AHD Webinar Series:
A Student Perspective: Growing Academic Health Department Partnerships through Student Internship Programs

May 5, 2021
Welcome to Our Webinar!

All participants are muted.

Please use the Chat box and “Raise Hand” button to ask questions and share comments.

This meeting is being recorded and will be archived.
Council on Linkages Between Academia and Public Health Practice

To improve the performance of individuals and organizations within public health by:

- Fostering, coordinating, and monitoring collaboration among the academic, public health practice, and healthcare communities
- Promoting public health education and training for health professionals throughout their careers
- Developing and advancing innovative strategies to build and strengthen public health infrastructure

21 National Public Health Organizations:
- American Association of Colleges of Nursing
- American College of Preventive Medicine
- American Public Health Association
- Association for Prevention Teaching and Research
- Association of Accredited Public Health Programs
- Association of Public Health Laboratories
- Association of Schools and Programs of Public Health
- Association of State and Territorial Health Officials
- Association of University Programs in Health Administration
- Centers for Disease Control and Prevention
- Community-Campus Partnerships for Health
- Council of Public Health Nursing Organizations
- Council on Education for Public Health
- Health Resources and Services Administration
- National Association of County and City Health Officials
- National Association of Local Boards of Health
- National Environmental Health Association
- National Library of Medicine
- National Network of Public Health Institutes
- Society for Public Health Education
- Veterans Health Administration

Staffed by the Public Health Foundation
What is an Academic Health Department Partnership?

- Partnership that joins a health department and an academic institution
- Collaborative relationship to enhance public health education and training, research, and service
- Public health’s version of the teaching hospital/medical school partnership
- May include a written partnership agreement, shared personnel, and shared resources
- Strengthens linkages between public health practice and academia
Helping Academic Health Departments Grow

Academic Health Department Learning Community
- National community supporting the development, maintenance, and expansion of AHD partnerships
- Venue to explore the AHD partnership concept and learn about AHD partnerships
- ~1,100 members

Variety of Activities:
- Examples and stories of AHD partnerships
- Webinars highlighting AHD partnerships
- Partnership agreements
- Listserv
- Technical assistance
A Student Perspective:
Growing Academic Health Department Partnerships through Student Internship Programs
Webinar Learning Objectives

- Explore the goals and structure of an AHD internship program
- Describe benefits of the AHD internship program for the student intern
- Provide two examples demonstrating how students perform core public health services through the AHD internship program
- Explain how AHD student interns serve as a critical link between the local community, health departments, and the university
Spring 2021 Academic Health Department Student Interns

Kendra Claridge
Aiden Grijalva
Erin Kenney
Jessica Martinez
Sophia Maytorena
Mel and Enid Zuckerman College of Public Health (MEZCOPH)

- Established in 2000
  - First and only accredited School of Public Health in Arizona

- Leadership
  - Associate Dean, Community Engagement and Outreach
    - Academic Health Department
Commitment to Serving the State of Arizona and Beyond
Assessment of Need

- History of successful partnerships between county health departments and MEZCOPH on community-driven projects

- Challenge: Sustainable relationships between the college and health departments

- Most undergraduate students required to complete an internship
  - Benefits of the internships for students and health departments

- Familiarly with local community, public health and/or graphic design skill set, Spanish speakers, excellent communication skills (verbal and written)
Academic Health Department Initiative

● An AHD “enhances public health education and training, research, and service by facilitating collaboration across the academic and practice communities ....to increase capacity for performing core public health functions and meeting community needs.”(Council on Linkages Between Academia and Public Health Practice, 2011)

● Since 2018
  ○ MEZCOPH established five AHDs

● Student interns CRITICAL to AHD collaboration
AHD Student Intern Program Goals

1. Provide the student with an opportunity to perform at least two core public health functions in a practice-based internship

2. Provide health department staff with sustainable student support

3. Implement projects directed by health department staff and spearheaded by students from the local community to increase dialogue between health department staff and faculty

4. Provide opportunities for students from or familiar with the community where the health department is located to collaborate with department leaders and faculty to establish AHD relationships to improve the health of the community
AHD Student Internship Program
Essential Services

