

## Introduction

Approximately 1 in 5 El Pasoans live in poverty with a decreased access to education, healthcare, childcare, and employment (Elpasotexas.gov, 2023). An estimated 15% of El Paso adults live with diabetes exceeding the U.S. estimation of 9.4%. According to the American Diabetes Association (2023), people with or without diabetes can develop foot problems that can worsen and lead to serious complications. Preventative screenings can help catch potential pathology. Many initiatives are in the works to increase access to preventative screenings.

#### Methods

H.O.P.E+ (Home free. Outreach. Prevention. Education.) is an initiative founded in 2016 through the leadership of Eva M. Moya, Ph.D., associate professor of social work, and Guillermina Solis, Ph.D., assistant professor of nursing. This health fair, originally held at the Opportunity Center for the Homeless in Central El Paso, is put together by a collaboration of dozens of community partners (UTEP, n.d.). This author leads the foot exam station in which undergraduate nursing students and graduate family nurse practitioner (FNP) students provide free comprehensive foot exams.

- 3-4 exam rooms created for more privacy
- Undergraduate nursing students
  - Cleanse participants' feet
  - Using screening tool, examine for abnormalities including use of a monofilament to assess for neuropathy (Sibbald, et al., 2012). Completed forms are given to the participants.
- FNP students
  - Educate undergraduate nursing students on foot exam
  - Assess abnormalities
  - Log in referrals to community resources

Name .	100 000		es bott		
Dec Person	QUOK BETROOM				
ROF (Minerity)	ti-				
Gerder H. F.: Yoan e	net distance	711			-
Shakes Blok - Adat-	Corona West Stire				
Note of Vision of State (CC)		cort		RECET	
HETTING .	1. Pyrom sket	36	766	100	196C
	A. Personal arteriores	385	113	(44)	184
PETER IN CLASS	K. Delmatry	Mt.	789	MI.	198
	4. Moute John policy (Decado Policiado e Principa Pillad)	No.	1916	- NO	. 100
mon Lineau	A separate	75	1000	100	1701
Minimier or Heat II' and I'' and management disk	W. Sugarant States	360	193	40	7111
Regard Valor store and charle	NO.	340	.115	441	775
De Districtue Descripti	& Briance	140	110)	601	. 191
	Kfoot feer side:	96	55%	- Att	705
HEREFORN	M. Describbased over type and angeline organization of Physics   All-sequence	340	768	90	TO
		Frankling 1889		Total 4 of 1889	
Re propositio, incide Their beliefest on a charge to their star Beliefest on MESA Edition passes to open	Receptor claim these are one or more. The sent and helper age, these philosophy control because of the other matter to be supported to the state of the specialist age approximate age agreement. The state of the state of the supported to the state of th	man havin	oli palini	Administration on	FG
	Page 1				
Chalaphood Div.					
Completed For					

American Findings	EISK.	Faster Up (notice)	Prof. Nat. Care	Onlygards Moss	Orthorics Diabetic Seeks	Activity	
Ne Nearopathy	0.	3.2		Well filting	Web fitting shoot	At able	
Neuropathy	1	d	+0	Professional fit	Curtors full contact	As able, receive, pasted by fact cases	
Debousity	24	3-4	+1	- custom III	Custon full contact	Avoid executive walking, v non-impact exercises	
Peripheral Vaccular Disease	26	2.5	+	Professional fire	Selt Schussier	Dependent on university paint, of non-trapact exercises, or as are assumed by various frame constill	
Uker Hx or Active place	194	1.0		Professional Di-	Curton Street	Arrivery dependent on enem,	
Hz Assperation	38	162	*	Epochal elimic (assessment) Madalised Sackense	Specialized disso- asspotation proethness, and realizing sid	Name to transmission of most expect exercises	

