Offsite Descriptions Winter 2014

If you have not worked at an offsite clinic before, you are in for an excellent learning experience, one that may very well change the way you practice and view yourself as a healer. It may also broaden and enhance your views on the application of our medicine.

At the offsite clinics we integrate with other medical practitioners. How we conduct ourselves directly affects the perception that they form about our profession.

Work at the offsite clinics is unique and different from the work at PCOM clinic. Sometimes we work under cramped conditions, and don’t always have the administrative support that we are used to or would like to have. Some set-up of tables and equipment may be needed, requiring us to work as a team and help each other to work efficiently. Since there may be limited or no access to herbal remedies offsite, it is an opportunity to sharpen your psychomotor skills and become very effective with your needle technique. Some locations are busy with patients, while others experience a smaller patient load. At all locations, we have a very grateful clientele, eager to learn more about our profession and willing to cooperate with our recommendations.

General information:
• All offsite students and supervisors are required to have a PCOM photo ID. Please contact the front office to have your picture taken.
• All offsite students and supervisors are advised to have a current TB test (good for 1 year, chest x-ray is good for 2). Some sites will not allow you entry without it. See below for more information about TB testing.
• Orientation is usually done during your first shift. The length will vary depending on the site. Check your designated site for the exact meeting time. Missing orientation may, in some cases, render you ineligible for the shift.
• Parking can be difficult, so carpooling is encouraged. Allow plenty of time to park and find your site the first time your shift meets.
• Note the start time of your shift, it may differ from that of shifts at PCOM clinic.
• Dress code, while usually the same as PCOM clinic (white lab coat, closed toes shoes, comfortable professional clothing) some sites may differ.
• Evaluation of students and supervisors follows the same schedule as the PCOM clinic.
• Additional copies of this information are available in Room 140.

Massage Interns 2:
Massage Interns 2 need to follow the same rules, protocols and requirements as the acupuncture interns. Off-site locations that are in need of Massage Interns are denoted below in the descriptions by: **Massage Interns 2 included** written below the offsite name. Descriptions, including hours, requirements, and directions are given below.
**Tuberculosis Testing**

The test involves, first, administration of the test (a subcutaneous injection) and subsequent confirmation of results 48-72 hours later. Some sites may have nurses who can provide the test confirmation for you, eliminating the need for a second visit. If at Children’s Hospital, both administration and confirmation can be done onsite. The cost varies from $8-11. Please phone the center first to confirm their hours of operation. Finally, please submit a copy of your results to the clinic.

The County administers the test at several Public Health Centers:

- **3851 Rosecrans**  
  T/W/F, 7:30am - 11:30am  
  (619) 692-8600

- **5202 University**  
  M/W, 1:00pm – 4:00pm  
  (619) 229-5400

- **104 Barnes (Oceanside)**  
  T/Th, 1:00pm – 4:00pm  
  (760) 967-4401

- **855 East Madison (El Cajon)**  
  M-F, 8:00am - 5:00pm  
  (619) 440-2751

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1) **Senior Clinic at First Lutheran Church**

**Massage Interns 2 included**

1420 3rd Ave, (Corner of 3rd Avenue and Ash Street)
San Diego, CA 92101

(619) 234-6149

**Supervisors:**

**Monday am:** Dong Ji

**Wednesday am:** Erin Raskin/Christine Cronin

**Friday am:** T. Kouo/ Jo Douat

**Time:** 8:30am-12: 30pm

**Day:** 3 separate shifts on Monday, Wednesday and Friday mornings.

**Orientation:** First 2 hours of shift on first semester meeting will be dedicated to orientation and information.

**Directions:** 163 South to I-5 North to 4th Ave exit. Turn Left (south) on 4th Ave, Right on Ash St and Right on 3rd Ave. The Church is on the corner of 3rd and Ash.

**Parking:** Ace lot across the street is $8. Free street parking 3-4 blocks away on side streets north of the church. Carpooling is highly recommended and will be discussed during orientation. Meter parking may also be available.

