The practicum experience is an integral part of the MPH curriculum. Public health students are provided with the opportunity to apply their classroom knowledge to real world settings through which they make a meaningful contribution to a public health organization.

Under the guidance of a community preceptor and faculty sponsor, students from all divisions gain a deeper understanding of public health practice, interact with professionals in the field, and expand their repertoire of professional skills.

This sixth-edition e-magazine showcases student practicum experiences throughout the Fall 2011 semester. (Prior semesters may be accessed through the e-book, a collection of student abstracts and e-magazines describing their experiences.)
## Practicum Topics

**Serving Size:** 1 Practicum per Student  
**Servings per e-Magazine:** 19

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<tr>
<th>Hours per Week per Student</th>
<th>Approximately 12</th>
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<td>Campuses</td>
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### Austin Regional Campus

<table>
<thead>
<tr>
<th>Practicum Topic</th>
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<tr>
<td>Tooth Brush Program</td>
<td>Brenda Appiah</td>
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<tr>
<td>Data Management</td>
<td>Patrick Austin</td>
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<tr>
<td>Brain Power! Plus</td>
<td>Melissa Campos-Hernandez</td>
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<td>Blood Lead</td>
<td>Ashley Dixon</td>
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<td>Emergency Department Research</td>
<td>Samantha Gunterman</td>
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<td>Health Start</td>
<td>Laura Lagleder</td>
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<td>Child Pedestrian Safety</td>
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<td>Foster Care Redesign</td>
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<td>Trauma Services</td>
<td>Gabrielle Posluszny</td>
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### Dallas Regional Campus

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<th>Practicum Topic</th>
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<tr>
<td>Smoking Cessation</td>
<td>Erica Cuate</td>
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<td>Breast Cancer Awareness</td>
<td>Deandra Hendricks</td>
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<td>Health Literacy</td>
<td>Elisa Hernandez</td>
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<td>Binational Health Week Symposium</td>
<td>Kristen McAndrews</td>
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<td>HIV Stigma Survey</td>
<td>Kierste Miller</td>
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<tr>
<td>Patient Injury Risk Analysis</td>
<td>Ryan Ray</td>
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<td>Cleft Lip &amp; Palate</td>
<td>Amal Seifelnsar</td>
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<td>El Paso Regional Campus</td>
<td>San Antonio Regional Campus</td>
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<td>Gestational Weight Gain</td>
<td>Warriors to Work</td>
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<td>Benaly Chavez</td>
<td>Ruth Morris</td>
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<td>HIV Master Your Meds</td>
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<td>Dipti Singh</td>
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Tooth decay is an increasingly common disease found in children, that is easily preventable. During my practicum, I worked with the St. Davids Foundation in Austin, Texas to create an toothbrushing intervention to implement in six Title 1 school in the area. This program targets second graders and instructs them how to brush properly and improve their oral health habits.

Schools were divided into two groups consisting the classes participating in the toothbrushing after lunch and those in the comparison group. All second graders will participate in oral health classes throughout the year. In addition, every child will receive a toothbrush and an at-home monthly brushing chart. At the end of each month the chart can be returned to the teacher to receive an incentive. My duties involved conducting a needs assessment and resource map to evaluate the accessibility of the resources in the area and their impact on dental care utilization. From there I was able to work with the oral health educator, in conducting the dental screenings in the schools. The initial screenings are providing a baseline assessment of the current amount of oral decay which will be compared to the results of the screening in May.

**Public Health Significance**

Oral health plays a major role in an individuals’ overall systemic health. This practicum experience helped to inform, educate and empower the participating second graders by showing them the importance toothbrushing on their health. Dental carries are easily preventable, but time has to be taken to be teach children how to brush properly and good oral care habits. This intervention aims to show children how to incorporate toothbrushing into their daily routine. By reinforcing good oral health habits through health curriculum and toothbrushing at school the desired outcome is to have a positive impact the students future health habits and students attitudes toward preventative health.
Athletic Heart Screening

Practicum Highlights:
- Assist in on-site data collection
- Provide administrative assistance in organizing physical data forms
- Store and analyze electronic data

During my practicum, I helped to establish a database for storage of medical records and assist in the longitudinal follow-up of a Registry.

