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

May 5, 2021

This webinar is made possible through funding from the Centers for Disease Control and Prevention under Cooperative Agreement Number NU38OT000311.
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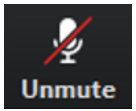
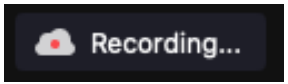
The Council on Linkages Between Academia and Public Health Practice

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

Staffed by the Public Health Foundation

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

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

Mel & Enid Zuckerman College of Public Health

Public Health Foundation

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

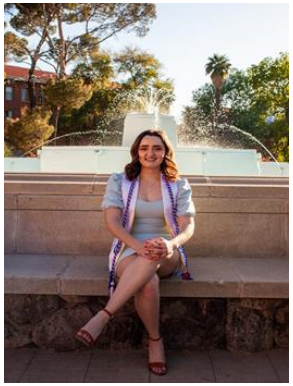
Spring 2021 Academic Health Department Student Interns

Kendra Claridge

Aiden Grijalva

Erin Kenney

Jessica Martinez

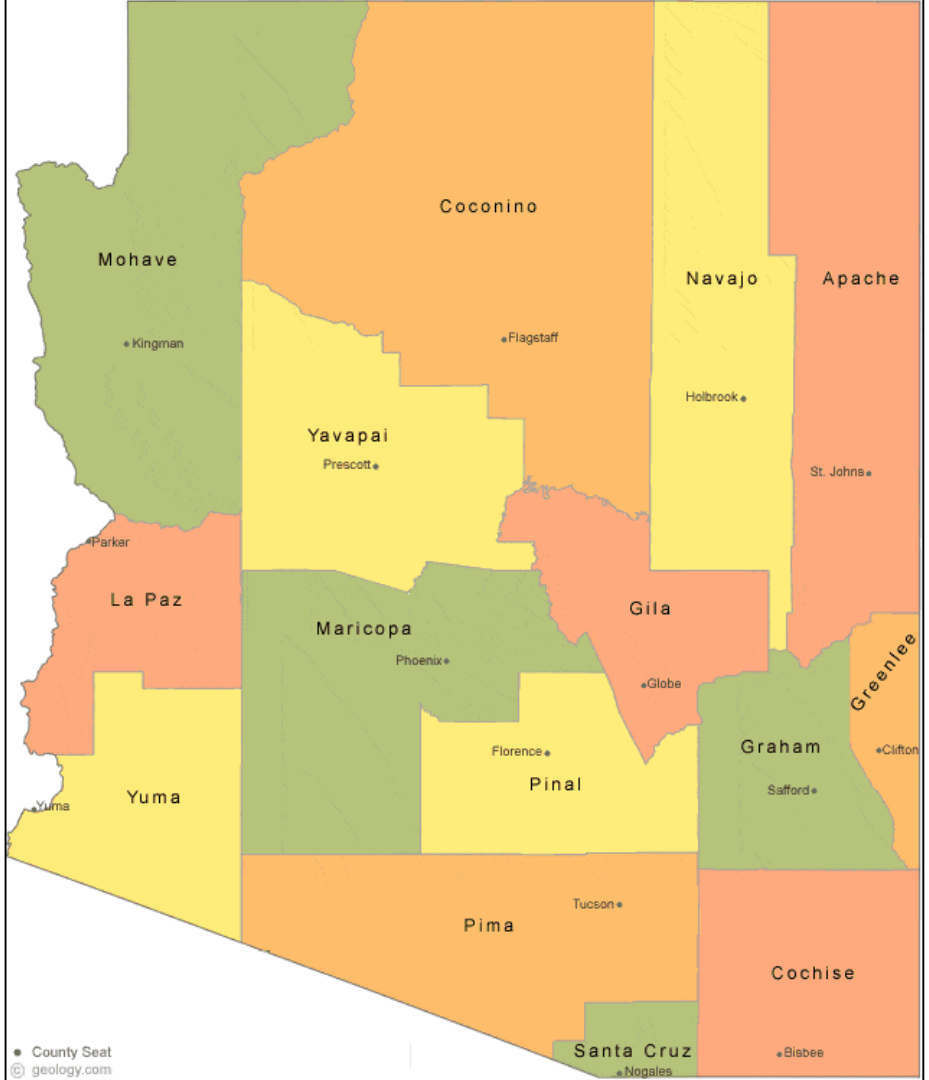


Sophia Maytorena

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 completed an internship**
  - Benefits of the internships for students and health departments

