



Spring, 2007
Issue 4

Dear Magis Supporters,

In composing our Spring 2007 newsletter, we reflect over the last year and the amazing accomplishments of the Magis Clinic. Truly, we have come a long way over these past four years. A few of us have been fortunate to be in the initial planning phase of this clinic, where a group of eight eager medical students sat around a table and only spoke of a clinic where patients would be welcomed, without charge, and be treated medically but also treated with integrity and respect. We dreamt of a place where physicians and students come together with patients to create an environment of teaching and learning by all those involved. The clinic has far exceeded any expectations that we could have imagined. Each Saturday the clinic is staffed by amazing volunteer physicians and medical students and sees twice as many patients as we had three years ago. Every other week we hold diabetic education classes that teach those with limited resources how to take care of themselves. We have opened an STD clinic and partner with Nebraska AIDS to offer comprehensive testing, treatment and education. Additionally, we have been supported by numerous psychiatrists in the community to open a psychiatric clinic every other week. We continue to have our outreach clinics and events, holding pediatric clinics and volunteering at health fairs.

The true potential of this clinic could not have been realized without the extreme dedication of the students and our supporters. Each year we hold new elections, bringing renewed excitement and unique perspectives. We continue working closely with the community to offer realistic and useful services. The clinic attributes its success to all those who have graciously donated their time and supplies or provided financial support. We are grateful to those that not only believe in us, but believe in the mission of the clinic to continue providing health care regardless of one's social situation. From those of us graduating in a few short months, we are sincerely thankful for all of the irreplaceable knowledge we have gained and experiences we have been part of; the amazing people we have met and the tradition that we helped create. Thank You!

Sincerely,

*Mary Rogers, David Rust, Clare Hoff, and Kinjal Shah
Creighton University School of Medicine, Class of 2007*

Second Annual Magis Classic Golf Tournament a Huge Success

By Justin Birge
Fundraiser

2006 marked the first coincidence of the Magis Golf Classic and the School of Medicine Alumni Weekend. Tying these events together has quickly developed strong student-alumni relationships and proven to be very beneficial for the Magis Clinic. "I see the association of students and faculty with the Creighton Alumni as a major step towards securing a more stable and long lasting relationship," said Dr. Kevin Cawley (MD '79) "Identifying the Magis Classic with the Creighton Alumni Medical Reunion weekend should provide the branding that will allow this particular event to be successful, and grow into the future. The Alumni look forward to a long and rewarding relationship with the Magic Classic and the students who will soon join the ranks of Creighton Alumni." Armed with this increased publicity and credibility, the 2006 Magis Classic drew sponsorships from many Omaha businesses and enjoyed great support from the Creighton community and Medical Alumni.

Held at Indian Creek Golf Course on Friday, September 15, over 50 golfers participated in the 2006 Magis Classic. Foursomes included members of the Omaha business community, Creighton Medical Alumni, Creighton Physi-

cians and Creighton Medical Students. Altogether, the outing raised over \$28,000, a 52% increase from 2005, for the student run Magis Clinic. Coupling our event with the Alumni Weekend



The winning foursome: (from left to right) Dr. Frederick Youngblood, third-year medical student P.D. Rudersdorf, Tom Schuyler, and Dr. Michael Davidian

was a great opportunity and something we hope will continue for many, many years.

All of the participants enjoyed the event, which was constructed to be a friendly community outing designed to serve the people of Omaha. Despite the wind and rain, some fantastic golf was left on the course. Finishing at a strong fourteen under par (58), the winning foursome was sponsored by Creighton President Fr. John P. Schlegel. Anchoring Fr. Schlegel's 2006 championship team were Tom Schuyler of Development, Dr. Michael Davidian, Dr. Frederick Youngblood and P.D. Rudersdorf, a third-year medical student. "It was great to participate in the Magis Classic again this year," said Rudersdorf. "The Creighton community was very

visible this year and it was a brilliant event despite the occasional rain shower."

