

Norma Lang Prize Reflective Essay

My literature review, **Potential Need for a New Mobile Medical Clinic to Provide ACE-Related Care to the Sacramento County for At-Risk Pediatric Populations**, was written as a UWP 102B assignment to evaluate the societal health care needs of Sacramento County, focusing on an upsetting mental health phenomenon, Adverse Childhood Events (ACEs). This review encompasses an in-depth analysis that illuminates the biological basis of ACEs and their connection to chronic health conditions in adulthood. This review further analyzes several Community Needs Assessments to ascertain that existing health care institutions *do not*, in fact, provide the proper focus or volume of mental health and ACE-related treatment needed for Sacramento County. The multidisciplinary nature of this paper connects scientific data that suggest a widespread health problem to an effective solution that UC Davis can adopt as a university. My on-campus organization R.I.V.E.R. (Recognizing Illnesses Very Early and Responding) is making progress towards development of this solution, a mobile pediatric ACE clinic. This review was developed to support this project effort.

My literature review utilizes a wide array of scientific research papers to support my overall analysis of the health care status of Sacramento County along with the important connection between Adverse Childhood Events (ACE's) and chronic conditions in adulthood. With these topics in mind, healthcare, medical journals, and psychiatry were primary topics I thought would be effective categories of research. I explored the virtual library resources extensively, starting first with checking the effectiveness of the primary search engine tool. Curious to find other resources, I spent a considerable amount of time exploring resources such as course guides, the blaisdell medical library, clinical and health science resources, health sciences ebook collection, and finally the citations fundamentals guide. I primarily utilized the online VPN access to the library catalog because when I was working on my paper, I was off-campus at home.

The information I was seeking focused on the acute and chronic effects that adverse childhood events (ACE's) have on children as they transition to adulthood. My goal was to create a review of literature that demonstrated the connection between adverse childhood events and chronic disease. I found that the virtual catalog search engine was a good place to start, although I quickly transitioned to pubmed, scopus, psychiatry online, and the american academy of pediatrics later on. In order to find those four platforms, I explored the course guides section specifically under the "UWP 102B" category. By clicking on the "Blaisdell Medical Library" link I was able to see an array of clinical and health science resources, which I discovered were beneficial to my research. Pubmed and scopus were both instantly very helpful and receptive to variations of search terms. The "Health Sciences eBook Collection" showed me Psychiatry online which also proved to be very helpful for searching, along with the American Academy of Pediatrics.

As I was only initially learning about ACE's, I started using "adverse childhood experiences" as my primary search term. The results were helpful, however, I was curious about *specific* health conditions. With this goal in mind, the constant search term I used was, "adverse childhood experiences", while the variable search term I would use regarded a

chronic health condition. I brainstormed ailments such as cancer, diseases specific to different organs, mental disorders, along with relatively minor health problems. As I read through the abstracts and finer details of each paper, I started seeking out the definitions of unfamiliar terms and mentally taking note of the professional jargon used for this field. These ended up becoming helpful terms to pinpoint more specific papers.

Furthermore, I noticed that two papers I had collected had contributions from the same author. From this observation, I recognized that professionals in their field of study will likely have produced more than one publication relating to adverse childhood events. I did external research on some of the authors to validate his or her field and education, which allowed me to delve further into his or her research investigations. With this approach, I was able to find additional papers written by accredited, accurate writers of the field. To provide a healthy scope of perspective and to remove bias, I made a conscious effort to include many different researchers, and not repeatedly reference the same individuals. Thus, my literature review encompasses a balanced tone composed of both credible experts in the field alongside other accredited authors to provide unbiased and varied perspectives. The viewpoints were relatively standard in that researchers were seeking out some connection between ACEs and a specific health condition. However, each paper demonstrated variety in research methods, different observations regarding the exact degree ACE's affect an individual, along with distinctions between how each gender may be influenced or the length of time an ACE variable can cause an adverse health outcome. Regarding accuracy and currency, many of the papers I found are baseline contributors to this field, but were not written within the past two years. So in this way, the papers are not new research, but they are considered foundational to the field.

When I completed my literature review, I was seeking help to properly cite my sources. From the library website, I followed links to a section called, "citation styles" and from there discovering a page called, "citation fundamentals" which provided a clear and concise outline of proper citations for my sources. I was able to use this to properly organize my references section.

One challenge I experienced was locating a community health needs assessment (CHNS) for Sacramento County solely through the library catalog search engine. In my attempt to overcome this, I tried to research professionals that had already written CHNS documents, increasing the search specificity through type of document and year, while adding specific search terms like "pediatric", "sacramento", "psychiatry". This approach was not successful, however, I continued exploring the library resources towards the medical and public health resources. From there, I ended up following a long series of links to UC Davis's healthcare webpage to discover the 2019 UCD Health Needs Assessment for Sacramento County that makes up a large part of my initial analysis.

The correlations discovered and research conducted through this literature review are topical to modern day pediatric health. Furthermore, they provide a basis to validate the development of a new mobile pediatric clinic for at-risk adolescents and teens in the Northwest region of Sacramento county. I co-founded this project concept with my campus organization R.I.V.E.R. and was motivated to research and write this paper in order to convince physicians, medical students, community members, and donors to participate. All have acknowledged the validity of the work and demonstrated interest in participating in the

mobile clinic's work. With this context in mind, this literature review has already practically contributed to an active outreach effort to the community by allowing UC Davis to take steps towards developing a new pediatric student run clinic. With the groups of patients in the community interested so far, this project may reach upwards of 600 pediatric patients, however, as outreach continues that number is likely to grow. In addition, this project provides an educational opportunity for undergraduates and medical students in the clinic unlike ones offered at other student run clinics. The value of the ideas in this review are difficult to overlook, and in practice, this paper is already mobilizing UC Davis students and staff towards active healthcare solutions to reduce the prominence of ACE's in the community.