**Description:** At Senior’s Clinic, a student will develop a sense of confidence doing this clinic shift because they are basically doing everything that a practitioner does, but with the support and help of a supervisor. Its value is increased because learning how to treat age specific issues such as declining digestive and Kidney strength is an invaluable clinical skill in conjunction with further developing and deepening our compassion for our patients. You will see a minimum of 3 patients per shift which will also help you develop efficient intake and treatment skills for such conditions as pain, insomnia, digestive difficulties or a myriad of emotional issues in conjunction with underlying complex medical problems.
2 & 3) UCSD Free Clinics Project at two locations:
**Massage Interns 2 included**

<table>
<thead>
<tr>
<th>Pacific Beach United Methodist Church</th>
<th>First Lutheran Church</th>
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<tbody>
<tr>
<td>1562 Thomas Ave.</td>
<td>1420 3rd Ave (corner of Ash St)</td>
</tr>
<tr>
<td>San Diego, CA 92109</td>
<td>San Diego, CA 92101</td>
</tr>
<tr>
<td>(858) 274-6573</td>
<td>(619) 234-6149</td>
</tr>
<tr>
<td><strong>Wednesday evening</strong></td>
<td><strong>Monday evening</strong></td>
</tr>
<tr>
<td>Supervisor: Don Phillips</td>
<td>Supervisor: Shelly Krahn</td>
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**Time:** 5:00pm-9:30pm for the first meeting; 5:30pm-9:30pm for subsequent meetings
**Day:** 2 separate shifts. Monday evening in downtown, Wednesday evening at PB

**Orientation:** You must arrive 30 minutes early the first meeting of the semester for orientation.

**Directions:**
- First Lutheran Church: 163 South to I-5 North to 4th Ave exit. Turn Left (south) on 4th Ave, Right on Ash St and Right on 3rd Ave. The Church is on the corner of 3rd and Ash.
- Methodist Church in Pacific Beach: From Hwy 5 take Grand/Garnet exit and go west on Grand. Turn Left (south) at the light on Ingraham. Go one block to Thomas and turn right. The church is on the corner of Grand and Thomas.

**Parking:** In Church parking lot if spaces available, otherwise free street parking after 6 PM. Parking is usually not a problem at either location if you are on time or a little early for your shift. Later on in the evening you may have to park a block or so away.

**Description:** These are busy clinics for the Homeless and the underserved run in collaboration with UCSD medical students and volunteer UCSD faculty physicians. The clinics offer a great opportunity to interact with western medical professionals and future physicians. We see a wide variety of medical problems on a population ranging from young adults to old age. The people who make use of our services are very friendly and seem to look out for one another. The atmosphere is definitely safe, upbeat, and relaxed.

4) Veterans Clinic
**Massage Interns included**

**Supervisors:** Christine Cronin, Erin Raskin and Bill Helm

**Day & Time:** Wednesday 5:30pm-9:30pm

**Location:** American Legion Post in Linda Vista at 7445 Linda Vista Road (near Genessee), SD 92111

**Requirements:** Interns & AI 3.

**Note:** Additional information on this offsite is located at the end of this packet.

**Description:** Many current and former military personnel and their families suffer from stress, chronic pain, traumatic brain injury and mental emotional conditions as a result of their military service. This clinic provides free acupuncture and massage treatments to all Active Duty Military, Veterans and their Families. Families are defined as parents, spouses and children of current and prior service members. It is a community style clinic where all treatments will be done with the patient in a seated position. This clinic is an ideal environment to develop efficiency in intake and treatment skills.
5) Rady Children’s Hospital

**Massage Interns 2 included**

3010 Children’s Way, Entrance #2, Acute Care Pavilion
San Diego CA, 92123
(619)-933-0863 Shift Information
(858) 576-1700, Ext 4754

**Supervisors:** Aaron Cook, Michael Spatuzzi

**Day & Times:** Monday 1:00pm-5:00pm or Thursday (12:00pm optional) 1:00pm-5:00pm

**Requirements:** Interns & AI 3. Criminal Background check required. *Current TB test is required.*

**Orientation:** Everyone must attend either a Monday or Thursday orientation during the first week of the semester in order to keep the shift, no exceptions.

**Note:** Additional information on this offsite is located at the end of this packet, including the Disclosure and Release Form for mandatory background check.

**Directions:**
From PCOM: Take 163 North to the Mesa College Drive Exit. Right on Mesa College Drive. Right at Berger Ave. Berger will turn into Children’s Way. The Acute Care Pavillion will be on your right hand side, across the street from the Parking Structure. Street parking is available around the hospital, but plan on a 10 minute walk from your car to the Acute Care Pavillion. To find reliable parking, take the Mesa College Drive Exit, turn right on Mesa College Drive, turn left on Annrae St. Park on the street in front of the apartment buildings in that neighborhood.

On the first meeting of the term, please meet in the waiting room after checking in at the information desk at entrance #2 (tell the receptionist that you are with the acupuncture team—she will give you a visitor’s badge).

