

## Volunteer spotlight

### Physician assistants (PAs)

The month of July, physician assistant students and instructor, **Mia Hyde, MPAS, PA-C**, from the University of Nebraska Medical Center (UNMC) Kearney campus volunteered at HelpCare Clinic. “The students had the responsibilities of performing complete or focused histories and physical exams and reviewing information with a supervising provider,” said Hyde, an assistant professor and academic director physician assistant education.

“Then they collaborated on an assessment and management plan for that patient,” she said. “They get to envision first-hand the impact that PAs can have on the quality of their patient’s lives.” The students are finishing year one, and the clinic project allows them to have a hands-on experience.

“Volunteering at the clinic gives UNMC students the opportunity to interact with a diverse population of people who are lacking resources to attain health care services on their own. It also gives them an idea of the complexity of the medical issues that they will be treating in the second year of training.”

In August the students will begin year two, and this will include rotating clerkships, which is educational learning under the supervision of medical physicians.



**Instructor Mia Hyde (middle) extends her UNMC classroom to HelpCare Clinic where two students, Brooke Sajevic (left) and Kayla Rankin gain hands-on experience volunteering. Hyde practiced as a PA in the Kearney and Grand Island communities beginning in 1994, and started teaching at the UNK campus in the new Health and Science Complex in June.**

**Brooke Sajevic** of Fremont went into the medical field because she wanted to help others understand disease and provide them with the resources to achieve the best quality of life.

“Helpcare is making a substantial difference in the community. It is truly inspiring to see medical volunteers from around the community reach out to those in need, and then to see the gratitude from patients in return. We are very fortunate to have a clinic like this in Kearney,” Sajevic said.

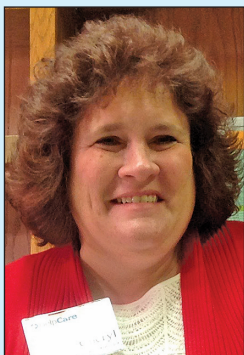
**Kayla Rankin**, a Spalding, Neb.

native, is a classmate to Sajevic and says the clinic is a wonderful place to gain experience. “With more exposure to various populations, ethnicities and cultural backgrounds, this will allow me to be overall a more well-rounded and knowledgeable PA. I am getting more practice with patient care before I go out on my rotations and graduate,” Rankin said.

Rankin has plans to stay in the tri-city area, specializing in family practice, dermatology or ear, nose and throat (ENT).

Sajevic and Rankin will graduate from UNMC in December 2017.

## A word from Cheryl Bressington, HelpCare Clinic Executive Director



Pre-health students at University of Nebraska Medical Center Kearney campus do not have to travel the country or go abroad to gain volunteer

experience in their specialized areas.

Helpcare Clinic, located a short drive across town, gives the undergraduates a chance for personal interactions with people who have real issues.

The volunteer experience is an extremely rewarding opportunity and benefits both the community and the UNMC representatives. As the case with the physician assistants, their instructor has been right beside them as they shadow

local medical professionals.

**THANK YOU** students for volunteering your time in July and for your response to a great need at the clinic – the need of volunteers.

As you put your hard-earned skills to use at HelpCare, may you experience a greater desire to serve people, an increased dedication to your profession, and remember why you chose the field you did.

## Volunteer spotlight

*The following account is based on true facts. For safety reasons, last name and location will not be referenced, and a photo will not be used.*

“My five-year experience working overseas in a small primary care clinic has opened my eyes to the needs of vulnerable populations who have difficulty accessing medical care. I am grateful that Kearney has also seen that need and created a place to provide help,” Vanessa said.

The young and compassionate nurse volunteered the month of July at HelpCare Clinic during her visit back to the United States in her hometown of Kearney. “The projects I work with overseas serve a similar population to the people HelpCare Clinic serves. We see many migrants, refugees and other uninsured people. We are also mainly staffed by volunteers and rely on donations.”

Clinic differences exist however. The surrounding culture Vanessa serves in is hostile both toward the people she helps

and charitable work in general. “Our staff serves at great personal risk.” In the projects Vanessa works with, many people come who are victims of human trafficking and in need of immediate protection and shelter.

“Since very few organizations are prepared to help these people, our staff must be heavily involved in providing social and legal assistance in addition to medical care.” The brave nurse also functions as an advocate by accompanying patients to hospitals and helping them get admitted to receive care.

“We do whatever is necessary to get these people to a place of safety.” Vanessa will soon return to the medical organization overseas. The committed nurse was asked why she does what she does, and she said, “I want to share God’s compassion and mercy with those who have been rejected by society.”



**Please pray for local and worldwide medical clinics.**

## School and sport physicals

In back-to-school preparation, HelpCare Clinic is scheduling school and sport physicals in August. Call the office at 308.224.2392 to schedule an appointment. Contact Community Action Partnership of Mid-Nebraska for immunization appointments at 308-865-1352.



## Clinic wish list

HelpCare Clinic is asking for donations of the following items (price may vary):

- Kleenex (pack of 3) – \$4.38
- Copy paper (pack of 3 reams) – \$12.88
- Clorox wipes (pack of 3) – \$9.53

## Walk with a Doc

The August Walk With a Doc event will be held Sunday, August 7 at Yanney Park at 1 p.m., gathering first at the tower.



**Dr. Gina Torpin**

The guest doctor will be Dr. Gina Torpin from Contemporary Obstetrics and Gynecology who will briefly talk about the mental benefits of exercise before leading the group on a one-mile walk.

Dr. Torpin is new to the community, having recently finished training in June. Originally from O’Neill, the young physician completed medical school and residency at UNMC in Omaha. She is married and has one daughter.

In case of poor weather, the walk will be moved to the Hilltop Mall. Participation is free and pre-registration is not required. The Walk With a Doc events are scheduled on the first Sunday of each month. September’s event will be Sept. 4 at 1 p.m.

HelpCare Clinic would like to thank the staff of Modern Woodmen of America for providing refreshments to participants. For more information contact Cheryl Bressington at [cheryl@helpcareclinic.com](mailto:cheryl@helpcareclinic.com).

**Did you know volunteering reflects unselfish caring, compassion, patience and loving one another?**

### HELPCARE CLINIC

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