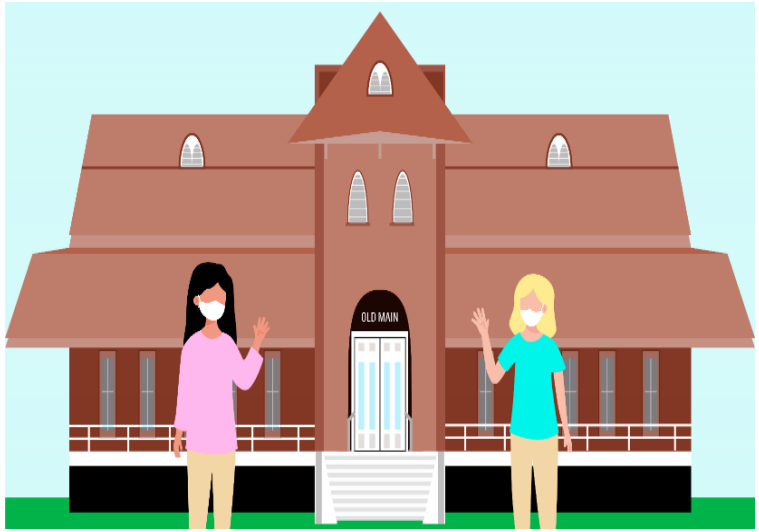
- Familiarly with local community, public health and/or graphic design skill set, Spanish speakers, excellent communication skills (verbal and written)

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



Designed by AHD Student Intern Sabrina Enriquez

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

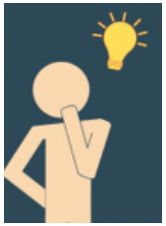
- Handshake or college website
  - Internship requirement