**Description:** The hospital is an unpredictable environment, so adaptability, dependability and independence are the paramount traits. Over 50% of the patient/family population is Hispanic and not always bilingual. So, Spanish speakers are preferred. We treat all over the hospital in: cramped patient rooms, open bays right next the nurse administering chemo, the parent-family lounge and cold exam rooms. Other differences from PCOM include: the charting, dress code, techniques used in lieu of needles (these techniques will be discussed during the orientation meeting on week 1). Though primarily chronic pain, hematology/oncology, we also treat GI disorder, spinal cord injuries and medically fragile children in long-term care situations. Every Thursday 12-1pm, the chronic pain team meets to review patients; you’re encouraged but not required to attend. Gentle needle technique, willingness to do massage & tuina, great people skills and the confidence to be autonomous are a must.
6) UCSD RIMAC

9500 Gilman Drive
La Jolla, CA 92093
(858) 534-4211

**Supervisors:** Matt Callison, Drew Taylor

**Terms:** Fall and Winter terms have 2 separate shifts, each for 15 weeks. The Spring term meets twice a week for 7.5 weeks

**Day & Time:** Monday 1:30pm-5:30pm and Wednesday 9:00am-1:00pm

**Requirements:** Students must have passed both the Treatment of Orthopedics class and the required examination.

**Orientation:** During the first hour of the first meeting.

**Parking:** For the first meeting, park on the street. You may buy a UCSD parking permit for $38 for the remainder of the semester.

**Directions:** If you DON’T have a UCSD parking permit, take Hwy 5, exit Genesee going west, going over the freeway and up the hill. At the top of the hill, turn Left (south) on North Torrey Pines Rd. At the second light, turn Left and park anywhere along the street leading to the Hang Gliding Port and the ocean. Go back and cross Torrey Pines Rd into the parking lot of UCSD campus. Continue straight through the parking lot and up a small dirt trail until you meet the paved walking path. Continue walking east past a few buildings until you find the RIMAC Building. Allow at least 30 minutes to park and walk to the building on your first visit.

If you DO have a UCSD Parking Permit: Take Hwy 5, exit Genesee going west, going over the freeway and up the hill. At the top of the hill, turn Left (south) on North Torrey Pines Rd. Turn Left on North-Point Drive (the first stoplight). Then turn right at the first Stop sign. Turn into the first parking lot on your left. The RIMAC building is across the parking lot towards the right, as you walk up the slope of the parking lot. It is the first building (with huge glass windows) on the left. There are some benches and a coffee cart in front of the entrance. You may not see the building at first when you park, due to the eucalyptus trees, but be sure that "all paths lead to RIMAC".

**Description:** This clinic serves UCSD athletes. PCOM students have the opportunity to treat many types of muscular-skeletal injuries alongside physical therapists and athletic trainers. The pace is fast and the work is very focused on specific problems. Pacific College interns use acupuncture to help rehabilitate post-operative injuries, sports injuries and athletic performance by increasing range of motion, muscle strength and tissue healing potential. Students average 3-5 treatments per shift. Treatments vary from 15 minutes to one hour. An excellent opportunity to learn musculoskeletal assessment and treatment techniques, this site is for interns only.
7) Owen Clinic at UCSD Medical Center
4168 Front St, 3rd floor
San Diego, CA 92103
(619) 543-3995

Supervisor: Jo Douat

Day & Time: Thursday 1:00pm-5:00pm

Directions: 163 south, exit 2B Washington W, merge with Washington. Right on 1st Ave, right on Lewis, left on Bachman Place, left on Montecito Way, right on 1st Ave, left on W Arbor Dr, left onto Front St.

Parking: The Owen Clinic is located on the third floor of the Ambulatory Care Center (ACC), 4168 Front Street. To park in the UCSD parking structure it costs $1.25 / hour. Buy 5 hours at the automated booth. Located just two blocks from the ACC, the Arbor Street parking structure is available for general parking. We do not validate parking; the cost is $.50 per half hour. Street parking is 5 or 6 blocks away. Students can carpool with the supervisor.

Note: Additional information on this offsite is located at the end of this packet.

Description: The Owen Clinic is among America’s top HIV care programs because of its comprehensive services, very experienced healthcare staff, and its affiliation with the UCSD Medical Center. The Owen Clinic incorporates the various disciplines that an AIDS patient may utilize into one outpatient clinic, saving the patient the effort and confusion of going to many stations to get his or her needs met. An experienced team of physicians, physician assistants, and nurse practitioners utilizes 15 rooms for patient exams, and each patient is assigned a primary care practitioner based on his or her particular needs. All gender & socioeconomic groups are represented in addition to a liver clinic and oncology clinic and research.