# Monica S. Vasquez, DNP, APRN, FNP-C, WCC, ACHPN

The University of Texas at El Paso

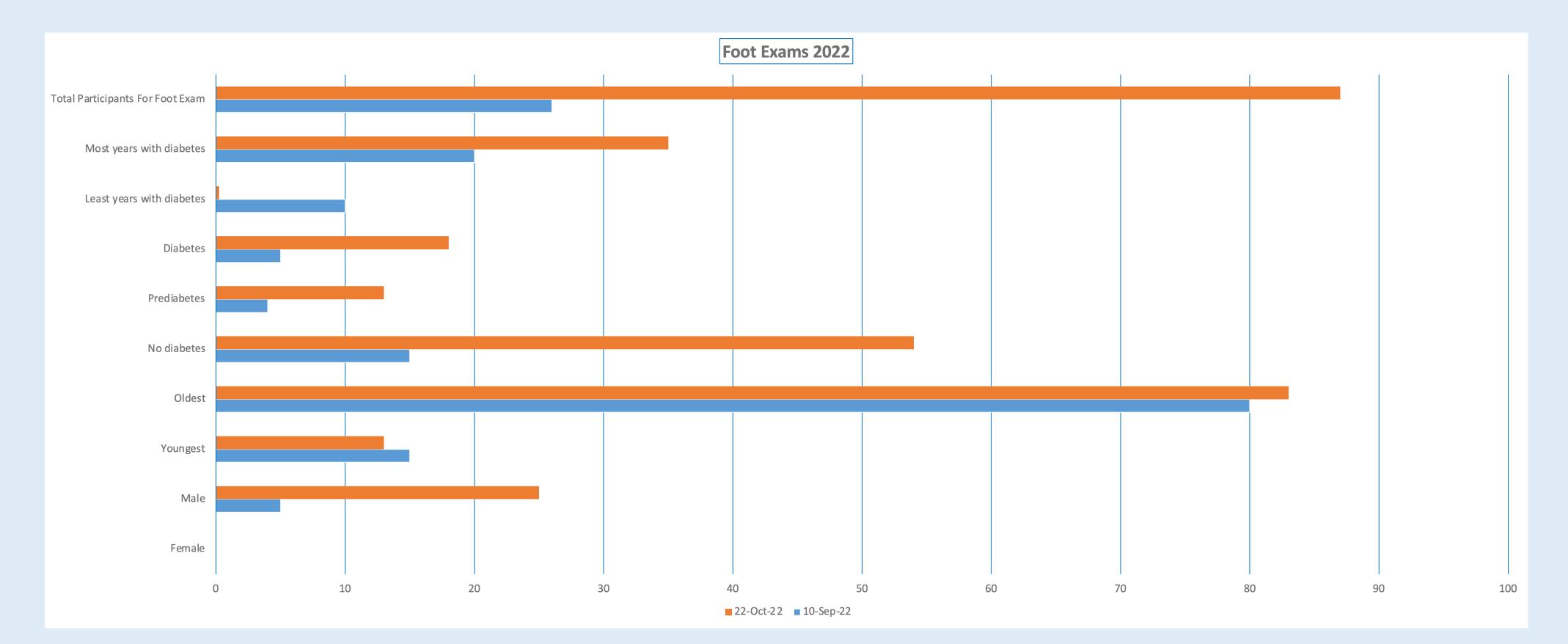






# Results

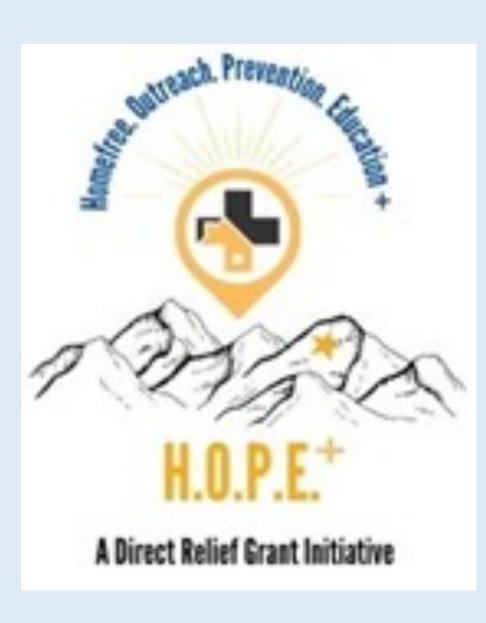
Since 2021, nine H.O.P.E. fairs have been completed in various areas of the border city of El Paso. Several referrals have been made for podiatrists, diabetic shoes, and primary care providers. Available data from 2022 shows that a total of 113 participants were seen by our undergraduate nursing and FNP students in just two H.O.P.E. fairs.





### **Conclusion**

It is evident that access to care and community resources remains a concern. A comprehensive foot exam for persons with or without diabetes can help catch potential pathology timely so that the appropriate referrals can be made. More data regarding issued referrals will be available for future abstracts. Collaborative efforts, such as this H.O.P.E. initiative, will help to bridge the gap to improve access to healthcare.



#### References

American Diabetes Association. (2023). Diabetes Foot Complications. <a href="https://diabetes.org/diabetes/foot-complications">https://diabetes.org/diabetes/foot-complications</a>

Elpasotexas.gov (2023). *Annual Action Plan City of El Paso, Texas 2023-2024*. <a href="https://www.elpasotexas.gov/assets/Documents/CoEP/Community-Development/Forms-and-Notices/2023-NOFA/2023-2024-DRAFT-Annual-Action-Plan-new.pdf">https://www.elpasotexas.gov/assets/Documents/CoEP/Community-Development/Forms-and-Notices/2023-NOFA/2023-2024-DRAFT-Annual-Action-Plan-new.pdf</a>

Paso Del Norte Health Foundation (2022, December 25). *Diabetes, Now What?*<a href="https://pdnhf.org/health-articles/diabetes-now-what#:~:text=According%20to%20the%20El%20Paso,Paso%20adults%20living%20with%20diabetes">https://pdnhf.org/health-articles/diabetes-now-what#:~:text=According%20to%20the%20El%20Paso,Paso%20adults%20living%20with%20diabetes</a>.

Sibbald, R. G., Ayello, E. A., Alavi, A., Ostrow, B., Lowe, J., Botros, M., Goodman, L., Woo, K., & Smart, H. (2012). Screening for the high-risk diabetic foot: a 60-second tool (2012). *Advances in skin & wound care*, *25*(10), 465–478. https://doi.org/10.1097/01.ASW.0000421460.21773.7b

UTEP (n .d.) Bringing the H.O.P.E+ (Homefree. Outreach. Prevention. Education)+ to the community. <a href="https://www.utep.edu/nursing/news/bringing-the-hope-homefree.-outreach.-prevention.-education-to-the-community.html">https://www.utep.edu/nursing/news/bringing-the-hope-homefree.-outreach.-prevention.-education-to-the-community.html</a>

### Acknowledgements

Special thanks to Dr. Guillermina Solis, Dr. Eva Moya, and Dr. Silvia Chavez-Baray for your inspiring leadership and keeping this initiative going.