undergo dermatological procedures, among many other services, at the long-running clinic serving South Philadelphia's rapidly growing Latino immigrant population.
-  The Ludmir Center for Women's Health delivers care for women and families in need in Philadelphia.
-  The Penn Medicine Breast Health Initiative offers free breast cancer screenings to uninsured women in the Philadelphia region.
-  Chester County Hospital's Prenatal Clinic delivers hands-on obstetrical and gynecological care at a reduced cost to women throughout Chester County.



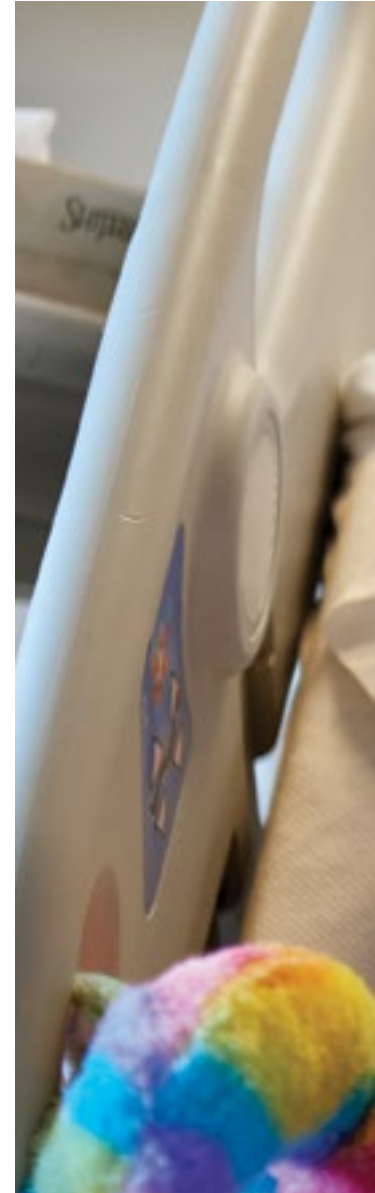


Making connections – of a different sort – is also key to the inpatient pet therapy program at Chester County Hospital, which began in August 2016. Three days a week, certified therapy dogs visit patients in various areas, including pediatrics, telemetry, and surgical recovery.

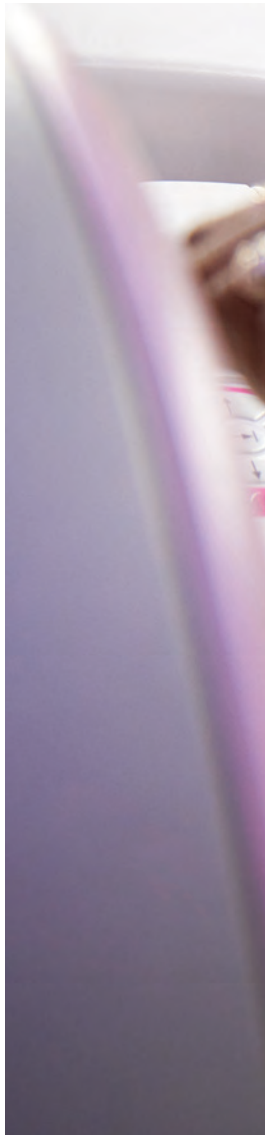
HUP and Pennsylvania Hospital have similar animal-assisted therapy programs, including one in which the playful pups visit patients and families waiting for radiation therapy in the Perelman Center for Advanced Medicine.

Critical to pet therapy for Chester County Hospital inpatients are the volunteers who share their dogs. There are currently six canines who visit patients, including Buttons, a Pembroke Welsh Corgi owned by Deb Ellis, who says it's her way of giving back for the extraordinary care her parents received when they required hospice care.

Visits by the dogs are scheduled in advance, with patients signing up for the four-legged treat. But once there's a dog walking down the hall, other patients start asking their nurses, "Can he stop in to see me too?"













Together

We Comfort

Innovative home care empowers community members to stay healthy and safe

There's no little black bag during the modern-day house call. The person paying a visit may not necessarily be a doctor. But whether they are a physician, nurse, social worker, or other health care worker – or even a neighbor in the community with a passion to serve – they are trained to target an increasingly broad range of health and socioeconomic concerns and deploy a diverse array of tools to help.

As a physical therapist at Penn Homecare and Hospice Services, Kim Bistrong has been in and out of patients' homes for years. Too often, she was seeing potential risks to their recovery all around her: broken windows, railings that needed to be strengthened or replaced, no grab bars in shower stalls or bathrooms. Usually it was something residents couldn't fix themselves or couldn't afford to have others do.

A chance conversation on the sideline of her daughter's soccer game gave her an idea. A friend had recently started working for Rebuilding Together Philadelphia (RTP), which links volunteers and communities together to improve the homes of low-income homeowners – usually an entire neighborhood at a time. RTP uses a "Block Build" approach, meaning it targets fifteen to thirty homes for assistance and then brings in up to 200 volunteers to upgrade all those homes in one day or weekend. Kim recently went out with RTP on her first rebuild on the 5200 block of North Fairhill in North Philadelphia, and found herself

"laying linoleum floor and other things I've never done before." Contractors assess the projects for the homes involved in advance, and then supervise the volunteers and ensure all work is up to code and safety standards afterward.

