

# Student-led Pop-Up health checks improve student experience and community access to prevention screening

Presented in Collaboration by:

Nicole Coombs – Federation University

Lauren Sewell- Gippsland Health Organisations



2024 Partner Conference

Federation University Australia acknowledges the Custodians of the lands and waters where our campuses are located and recognise their continuing responsibilities to care for country at these sites of teaching and learning. We pay our respects to Elders past and present and extend our respects to all Aboriginal and Torres Strait Islander First Nations Peoples.

The Aboriginal Traditional Custodians of the lands and waters where our campuses, centres and field stations are located include:

---

<b>Wimmera:</b>	Wotjobaluk, Jaadwa, Jadawadjali, Wergaia, Jupagulk
<b>Ballarat:</b>	Wadawurrung
<b>Berwick:</b>	Boon Wurrung
<b>Gippsland:</b>	Gunai Kurnai
<b>Nanya Station:</b>	Mutthi Mutthi and Barkindji
<b>Brisbane:</b>	Turrbal and Jagera

---

# Presentation overview

- ❖ Problem/Solution identified
- ❖ Collaborative partnership
- ❖ Delivery of intervention
  - Community
  - Students
- ❖ Impact and Outcomes
  - Case studies
- ❖ Future implications



# Problem and Solution Identified

## Community Needs

- Limited access to health care in Latrobe
- Early detection of risk for chronic disease
- Limited workforce capacity (post COVID)

## Students Needs

- Existing clinical placement hours limited
- Limited simulated experiences in clinical laboratories
- Exposure to Primary healthcare within existing curriculum



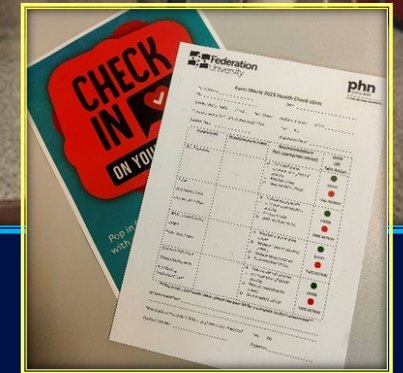
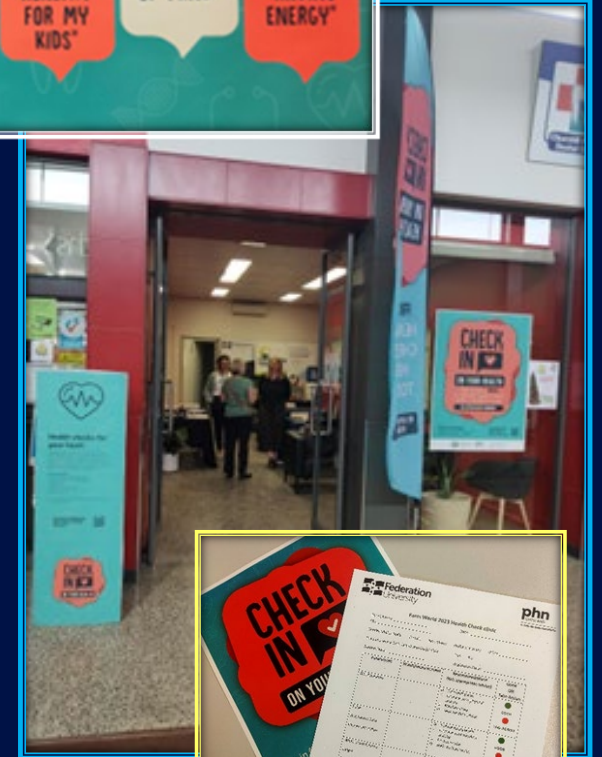
**Solution = Collaboration**



# Collaborative Partnership

## Student-Led Pop-Up health check clinics

- ❖ Funding (Community Health Service)
- ❖ Project Management/Oversight (Community Health Service)
- ❖ Staffing (University-nursing)
- ❖ On-site Delivery (University-nursing)
  - Blood pressure
  - Respiratory and pulse rate
  - Body Mass Index (including weight, height, waist)
  - Diabetes Risk Screen
  - Blood glucose and cholesterol levels (finger prick)
- ❖ Patient follow-up and evaluation (University- CERC)



# Program Delivery- Community

- ❖ Diverse populations
  - Low socioeconomic area
- ❖ Targeted needs/locations
  - Transport access/public convenience
  - COVID restrictions
- ❖ Logistics to meet community requirements
  - Quick and easy
  - No appointment needed
  - FREE
- ❖ Connection with other local services
- ❖ Evaluation – project management and community experience