Requirements: *Current TB tests is required.* Acupuncture will be the primary modality; however, students who wish to use only one method (i.e. Master Tong points) should not apply.

8) Integrative Health Nights: Community Clinics
**Massage Interns 2 included**

Supervisors: Don Phillips

Time: Thursdays, 3:00pm-7:00pm

Where: Multiple locations, see below

Requirements: Associate Internship 3

Note: Additional information on this offsite is located at the end of this packet.

Description: This shift is offered in association with Alternative Healing Network, www.althealnet.org, a nonprofit started by a PCOM alumnus. It is an opportunity to witness “community style” acupuncture helping underserved families in a fast paced, integrative setting. Work alongside medical assistants, massage therapists, chiropractors, energy healers and yoga instructors. Gain practical information about this growing trend for delivering acupuncture to the uninsured and less affluent population.
O'Farrell Community School  
1st Thursday of the month  
6130 Skyline Drive, San Diego, CA 92114  
In the Cafeteria

Hoover High School, Health Ctr  
(2nd & 5th Thursdays)  
4474 El Cajon Boulevard,  
In the “Multi-Purpose Annex”  
(Turn North on 46th St off of  
El Cajon Blvd. and park along side  
campus fence. Call Ryan’s cell to open  
gate 619-261-1418)

<table>
<thead>
<tr>
<th>YWCA Women’s Shelter (2nd Floor)</th>
<th>City Heights Wellness Center</th>
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<tbody>
<tr>
<td>3rd Thursday of the month</td>
<td>4th Thursdays of the month</td>
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<tr>
<td>1012 C St. (Between 10th &amp; 11th Ave)</td>
<td>Affiliation with Scripps &amp; Rady Children’s Hospitals</td>
</tr>
<tr>
<td>San Diego, CA 92101</td>
<td>4440 Wightman St, #200</td>
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| Across from the “City College  
“Trolley/Transit station” | |

9. UC San Diego Cancer Research Institute (UCSD CRI)  
1200 Garden View Rd  
Encinitas, CA 92024  
(760) 634-6661

**Supervisors:** Kim Taylor, kiminchina3@yahoo.com, phone (760) 291-7025  
**Day & Time:** Monday 8:30am-12:30pm, Thursday morning, 8:30am-12:30pm  
**Orientation:** Orientation will take place during the first two hours of the first day of shift.  
**Note:** Additional information on this offsite is located at the end of this packet.  
**Parking:** Out front or underground, there is no charge  
**Requirements:** Must be an Intern. Maturity, proper attire (no lab coats, business casual), and professional attitude are an absolute MUST. *Current TB tests is required.* Please bring your results on the first day of shift.

**Description:** The UCSD Cancer Research Institute (UCSD CRI) is an outpatient treatment center staffed by medical oncologists, radiation oncologists, surgeons and other specialists. It provides chemotherapy and radiation oncology treatment to cancer patients. The San Diego Cancer Research Institute is a non profit entity housed within the UCSD. It provides the PCOM Program, as well as an integrative program made up of over 30 volunteers and offers integrative care free to call patients at the UCSD CRI and within the community. The USD CRI also conducts both pharmaceutical and CAM research. The integrative program has been providing free services to all cancer patients for over a decade. The PCOM acupuncture shift is a very important contribution to this program.

The goal of this externship is to provide interns with hands-on TCM oncology experience within an integrated medical setting. Upon shift completion students will have become comfortable analyzing a case from a TCM, biomedical, and psychosocial perspective. Students are invited to attend tumor board and other integrative events hosted by the center.
10. Mental Health Services Inc, sponsoring:
   Family Recovery Center (FRC)
   1100 Sportfisher Drive,
   Oceanside, CA 92054.
   760-439-6702

Supervisor: Christine Cronin (cell: 619-847-9613)

Day & Time: Thursday afternoons, 1:00pm-5:00pm

Orientation: Will take place during the first meeting.

Note: Additional information on this offsite is located at the end of this packet.

Paking: Ample street and parking lot, no costs.

Requirements: Because this is a women's facility, female students only. Completed or concurrently enrolled in auricular acupuncture class. Business casual dress, since no lab coat is required, must wear a visitor badge.

