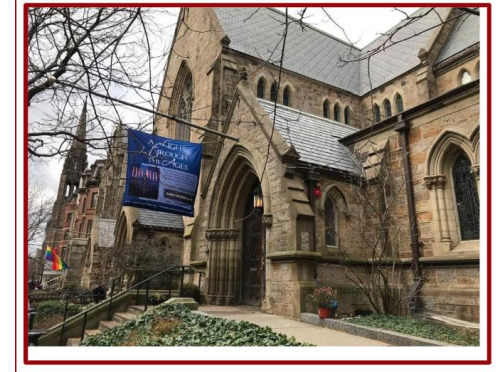


# Meeting the Needs of a Segment of Boston's Homeless Population: The Philippine Medical Association (PMA) Wellness Program (PWP)

Sara Carbone, Jaclynn Nader, Jing Xu & Kara Banson  
11/4/19

# PWP Serves the Homeless Population Around the Greater Boston Area

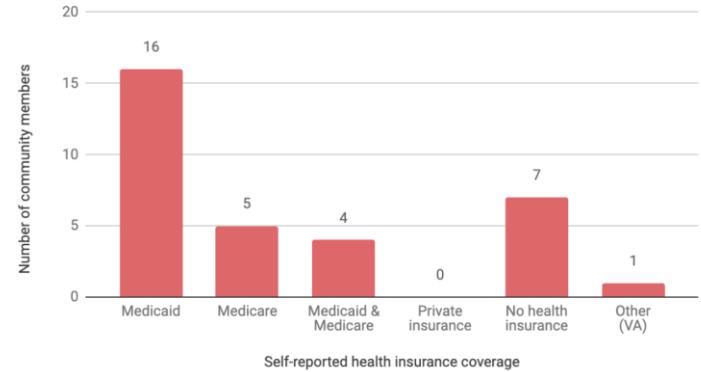
- Events are held in Emmanuel Church (15 Newbury St., Boston, MA)
  - Easily accessible to those who live in Boston and do not have easy access to transportation
- While most attendees are homeless, everyone is welcomed, regardless of race, age or class



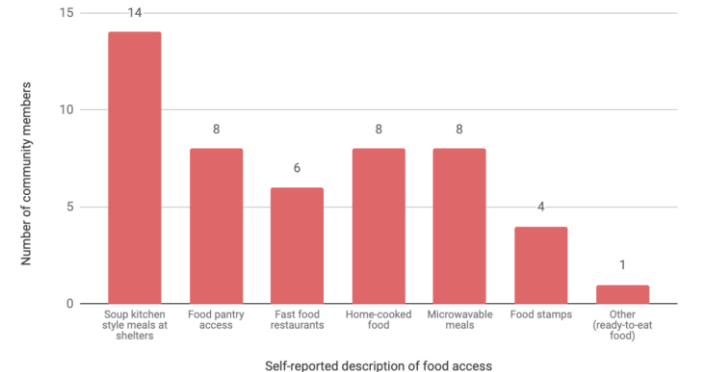
# Key Demographics Based on a Recent Survey

- Age and Gender
  - Male:Female ratio: 4:1
  - >80% are between the age of 50-70
- Housing Status
  - Homeless
    - 65% living in the street
    - 35% living in a shelter
  - Housed
    - 50% renting
    - 8% living in grouped home
    - 42% living with friends/family

Health insurance status distribution of community members



Food access distribution of community members



# Social and Structural Factors Influencing the Health of this Population

## **Lack of Social Support**

- Many are disconnected from family
- Lack of social support from government
- Lack of respect from general public

## **Structural Issues**

- Difficulty of achieving housing
- No easy access to transportation and communication
- Lack of steady income prevents people from basic needs

# Common Medical Risk Exposures

- Infections
  - Influenza
  - Pneumonia
  - HIV and hepatitis (blood-borne infections)
- Injuries
- Weather-related health risks
  - Frostbite
  - Heatstroke

# Common Social Risk Exposures

- Smoking related morbidities
  - COPD
  - Lung cancer
- Opiate addiction
- Malnourishment and unhealthy diet
- Lack of exercise
- Sleep deprivation
- Living in a constant, high-stress environment

# Interprofessional teams of care



BOSTON HEALTH CARE *for*  
the HOMELESS PROGRAM



MASSACHUSETTS  
COALITION  
FOR THE HOMELESS



# Health Advocacy



*Friends of Boston's Homeless*

**BOSTON  
PUBLIC  
HEALTH  
COMMISSION**



- Prevent homelessness
- Connect individuals in need to health & social services
- Increase funding for state & local agencies that support people experiencing homelessness



 **ROSIE'S PLACE**  
Food • Advocacy • Support



**MASSACHUSETTS  
COALITION  
FOR THE HOMELESS**



  
**Pine Street Inn**  
Ending Homelessness



# Health Advocacy

**BOSTON  
PUBLIC  
HEALTH  
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**MASSACHUSETTS  
COALITION  
FOR THE HOMELESS**



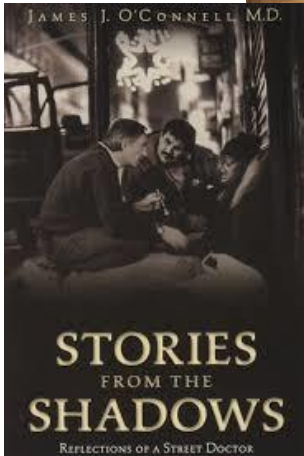
Work with local, state and national organizations on behalf of people at-risk of or experiencing homelessness; advocate to Massachusetts Senate and House of Representatives

# Health Advocacy



- How can healthcare providers be involved in advocacy for people experiencing homelessness?
  - Be informed about local, state and national elections
  - Get to know the community directly

# Service & experiential learning



1. Spending time with community members and listening to their stories
2. Understanding what services are available to this population
3. Learning about Individual and system advocacy

# Service & experiential learning

## Giving back to PWP:

- Designed and will lead interactive health education talk on 11/16 re: cold related conditions
- Prepared 48 backpack care kits that will be distributed on 11/16
- Updated the needs assessment surveys
- Coordinated live music volunteers for future PWP
- Organized and compiled PWP resources on medical care, shelters, soup kitchens and housing opportunities

## Reflection:

- Worcester vs. Boston
- Away elective at BHCHP during 4th year
- A new medical model: BHCHP's Coordinated Care Hub



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# Acknowledgements

Thank you Emily, Judith and Dr. Zarraga for welcoming us to your team and program. We appreciate your efforts in coordinating the PHC events and guiding us along the way. Thank you for connecting us to other wonderful Boston organizations that are committed to caring for patients experiencing homelessness.

Thank you also to the following organizations for welcoming us into your space!



MASSACHUSETTS  
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