Data Analysis and Management for a Community Non-Profit

By: Patrick Austin

The Championship Hearts Foundation is a Community non-profit established by a practice of cardiologists in the Austin area to help identify high-school athletes at risk for sudden death due to asymptomatic cardiac disease. The organization seeks to address this issue by providing free heart screenings to all individuals who are willing to participate. I helped to store and analyze the results of these screenings in the Texas Adolescent Athlete Heart Screening Registry (TAAHSR).

My main responsibility was data analysis and management, but I also helped with administrative tasks and weighed in on program design measures such as standardized training of cardiologists at data collection sites.

For my final product, I reformatted the TAAHSR database and provided a variable codebook for reference.

Public Health Significance

Regarding the Essential Services of Public Health, Championship Hearts Foundation assists in providing diagnosis of heart disease and other cardiac complications in the community, mobilizes partnerships with hospital networks and health care facilities, links people to these services if there is concern for a heart condition, and evaluates the effectiveness of the intervention against the gold-standard of a cardiologist visit.

I was most involved in the final service, comparing the data we had collected against findings from a follow-up cardiologist visit for all at risk individuals.

The Championship Hearts Foundation contributes to public health by reducing the rate of mortality due to sudden cardiac death and stressing to communities the importance of regular heart screenings and the threat of cardiac conditions. It also evaluates the use of innovative medical technology and techniques by comparing the effectiveness of its free-cost model through research.

References:

Proper brain development and brain health is critical for cognitive, emotional, social, and physical development in children. My job this semester was to assist in the development of Brain Power! Plus, a public health program about the brain targeted at 4th graders.

Under direction of Dr. Stigler at the Michael & Susan Dell Center for Healthy Living, the program will eventually be piloted and implemented in Austin schools, and ultimately expand beyond Austin.

With guidance and support from my small team, I drafted student pages for 10 lessons. Content includes basic brain structure and nervous system physiology, as well as self-regulation (emotional control, goal setting & decision making) and pro-social relations.

Public Health Significance

The Michael & Susan Dell Center for Healthy Living actively supports its vision of healthy children in a healthy world through promotion of healthy eating, physical activity, healthy living behaviors, policy & environmental change, and professional education and community service.

My practicum experience - developing curriculum for a children’s public health program - is an extension of the Center’s mission of promoting healthy living behaviors in youth. Further, my practicum experience is an example of informing, educating, and empowering people about health issues, one of the ten Public Health Essential Services.

Through my work this semester, I was able to directly contribute to educating and informing children and their parents about the brain’s pivotal role in cognitive and physical development, two areas that have tremendous impact on the whole of public health.

Practicum highlights

- 10-lesson curriculum of Brain Power! Plus completed
- Students learn about brain anatomy & physiology, self-regulation, and pro-social relations
- Teacher pages and “home team” guides to come!
- Piloting of complete curriculum right around the corner, so stay tuned!
I completed my practicum with the Blood Lead Surveillance group, under the Environmental epidemiology and disease registries section of the Texas Department of State Health Services. The Blood Lead Surveillance Group is made up of two programs: The Texas Childhood Lead Poisoning Prevention Program and The Adult Blood Lead Epidemiology and Surveillance Program. For my practicum experience, I actually worked on two projects, one in the Child program, and one in the Adult program.

For my project in the ABLES program, I completed a manuscript on lead poisoning related to pica, or the eating of non-food items. The manuscript included an analysis of pica cases in the Texas ABLES database, including descriptive case studies of 3 selected cases. The goal of this project was to increase general awareness among public health professionals of this perhaps little known disorder in relation to lead poisoning.

The project I worked on with CLPPP involved improving various performance components of health care providers concerning testing and case coordination of children with elevated blood lead levels. The main components of this project were to create a fact sheet and letter to distribute to the top 100 highest volume providers in Texas and to conduct data analysis of these selected providers past performance.