Description: FRC, housed in a renovated hospital for the last 10 years, serves as a safe house for women who have been diagnosed with a mental health condition, suffer from substance abuse and for whom CPS has gotten involved. Most of the women are in recovery from substance abuse as a requirement for being re-united with their children, some are there to avoid losing their kids. The 72 bed facility currently houses 40-45 women and approx 30 kids, ages 0-10. As with most inpatient recovery programs, the client's days are highly structured with various forms of therapy, groups, classes, AA meetings etc. We have 2 private rooms, one for staff and one for patients/clients. The type of conditions treated is quite varied with stress/anxiety, neck/shoulder pain, insomnia, weight management and back pain being the top conditions treated. Both adults and children are treated.

The umbrella company, Mental Health Systems, Inc. (MHS) www.mhsinc.org, is the largest provider of county/public mental health-recovery services in SD County.

Special Benefit: Anyone who’s taken the NADA didactic course can receive credit for the clinical hours in order to become a certified Acupuncture Detox Specialist.

PLEASE NOTE:
Additional information is available for the following Offsite Clinics below:

Veterans Clinic
UCSD Owen Clinic at UCSD Medical Center
Integrative Health Night Community Clinic
Mental Health Family Recovering Center
Rady Children’s Hospital (including Disclosure & Release Form for mandatory background check)
Welcome to Veterans Clinic

Shift: Wednesday Evenings 5:30-9:30pm  
Supervisors: Christine Cronin, Erin Raskin and Bill Helm  
Location: American Legion Post in Linda Vista  
7245 Linda Vista Road, San Diego, California, 92111-6106 (near Genesee)  
http://www.calegionpost731.org/  
There is a parking lot that you may park in, with plenty of space to park for free. Directions: From PCOM take Friars Road West. Turn Right on Ulrich. Take that to Linda Vista. Turn right on Linda Vista. Destination will be on the right.

Dress: No lab coats required on this shift; The dress code is the same as at PCOM. Please wear casual professional attire with closed toed shoes. Please do not wear low cut tops. Bring your Clinic ID to each shift.

Logistics: Because this is an off-site, set up & tear down of the treatment space. There will not be any treatment tables- patients will be treated in chairs, community style. You will probably be doing mostly distal points and auricular needling.

Supplies: You will need to bring your own professional kit of supplies which will need to be replenished and maintained by you. Here is a guideline for your kit:

Items needed:

1. Small, professional looking, compact, sealed tackle box, ie 12”X15”X3” or other Container with compartments
2. Ear needles (.5” needles)
3. 1”- 1.5” needles in 36-42 gauge
4. Press Tacks
5. Ear Seeds
6. Pellets
7. Alcohol swabs
8. Cotton swabs
9. Gua Sha tool (you must supply your own)
10. Massage oil and/or liniments
11. PCOM business cards
12. Anything else you feel you might need

The Clinic will supply all of the above except for the container and gua sha tool. Please bring your own gua sha tool if you would like to use that modality. In order to track inventory, we will ask that one student be designated to pick up the supplies from the clinic each week to replenish your stock. Having your individual kits will allow you to work with your patients individually without going back & forth at the site for supplies.
Welcome to the UCSD Owen Clinic rotation

We meet at **4168 Front St on the 3\textsuperscript{rd} floor at 1:00 pm**. Ask the receptionist how get in the clinic.

There is no free parking around the UCSD hospital. Street parking is a few blocks away (5 or 6).

To park in the UCSD parking structure it costs $1.25 / hour. Buy 5 hours at the automated booth.

All PCOM intern rules apply here. (Dress code, Photo ID, Lab Coat, **Attendance Punctuality**…)

You will need to bring with you:

- An ear probe
- A pen light
- A black pen

You need to have a valid TB test certificate. Bring it along at the first meeting so that a copy can be made for the records. You may consider being vaccinated for hepatitis.

There may be some unforeseen rules changes, regarding note taking (computerized), be flexible as we are guests.

There is no eating in the clinic, and OSHA regulations are enforced.

You will be treating grave and infectious disease, you need to observe and practice proper protocols, and safe needling techniques. **No recklessness will be allowed.**

**Seriousness is Essential and Good Humor is Vital.**
Welcome to the Integrative Health Night Externship!

This is your chance to make a difference in community healthcare and integrate the skills you learn at PCOM with those of other Eastern and Western health practitioners.

Who We Treat: Our focus on this shift is in serving those who slip through the cracks, too poor to pay for care or health insurance but not sufficiently destitute to qualify for government programs. We are treating the “working poor” families of City Heights and Southeastern San Diego providing access to integrative care for patients, their families, and community-at-large.