With this newfound experience and a Penn Medicine CAREs grant, Kim's goal is to link the expertise and organizational skills of RTP with therapists like herself who see needs for home repairs and upgrades every day. "I'd like to see us be a partner with them so Penn can be involved in the rebuilds," she said. "We could have a team that helps with the work, but it would be great if we could get the word out in our therapist community and identify what homes need help."

Penn Presbyterian's Katie Stonelake, BSN, RN, and Alex Sherman, BSN, RN, observe the typical homeowner juggling act of budgets vs. needs vs. priorities through their roles as volunteers for the Rudolph/Mercy-Douglass Home for the Blind in University City. Katie's medical intensive care unit colleagues' initial commitment to the home for a yearly Christmas lunch has grown, and now she's a board member who led an effort to redo portions of the home's porch to make it safer and more appealing for use by residents and guests with the help from a CAREs grant.



The volunteer efforts at Rudolph are a healthy outlet for MICU staffers. “We get very caught up in helping people inside the intensive care unit, where there is a relatively high mortality rate and it can sometimes feel like our impact is very small,” Stonelake said. “So it’s nice to feel like you can reach out and help people in the community and feel like you are impacting their lives in their environment.”

A grounding in the environment of those seeking care is also the guiding force for Safe Starts, an intervention effort that links community health workers and high-risk pregnant women, with the goal of reducing maternal mortality and improving health. “These ‘trained peers’ or ‘advocates’ help the women set health goals, engage with them, and empower them over the course of their pregnancy and for six months after they give birth,” said Sindhu K. Srinivas, MD, MSCE, director of Obstetrical Services at the Hospital of the University of Pennsylvania. Evaluation is underway to assess the program’s impact, but there is already suggestion that having an advocate means women are less likely to use the emergency room, are more likely to keep their postpartum appointment, and may be more likely to breastfeed.

Similar results are evidenced in the IMPaCT program of the Penn Center for Community Health Workers. Since 2011, more than 6,000 high-risk patients have worked with IMPaCT community health workers to set and achieve health goals through individualized support in their homes and neighborhoods.



Farther afield from the urban environment, Lancaster General Health took action after emergency room and trauma team reports of falls through “hay holes.” Hay holes are floor openings in the second story of barns used to drop hay or straw down to the animals below. “We were seeing more and more of these types of injuries and after a field trip with some of the doctors to a local farm we were prompted to take preventive action,” said Sue Lackmann, LGH’s Coordinator for Safe Kids Lancaster County.

The hospital and other community partners worked closely with the Amish Safety Committee to develop a hay hole cover that would meet all the needs and ensure the safety of families within the farming community. A member of the safety committee volunteered to manufacture them – and grants from the American Trauma Society and two agricultural safety groups ensured that a limited number could be distributed at no cost to local farmers. To date over 200 have been distributed and visits to trauma and ER have decreased.

“We’ve worked closely with the Amish Safety Committee,” Lackmann said, “to educate the community and prevent injuries on and around farms.”



