



Community Impact - Patient Success Stories

Light of the World Clinic provides at-risk children, from toddlers, school-age children, teens, and young adults with trusted medical care by licensed volunteer medical professionals. We take a whole-person approach to kids, identifying their health issues, healing what hurts, easing their minds, and lifting their spirits. Our Pediatric care offers a wide range of treatments for illnesses and infections to get the child the care they need. We provide free Back-to-School Exams with immunizations to help protect children from dangerous vaccine-preventable diseases. We provide primary and specialty medical care, onsite lab testing, and free medications for pediatric patients with asthma and wheezing, diabetes, and infections (sore throat, colds, bronchitis, pneumonia, earaches, flu, sinus infections, pink eye). As a result, our volunteer medical professionals help children, and their families reduce the need for emergency and specialty care services. It also reduces parents' worry about their kids in providing medical treatment, care coordination, ongoing counseling, and health education. In 2022, the Clinic distributed non-perishable food to several children and their families and helped them access local community activities. Through the Clinic's partnership with the YMCA, we connected several young adults to engage in athletic classes to improve their overall social, physical, and emotional well-being. As a result, these young adults have gained self-confidence, are more positive at home, and are productive in school, strengthening family functioning.

Mental health is essential to a child's overall health and well-being. Mental, emotional, and behavioral well-being affects how a child thinks, feels, and acts. Mental health also affects the child's ability to manage stress, relate to others, and make healthy choices. Children living below 100% of the federal poverty level, which is more than one in five, have a mental, emotional, or behavioral disorder like ADHD, anxiety, depression, and behavior problems. The pandemic exacerbated these conditions as routines were disrupted, and children were socially isolated. This year, the American Academy of Pediatrics updated guidance on mental health screenings in the wake of the COVID-19 pandemic to recommend that all children be monitored and asked about concerns or changes in mental and behavioral health at every pediatric office visit. As a result, the Clinic adopted annual and routine mental health screenings as a part of our pediatric health visits. The additional mental health screening helps the Clinic provide early identification and timely treatment interventions.

A 15-year-old-male patient and his mother. Recently, a concerned parent reported that her 15-year-old son seemed "more depressed." The Mother met with a Clinic's Pediatric Nurse Practitioner. She said that her son was spending more time in his room and had not re-established peer relationships since classes were back in session. She expressed concerns that her son was less communicative with her than he used to be and did not understand what was happening to him. The Nurse met with the patient and determined that his best friend had transferred to another school, and he was having difficulty adjusting from virtual to in-person classroom learning. The Nurse screened the patient for depression, anxiety, suicide risk, alcohol and drug use, and unsafe sex practices. There were no red flag findings, and his physical exam was normal. The Nurse referred the patient to his school counselor for additional support and guidance. The patient's mother was reassured and provided verbal and written information regarding normal adolescent

behavior, including a desire to be more independent. At the one-month follow-up visit, the patient's screening and lab work were normal, and he was doing well in school with improved grades and weekly visits with the school counselor.

A 15-year-old Hispanic male patient recently joined the Clinic. The patient is 65" tall and 184.4 pounds with a Body Mass Index of 30.7, which falls in the Obesity category. Excess weight can increase this adolescent's risk for Type 2 diabetes, hypertension, and other chronic health conditions. Routine screening indicated that the patient did not have hypertension or diabetes. However, his dietary intake was high in fats and carbohydrates, with a limited intake of calcium and vitamin D-rich foods needed for adequate bone health. The patient rarely engaged in any form of physical exercise and spent most of his awake time using electronic devices. He is reportedly doing well in high school and is taking several advanced electronics, math, and science courses. Three months ago, the patient agreed to increase his activity through counseling by the Clinic's Pediatric Nurse and medical team. He understood that he needed to improve his bone health and support weight loss. He is now participating in daily physical education at school. His initial goal was to "just move" and put down the electronics for 30 at least minutes every day. He was encouraged to walk and take his parents with him since they are also obese. The patient agreed to substitute sugary juices for water and choose more lean proteins, milk products, cheese, and vegetables from the school menu. Since his last visit over the summer, the patient demonstrated a 3-pound weight loss with positive changes in health behaviors. The patient is now being seen monthly for motivational interviewing to enhance his self-confidence and personal control for behavior change.

A 35-year-old-male patient recently joined the Clinic, and he had not seen a doctor in many years while caring for his ailing mother. Our medical team gave him the necessary medications to control his blood pressure and assist with weight loss. In addition, he participated in counseling to explore his thoughts, feelings, and struggles, allowing him to address his emotional health. The Clinic serves a diverse group of underserved and of-need patients. Many of our patients serve as caregivers for their own families. Unfortunately, due to financial struggles, they have been forced to neglect their care for the benefit of their loved ones. At Light of the World, we can focus on our patient's social, physical, and emotional well-being thanks to our donors outstanding commitment to our healthcare providers.