- Essential Service Number 3
  - Communicate effectively to inform and educate people about health, factors that influence it, how to improve it

- Essential Service Number 8
  - Build and support a diverse skilled public health workforce

- Benefit to health department and student intern
AHD Intern Program Recruitment

● Handshake or college website
  ○ Internship requirement

● Focus on recruiting undergraduate students who are:
  ○ From the community where the health department is located
  ○ Bilingual
  ○ Graphic design skills
  ○ Strong cultural competency
  ○ Excellent communication skills

● Interview

● Diversity of majors
  ○ Of the 29 AHD student interns since Fall 2019, ten are from non-public health majors
AHD Internship Program Structure

- Onboarding process

- Student complete a 3 or 6 credit internship (can be spread over 2 semesters)

*Graphics designed by AHD intern Esmeralda Chavez*
Jessica Martinez

- **Background:**
  - Hometown: Tucson, Arizona
  - Undergraduate public health student
  - Fluent in Spanish
  - Graphic design experience
  - Second semester of internship
Jessica Martinez

How Do I Perform Public Health Essential Services During my Internship?

- Joint Internship with Pima County Health Department (PCHD) and MEZCOPH

- PCHD Schools COVID-19 Workgroup
  - Prior experience with K-12 schools in Pima County
  - Meet with PCHD and school leadership weekly
    - Graphics meet community needs for health promotion material
    - Collaborate with faculty to incorporate areas of expertise in the graphics to support home community

- Internship expanded to working with two additional local health departments in Arizona
  - Most designs focused on COVID-19 mitigation efforts
    - Schools
    - Farmworker Community – COVID-19 Prevention (Spanish skillset, cultural competency)
COVID-19 Vaccine Facts

Do you know?
How many many doses are needed? Is there a cost for the COVID-19 vaccine?
Three vaccines are available:
- Moderna: 2 dose vaccine
- Pfizer: 2 dose vaccine
- Johnson & Johnson: 1 dose vaccine
All vaccines are FREE of charge

Protect your family—Know your COVID-19 Facts!

FALSE. The COVID-19 vaccines were developed too fast to be safe
FACT. While the COVID-19 vaccines are new, the technology used to develop the new mRNA COVID-19 vaccines isn’t new. Numerous studies show the vaccines are safe

FALSE. COVID-19 vaccines will deliver a microchip into my body
FACT. There is no electronic components in the vaccines

FALSE. Vaccines can give you COVID-19
FACT. The vaccines do not contain a live virus strain

FALSE. The vaccines cause side effects
FACT. The vaccines may cause mild side effects that resolve in a few days

FALSE. Vaccines makes women infertile
FACT. There is no evidence that the vaccines cause infertility

Insurance & Identification
Before you get the vaccine, you may be asked if you have insurance. If you do, the provider may charge the insurance, but you will NOT pay any money for the vaccine. Immigration status does not affect your eligibility for the vaccine. You can bring ID forms such as: passport, matricula consular, or driver license

Is the vaccine safe?
The vaccine is FDA approved and is being held to the same standards as all vaccines. The U.S. vaccine system ensures that all vaccines are as safe as possible

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Understanding Quarantine vs Isolation

Quarantine
Quarantine if you have been in close contact with someone who has been sick with COVID-19.

How do I quarantine?
- Stay home for: 14 days after the last contact with someone who has COVID-19
- Monitor temperature and be alert for symptoms (shortness of breath, fever, cough, fatigue)
- Stay away from individuals with high risk for severe illnesses

Isolation
Isolate if you have tested positive for COVID-19, regardless if you have symptoms. Isolate from others in your home.

How do I isolate?
- Stay home for: 10 days after the first appearance of symptoms
- And 24 hours without a fever and no fever-reducing medications
- If you test positive, but show no symptoms: Stay home until 10 days have gone by since your last positive test
- When living with others, stay away from additional individuals and animals. Use a different bathroom if possible and remain in a specific 'sick room'

SOURCE: CDC.GOV

Comprendiendo Cuarentena vs Aislamiento

Cuarentena
Póngase en cuarentena si ha estado en contacto cercano con alguien que haya estado enfermo con COVID-19.