How We Treat: Here you will practice “Community Acupuncture”, similar to the traditional way in China. Patients are treated in an open, group-setting that encourages participation with, and reliance on, community resources versus the time-consuming “acupuncturist-as-counselor” service so common in private practice. By improving the access to care, regular weekly or biweekly acupuncture is achieved which is when Chinese Medicine is most effective. Gradual understanding and exploration of the “root” begins, while the focus each visit is on symptomatic or “branch” relief so that the patient will return. Since everyone is treated communally and no clothing is removed, we primarily use distal points on the arms and legs. Most treatments are performed sitting up in standard chairs and no tables are used. Occasionally a massage chair may be used for low back work.

*We highly recommend reading “The Remedy: Integrating Acupuncture into American Healthcare” by Lisa Rohleder, L.Ac. Lisa’s Portland, Oregon practice, (Working Class Acupuncture) is the model for the modern “Community Acupuncture” revolution. Another good resource is the Community Acupuncture Network: www.communityacupuncturenetwork.org

Integrating Modalities: You will also be surrounded by other practitioners of healing arts such as massage, chiropractic, energy healing, yoga and biomedicine. You should become familiar with the value of each for the purpose of referral and successful integration. You will even have the opportunity to experience the various techniques yourself on site. Our charting is done on a composite note sheet that allows for the various modalities to chart as they see fit and reference each other’s work. We are constantly evaluating our charting techniques and encourage your feedback for our improvement.

Supervisors: Don Phillips with support from KC Conover and Steve Levitt.
Travel Treatment Kits: will be issued in advance at school and students are responsible for maintaining and re-stocking their travel kit at school each week. Your travel kit will be ready for pick-up any time week one, if you are not on campus Mon-Thurs, notify Linh at lrios@pacificcollege.edu, the supervisor will bring it on the first day.

A limited selection of needles, other supplies, 1 e-stim will be available on site, but no stethoscopes, BP cuffs, cups, special ointments, gua sha or shonishen tools, special ointments. You are welcome and encouraged to bring these additional items from home or school. Please don’t forget your kits!

Pace of Treatments: We’ve been at the Tubman-Chavez center since August and have built up a regular crowd there (approx. 50 people per night!) City Heights events may have slightly less attendance, but should build to an equal level relatively quickly. The pace is MUCH faster than at the PCOM clinic and once you get the hang of it, you may see up to 8-10 patients per shift!

Cultural Considerations: At City Heights in particular, over 60 different languages are spoken and a wide range of cultures. Among them is a large Somali Muslim population. In their case, religious restrictions dictate that female patients may only receive treatment by other females and music is prohibited. Please keep this in mind and respect the diversity of our community.

Attendance: You MUST attend the first week’s shift at EACH LOCATION. If for any reason you will be unavailable to make clinic shift, please contact Greg or Linh at PCOM CLINIC (619) 574-6932. Secondly please contact Ryan Altman at the Alternative Healing Network, Inc. (AltHealNet.Org) – 619-261-1418. During the term if you have to miss a shift for whatever reason, please inform your Supervisor and AltHealNet.Org in advance. Thanks for your understanding!

“Make-Up” Shifts/ Additional Community Outreach: Make-up shift can be done at PCOM or any of our “Alternative Happy Hour” events.

Thank you for supporting integrative care in the community. We look forward to an exciting term with you! If you have any questions or concerns, please contact Greg or Linh at PCOM CLINIC at (619) 574-6932. If you have any question and concerns about AltHealNet.Org please contact Ryan Altman at the Alternative Healing Network, Inc. (AltHealNet.Org) – 619-261-1418. Namaste!

Directions to the Various Facilities from PCOM:

O’Farrell Community School (1st Thursdays)- in the Cafeteria
6130 Skyline Dr., in the Family Support Services (FSS) Area on the Right side of the school
- MISSION CENTER ROAD South to I-8 E
- I-805 S toward NATIONAL CITY/CHULA VISTA.
- Merge onto CA-94 E.
- Take the EUCLID AVE exit, Take the EUCLID AVE SOUTH ramp.
- Continue past Tubman-Chavez Center and Turn LEFT on IMPERIAL BLVD
- Turn RIGHT at VALENCIA PARKWAY and go up the hill
- Turn LEFT at SKYLINE DRIVE
- O'FARRELL is two block up on the LEFT side.
- Park in the lot and look for FAMILY SUPPORT SERVICES (FSS)
When facing the school from the parking lot, we’ll be on the far right side of the building.

