

The Daphne Project

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THE OHIO STATE UNIVERSITY
OFFICE OF OUTREACH AND ENGAGEMENT

The Daphne Project is a monthly community outreach program that teaches preventative medicine to older adults. It involves medical students working and interacting directly with members where we dynamically educate, teach, and connect about a variety of health-related topics.

The core goals of *The Daphne Project* are to:

- Foster the independent education of the cohort following our session for lifelong learning.
- Increase the individual's ability to take charge of their health.
- Encourage and promote community interaction between community members and healthcare.

Figure 1. Meeting the Community



Building relationships with community members inspired this program.

ENGAGEMENT WITH THE COMMUNITY

The topics chosen represent our dynamic approach, where participants suggest content they believe will benefit them the most. Grant applications have been submitted, and the funding would allow *The Daphne Project* to provide health and safety equipment. These topics include, but are not limited to:

- Fall Prevention
- Exercise
- Nutrition
- Home Safety
- Stroke/ Heart Attack Prevention
- Social Health
- Skin Protection
- Basic First Aid

In *The Daphne Project*, an additional longitudinal education component is to prepare information on related available programs and resources targeted at the aging community, such as Silver Sneakers, or Medicare.

Figure 2. Taking Blood Pressure



Blood pressure management is a key focus of this program.

“An older adult falls every minute on average in Ohio, resulting in three deaths each day, two hospitalizations each hour and an ED visit every six and one-half minutes.”¹

Figure 3: Practicing Balance Exercises



Balance exercises help prevent falls.

BENEFITS TO FIELD

This project will generate more future graduates with direct experience in the local community by providing an extremely high-quality educational experience for current medical students. Students build and practice a variety of skills that complement their curriculum in a community setting:

- Assess the needs of the community.
- Develop relevant materials and prepare for each session.
- Intergenerational sensitivity.
- Longitudinal care.
- Nonverbal and interpersonal communication.
- Addressing sensitive topics.
- Active listening.
- Receiving feedback.
- **Build strong, trustworthy relationships with the community.**

Figure 4. Location Matters



Running this program in a nearby community center eliminates the difficulty of transportation.

RESULTS/CONCLUSIONS

Building the foundation for meaningful intergenerational connections, *The Daphne Project* combines enthusiastic participation with interactive presentations to bring a unique learning experience suited to empower the elderly members of our community.

In the future, we hope to expand this program to a larger community and incorporate more medical students into leadership positions for longitudinality. This has the potential to facilitate lasting relationships between future doctors and their local communities, meanwhile making healthcare a more approachable topic for the people we plan to serve.

BIBLIOGRAPHY

1. Falls Among Older Adults. Violence & Injury Prevention Section. <https://odh.ohio.gov/know-our-programs/violence-injury-prevention-program/falls-among-older-adults#:~:text=An%20older%20adult%20falls%20every,six%20and%20one%2Dhalf%20minutes>. Accessed February 16, 2023.

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