- 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



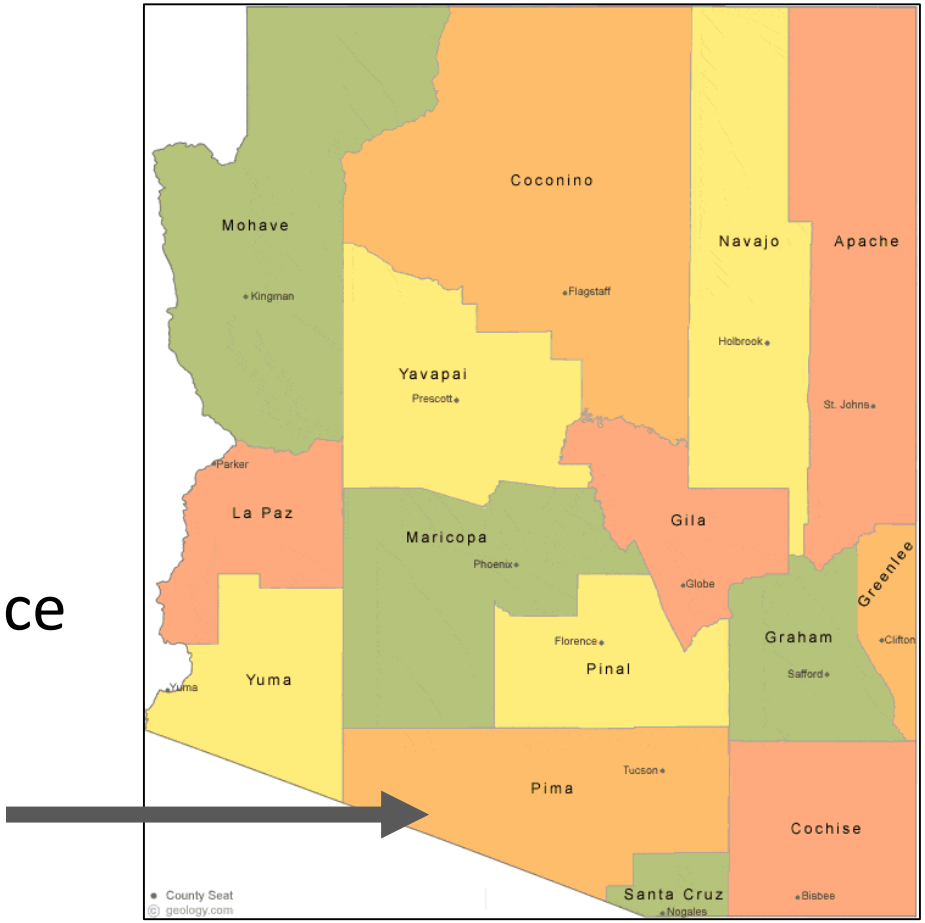
- Onboarding process

- 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

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

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

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

Source • cdc.gov | Created by: Jessica Martínez | Updated 04/05/2021

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PIMA COUNTY
HEALTH DEPARTMENT

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

THE UNIVERSITY OF ARIZONA
Mel & Enid Zuckerman College of Public Health
DESIGNED BY: JESSICA MARTINEZ | 12/01/2020

PIMA COUNTY
HEALTH DEPARTMENT

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

Aíslamiento

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

¿Cómo debo aíslar?

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' especifica

FUENTE: CDC.GOV

THE UNIVERSITY OF ARIZONA
Mel & Enid Zuckerman College of Public Health
DISEÑADO POR: JESSICA MARTINEZ | 01/12/2020

PINAL COUNTY
PUBLIC HEALTH

#StopTheSpread

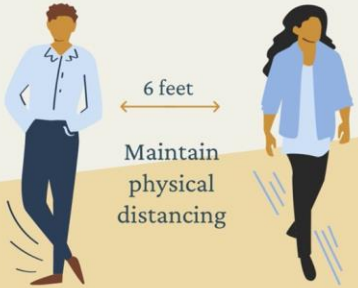
Protect yourself and your loved ones from getting sick

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



Maintain physical distancing

MASK UP

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

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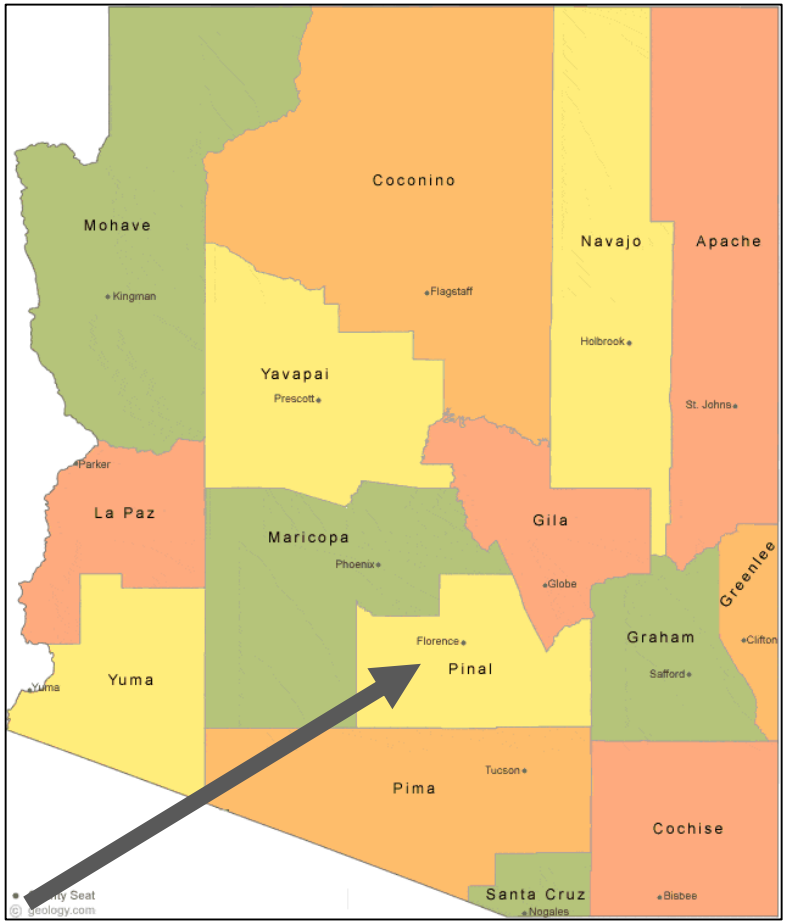
Mel & Enid Zuckerman College of Public Health

DESIGNED BY: JESSICA MARTINEZ | 12/16/2020

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

PINAL COUNTY
PUBLIC HEALTH

COVID-19 or Allergies?