**Hoover High School (2nd & 5th Thursdays) in the Multi-Purpose Annex**
4474 El Cajon Boulevard, Multi-Purpose Annex (46th St. Side of campus)
- MISSION CENTER ROAD South to I-8 E
- I-805 S toward NATIONAL CITY/CHULA VISTA.
- Take the EL CAJON BLVD exit and turn LEFT onto EL CAJON BLVD.
- Cross I-15 and look for the school on the LEFT.
- Park in School Parking Lot and walk through main gate straight back and to the left towards the Health Center. You may need to check in at the Admin office and get a Visitor badge.
- OR you can continue past the school down El Cajon Blvd. and turn LEFT at 46th St. Park on the street and enter campus through the gate in the fence to your LEFT. If fence is locked, please call Ryan’s cell to open it – 619-261-1418
- We are in the “Multi-Purpose Annex”, which is the red trailer two doors in from the 46th St. gate.

**YWCA Downtown (3rd Thursdays)**
Street Parking is limited downtown, so I recommend carpools whenever possible. There are a few $3-$5 parking lots in the area, but the closest one to the YWCA is $9. The YWCA is across the street from the CITY COLLEGE trolley stop, so public transportation may be another option. Please leave a little extra time to find parking and try to arrive on site around 2:45pm for set up. Please contact Ryan directly on his cell phone if you get lost or have any other questions: call Ryan’s cell 619-261-1418

**City Heights Wellness Center (4th Thursdays)**
4440 Wightman St., Suite 200
- MISSION CENTER ROAD South to I-8 E
- Merge onto CA-15 S toward 40TH STREET.
- Take the UNIVERSITY AVE. exit and turn LEFT
- Turn RIGHT onto HIGHLAND AVE.
- Turn RIGHT onto WIGHTMAN ST.
- Wellness Center is on the RIGHT. Parking should be available on Wightman or in the adjacent Albertson’s Parking Lot

**NOTE:** “City Heights Wellness Center” is a community health facility that is a collaborative effort of Rady Children’s Hospital and Scripps Integrative Health Center. We often have visitors from both hospital administrations on site, so students should be in their “best practices” mode at this location in particular. Thank you!
Mental Health Services Inc, sponsoring:
Family Recovery Center

The umbrella company, Mental Health Systems, Inc (MHS) [www.mhsinc.org](http://www.mhsinc.org), is the largest provider of county/public mental health-recovery services in San Diego County. They’ve got a ton of programs. Family Recovery Center is just one of them.

The *Family Recovery Center* housed in a renovated hospital for the last 10 years, serving women for whom CPS has stepped in and taken their children. The women in the program are in recovery from substance abuse in an effort to be re-united with their children. Some are there to avoid losing their kids and some are there because of prop 36. It’s a 72 bed facility, they're currently keeping 40-45 women, and their kids ages 0-10 who also stay at the facility.

*Because this is a women’s facility, female students only.*

**Location:** 1100 Sportfisher Drive, Oceanside, 92054. The main phone is 760-439-6702.

**PCOM Supervisor:** Christine Cronin, L.Ac

**FRC Contact:** Phoebe is the program and clinical director and does biofeedback. As with most inpatient recovery programs, the client's days are highly structured with various forms of therapy, groups, classes, AA meetings.

Interns will learn how to set up this type of program, the best way to introduce it to a facility, to a patient population, dealing with the logistics of schedule, of space and type of treatment to provide, how much to integrate, how to document treatment for both OM practitioners and the parent facility.

Since the patients (known as “clients”) live there, they typically come for treatment every week (sometimes twice a week). This allows the interns to follow cases and see results.

There is one private treatment room, one large group treatment room and one optional private treatment room held for staff. The large group room has a massage chair and can be used to incorporate back points to clients in the group treatment room.

At the beginning of each semester, the interns present a 20-30 minute lecture/presentation about acupuncture to the clients. Each intern will speak for about 5-10 minutes.

The presentations usually include:

- Super brief history, language of OM
- How it works in Western terms
• How it's used in treatment of addiction. Including how it's set up, what the patient can expect, the points and demo of the ear treatment for those willing to try
• How it's used with children, what sort of needle substitutes are available, what sort of conditions etc
• How it's used for pain (headaches/lower back), insomnia, stress, sinusitis, hormonal stuff (the most common conditions seen w/ caregivers

MHS and FRC also provide training and hours of supervision for psych interns getting their 5000 hrs for PhD or 3000 hours for MFT, LCSW and the more recently established addiction specialist program. They'll be completely into cross educating and training each other, though some of this might take place at their corporate offices or the education center. These interns stay one year at FRC and many get acupuncture and can discuss patient cases with interns.

Lastly, data is collected on number of treatments, type of cases treated and results to provide outcome research to PCOM and MHS/FRC.