Programs Depicted

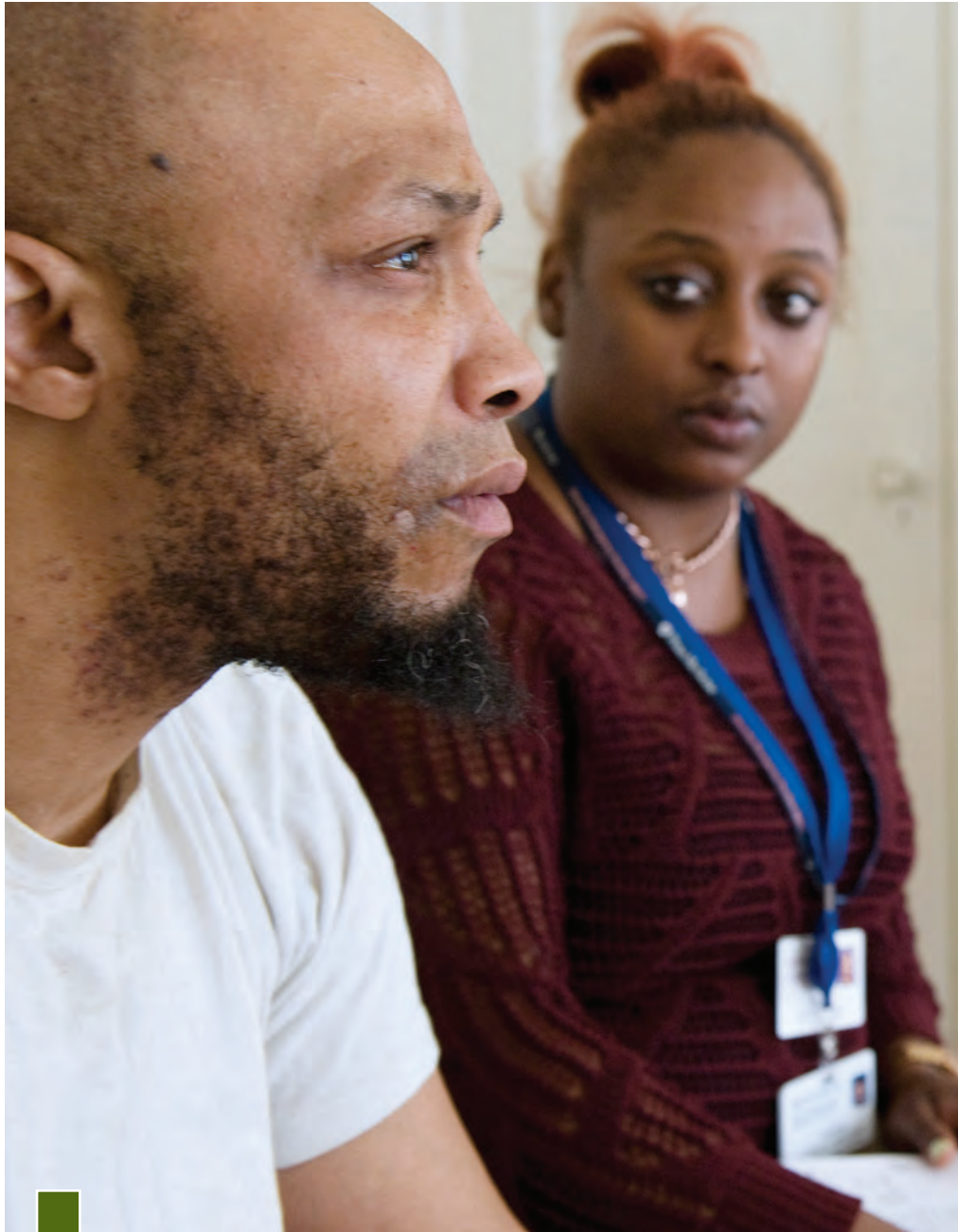
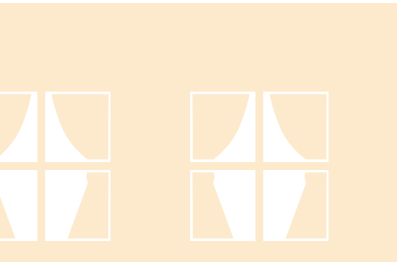
- Volunteers band together to fix up homes through Rebuilding Together Philadelphia.
- The Rudolphy/Mercy-Douglass Home in West Philadelphia provides a home for low-income individuals with blindness and other disabilities.
- Lancaster General Health and partners created and manufactured hay hole covers to help prevent falls and injuries among nearby Amish farming families.
- IMPaCT trains lay Philadelphia residents to serve as community health workers to help high-risk patients stay on track with filling prescriptions, getting to doctor’s appointments and overcoming barriers to better health.

















Together

We Inspire

Sparkling inspiration and opportunity through programs based in houses of worship

Houses of worship have long been known as places of spiritual healing. Infused with the creativity and energy of some unique partnerships with Penn Medicine and other community partners, some local sacred spaces are being reimaged and revitalized, moving the spirit in new and exciting directions.

Start with the Common Place at 58th and Chester in Southwest Philadelphia, a former church site that has been transformed into a faith-based, educational outreach and community center. The New Spirit Community Church still calls the historic building home, but it's not alone, sharing space with, among others, the Cornerstone Christian Academy.

Common Place reached out to Heather Klusaritz, PhD, MSW, director of Community and Public Health Education for Penn Medicine department of Family Medicine and Community Health, to help assess the community's health needs. "They already had education partners, and afterschool partners, and they wanted to bring health to the table," Klusaritz said. The community didn't want Penn Medicine to tell them what it needed, but instead to listen to what the people said their needs were. A dialogue led to a focus on the children the community was already serving. "At the heart of every true successful community health initiative is the idea of tailoring your resources to what they want and what their priorities are," Klusaritz said.





As plans for a new clinic move forward at Common Place, she envisions a vibrant community where medical students involved in the effort will cement a foundation for service to the community as they complete their education. “Being exposed to the real life experiences of people who are living in underserved and marginalized communities is so critical to creating a workforce of health care professionals who are attracted to working in such communities and can do it well,” Klusaritz said.

Other, longstanding Penn Medicine programs including University City Hospitality Coalition and United Community Clinic also call churches their home in partnerships that make houses of worship into beacons for more than just spiritual fulfillment.

Abigail Fessler, a second-year student in the Perelman School of Medicine, and two other students are coordinating a dance fitness class and health lessons

for Cornerstone students. She hopes that lessons in wellness will help the children develop lifelong good habits, but sees the partnership as a two-way relationship that will be crucial to her own development. “It can be easy to get caught up in the nitty-gritty of lectures every day and the academic piece of medical school,” Fessler said, “so it’s important to stay connected to the community and the people I hope to serve as a physician.”