The 2006 Magis Free Clinic Golf Classic was presented by Omaha architecture firm RDG Planning & Design, with additional sponsorships from consulting-engineering firms Thompson, Dreessen & Dorner and Farris Engineering, also based in Omaha. Creighton University sponsors included the Offices of President, Vice President for Health Sciences, Schools of Medicine, Dentistry and Law, The Creighton Cardiac Center and the Departments of Medicine, Pediatrics, Pathology and Radiology. We can't express

enough gratitude to those who sponsored and participated in this event. They are generous friends who believe in the Magis Clinic and what we have accomplished. Plans are already underway for the 2007 Magis Classic, with a prospective date of Friday, September 14th.

Creighton medical students organized the Magis Clinic in 2004 to offer acute care, physical exams, lab tests, medications, and referrals. The Association of American Medical Colleges provided startup funding through the "Caring for Community" program in collaboration with the Pfizer Medical Humanities Initiative. Adding to the initial funds, grants of \$10,000 and \$5,000 have been awarded to the clinic from the Hawks and CHEST Foundations, respectively. Already having served over 1,400 patients with steadfast support from students, physicians and the Creighton community, the clinic has a bright fut-

ure. "The continuing success of the Magis Classic will allow us to pursue expansion and maintain the day to day operations of the Clinic," said clinic director Jacob Smeltzer, a third-year medical student. "We owe a large debt of gratitude to all participants, but especially the University and the Medical Alumni. With their continued support, this will continue to be a great event in the future."

Diabetes Education Classes Continue

By Sandra Swedean
Magis Special Events

Due to the growing prevalence of diabetes, members of the Magis Clinic were recently motivated to take matters into their own glucometers. This enthusiasm was directed into the creation of diabetes education classes, the newest service provided to patients at the Siena/Francis House. The classes provide diabetics in the Siena/Francis House community with information about their disease and promote health through good choices and proper screening tests.

Classes began in August with sessions on the first Saturday of every month, drawing between 10 and 25 patients. Jason Beste and Lindsey Caley, both Creighton medical students, administer lessons with topics ranging from meal-planning to exercise. "We don't have the means to fix their problems, but we can give them the

knowledge and the tools to help them take better care of themselves. Because of the homeless population's limited resources, the challenging and often frustrating part is finding a balance between delivering information and keeping the topics relevant and meaningful," says Lindsay Caley.

A healthy snack or lunch is offered at each session as an example of wholesome meal choices. Glucometers and strips are also provided to patients attending the classes.

Plans for future classes include checkups with a podiatrist and an ophthalmologist as well as a lecture from an endocrinologist. The goal is to improve the general health and well-being of uninsured diabetic patients in our community. "These classes are significant because they help to provide knowledge, understanding and an opportunity for the people at the Siena/Francis House to better understand one's health which ultimately leads to an increase in the ability to take better care of oneself," states lecturer Jason Beste.



Second-year medical student Lindsey Caley (foreground) and Sandra Swedean, a third-year medical student, draw patients' blood for hemoglobin A1c levels at a Magis diabetes education class.

Magis Offers Biweekly Psychiatric Clinic

By Laura Cudzilo
Magis Special Events

Starting on Saturday, February 17th, the Magis Clinic took another step towards expanding its services for the indigent and homeless populations of Omaha with the opening of our psychiatric clinic. Thanks to the generosity and dedication of CUMC psychiatry faculty member Dr. William Marcil, along with the collaboration and assistance of the Visiting Nurses Association, Community Alliance, and other community organizations, the clinic will work towards identifying and treating homeless individuals with psychiatric disorders while they are on the waiting list to receive more long-term care through Douglas County Mental Health.

Coordinated by third-year medical student Chad Thorson, the clinic is held every other Saturday from 11 am to 1 pm at the Magis Clinic.

Third-year medical students who are rotating on the psychiatry service will have the opportunity to see patients with Dr. Marcil, providing intake appointments, follow-up care, and the appropriate medications, all free of charge to our patients. We look forward to the psychiatric clinic being a beneficial service for our patients, the Creighton medical students, and the Omaha community.