This is a fast-paced shift where each intern typically sees 4-6 patients per shift. No herbs are dispensed but lifestyle and nutritional advice is provided to clients regularly.
Students should email Michael Spatuzzi at mspa@sprintmail.com, and Aaron Cook at aaroncookla@gmail.com right away with the best telephone number to reach you the morning of your shift and the email address you check regularly. You will need to check email either late night and/or the morning before your shift. If there are any changes, like a cancelled shift because of some hospital inspection or problem, they are usually very last minute.

The first day please congregate in the Acute Care Pavilion at the Southeast corner of the hospital. There will be no need to come early on the first day, we will not be treating at all. You will undergo a major orientation covering hospital policies, the transcription of charts to our new E.P.I.C. patient database, shift difference from PCOM and use of magnet, microcurrent and other kid treatments with which you may be unfamiliar with.

**Transportation:**
Carpooling is highly recommended for afternoon shifts because parking is difficult. The first time you come, you can explore your parking options (if you arrive a little early). We will discuss more at orientation.

**Parking Areas:**
- Street Parking - Parking may be found on either Annrae Street, coming off the North-bound 163 Mesa College Drive exit, anywhere along the street or branching streets, or, coming off of the East Genesee Exit coming North on the 163, on Meadow Lark Drive or Birmingham Way (these streets are close to the Juvenile Hall and provide a direct route to the Acute Care Pavilion).

If you park in the actual hospital lot, the charge is $3 with validation (which is available at the reception desk entrance to the Acute Care Pavilion, when you leave). Street parking is very difficult to get, though it eases up later in the day.

**From PCOM**
- 163 North to Mesa College Drive exit, turn right
- Turn left onto Annrae Street and park anywhere along the street
- If it is full, you may also park on Donzee Street or Kearny Villa Lane, which are further down Annrae street.

**Coming South**
- Take 163 South to the Genesee Exit, Turn Left
- Proceed under the freeway to Starling Drive
- Turn Left onto Meadow Lark Drive
- You may park anywhere along Meadow Lark Drive or further down on Birmingham Way, if space is available.
What to bring:
• Clipboard or thin 3-ring binder and pen
• Very little else. Space to store personal items during shift is EXTREMELY limited.
• We provide treatment kits and most of everything else you will need, except:
  o Stethoscope
  o Shoni-shin, or other Japanese treatment tools

What to expect... with emphasis on the challenges and hardships. This is to give you a chance to bring any questions or concerns to the orientation, or to change your mind about the shift before the semester begins:
• The pace *can* be much faster than PCOM clinic and you could potentially treat 6 patients per shift, but other days only 3.
  o In general, Thursday is busier than Monday, but one never knows. Total patient numbers are lower during the summer vs. school time.
  o There is a bit more “sales” involved or socially finessing both kids and parents since most patients are completely unfamiliar with acupuncture and would much rather watch their TV than get poked with anything.
• Significant independence is required, intakes are abbreviated, and treatment is more branch or symptom focused.
  o You will be on your own here more than in any other internship. Support is always available, but you may need to leave a patient’s room, walk a few hallways and look for it.
  o There is no way to predict who will be in the hospital or when, therefore you may not be able to follow the same patient.
  o There is little to no use of herbs or moxa.
  o Some of your patients will be dying. At times it can be more like “hospice for kids”, but without the psychological support team available at Hospice. Then again, you may not encounter a dying child the entire semester.
• Treatment without Needles. Kids can be much more receptive to tuina, massage, shoni-shin, tapping, guided imagery and magnets, versus needles until significant trust and rapport is established.
  o At times, the treatment is play, telling stories, and generally just connecting with the kids.
  o There are several different patient populations, which dictate the type of treatment you’ll perform.
• If you’d like to “prepare” in advance for the shift, my current suggestions include:
  o Review Alex Tiberi’s Pediatric Tuina notes, or any pediatric massage technique
  o Read, the Body Electric by Becker for an intro to magnet treatment
  o Leukemia is the most common cancer you’ll see, specifically ALL and AML. Other common cancers: Wilm’s Tumor, Ewing’s sarcoma, Rhabdomyosarcoma, Osteosarcoma, myelomas-brain tumors
Rady Children’s Hospital

- Review or bring Ear Acupuncture charts and Scalp Acupuncture charts
- If unfamiliar with scalp, see the Shang Hai, Acupuncture A Comprehensive Text;
- Thieme publishers, Yamamoto New Scalp Acupuncture, Editor Feeley
- Master Tong’s Acupuncture points or Richard Tan’s Twelve and Twelve
- Microsystems book also published by Thieme

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