That same commitment to service is evident at the New Covenant Church of Philadelphia in Mount Airy, home of SAMS Community. SAMS stands for a Sports and Mentoring Students, but also reflects the committed couple behind it – Samantha and Samuel Grannum, just married at New Covenant last year. He is the director of operations at the church, and she is an administrative coordinator for Finance and Revenue at Penn Medicine Radnor and received a CAREs grant to help continue their work with the SAMS Community.

With about forty students and more than a dozen volunteers, SAMS Community emphasizes four core programs: life skills, fitness, academics and tutoring, and community service. Activities range from playing croquet and basketball, to spending time hearing from doctors and artists, to helping set up a community garden or sending care packages and cards to sick children. “We want to help students identify their abilities and give them a desire to pursue their passions,” Grannum said.

The program launched during part of the year and on weekends in 2014, and her goal starting in 2017 is to have a full school-year program as funding and volunteers come together. It’s a full-time vocation for Samantha – on top of her work at Penn and being a full-time student. “I don’t have children of my own right now, but I feel like they are my kids,” she said. “I worry about them, I care about them. When they come back in January we’ll start with memorable moments, so they can tell us something positive that is happening with them. We try to praise them and uplift them because there is so much negativity out there right now.”

Uplift is also part of the mission of the food cupboard of the First African Baptist Church in Sharon Hill.

Serving in the cupboard and membership at First African Baptist are family traditions for Shelly Earland, BSN, RN, who works in pre-admission testing at Pennsylvania Hospital. Her great-grandfather helped build the church, and her father also served for many years with the food cupboard, which is open to Delaware County residents. And now, because of a Penn Medicine CAREs Grant she received, the cupboard has two new freezers. “We get so many meat donations and before, if we couldn’t give it all away, we couldn’t keep anything,” Earland said. “Now we can hold onto it for future use.”






She is happy to spend time volunteering at the cupboard, and enjoys meeting the clients, who keep her energized on the Thursday evenings when food is distributed.

“You meet all kinds of people,” Earland said, “and it makes you feel good to do something for others.”