National Healthcare for the Homeless Conference

By David Rust
Clinic Supply Manager

This past June, I had the good fortune to attend the Annual Conference for the National Healthcare for the Homeless Organization in Portland, Oregon. This national network includes healthcare providers, clinicians, outreach workers, social workers, and more who have formed a coalition for identifying common problems among homeless populations and providing structured solutions.

At the conference, I had the opportunity to choose among numerous topics, including social working, fundraising, starting a program and many others. I was also able to attend lectures on homeless pediatric care, primary care, common musculoskeletal problems, dental care, and women's health topics.

In addition, I was able to present a poster on the Magis Clinic which received a great deal of interest and praise among the more than 400 volunteers in attendance. One viewer remarked, "It shows a great deal of self-motivation and personal sacrifice for a group of medical students to take on the task of starting a homeless medical clinic. It shows that we are fortunate to have future young doctors committed to helping solve the problem of chronic homelessness."

Overall, the experience was excellent not only for the educational component, but also for the networking and bonding that was done with all the participants. I will cherish the experience and the friends that I made, and I encourage Creighton Medical students to

attend this enlightening and educational event in the future.

Magis STD Clinic Meets Need in Our Community

By Paul Decker
STD Clinic Manager

On February 5th, Magis Clinic began a new service in line with our mission of extending healthcare to those who would otherwise have little or no access. On the first and third Mondays of each month, we offer free, confidential, and respectful STD testing and counseling. The impetus for establishing this service came from consideration of the rate of STD infection in the Omaha area and the assistance currently available.

According to the Nebraska Department of Health and Human Services, in 2005 Douglas County reported 584.3 chlamydia infections and 158.7 gonorrhea infections per hundred thousand residents. Our area sits at 183% and 140% of the national averages for chlamydia and gonorrhea infection respectively. While sobering, the sad truth is that these numbers paint a much rosier picture than the reality. Because of factors such as asymptomatic carriage and the stigma surrounding these conditions, many populations are under tested, notably, those who find themselves homeless.

The desperation associated with having no place to live complicates the already difficult issue of STD transmission. Researchers have coined the term "survival sex" in reference to what many are forced into to provide for their basic needs. This compromised condition leaves individuals

with little option to require protection or other precautions from their partners. Many of those who find themselves trading sex for shelter are youth and young adults. We will be making a special effort to reach out to these demographics.

The Magis STD clinic seeks to meet patients in need with respect and without judgment in order to provide care and to facilitate a healthy lifestyle. As well as meeting community need, treating these patients provides valuable educational experience for Creighton medical students on how to take a thorough sexual history and counsel about safe sex practices in complex cases.

We are fortunate to partner with Nebraska AIDS Project in this endeavor. Nebraska AIDS Project has been providing education, support, and prevention services in the Omaha area since 1984. The clinic times are scheduled to coincide with NAP HIV testing and counseling services. One of the many ways we are benefiting from the experience and heart of Nebraska AIDS Project is through outreach coordinator, Vickie Falcon. Ms. Falcon has graciously offered to help our student volunteers develop their interviewing and counseling skills.

The clinic provides testing and treatment services for gonorrhea, chlamydia, bacterial vaginosis, trichomonas, and pubic lice infections at no charge and with no appointment necessary. Clinic hours are 5:00 pm to 7:00 pm on the 1st and 3rd Mondays of every month at the Baright Shelter, located at 1111 N. 17th St across from the Siena/Francis House. If you would like to receive more information about the Magis STD Clinic, please contact Paul Decker: pauldecker@creighton.edu.

If you are a physician and are interested in volunteering at Magis STD Clinic, please email magisvolunteer@creighton.edu.