BETTER SAFE THAN SORRY!

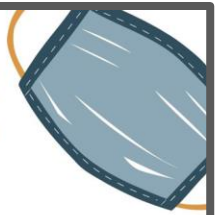
If you have symptoms consistent with COVID-19 → Go get tested!

Common Symptoms of COVID-19	Common Symptoms of Both	Common Symptoms of Allergies
• Fever and chills • Muscle and body aches • New loss of taste or smell • Nausea or vomiting • Diarrhea	• Cough • Shortness of breath or difficulty breathing • Fatigue • Headache • Sore throat • Congestion or runny nose	• Itchy or watery eyes • Sneezing

- **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

PINAL COUNTY PUBLIC HEALTH



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 vsafe.cdc.gov

You Should Continue to...

-Wear a mask -Avoid crowds
-Maintain 6 ft. from others -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

Moderna
28 days after first shot
Pfizer-BioNTech
21 days after first shot

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)
UPDATED 4.7.2021

PINAL COUNTY PUBLIC HEALTH

THE UNIVERSITY OF ARIZONA Mel & Enid Zuckerman College of 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

SOURCE: DR. KELLY REYNOLDS
CREATED BY ERIN KENNEY
PINAL COUNTY PUBLIC HEALTH
UPDATED 4.7.2021

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Mel & Enid Zuckerman College of Public Health

Cómo
Desinfectar Adecuadamente

1. Antes de desinfectar, limpie 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. Révise la étiqueta.
Confirma 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)

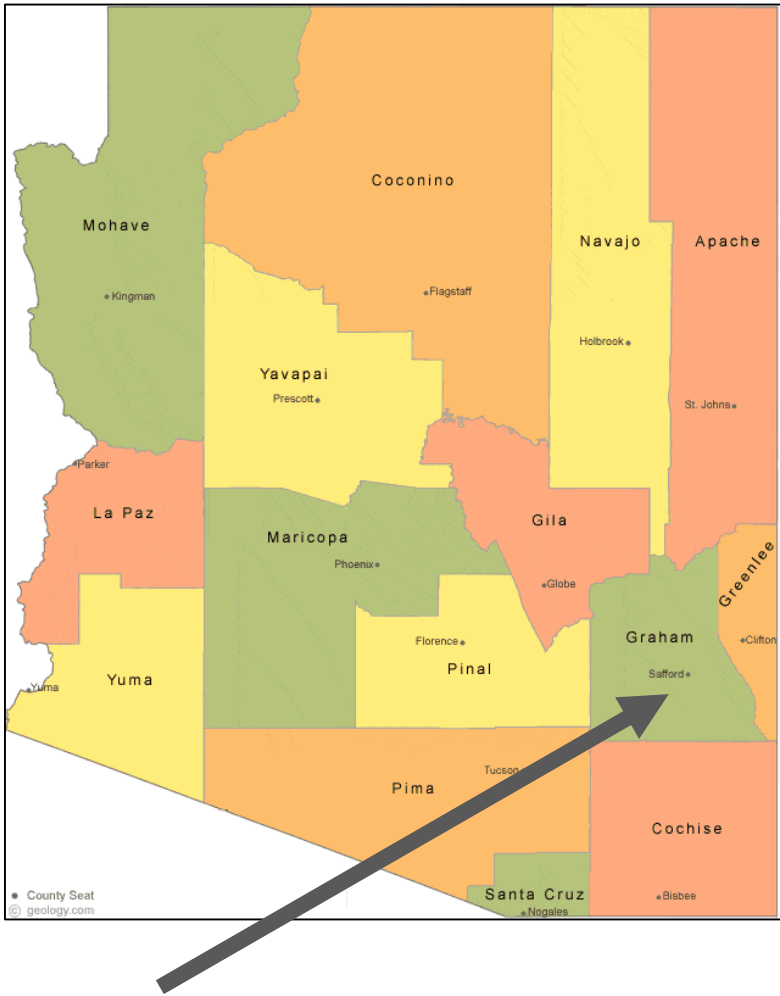
5. Lea la etiqueta para identificar el tiempo de contrato del desinfectante. El tiempo de contacto del desinfectante es fundamental. Las áreas de la superficie deben permanecer húmedas con desinfectante durante una cierta cantidad de minutos. El tiempo de contacto variará según el producto