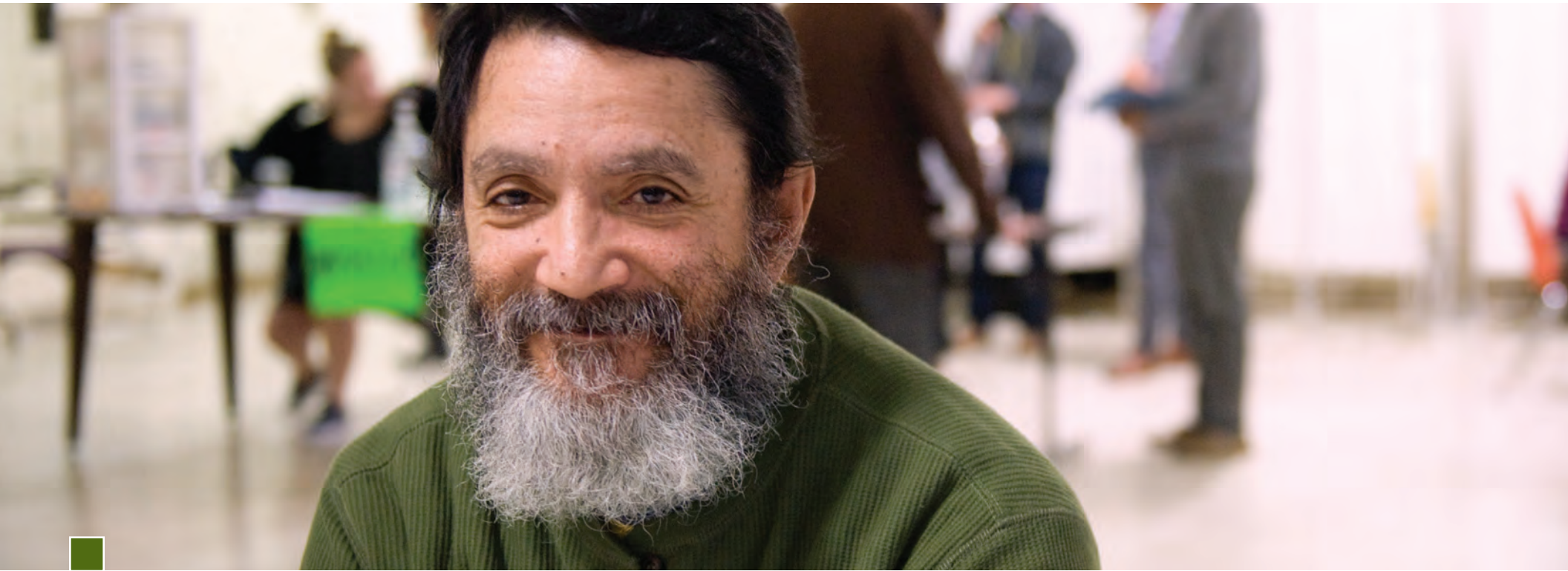


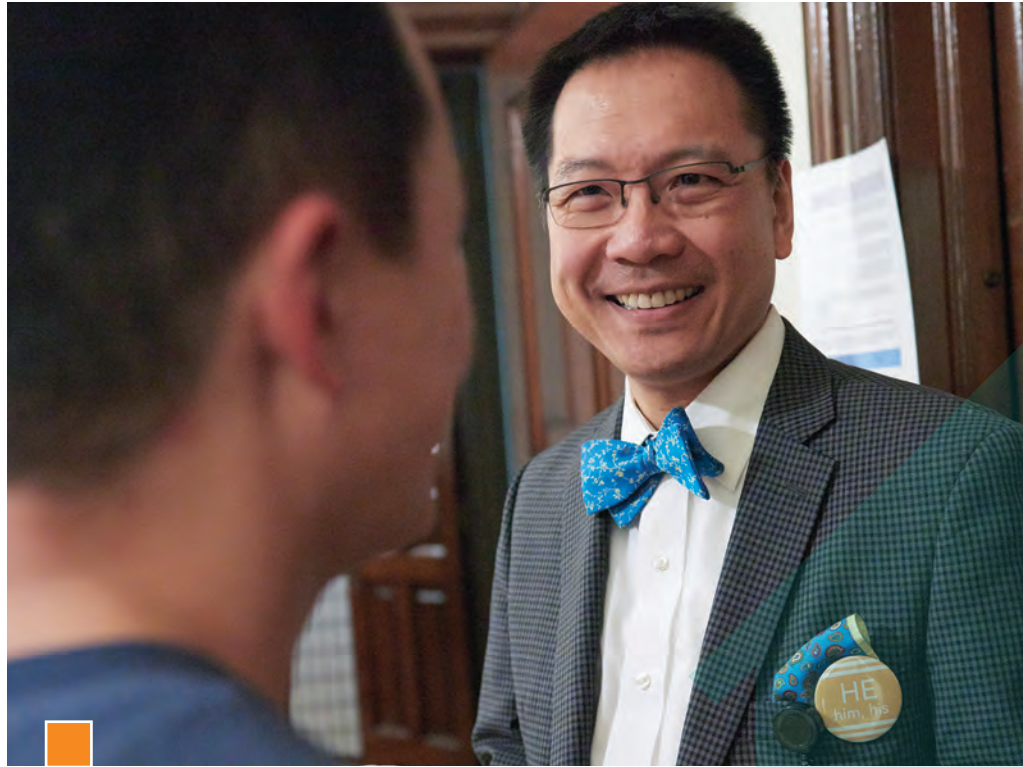
Programs Depicted

-  Operating out of the Vietnamese Mennonite Church in Southwest Philadelphia, Woodland Writers provides SAT preparation lessons, writing tutoring sessions, and college mentoring.
-  The Food Cupboard, operating out of the First African Baptist Church, tackles hunger in Delaware County.
-  The Sports and Mentoring Student Community serves Mt. Airy youth, who come together to cultivate a garden, and learn about nutrition, math and business.
-  Unity Clinic is a free, primary care clinic operated by doctor, medical student, and nurse volunteers focused on Asian immigrants in Philadelphia.
-  Penn Medicine clinicians and students run a medical clinic at the University City Hospitality Coalition in West Philadelphia. The coalition offers hot meals and medical care to guests.















Together

We Strive

Teaming up for strength and health with recreation at community centers

From a vacant lot springs a chance, an opportunity. Inside a neighborhood recreation center, a chance to save a life. In the stacks of a library, clues to forge a path out of poverty. The work happening in these places isn't always medicine, but these partnerships with neighborhood institutions illuminate what it means to look after your neighbor.

Laura Carter has seen too many victims of gun violence in Camden. At times, working in an emergency room there, she was the last person they spoke to before dying. Others make it, and one young survivor swore he'd turn his life around. But then Laura saw him panhandling, and later heard he'd been shot again and this time killed.

After that, Carter said, "I was compelled to start an antiviolence campaign. I had to offer an escape for kids, not just an escape from gun violence, but from the drugs on the corner, too."

She began in the summer of 2008. Carter, who is a Patient Services Associate at a Penn Medicine practice in South Jersey, set up a small tent city in an empty downtown Camden lot from 11 a.m. to 1 p.m. on weekends. She wanted neighborhood children to have something to do besides smashing empty bottles against abandoned buildings. In one tent she provided pretzels and bottled water. Another had donated clothes. A third offered health screenings, and a fourth would hold dance contests or other fun activities. And volunteers would also throw a football around with the 30 or so kids who showed up each week. But soon, it wasn't just kids.





What happened was, in the midst of us taking care of the children, parents started to come out,” Carter said. “And a lot of them had problems with addiction, so we wound up becoming a resource for them to get help.”

Children, though, are the main focus of these weekends, and there too, she has had an impact. One eleven-year-old girl saw a newspaper article about Laura’s work and decided to take action. “She made flyers for her neighborhood and asked people to donate gently used clothing,” Carter recalled. “And one Saturday she showed up with fifteen full bags of clothing, and some were brand new with the tags still on them.”

