

## SERVICE AND ADVOCACY (SA)

### SA 0133 - Project LEAN (Live, Exercise, Attitude, Nutrition)

**Credit(s): 1-6 Credits** (Repeatable for credit)

Project LEAN is a medical education and service elective, involving weekly health presentations on topics such as nutrition, exercise, and mental health. These presentations contain interactive activities, but will be given via Zoom this semester. The audience for the elective are primarily Latinx and Hispanic women in the St. Louis community, who participate in exercise and nutrition programming at the LifeWise center. This elective is lottery based and 8-weeks long. Traditionally 2-3 medical students present together with the help of undergraduate student translators. Medical students are able to decide the dates and times at which they would like to give the presentations.

### SA 0135 - Empowering Youth Today

**Credit(s): 1-6 Credits** (Repeatable for credit)

Empowering Youth Today is an after school program to encourage healthy eating and exercise in elementary, middle, and high school aged children. Participants will act as mentors with a student and have an opportunity to teach lessons on various nutrition and exercise topics. Participants will work with the students on a journal to set exercise and nutrition goals for the week and participate in interactive games, exercises, and discussions. They will also have the opportunity to demonstrate how to use various medical equipment to interested students. Materials and lesson plans will be provided.

### SA 0136 - HIV in Medicine

**Credit(s): 1-6 Credits** (Repeatable for credit)

This elective is designed to introduce students to the care of HIV-infected individuals. Students will shadow Dr. Jose in the HIV clinic.

### SA 0138 - Labor of Love: Vulnerable Women & Maternity

**Credit(s): 1-6 Credits** (Repeatable for credit)

From a race equity and trauma informed perspective, this elective is designed to: Introduce students to the unique challenges faced by pregnant women who are victims of domestic violence and/or sexual abuse and impart the skills and knowledge needed in order to best support and advocate for them during and after their pregnancy and labor. Students will receive doula training (a doula is someone who provides physical, emotional, and informational support to the mother before, during, and just after birth) Once doula training is complete, there will opportunities to support pregnant women during their pregnancy, birth, and the postpartum period (i.e., serving as their doula) for students who choose to participate in the second semester of the elective. If they desire, students also have the opportunity to shadow Dr. Mathews during her Friday morning clinic at St. Mary's once they have received official approval for shadowing from OCA.

### SA 0140 - Music Therapy

**Credit(s): 1-6 Credits** (Repeatable for credit)

The Music Therapy Elective is designed to allow students the opportunity to gain greater knowledge and understanding regarding music therapy techniques and how music therapy is incorporated into the patient treatment process in the healthcare setting. During the elective, students will have the opportunity to learn about music therapy services by observing one-on-one music therapy sessions. Topics will include: stress management, crisis intervention, emotional/psychological wellbeing, and improving quality of life during treatment.

### SA 0148 - Doctors for Diversity

**Credit(s): 1-6 Credits** (Repeatable for credit)

To partner with the efforts of middle schools and high schools in the North and East Saint Louis area to increase student interest in health careers and success in scientific disciplines.