¿Cómo practico la cuarentena?
- Quédese en casa por: 14 días después del último contacto con alguien que tiene COVID-19
- Monitoree temperatura y esté alerta a los síntomas (dificultad para respirar, fiebre, tos, fatiga)
- Manténgase alejado de personas con alto riesgo de enfermedades graves

Aislamiento
Aíslese si ha dado positivo por COVID-19, con o sin síntomas, y debe aíslarse de los demás en su hogar.

¿Cómo debo aíslarse?
- Quédese en casa por: 10 días después de la primera aparición de síntomas
- Y 24 horas sin fiebre y sin medicamentos antifebriles
- Si da positivo, pero no muestra síntomas: Quédese en casa hasta que hayan pasado 10 días desde su última prueba positiva
- Cuando viva con otras personas, manténgase alejado de otras personas y animales. Use un baño diferente si es posible y permanezca en una ‘habitación de enfermo’ específica

FUENTE: CDC.GOV
#StopTheSpread

Protect yourself and your loved ones from getting sick.

SOURCE: WHO.INT

WASH YOUR HANDS

Wash your hands frequently with soap and water. Use alcohol based sanitizer when soap and water are not available.

SOCIAL DISTANCE

6 feet

Maintain physical distancing.

MASK UP

Cover your mouth and nose, avoid touching the mask and do not re-use single-use masks.

PINAL COUNTY
PUBLIC HEALTH

THE UNIVERSITY OF ARIZONA
Mel & Enid Zuckerman College of Public Health

DESIGNED BY: JESSICA MARTINEZ 1/22/2021
Erin Kenney

- Background:
  - Hometown: Windsor, Colorado
  - Undergraduate public health student
  - Graphic design experience
Erin Kenney

How Do I Perform Public Health Essential Services in my Internship?

● Pinal County Epidemiology Division Manager Bi-weekly Meetings
  ○ Graphics
    ■ Vaccine promotion, shortened quarantine guide, COVID-19 vs. allergies

● Collaborate with MEZCOPH staff and faculty to gain insight on their research and communicate research through graphics to meet local community needs
  ○ Dr. Kelly Reynolds (COVID-19 Graphics)
    ■ How to Disinfect Properly, Workplace Wellness

● Tools to communicate professionally with public health officials

● Cultural competency
COVID-19 or Allergies?  
**BETTER SAFE THAN SORRY!**

If you have symptoms consistent with COVID-19 → Go get tested!

<table>
<thead>
<tr>
<th>Common Symptoms of COVID-19</th>
<th>Common Symptoms of Both</th>
<th>Common Symptoms of Allergies</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fever and chills</td>
<td>• Cough</td>
<td>• Itchy or watery eyes</td>
</tr>
<tr>
<td>• Muscle and body aches</td>
<td>• Shortness of breath or difficulty breathing</td>
<td>• Sneeze</td>
</tr>
<tr>
<td>• New loss of taste or smell</td>
<td>• Fatigue</td>
<td></td>
</tr>
<tr>
<td>• Nausea or vomiting</td>
<td>• Headache</td>
<td></td>
</tr>
<tr>
<td>• Diarrhea</td>
<td>• Sore throat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Congestion or runny nose</td>
<td></td>
</tr>
</tbody>
</table>

• It may NOT be 'just allergies'
• If you take allergy medication and are still experiencing symptoms → Go get tested!
• Allergy & flu symptoms are similar to the symptoms of COVID-19, so when in doubt, go get tested at a free testing site!

Source: Centers for Disease Control and Prevention  
Updated 4.7.2021

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**YOU GOT YOUR COVID-19 VACCINE! WHAT'S NEXT?**

Reduce Pain Where You Got the Shot:  
- Apply cool, wet washcloth  
- Exercise arms

Potential Side Effects:  
- Pain, swelling where you got the shot  
- Fever, chills, tiredness, headache  
- If feverish, drink water and dress lightly

Let the CDC Know Your Side Effects  
Download the V-Safe App when you receive your first vaccine dose  
For more information visit v-safe.cdc.gov

You Should Continue to...  
- Wear a mask  
- Maintain 6 ft. from others  
- Avoid crowds  
- Wash hands frequently