The Natural Creativity Center in Germantown also focuses on children, offering an atmosphere that promotes self-direction, constructive purpose, and personal fulfillment. Robert Weidner, an Entity Information Officer with Penn Medicine’s Home Care and Hospice Services, is a longtime supporter of the Center and currently the volunteer finance officer. He is a strong advocate for nontraditional learning opportunities where children can grow and explore at their own pace.

Currently housed in the First United Methodist Church of Germantown, the facility offers a variety of learning experiences for its thirty or more students, from help in math to support with a construction project. “If a child wants to build a little wagon, they have to design it, figure out what they need to build it, put a plan together, and then implement that plan,” Weidner said of the program, which offers a change of pace and atmosphere from what many students are used to. “We have children who are labeled as troublemakers in school, and in some cases they do cause a lot of trouble, but they come here and they behave much differently. They come here and blossom.”

That’s exactly the point, to ensure opportunities for children regardless of their zip code. “We feel the social mission of Natural Creativity is to help underprivileged youth get the same opportunities as kids going to school in the suburbs,” Weidner said.

Sometimes creating opportunities means being ready wherever health care needs arise: for example, at a library information desk.

Carolyn C. Cannuscio, ScD, ScM is a social epidemiologist with expertise in health disparities and an assistant professor of Family Medicine and Community Health. Her research had identified libraries as important connectors to health care for vulnerable populations, with a full third of questions posed to reference librarians being health-related. “What that means is they get a lot of difficult questions from people in dire circumstances,” said Cannuscio, “and that can cause stress and uncertainty because they want to help but aren’t sure how to.” With over five million in-person visits to Philadelphia’s Free Library each year, Cannuscio saw a huge opportunity.

Enter the South Philadelphia Community Health and Literacy Center, which opened in spring 2016. It combines a pediatric clinic and primary-care center with a branch library and recreation center. Cannuscio and Anna U. Morgan, MD, MSc, a Robert Wood Johnson Clinical Scholar at Penn, developed a training program for library staff that helps them connect patrons with the right services in four areas: housing security and homelessness; mental illness and substance abuse; children and families experiencing trauma; and the needs of new Americans.

“We recognize that the staff can’t be social workers, nurses, or physicians,” Cannuscio said, “but we can partner them with the people who have these skills. We can give them the skills to engage people safely and productively, and to help them know how and where to refer people for help.”

That kind of innovation and flexibility is the hallmark of other programs supported by Penn staff, such as a mobile unit through Alphacare that offers pregnancy testing, education and referrals throughout the city. Another program from Penn Medicine’s Center for Resuscitation Science, the Mobile CPR Project, employs a brightly decorated van which visits churches, rec centers, and schools to teach people how to perform CPR in hopes of making a dent in the city’s poor survival rates from cardiac arrest.

The work is never done, Carter notes: “The moment you think your help is not needed, that’s when you need to check yourself. There are never too many of us coming up with something awesome to do.”





Programs Depicted

- Alpha Stork is a new medical mobile unit of Alphacare that travels to underserved areas of West, Northeast and South Philadelphia offering pregnancy testing and ultrasounds, as well as a link to social services.
- The Healthy Library Initiative is a Penn Medicine pilot program that trains librarians at the Free Library of Philadelphia to become "community health specialists."
- A mobile CPR training program operated by Penn's Emergency Medicine department equips Philadelphia residents with lifesaving skills.
- Camden youth dance, play, read and learn at SetFree Urban Outreach.
- Natural Creativity Center serves a diverse group of families through programs that foster learning and creativity.
- A Penn Medicine CAREs grant helped Boy Scouts in West Philadelphia afford uniforms and other expenses that help them perform community service.
- The Hospital of the University of Pennsylvania's Nursing Outreach Committee hosted a community baby shower to help 700 area moms give their babies the best start.

