



2013 Community Service and Volunteerism Award Winner: Cynthia Arndell, MD, FACP

Dr. Cindy Arndell, MD, has been involved with caring for underserved and vulnerable patients since she began her career. Dr. Arndell first completed her studies and graduated from UNM with her BSN in nursing. She practiced for 12 years as a nurse before deciding to go to medical school.

Dr. Arndell's passion for caring for vulnerable populations leads her to Albuquerque HealthCare for the Homeless. She was the medical co-director. She started the "Papathon", where women could come to receive a free Pap-test and some education and counseling. It continues to be held monthly. She also supported the establishing of the Student Reaching-out to Care for the Homeless (SRCH) evening "clinics". Students from the UNM SOM provided care for men in shelters once a week, with a faculty attending physician.

At the UNM School of Medicine, she continued care of her patients and began to teach formally. She actively sought ways to collaborate with other departments and program provides care for vulnerable populations. She developed rotations for students from several programs to care for patients in homeless shelters, do medical street out-reach, participate in post-discharge home visits. These rotations have had transformative effects on the students. They become advocates for their patients, as well as providers.

Dr. Arndell led the development of the poverty and health curriculum. She is the Instructor of Record (IOR) for the "Introduction to Public Health" for matriculating medical students that has now become an interprofessional course with pharmacy students joining it this year. She also is the IOR for the students' last year course of ambulatory care selective. Again, sensitizing students to patients who are vulnerable and teaching students how to be advocates and change the health of populations.

Dr. Arndell is serving on the HSC Interprofessional Education team. She is advancing education and patient care for students from many different professions ranging from medical and health students to architecture, law and business.

In recognition of her lifelong dedication to care of the underserved, interprofessional education, and reducing disparities, the New Mexico Chapter of the American College of Physicians is pleased to honor Dr. Arndell with the 2013 Community Service and Volunteerism Award.