Public Health Significance

My practicum experience with the blood lead group addressed the essential services of public health by working to diagnose and investigate health problems and health hazards in the community, as well as mobilize community partnerships to identify and solve public health problems. For the pica manuscript, the main goal was to mobilize other medical and public health professionals by bringing awareness to pica, so they can perhaps better identify the disorder in their own practice and experiences.

The provider performance project investigated the problem of unsatisfactory test specimens in blood lead testing of children, as well as a lack of follow-up testing being conducted on children initially identified as having elevated blood lead levels. Lead poisoning can have serious effects, especially in young children, thus proper screening and follow-up is critical.
My practicum involved working with Hospital Physicians in Clinical Research at UMC Brackenridge in Austin, Texas.

I worked on a variety of projects from data collection to IRB protocols. I began my practicum writing a protocol for a new procedure implemented in the ER, that monitored UTI’s and antibiotic treatment in the ER. I was able to submit it and follow it through to IRB submission. I also partook in determining patient eligibility for research studies in order to enroll them into a research study, if they met the study’s criteria.

During my internship I followed the ER’s case manager around in order to get an understanding of the infectious disease reporting process to the state department. We also worked together to formulate an excel spreadsheet for all infections (TB, hep, etc.) seen in the ER. Towards the end of my time, I was able to help with data collection by extracting information from medical records for specific projects.

Public Health Significance

This practicum’s public health significance had a lot to do with surveillance and the research process.

Through the power of research the hospital is able to educate its employees with new knowledge to better treat patients. It also helps monitor what is being seen in the community.
HealthStart Foundation Practicum

Real-World Public Health: Using Health Communications to Advance an Organization
Laura Lagleder

For this practicum, I used my combined knowledge of communication and public health in order to further the mission and goals of HealthStart.

In this practicum, I worked with many aspects of communication. I’ve created documents for internal communication, items that help the board of directors when preparing to reach out to potential donors. Also internally, I have become involved with strategic planning and development, creating documents to support both of these.

Public Health Significance

The Public Health Essential Service(s) (PHES) that most closely relates to my practicum experience is, “inform, educate, and empower people about health issues.”

At HealthStart, we are trying to bring attention to the changes we are making in family health in the Austin area. We have harnessed stories from families and preschool teachers about the changes happening in their life as a result of our preschool curriculum. We are putting these stories into action to create a strong community connection to what we are doing.

I also focused on external communication. Using social media platforms (Facebook and twitter), as well as changes to the website and plans to create a blog. For these platforms, my objective was to determine which works best for our audience and identity strategies to reach them.

I am looking forward to my continued participation with HealthStart through the spring as the Communication & Marketing Intern.

Fall 2010 • Laura Lagleder • HealthStart Foundation • Health Communication

Images are screenshots of HealthStart's Facebook, website, and newsletter

Duties during my practicum:

- Monitor and update Facebook and Twitter
- Update website
- Develop messaging standards
- Develop initial communications plan
- Brainstorm ways to facilitate board and teacher/director communication
- Begin steps to garner awareness of HealthStart within the community

“I’ve learned that health communication has trial periods to determine whether or not a strategy is effective.”
Safe Routes to School: Encouraging & Enabling Children to Safely Walk & Bike to School

By: Caitlin Laws

During the fall 2011 Semester, I served as an intern with the Austin Safe Routes to School Program. Safe Routes to School is a national movement to increase the number and safety of children walking and biking to school. The Austin project seeks to accomplish this mission through the 4 E’s: education, encouragement, enforcement, and evaluation.

My goal for this internship was to gain experience working for a local government public health agency, and enhance my public health professional skills. Over the semester, I was able to observe and participate in a multitude of activities, and gained valuable insight into program planning and assessment.

Public Health Significance

Overall, the Safe Routes to School program helps improve children’s health & well being and decreases traffic congestion and air pollution around schools. Throughout this internship, I worked to inform and educate children and parents about safe walking and cycling behaviors.