SOURCE: DR. KELLY REYNOLDS
CREATED BY ERIN KENNEY
PINAL COUNTY PUBLIC HEALTH
UPDATED 4.7.2021

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

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 follwing numbers:

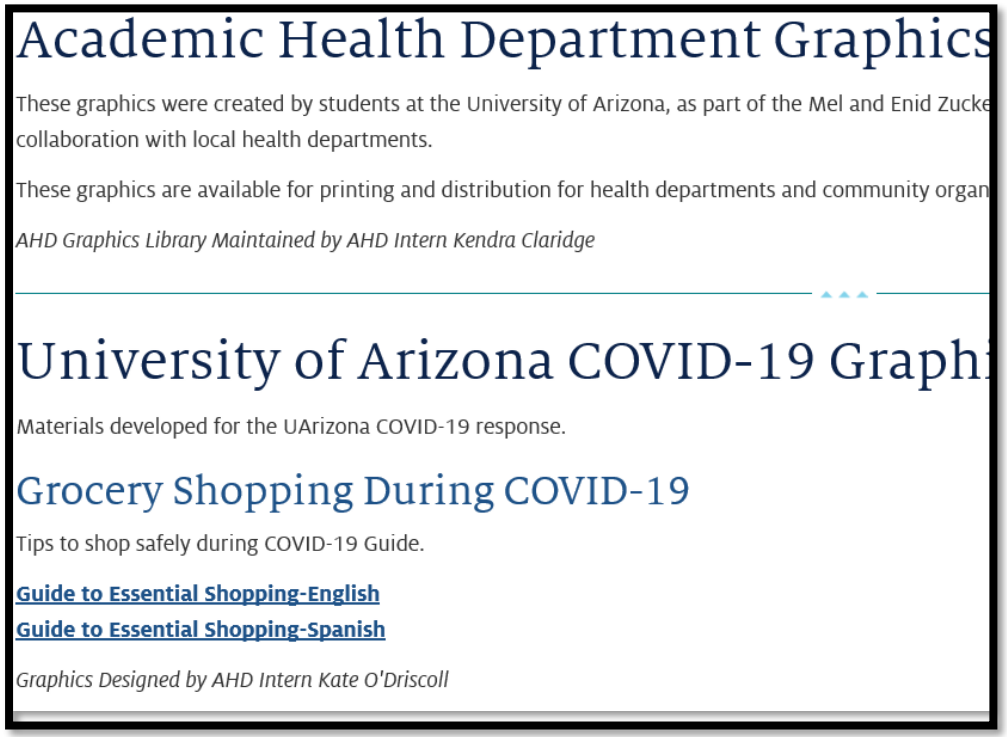
520-507-3246 • 520-507-3236 • 520-250-8396 •