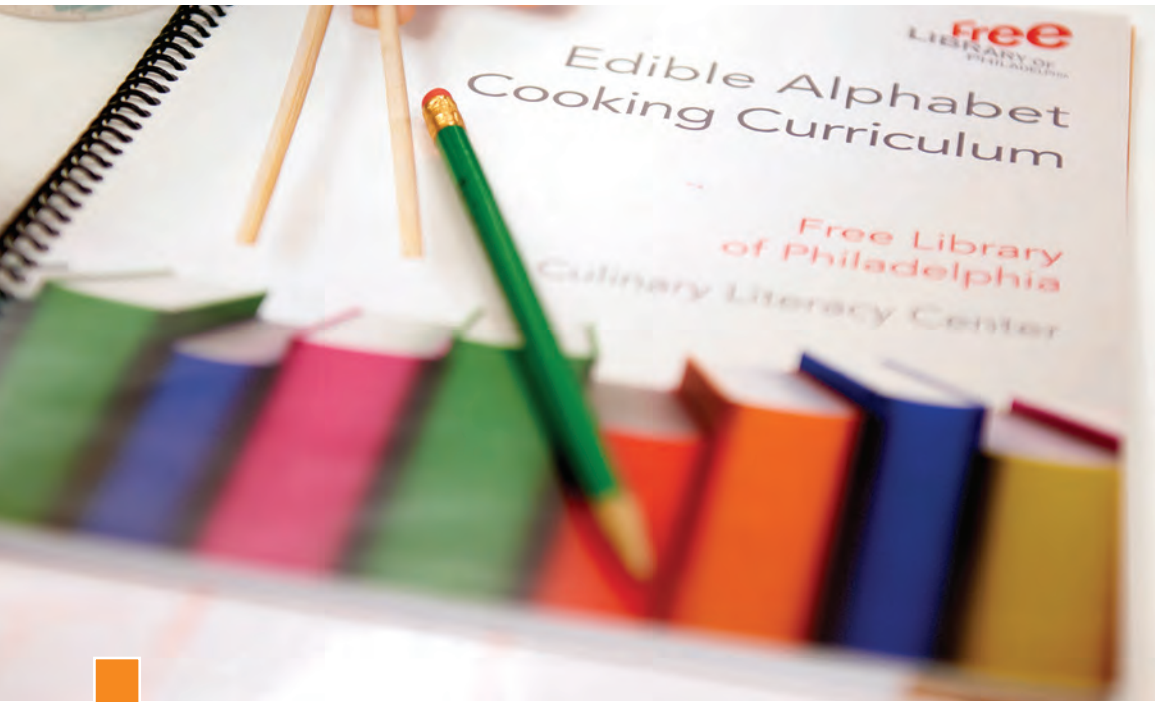














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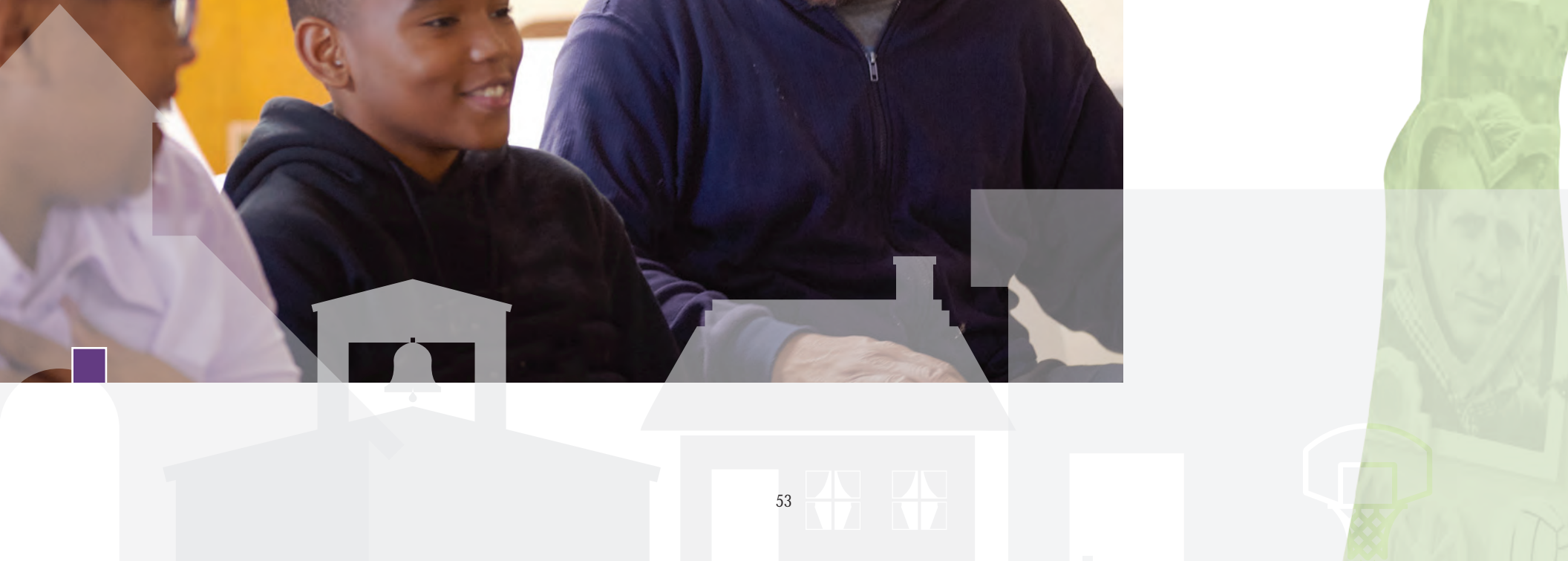
Andrea Davis, a second-year Perelman School of Medicine student from Western Massachusetts, has already made community health a part of her curriculum. One of her primary areas of interest is nutrition education and access in underserved communities, so joining a student organization called Nourish, which promotes obesity prevention and education within medicine, was a perfect fit. In coordination with a community activist and Zumba instructor, Gweny Love, as well as other Penn Medicine students, she created a nutrition initiative in the West Philadelphia community of Mantua.