Magis Clinic Volunteer Profile: Dr. Youngblood

By Clare Hoff
Clinic Director

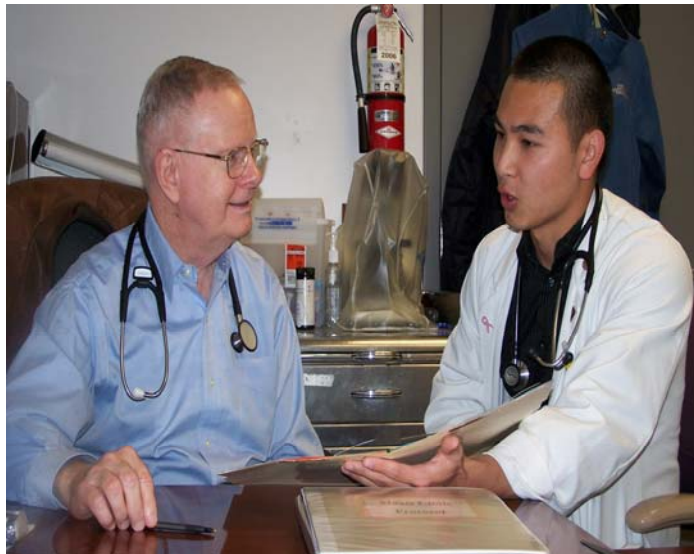
His office is always open to students. If you want, you can stop by anytime to hear story after story about how he became interested in the medical profession as a career, tales of working hours upon hours as a medical student, going on house calls and doing home deliveries, and of course how proud he is of his kids and grandkids. His southern drawl makes his voice unmistakable, and he is well known for his enthusiasm for teaching. His name is Dr. Frederick Youngblood. An anesthesiologist by training, he runs the Creighton University Pain Clinic, performs cases in the operating room, and teaches students and residents alike the intricate ins and outs of pain management and anesthesiology.

In addition to his current busy schedule, Dr. Youngblood is an avid physician volunteer for the Magis Clinic. He often signs up for multiple dates

throughout the year and is available to fill in when another doctor is unable to make it to a Saturday clinic. "My favorite part about volunteering at Magis Clinic is being with the students. I like watching the interaction between all four years and seeing the progression in their education." At the Magis Clinic, he shares his knowledge of pain management, common acute illnesses, and his vast experience as a physician.

Dr. Youngblood began his medical career in the armed forces as a hospital corpsman. After graduating from medical school, he returned to the Navy where he started his residency in Anesthesiology.

In 1978, Dr. Youngblood left the Navy and joined the Creighton faculty with Dr. Manion and Dr. McCarthy, both Creighton graduates. He remained at Creighton for ten years and then entered private practice for thirteen years. Seven years ago, Dr. Youngblood decided he missed academic medicine, residents, and students so he returned to Creighton University. Since returning to Creighton, Dr. Youngblood has been actively involved in teaching; offering a rotation in pain management to medical students, educating residents, and is often seen spontaneously taking students along for impromptu lessons on spinal anesthesia or the benefits of methadone for chronic pain management.



Dr. Youngblood confers with third-year medical student Peter Ning at the Magis Clinic.

For now, Dr. Youngblood has no intention of slowing down and plans to continue to volunteering at Magis.

"Maybe one day when I retire, I'll just do Magis Clinic around my golfing," he says. On behalf of all the students and patients at Magis Clinic, thank you to Dr. Youngblood and all of our physician volunteers. And if you ever want to hear a good story, the next time you see him, ask Dr. Youngblood about the

arm-to-tongue circulation time.

We always welcome new Volunteer Physicians at Magis Clinic:

Please email: magisvolunteer@creighton.edu
Clinic hours are Saturday afternoons from 2-6 pm

Magis Wishes to Extend our Gratitude to all of the Donors and Participants of the 2006 Magis Classic

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Thank you so much for your generosity and support!

We look forward to seeing you at the 3rd Annual Magis Classic in September 2007!

A Sincere Thank-you to Our Volunteer Physicians

Dr. Temple Brannan

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We deeply appreciate our volunteer physicians' commitment to service and teaching. Without their generous assistance, our work at the Magis Clinic would not be possible!

For more information, please visit our website:

<http://medicine.creighton.edu/Magis>