A 47-year-old female patient who has spent most of her life struggling with obesity entered the Clinic. Like many others, she had attempted various weight loss methods yet continued to experience difficulties. She underwent gastric sleeve surgery in 2013, which had initially been successful. However, she eventually gained the weight back. The Patient has been working with the Clinic's medical team to help her achieve her health goals. The medical team provided healthy lifestyle education and behavioral counseling, which included self-care improvements (physical exercise, weight loss, and nutrition management). Working closely with doctors, she has lost almost sixty pounds over the last 18 months. The Patient recently received approval for using an effective weight loss medication called Victoza that helps lower her A1c (blood sugar over time), which should greatly aid her efforts. The supervised manner in which the Patient has slowly and consistently lost weight will likely help her to maintain a healthy body weight once achieved. The staff at Light of the World Clinic commends the effort patient has put forth and will continue to support her throughout her weight loss journey. The Clinic's medical professionals provide ongoing medical support, counseling, and meds to help.

A 53-year-old male patient initially presented to our clinic with left-sided facial numbness and

mild weakness in his left arm. He reported that these symptoms had started several weeks earlier and are now troublesome. The time course of a stroke did not fit; however, we recommended that the patient be evaluated in the public emergency department to be on the safe side. Unfortunately, the patient was very reluctant and refused evaluation by the emergency department. At this point, we decided to run some outpatient tests to determine the cause of his symptoms. We ran extensive blood work, which all returned within normal limits. We were also able to obtain multiple MRIs of the brain and C-spine. This testing successfully identified the patient experiencing his first considerable sclerosis flare. Following this, we connected the patient with a neurologist who is now managing the patient's new diagnosis.

A 60-year-old female patient with multiple chronic medical conditions entered the Clinic in June. She was diagnosed with Atrial fibrillation, an abnormal heart rhythm, and a large goiter in her neck due to uncontrolled hyperthyroidism. She knew that some things were affecting her health. However, she could not afford to visit a doctor or pay for diagnostic screening or medications to manage her ongoing medical conditions. The Clinic's medical team conducted diagnostic testing, provided her with counseling and medications to calm her thyroid, and obtained free imaging that showed multiple nodules that required a biopsy. Through the Clinic's partnership with Holy Cross, we received the Hospitals' Charity Care Assistance Program for her to visit a thyroid specialist to biopsy the nodules, which showed early signs of cancer. Fortunately, she had surgery to remove the thyroid and prevent cancer from forming. Her symptoms are now well controlled on medications, and she has improved her self-care. She now understands the importance of adhering to her medical treatment plan and following her medication regimen. As a result, she no longer has an abnormal heart rhythm, and her quality of life is significantly improved, and now understands the importance of managing and treating her chronic conditions with her routine follow-ups and medication recommendations.

A 62-year-old female patient arrived at the Clinic earlier this year. The Patient had no prior history of health screenings. During her initial visit, the Clinic's medical team conducted a complete series of diagnostic screenings, including a Mammogram and PAP test. The Patient's Mammogram results demonstrated an irregular mass suspicious of malignancy. The follow-up biopsy confirmed breast cancer. The Clinic's volunteer gynecologist guided the Patient on diagnosis and counseled her on possible treatment plans. The Clinic's medical team referred the Patient to Holy Cross Hospital for treatment under their Charity Program. The Nurse Practitioner provided follow-up for pre-op orders and evaluation, and the Patient reported that she has a lumpectomy scheduled at the end of October. Thanks to the Clinic's volunteers and partners, this Patient was screened, diagnosed, and provided with proper treatment and care.

A 65-year-old female has been a patient at Light of the World Clinic since 2004. For 18 years, the Patient received medical treatment and counseling to manage her multiple illnesses. As a result, she learned to self-care and managed her health. Her illnesses included anxiety, hyperlipidemia, osteoarthritis, osteopenia, fibromyalgia, and reflux. Today she visited the Clinic and announced that she was approved for Medicare and will be 'graduating' from the Clinic's service. The medical team worked closely with the Patient encouraging her to maintain good health as she has a family history of breast cancer and diabetes. The Patient said she was sad to leave and was grateful for the continued medical treatment and support that she enjoyed. Appreciation like this is our best reward for us – to know our patients feel well cared for and appreciate what we do. She said she leave great reviews and is hoping to come back as a volunteer.

A 78-year-old-female was a new patient at Light of the World Clinic. Upon her first physical assessment, we identified that she had an irregular heart rhythm known as atrial fibrillation, with a rate of 122. The Clinic's medical team immediately conducted an Electrocardiogram confirming this irregular heart rhythm, which is a high risk for clots and stroke. The Patient admitted at the moment that she used to take medication propranolol twice daily for a heart condition. Yet, she did not know for which specific condition. She mentioned that she did have a history of Atrial fibrillation for over 20 years. However, she abruptly suspended medication 6-8 weeks ago. She admitted that she was experiencing palpitations. The Medical team counseled her and restarted her on baby aspirin once daily until evaluated by cardiology. The Clinic's Volunteer Cardiologist counseled her and discussed the risks of heart attack and stroke in detail. He reminded her never to stop the medication abruptly as risks significantly increased. The Patient was provided educational materials in Spanish to supplement her Cardiology visit and to reinforce her understanding of maintaining her medical treatment plan. Thanks to Light of the World Clinic and its medical professionals, this Patient was diagnosed and provided proper treatment and care by our volunteer specialist. This could have been a sudden death report had she not had access to the Clinic and its services.

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