After You are Fully Vaccinated You Can...  
- Gather indoors with fully vaccinated people without wearing a mask  
- Gather indoors with unvaccinated people from one other household (unless those people are at increased risk, or lives with someone at increased risk, for severe illness from COVID-19)

Make sure your 2nd appointment is scheduled if the vaccine you received requires a second dose

Pfizer-BioNTech  
28 days after first shot

Moderna  
21 days after first shot

Source: Centers for Disease Control and Prevention (CDC)  
Updated 4.7.2021

Pinal County Public Health
**HOW TO**

**Disinfect Properly**

1. Before disinfecting, pre-clean visibly soiled areas. Dirt and debris reduces effectiveness of cleaning products.
2. Are you disinfecting or sanitizing? Disinfectants kill bacteria, viruses and other microbes. Sanitizers only kill bacteria and some viruses.
3. Check the label. Confirm the product is a disinfectant.
4. Does the product have an EPA registration number? Disinfectants approved by the EPA will have a number (check back label, small print).
5. Read the label to identify disinfectant contact time. Disinfectant contact time is critical. Surface areas need to remain wet with disinfectant for a certain number of minutes. Contact time will vary by product.

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**Cómo**

**Desinfectar Adecuadamente**

1. Antes de desinfectar, límpie previamente las áreas visiblemente sucias. La suciedad y los escombros reducen la eficacia de los productos de limpieza.
2. ¿Esta desinfectando o higienizado? Los desinfectantes matan bacterias, virus y otros microbios. Los higienizantes solo matan bacterias y algunos virus.
3. Revise la etiqueta. Confirme que el producto es un desinfectante.
4. ¿Tiene el producto un número de registro de la EPA? Los desinfectantes aprobados por la EPA tendrán un número (revise la etiqueta trasera, letra pequeña).
5. Lea la etiqueta para identificar el tiempo de contacto del desinfectante. El tiempo de contacto del desinfectante es fundamental. Las áreas de la superficie deben permanecer húmedas con desinfectante durante una cierta cantidad de minutos. El tiempo de contacto variará según el producto.
Kendra Claridge

- Background:
  - Hometown: Thatcher, Arizona
  - Undergraduate public health student
  - Second semester of internship
  - Website skills
Kendra Claridge

How Do I Perform Public Health Essential Services in my Internship?

- Initiated and grew AHD in Graham County
- Youth Mental Health Collaborative
  - Increase community collaboration and address youth mental health
  - Creating a resource guide
- Substance Abuse Coalition
  - Provide resources and connections to promote Naloxone awareness use/among the community
NALOXONE

Save a life. Carry Naloxone.

Naloxone (naloxone HCL, Narcan®, Evzio®) is an FDA-approved medication that reverses the effects of an opioid overdose by blocking receptors in the brain and restoring breathing.

Naloxone is a generally safe medication but may cause some individuals to experience withdrawal.

Symptoms of withdrawal include confusion, sweating, vomiting, and irritability. Rarely do individuals become combative.

Are you prepared for the possibility of an overdose?

You can anonymously receive an overdose kit by texting or calling any of the following numbers:

520-507-3246 • 520-507-3236 • 520-250-8396

GRAHAM COUNTY Substance Abuse Coalition

Created by AHD Intern Robyn Stea
Academic Health Department Graphic Library

- Update AHD Webpage
- Maintain AHD Graphic Library
  - Organize graphics created interns into a single web page
- Easily accessible and downloadable for anyone to use
  - English and Spanish

www.publichealth.arizona.edu/outreach/
Aiden Grijalva

• Background:
  ○ Hometown: Marana, Arizona
  ○ Undergraduate physiology student
  ○ Fluent Spanish speaker
Aiden Grijalva

How Do I Perform Public Health Essential Services in my Internship?