Examples of educational program activities that I participated in include: providing age-appropriate pedestrian and cycling safety education at various school events, and developing and delivering a Safe Routes to School informational presentation for interested school teachers.
Practicum highlights:

• Acquired knowledge about 501 (c)(3) non-profit organization- policies and fundraising
• Observed patient intake
• Participated in quarterly Case Manager’s meeting
• Co-facilitated case conceptualization discussion

In 2009, there were 423,773 children in foster care in the US. These are the children who belong to no one, and yet, they belong to us all.

Every Child Deserves a Chance to Succeed, Burke Center Provides Hope and Healing

By: Thao M. Phan

While at the Burke Center, I had the honor and privilege of working with the Executive Director, Karyn Rogers, who taught me about 501(c)(3) and the oversight related to that, along with other aspects of policies and procedures that govern the Residential Treatment Center’s daily operations.

In addition, I was introduced to the protocol required to garner national accreditation. Since my time at the Burke Center only spanned one semester, we decided another project would be a better fit for me and the Center.

In the early part of 2012, the state will be introducing Foster Care Redesign. I researched and collated information from many databases and resources to produce updated training modules for the Case Managers and pre-service Foster Parents to meet the state’s new minimum standards.

Public Health Significance

According to data from the Adoption and Foster Care Reporting System (AFCARS), at the end of the fiscal year in 2009, there were 26,686 children in foster care in Texas.

The Burke Center for Youth provides residential treatment services for troubled teenage boys in a unique environment that balances education with treatment that engages the adolescents in outdoor activities.

In addition, the Center provides adoption and foster care services. In doing so, the Center informs, educates, and empowers others on issues of child abuse and neglect and its impact on communities.

Finally, the Center mobilizes community partnerships to identify and improve health outcomes by helping children find hope, healing, and a place in families.
# Pediatric Injury Research

## Significant Duties and Accomplishments:

- Cleaned and finalized data set for quantitative study
- Trained on leading of focus groups for qualitative studies
- Developed literature matrix and background/introduction for original article on completed study

“Every time you walk out of this incredible facility, you are hyper-aware of just how easy it is to prevent injuries to these kiddos, but how uneducated so many parents/guardians are on this issue.”

## Exploring Pediatric Injury Research in Trauma Services at Dell Children’s Medical Center of Central Texas (DCMC)

By: Gabrielle Poslusnzy

From investigating detailed emergency department consults in finalizing a major data set, to training in the logistics of leading focus groups of a diverse population, my practicum experience at DCMC has been eventful. The two major projects I was a part of were on the topics of investigating diagnostic procedures for non-accidental child abuse and a qualitative study on the ideals/knowledge of child safety from mothers of teen parents—very different, but equally rewarding projects. (Both projects are currently underway.) I was provided the opportunity in my time between projects to conduct several literature searches for various projects, as well work first hand with proper IRB submissions. In finishing my internship at Trauma Services, I conducted a journal club for the staff on literature relating to a study comparing CT and chest x-ray in the diagnosis of pediatric non-accidental trauma.

## Public Health Significance

The research conducted at Trauma Services, DCMC, is incredibly important to the field of public health. Through this research, numerous opportunities are available for new policies and education on pediatric injury prevention, in particular non-accidental trauma.

Further, Trauma Services is dedicated to keeping infants and children safe by informing, educating, and empowering parents/guardians with the necessary tools and equipment needed. Every year, Safe Baby University is held by Trauma Services for teen mothers across the city of Austin. Educational courses, as well as prizes such as car seats, helmets, etc., are all part of this unique public health intervention to keep kids safe and injury-free.
Smoking Cessation Study

Contingency Management for Smoking Cessation in Low-SES Populations

My practicum was located at the UT Southwestern campus, specifically at the Parkland Hospital tobacco cessation clinic. The objectives of the project consisted of testing the efficacy of gift card payments for the promotion of abstinence from smoking, and to determine reasons why smoking cessation rates are low within socioeconomically disadvantaged populations.

