

Healthcare at the Microsystem Level



Cindy Sickora
Associate Professor, Nursing

CURRENT RESEARCH

Delivering healthcare to underserved communities by identifying social determinants and educating students

If small communities can develop a trusting relationship with healthcare providers and vice versa, people will be prone to seek care more consistently, maintaining stable health instead of risking Emergency Room visits. Having small, microsystem health centers that are embedded in the community promotes trust, making people feel more comfortable when it comes to seeking and receiving healthcare services. Dr. Cindy Sickora, Associate Professor and Founding Director of the Jordan and Harris Community Health Center at Rutgers School of Nursing, is bringing high-quality, culturally competent care to underserved urban communities. By studying methods of improving health outcomes for a population that suffers from health disparities as well as extreme poverty, Dr. Sickora hopes to demonstrate: 1) how we can improve lives; 2) how we can deliver healthcare in a cost effective and culturally relevant manner; and 3) how to train students to work more efficiently and effectively as teams in partnership with patients.

With a team of community health workers, registered nurses, advanced practice nurses, a physician and students from multiple disciplines, Dr. Sickora and her team deliver healthcare services in public housing developments in the city of Newark, NJ, where residents live in extreme poverty and have very poor health outcomes. Employing community health workers from within the neighborhood, the program is not only demonstrating the efficacy of providing healthcare onsite, but also building trust and empowering the community to participate by developing relevant programs and becoming part of the solution. By looking at metrics in the number of annual ER visits, blood pressure, blood sugar levels, and asthma...

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AFFILIATION



Rutgers University

EDUCATION

- DNP in 2009, Rutgers University formerly University of Medicine and Dentistry of New Jersey
- M.S. in 1986, Rutgers College of Nursing
- B.S.N. in 1978, Hunter-Bellevue School of Nursing

AWARDS

- Lester Z. Lieberman Leadership Award, 2014
- Lester Z. Lieberman Humanism in Healthcare Award, 2010
- Sigma Theta Tau Community Health Award, 2009
- NJDHSS, Excellence in Nursing, 2003

RESEARCH AREAS

Health & Wellness, Wellness, Aging Research

FUNDING REQUEST

Your contributions will support the continued research of Dr. Cindy Sickora at Rutgers University as she studies the impact of microsystem healthcare in small communities. This long-term project and related studies cost approximately \$1M/year, and with this funding the team will be able to deliver primary healthcare with integrated mental health services to a population of nearly 4,000 people. Help improve the quality of care in underserved communities by funding Dr. Sickora's research.