- Community partnerships
  - Work with the community to provide valuable services
- Latin community advocate
- Webinar creation
  - COVID-19 school mitigation
- Experience working with schools and children
- Collaboration with Pinal County Health Department, MEZCOPH faculty, and other interns
- Spanish translation
School Health Webinar in Collaboration with Pinal County Health District

Contact Tracing in Schools

- **Contact Tracing:**
  - Process of notifying contacts of exposure
  - Recommendation of self-quarantine
  - Monitoring of symptoms
  - Assessing the need for additional supportive service during quarantine period
  - Addressing additional questions and concerns

- **Close Contact:**
  - Someone who is within 6 feet of an infected person for a cumulative total of 15 minutes over a 24-hour period (beginning 2 days before illness onset)

- **Mandatory School Contact Tracing:**
  - If in close contact of a person who tested positive, will receive a call from a contact tracer

Guidelines for Schools for the Rest of the Pandemic

- **Physical Distancing at School**
  - Mask Wearing Strictly Implemented
  - Adults: 6 feet apart
  - Elementary School Students: 3 feet apart
  - Middle and High School Students: 3 feet apart for middle and high school students in areas of low, moderate, or substantial community transmission, 6 feet apart in areas of high community transmission (mask wearing strictly implemented if cohorting is not possible)

- **Additional Guidelines**
  - Continue with hybrid courses
  - Universal mask wearing
  - After Holidays: Classes online for first two weeks
  - Quarantine for 14 days

- **Cohorting:** Groups of students are kept together with the same peers and staff throughout the school day

Quarantine / Isolation Release

- **Asymptomatic and tests positive for Covid-19**
  - Stay home and isolate until:
    - At least 10 days have passed since specimen collection of first positive test
    - If symptoms develop, follow CDC guidance

- **Asymptomatic and tests positive for Covid-19 by serology (antibody test)**
  - No isolation required
    - Low likelihood of active infection, but take precautions to avoid spread

- **Symptomatic and waiting COVID-19 results**
  - No isolation required, but be cautious to prevent the spread of COVID-19

- **Asymptomatic and tests negative for Covid-19**
  - Take precautions to avoid spread

COVID-19 Vaccines

- **Three COVID-19 Vaccines Offered in the United States**
  - Moderna: 2 doses, 28 days apart
  - Pfizer - BioNTech: 2 doses, 21 days apart
  - Johnson and Johnson: 1 dose

- **COVID-19 Vaccine Age Requirement**
  - Moderna COVID-19 Vaccine: Johnson and Johnson 18 years or older
  - Pfizer - BioNTech: 16 years or older

- **Vaccines and Children**
  - A vaccine for children is not available yet
  - Important that adults are vaccinated to stop the spread to children and further mutations

- **ANY Vaccine you get is a GOOD vaccine**
Sophia Maytorena

- **Background:**
  - Hometown: Phoenix, Arizona
  - Undergraduate psychological sciences and Spanish linguistics student
  - Fluent in Spanish
  - Research skills
Sophia Maytorena

How Do I Perform Public Health Essential Services in my Internship?

- Spanish Health Educator
- Manuscript
- Health Promotion Practice submission to Practice Notes
- “Submissions highlight lessons learned, challenges and successes, and practical recommendations for working collaboratively in community or classroom settings.”
Outcomes of the AHD Intern Program

- Emphasis on how student AHD interns are the foundation of the program!
  - How our internship program can be implemented beyond UArizona AHD
- Expansion of academic/research writing skills
- Networking within health community
Tips for Developing a Successful Internship Program

● It is all about recruiting the RIGHT students!
● Willingness to learn from students
  ○ They know their community!
  ○ Students can be your biggest asset
  ○ Building trust is key
● Provide students a seat at the table
● Benefit for the health department
● Bring it back to the Public Health Essential Services
  ○ Communicate effectively to inform and educate people about health, factors that influence it, how to improve it
  ○ Build and support a diverse skilled public health workforce
AHD Partnership Resources

- **Academic Health Department Learning Community:** [www.phf.org/AHDLC](http://www.phf.org/AHDLC)
  - Peer community supporting public health practice/academic collaboration

- **AHD Webinars**
  - Webinars focused on AHD partnerships

- **AHD Resources and Tools**
  - Library of resources and tools to support development, maintenance, and expansion of AHD partnerships

- **Council on Linkages Update:** [www.phf.org/councilupdate](http://www.phf.org/councilupdate)
  - Newsletter featuring the latest AHD partnership resources

**Questions?**

*Contact Kathleen Amos at kamos@phf.org.*