Participants were given smartphones which prompted users randomly throughout the day to answer questions concerning their smoking status. This method is called ecological momentary assessment (EMA) and allowed us to monitor participants in real time. I assisted the research team with interviewing and recruiting participants, conducting follow-up visits, and entering data.

Public Health Significance

My practicum best represented Essential Services of Public Health (9) Evaluate effectiveness, accessibility, and quality of personal and population-based health services and (10) Research for new insights and innovative solutions to health problems. The smoking cessation study is ongoing and data is still being collected. Results will be used to compare the standard Parkland smoking cessation program that includes a weekly support group, pharmacological treatment, and a weekly physician visit to the standard treatment plus gift cards for abstinence group. A variety of factors will be assessed including environmental, psychological, social, and other variables during the month following the quit attempt. Innovative methods incorporated technology by using smartphones to collect participant data during their daily life. Therefore, the information gathered from the EMA phones will provide more accurate results gathered in the participants’ natural environment.
Breast Cancer Awareness

Komen NTX 2011 Events

- 1st Denton Race for the Cure
- Ride for the Cure
- 3-Day Race for the Cure

"to save lives and end breast cancer forever"

The Importance of Public Health Promotions
By: Deandrea Hendricks

As an intern for Susan G. Komen North Texas Affiliate, I was allotted the opportunity to worked in health promotions at the community level by executing, and evaluating best practices in breast health and education. Upon completion of this practicum, I was able to gain experience in effectively utilizing public education and messaging techniques.

Breast Health Educator

As a breast health educator, I provided breast health information at community events in the North Texas service areas.

Community Profile Assessor

Annually, a community profile is created as guidance for future distribution of funds amongst North Texas service areas. As part of my internship, I reviewed the current priority areas and provided feedback as to whether I thought the priorities were in sync with the information provided in the profile.

Public Health Significance

Despite breast cancer being one of the most treatable forms of cancer, the prevalence of the disease is progressively increasing. Research has shown that implementation of preventative methods and early treatment significantly increases the survival rate of this disease. Therefore, it is very important to educate the community about breast health. Susan G. Komen is an organization that excels in informing, educating, and empowering both women and men with regards to breast cancer.

Komen NTX Highlights

Since its establishment in 1991, Susan G. Komen North Texas Affiliate has donated 8 million dollars to help fund breast health services for residents in the North Texas area. A portion of the funds that are raised are donated to breast cancer research.
Interviews with Participants Have Allowed Me:

- To better understand the perceptions about health within the community
- To interact with different populations
- To gain an understanding of health literacy issues
- To exercise and promote cultural competence

“The course of research is unpredictable and may not go exactly as planned, but it will get done.”

Understanding Patients’ Perspectives to Improve Health Literacy

By: Elisa Hernández

For my practicum experience, I served as a research intern at the University of Texas Southwestern Medical Center at Dallas. Specifically, I worked with the Department of Clinical Sciences. I chose this practicum opportunity because I was interested in the research study topic of health literacy. I have always found this issue to be persistent in hindering people from accessing healthcare resources as well as hindering one’s own health unknowingly.

As a research intern, I have taken part in the first two phases of the study which calls for interviews from participants about their perceptions of three health literacy items. Additionally, I have gained greater insight to perceptions about health and healthcare from English and Spanish speaking persons. Currently, the study is still taking place. I plan to continue participating throughout the study to enhance my learning experience till completion.

Public Health Significance

In my practicum setting, I have mainly performed two Public Health Essential Services during my time there. To Evaluate and Research are two essential services that are necessary as a research intern. I have evaluated in order to assess the population’s perspectives as well as their health literacy levels. Research analyzes the evaluations, feedback, and results from the study that will be disseminated within the public health community in order to improve health literacy studies in the future.