She and her fellow students shaped a four-week curriculum to get participants thinking and talking about the road to a healthier lifestyle. Each week began with a student led presentation followed by one-on-one meetings between students and participants to discuss the presented material and form meaningful relationships. They talked about the difference between healthy and unhealthy fats, good vs. bad carbohydrates, and how to identify and overcome their own barriers to good health. Together, they worked to set smart, achievable goals, and learned how to chart their progress. The presentations were published in booklet form for quick reference on that path.

An added incentive to staying healthy will be participation in a local community garden program, where those who share in the work load will also reap the bounty at harvest time. “One of the hardest parts of this is the access to fresh produce,” Andrea said, referring to the area’s reputation as one of the city’s so-called food deserts. “The garden is a start, but we also want to find ways to get farmers’ market trucks up to Mantua. We’re working on that piece.”

Chester County Hospital has also been hard at work at breaking down barriers, principally language and cultural ones that separate Spanish-speaking workers in the mushroom farms in the southern part of the county from access to good health. The hospital’s longtime partner in this effort is La Comunidad España, which was founded in 1973 as a bilingual social service agency and has grown to include health and dental centers, education classes, and job placement. In recent years, the farm operators themselves have partnered with the hospital, becoming even more involved in efforts to keep their workforce healthy.

“The companies have been asking us in to lead outreach programs,” said Susan Pizzi, MS, RN, the Community Health Education Coordinator at Chester County Hospital, on topics ranging from breast health, diabetes, smoking, CPR, and wellness. “We provide education and hope to alleviate any concerns people may have, and we have also developed education materials that are culturally appropriate. If there is any apprehension about follow-up care or finding a physician, La Comunidad can help address that, by either providing the care or interpreters if patients have to go elsewhere.”



Another example of teamwork among health care professionals is the Stop the Bleed program, led by Jeremy Cannon, MD, an associate professor of Traumatology, Surgical Critical Care and Emergency Surgery, and John J. Gallagher, DNP, RN, the Trauma Program Manager and Clinical Nurse Specialist for Penn Medicine's Level 1 trauma center at Penn Presbyterian Medical Center.

The basic two-hour program, part of the national Stop the Bleed program to reduce deaths from hemorrhage, focuses on methods of bleeding control, from direct pressure to pressure dressings to tourniquet use. "The approach mimics what the medical community did with CPR to teach bystanders how to respond to cardiac arrests that happen in the community," Gallagher said. "That campaign emphasized that we all should know how to save a life. Similarly, Stop the Bleed aims to make sure people know what to do at home or work if someone is bleeding. It's something so simple that all of us should know it."

In September, Gallagher and his team fanned out at Lincoln Financial Field to lead a Stop the Bleed workshop for school nurses within the School District of Philadelphia. They have also led presentations for the Mercy Health System, Volunteer Medical Service Corp of Narberth and Lower Merion, and several regional police departments and SWAT teams.






Eventually, the goal is to not only lead the workshops, but then also leave bleeding control kits – gloves, pressure dressings, tourniquets – with the sponsoring organization. News headlines demonstrate how essential the efforts are. Bleeding injuries – like those suffered in bombings and mass shootings in Orlando, San Bernadino, and Paris – are the second leading cause of trauma-related deaths in the country.

"My vision is that we get funding so we can put bleeding-control kits, with the capability of treating up to fifteen casualties, in every school," Gallagher said. "Obviously, they wouldn't need it on most days, but we want to ensure everyone is prepared for the worst case."





Programs Depicted

-  Penn Medicine's trauma team staffed Stop the Bleed to train area school nurses to respond during crises.
-  The Philadelphia Science Festival celebrates science, with help from Penn Medicine students, faculty and staff who work to spark curiosity among all ages.
-  At Camp Erin-Philadelphia, grieving children and teens get support and learn skills to cope with their emotions.
-  Volunteers from the Hall-Mercer Community Behavioral Health Center of Pennsylvania Hospital deliver bottled water to homeless individuals in Philadelphia on dangerously hot days.
-  Penn Medicine students hosted a six-week program providing nutrition counseling, healthy food preparation, access to a community garden, and an exercise program for Mantua citizens.

















Committed to the Community: By the Numbers

Emergency Department Visits

61,250

Hospital of the University of Pennsylvania

46,336

Penn Presbyterian Medical Center

34,846

Pennsylvania Hospital

44,959

Chester County Hospital

107,288

Lancaster General Health

TOTAL

FY16

294,679

Giving Back

\$240 M

Charity and underfunded care for Medicaid families

\$111 M

Physician training support

\$42 M

Research support and community health improvement services

TOTAL

FY16

\$393 M



Together...

We succeed





Our mission is to advance knowledge and improve health through research, patient care, and the education of trainees in an inclusive culture that embraces diversity, fosters innovation, stimulates critical thinking, supports lifelong learning, and sustains our legacy of excellence.

We acknowledge the physicians, nurses and staff and students throughout the Perelman School of Medicine and the University of Pennsylvania Health System who contributed to this report and to our community.

To learn more about Penn Medicine's commitment to the community, visit PennMedicine.org/community



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