Work Order				
SEX	PERFORMANCE	SYMPTOM	RECOMMENDATIONS	RESULT
SEX		None	None	
BLOOD PRESSURE	110/70	None	None	
WEIGHT	70kg	None	None	
HEALTH HISTORY				
HEALTH HISTORY (Last 12 months)				
HEALTH HISTORY (Last 5 years)				
HEALTH HISTORY (Last 10 years)				
HEALTH HISTORY (Last 15 years)				
HEALTH HISTORY (Last 20 years)				
HEALTH HISTORY (Last 25 years)				
HEALTH HISTORY (Last 30 years)				
HEALTH HISTORY (Last 35 years)				
HEALTH HISTORY (Last 40 years)				
HEALTH HISTORY (Last 45 years)				
HEALTH HISTORY (Last 50 years)				
HEALTH HISTORY (Last 55 years)				
HEALTH HISTORY (Last 60 years)				
HEALTH HISTORY (Last 65 years)				
HEALTH HISTORY (Last 70 years)				
HEALTH HISTORY (Last 75 years)				
HEALTH HISTORY (Last 80 years)				
HEALTH HISTORY (Last 85 years)				
HEALTH HISTORY (Last 90 years)				
HEALTH HISTORY (Last 95 years)				
HEALTH HISTORY (Last 100 years)				

# Program Delivery- Student experience

- ❖ Nursing Students
  - Years of competency and skill development
  - Volunteer process
- ❖ Nurse Academics
  - Supervision of students
  - Work in clinical capacity within community setting
- ❖ Logistics- equipment/ travel/ food/ safety
- ❖ Evaluation – student and staff experience





# Impact and Outcomes

## Community

- Improved access to preventative healthcare
- Health promotion-improved knowledge
- Increased awareness about local services
- Early detection, early intervention

## Students

- Increased confidence
- Communication
- Clinical skills
- Mentorship and team experience





# Impact: Case Study 1

## Michael:

*“I’ve never suffered from high blood pressure in my life, so to have...high blood pressure was a bit of a surprise and concern about the abnormal heartbeat.”*

*“I was given a bit of paper...to take into the doctor that had my high blood pressure, my blood test for cholesterol and diabetes. So, all that was listed down. He was quite impressed with that...”*

*“I could just go six months down the road and something more major might have happened, and at least we’ve caught it.”*

# Impact: Case Study 2

Michelle (daughter of Peter):

*“That was the best thing I got out of that because I had no idea that my daughter may have had an issue with diabetes or something like that...”*

*“ I think my daughter was really frightened when she got those blood sugar numbers because we see diabetes in our community. Because I am Aboriginal, so is she, and we live with it, we see it all the time. We see people that are really not well, people that have lost a foot...”*

Health Checks can make a difference...according to Peter:

*“You’ll pick up people who maybe are willing to change or who maybe want better health...”*

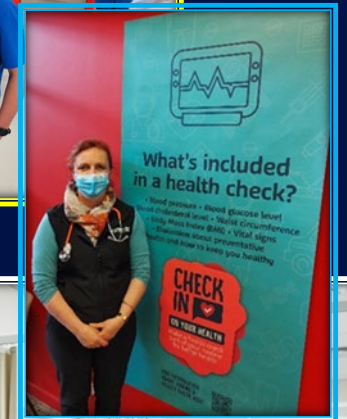
# Future Implications: **Community**

- ❖ Improved access to preventative healthcare
  - Increase health knowledge
  - Early risk screening = early intervention
  - Decreased chronic health within vulnerable populations
- ❖ Healthcare workforce
  - Deficit in GP/healthcare support services
  - Retaining regional students in regional workforce
- ❖ Future health prevention programs in collaboration with Federation University



# Future Implications: Student experience

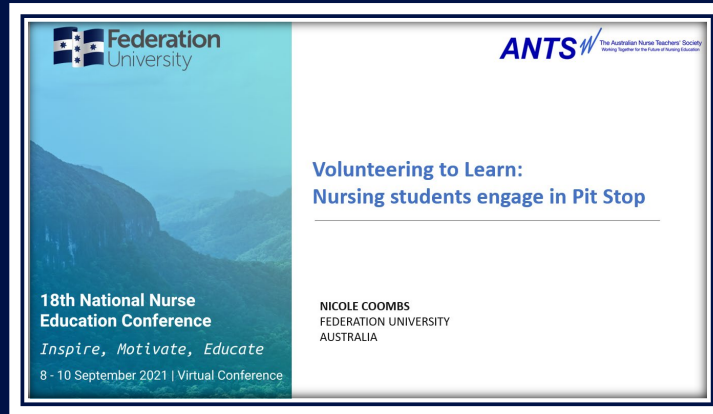
- ❖ Curriculum development/ Pedagogy
  - Real experiences in addition to simulation
- ❖ Volunteering opportunities and recognition
  - Vaccinations
  - Health promotion programs
- ❖ Increased student exposure to primary and public health