My practicum setting and the Department of Clinical Sciences contribute to public health endeavors through research implementation regarding a variety of populations, particularly disadvantage groups. This illustrates the desire to continue understanding issues that negatively affect the well-being of people and their efforts to solve these problems through their research studies.
My practicum experience...

I thoroughly enjoyed my practicum this semester and I gained a wealth of knowledge regarding the coordination of community health events. I was able to help with the coordination, marketing, and execution of the Eleventh Binational Health Week Symposium. The title of the symposium was “Yerberos, Curanderos, Hueseros, and Chicken Soup for Health”. The purpose of this symposium was to introduce health care providers to the traditional medicinal practices of many of their patients who are of Mexican origin. By increasing their understanding and knowledge of these commonly utilized alternative practices, the providers can better treat their patients and begin an open dialogue with them about healthy and unhealthy alternative practices.

My responsibilities were creating and distributing marketing materials, participating in committee meetings, and carrying out the logistics and budgeting. My favorite part was being at the event and seeing everything that we had been planning for come together!

Global Health Significance

Binational Health Week is an annual week-long series of events that take place across North America to reach out the medically underserved Latino populations in the US and Canada. In Dallas, Binational Health Week encompasses a symposium for providers traditionally held at UT Arlington and a health fair held at the Mexican Consulate. This annual week is symbolic of global forces coming together to better the health of the entire international population.
**HIV Stigma in Oral Health Care**

- Research HIV-stigma
- Understand Infection Control
- Communicate Effectively
- Create Survey Instrument

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**“HIV Stigma: It’s Unjust, Unjustified, and just Unacceptable”**

- Lambda Legal and Center for HIV Law & Policy

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**Survey to evaluate predictors of HIV stigma in dental practice**

**By: Kierste Miller**

My practicum consisted of a detailed literature search on the topic of HIV stigma in dental practices and the creation of a survey instrument to evaluate predictors of such stigma. I was fortunate to work closely with an expert in the field of Dental Public Health and Infectious Disease Control at the Baylor College of Dentistry. I also shadowed local dentists to see the universal precautions implemented in practice. These techniques should be followed with each patient to prevent the transmission of HIV and bloodborne pathogens. A pilot study group of dentists will soon return preliminary results to evaluate the utility of this survey. After these results come in, final revisions to the instrument will be made and it will be distributed further.

**Public Health Significance**

The Essential Service of Public Health addressed during my practicum was to evaluate effectiveness, accessibility, and quality of personal/population-based health services. The survey I created was meant to assess the possible reasons (knowledge, beliefs, experiences, etc.) for HIV stigma in dental care, which directly affects the effectiveness, accessibility, and quality of dental care for this special population. Discriminatory practices are an unnecessary, unacceptable barrier to healthcare access of this special group, thus should be a public health priority. Though the problem is shrinking, there are still dentists who treat HIV-positive patients differently or even refuse to treat them. In other countries where we hope to eventually collect data, the problem is much more severe. The risk of health care workers being exposed to HIV on the job is very low, especially if they follow universal precautions. The risk of infection from a needle-stick is estimated at <1% based on studies of health care workers who were exposed to HIV-contaminated blood via needlestick injury or otherwise. Information obtained from the study may be used improve HIV-related dental education in the U.S. and abroad.

Patient Injury Risk Analysis

By Ryan Ray

Practicum Description
In collaboration with the Department of State Health Services (DSHS) staff and hospital administrators, this practicum involved performing data analysis on Texas state mental health (MH) hospital patient diseases, conditions and injuries to determine the prevalence and risk factors for patients that lead to the transfer of patients to regular hospitals to treat their diseases, conditions and injuries.

Previously there has been very little to no research done on the subject of patient hospitalization that were caused by diseases, conditions and injuries sustained in MH hospitals, and therefore this research will not only illuminate leading injury risk factors, but also function as a baseline for future studies to mitigate causes of diseases, conditions and injuries and observe the downstream financial impact.

In summation, the proposed research and analysis is essentially a more granular look of what is currently being evaluated in the mental health care delivery model. By answering questions around what has led to patient hospitalization and attaching a dollar amount will have a profound impact on minimizing those risks and allocating state funds in a more cost effective manner.