# Dissemination

## Publications and Conference Presentations



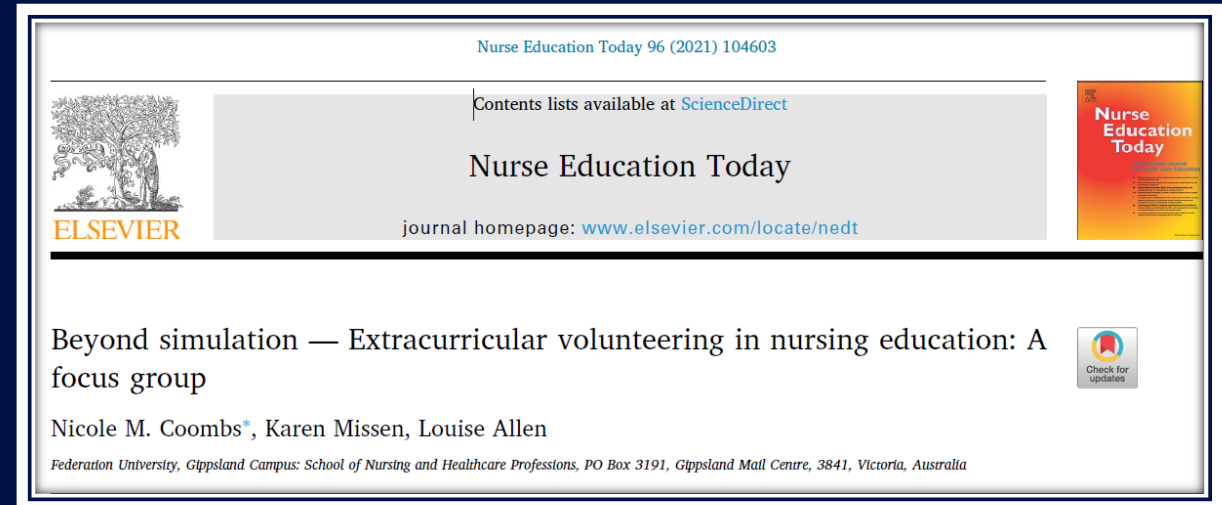
**Federation University**

**ANTS** The Australian Nurse Teachers' Society  
Teaching, Learning and Research in Nursing Education

**Volunteering to Learn:  
Nursing students engage in Pit Stop**

**18th National Nurse Education Conference**  
*Inspire, Motivate, Educate*  
8 - 10 September 2021 | Virtual Conference

NICOLE COOMBS  
FEDERATION UNIVERSITY  
AUSTRALIA



Nurse Education Today 96 (2021) 104603

Contents lists available at [ScienceDirect](#)

**Nurse Education Today**

journal homepage: [www.elsevier.com/locate/nedt](http://www.elsevier.com/locate/nedt)

**ELSEVIER**

**Beyond simulation — Extracurricular volunteering in nursing education: A focus group**

Nicole M. Coombs\*, Karen Missen, Louise Allen

Federation University, Gippsland Campus: School of Nursing and Healthcare Professions, PO Box 3191, Gippsland Mail Centre, 3841, Victoria, Australia

Check for updates



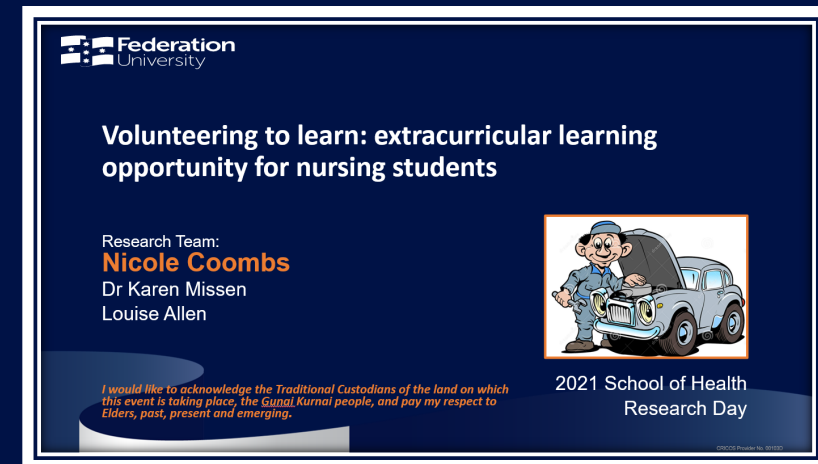
**CSIRO PUBLISHING**

Australian Journal of Primary Health

RESEARCH PAPER  
<http://dx.doi.org/10.1071/PY23034>

**Student-led pop-up health check clinics: innovative health prevention strategy for a low socioeconomic community**


Nicole M. Coombs<sup>AB,\*</sup> , Lauren Sewell<sup>C</sup>, Megan R. Jackson<sup>B</sup>, Kaye Borgelt<sup>C</sup>, Jessica Lee<sup>A</sup> and Joanne E. Porter<sup>B</sup> 



**Federation University**

**Volunteering to learn: extracurricular learning opportunity for nursing students**

Research Team:  
**Nicole Coombs**  
Dr Karen Missen  
Louise Allen



*I would like to acknowledge the Traditional Custodians of the land on which this event is taking place, the Gunai Kurnai people, and pay my respect to Elders, past, present and emerging.*

2021 School of Health Research Day

# Thank You

**Nicole Coombs** Deputy Director – Research : Collaborative Evaluation and Research Centre  
  
Institute of Health and Wellbeing- Nursing  
Federation University / Gippsland Campus  
Phone: +61 03 5122 8964  
Email: [n.coombs@federation.edu.au](mailto:n.coombs@federation.edu.au)

**Lauren Sewell** Project Manager- Gippsland Community Health Organisations  
Phone: 0419 186 341  
Email: [lasewell9@gmail.com](mailto:lasewell9@gmail.com)