Responsibilities:
- Perform complex data collection procedures (with large result sets), statistical analyses, and report preparation of program activities, including document preparation.
- Assist with data management and analysis as it relates to best practices and evidence-based measures in mental health and substance abuse services.
- Assist with writing reports to DSHS MHSA Program staff and stakeholders.

Results/Outcome
- Use Excel to transform raw data into useable information
- Will present results in summary tables with written interpretation/analysis

Public Health Significance
Of the 10 essential public health services noted on the American Public Health Association website my practicum relates to #5 Develop policies and plans and #10 Research.

http://www.apha.org/programs/standards/performancestandardsprogram/essentialservices.htm

- Pertaining to item #10 I did a current state analysis of the mental health care delivery model
- As for #5 the outcome of my practicum has the potential of redefining policies and plans to cost effectively serve the community

There is little to no previous research done for the state of Texas on the topic of patient hospitalizations due to patient’s diseases, conditions and injuries sustained in MH hospitals; and therefore this is the first of its kind.

Fall 2011 ♦ Ryan Ray ♦ Austin, Texas ♦ Patient Injury Risk Analysis
Cleft Lip and Palate Care: A Comparison between Developing and Developed Countries

By: Amal Seifelnasr

I did my practicum at the International Craniofacial Institute (ICI), Cleft Lip and Palate Center in Dallas, Texas. The goal of the Institute is to treat inherited or acquired craniofacial anomaly. My interest was to compare the multi-disciplinary CLP care in the US and Egypt. As an orthodontist, I treated CLP patients in Egypt, without having access to a CLP center that offers patients the much needed medical care and psychological support.

In the US, 13% of children have no insurance, 26% are covered mainly by Medicaid and the remaining are covered by some form of managed care. However, it is rare that a child with a craniofacial disorder does not receive at least basic care. In Egypt, although all school children have full public health insurance coverage, the public healthcare services are not adequately implemented to meet the needs of CLP patients.

Public Health Significance

Oral clefts are among the most common birth defects. They might occur isolated or as a component of a syndrome. The average annual number of cleft palate cases in the United States is 2,651 and 4,437 cleft lip and/or palate. The lifetime cost of treating children born with cleft lip and palate (CLP) is $697 million.

One of the goals of the ICI is to increase public awareness through dissemination of information on CLP etiology and treatment. There is a continuous effort to improve surgical techniques to reduce postoperative complications. In Egypt, physicians are doing their best to treat CLP patients, but individual effort is nothing like a solid system.

1 http://www.craniofacial.net

“Reducing pain and putting smiles on the faces of cleft lip and palate children”

Etiological CLP factors:
- Nutritional – folic acid deficiency
- Behavioral – smoking
- Genetic – chromosomal abnormalities

Pregnant mothers:
- Don’t smoke
- Don’t drink
- Take folic acid
Healthy Mom, Healthy Baby!

Highlights:
- Learning about gestational weight gain through previous research articles and connecting ideas to the actual project.
- Challenging myself by being creative, developing ideas, and being self-confident when expressing what I think.
- A great opportunity to develop teamwork skills.

“Being part of a Public Health practicum service was challenging, educational, but most of all, very rewarding. Personally and professionally”.

Reducing Gestational Weight Gain Among Hispanic Women From El Paso, Texas. By: Benaly Chavez

I provided ongoing support as a research assistant in this pilot study by working in conjunction with the UT School of Public Health at El Paso, the YWCA, and the University Medical Center in assessing whether lifestyle interventions (consisting of physical exercise and nutritional counseling) opposed to only prenatal care will be effective in reducing gestational weight gain.

My main duties consisted of:
- Assisting weekly meetings with the research team
- Developing a manual of procedures
- Translating materials to Spanish/English
- Editing the questionnaires that were used for the interviews
- Developing flyers and posters for recruitment
- Obtaining informed consent and authorization of medical release forms
- Interviewing eligible participants

Public Health Significance

The Public Health Essential Service that most closely related to my practicum experience was: To Mobilize community partnerships to identify and solve health problems, as it was a key determinant for the research project to join forces with an exercise facility as well as a health provider to properly assess the interventions suggested.

I also find it closely linked to: Researching for new insights and innovative solutions to health problems. Even though the project is still in its early stages, it is innovative because it not only combines physical activity, but also takes into consideration nutritional counseling and genetic testing in making a difference in the occurrence of pregnancy outcomes.
**Warriors to Work**

**Program Helps Injured Service Members Re-enter the Workforce**

**By: Ruth Morris**

The Wounded Warrior Project offers programs in the areas of Mind, Body, Economic Empowerment, and Engagement to service members who have served since 9/11. Return to work and job readiness are important issues for injured service members to re-enter the workforce. Warriors to Work is a program that provides resume assistance, individual counseling, career guidance, and job placement assistance.

Prior to initiating the Warriors to Work program, information is collected on the individual to best assess their needs and determine their return to work plan. There was not in place a tool to collect consistent information about participants or be able to capture information that might reveal trends and needs of the population served. For my project I developed an Intake Assessment Tool that standardizes the process and allows data to be collected.

This project additionally has become a part of the organizational plan of the steps individuals in the Warriors to Work Program go through. The Intake Assessment Tool has helped the Wounded Warrior Project to examine their organizational policies and this tool may be utilized at all of the offices nationwide.

The Wounded Warrior Project works to mobilize community partnerships with organizations and individuals.

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**Practicum Duties:**

*Meet with Wounded Warriors enrolled in Warriors to Work Program*

*Evaluate program work flow*

*Design questions for intake tool*

*Research existing job readiness programs and resources*

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“945 Warriors enrolled in Warriors to Work nationwide”

- The Wounded Warrior Project

Picture credit: www.woundedwarriorproject.org

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Fall 2011*Ruth Morris*The Wounded Warrior Project*Warriors to Work
Master Your Meds:

Are you controlling your HIV, or is HIV controlling?

By: Dipti Singh

My practicum is a course, Inter-professional Care in HIV, that is affiliated with various universities in San Antonio (University of Texas at San Antonio, University of Texas Health Science Center at San Antonio School of Pharmacy, and University of Texas Health Science Center at Houston School of Public Health San Antonio Regional Campus).

All of the students were involved in all aspects of the project - grant proposal application, needs assessment questionnaire for the provider, and patient questionnaire, and pamphlet design.

Pamphlet was created to highlight the importance of medication compliance. The myths and facts of HIV medication and importance of compliance were demonstrated.

Public Health Significance

Our focus is to inform, educate, and empower the HIV patient to ensure not only medication adherence but also provide facts about HIV medications.

Host organization wanted us to address the education of HIV medication adherence to HIV patients. HIV medication compliance is important to prevent resistance and ensure a HIV patient can live into their 70’s and have healthier life, and give less HIV to others.

An inter-professional approach is an ideal method in achieving patient centered goals. Health care providers (physicians, pharmacists, nurse practitioners), social workers, respiratory therapist, and public health specialists’ can work together to inform and educate the HIV patient on the complex medication.

Highlight

- San Antonio AIDS Foundation (SAAF)- this is a community based organization in which a case worker works with each individual transitioning from being homeless to becoming independent productive citizen.
- FFACTS Clinic – This is an AIDS clinic affiliated with UTHSC SA. The patients are informed, educated, and treated by physicians and staff in a patient centered environment.

Your Meds are your weapons against HIV.
1. nRTIs
2. nNRTIs
3. Protease inhibitors
4. Integrase Inhibitors
5. Entry inhibitors

Credit: Produced by Richard Feldmann; courtesy of NIH/National Institute of Allergy and Infectious Diseases.
For more information regarding The University of Texas School of Public Health, Office of Public Health Practice and the practicum program, please visit: https://sph.uth.tmc.edu/practicum/