GRAHAM COUNTY
Substance Abuse Coalition

Created by AHD Intern Robyn Stea

Academic Health Department Graphic Library

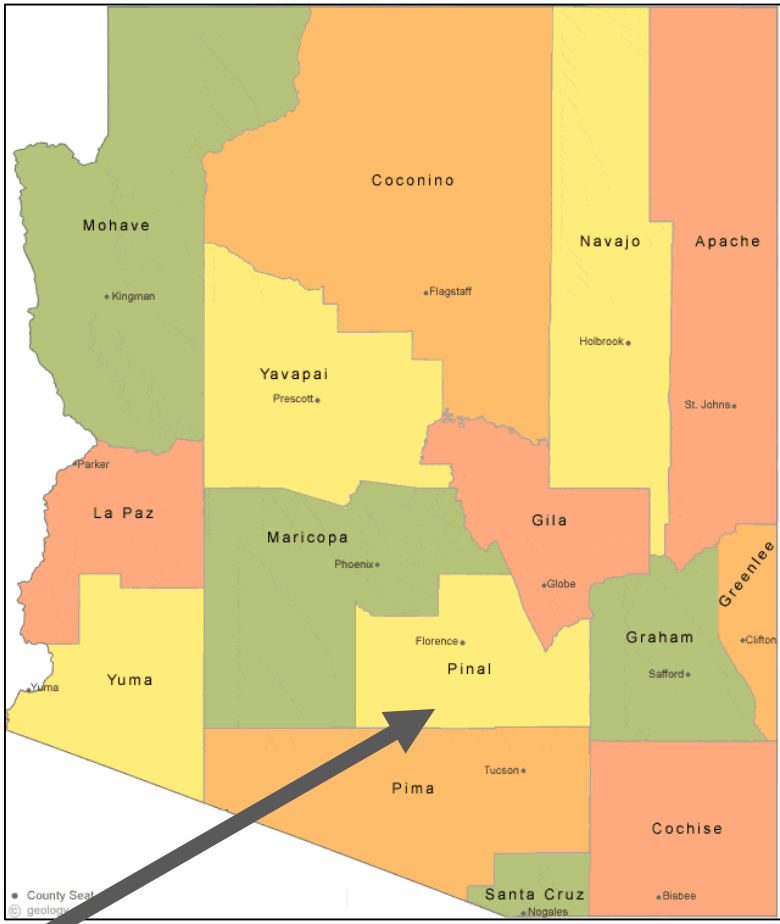
- Update AHD Webpage
- Maintain AHD Graphic Library
  - Organize graphics created interns into a single web page
- Easily accessible and downloadable for anyone to use
  - English and Spanish



www.publichealth.arizona.edu/outreach/

Aiden Grijalva

- Background:
  - Hometown: Marana, Arizona
  - Undergraduate physiology student
  - Fluent Spanish speaker

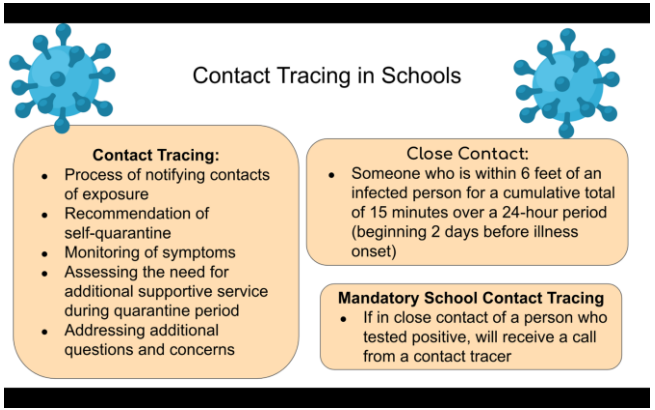


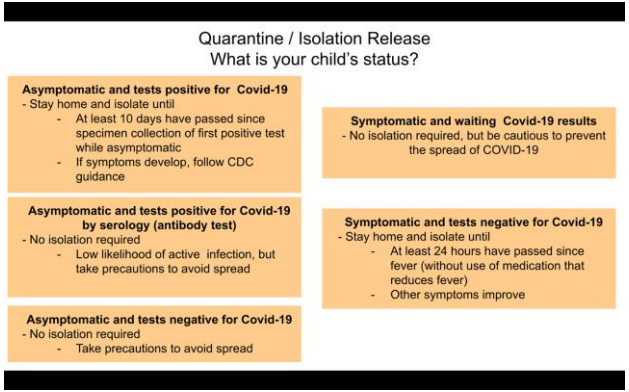
Aiden Grijalva

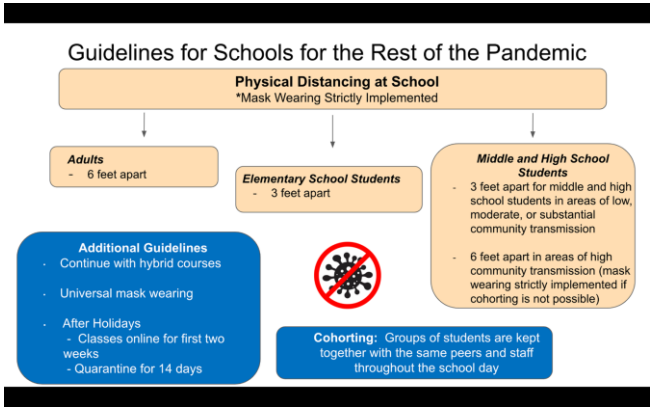
How Do I Perform Public Health Essential Services in my Internship?

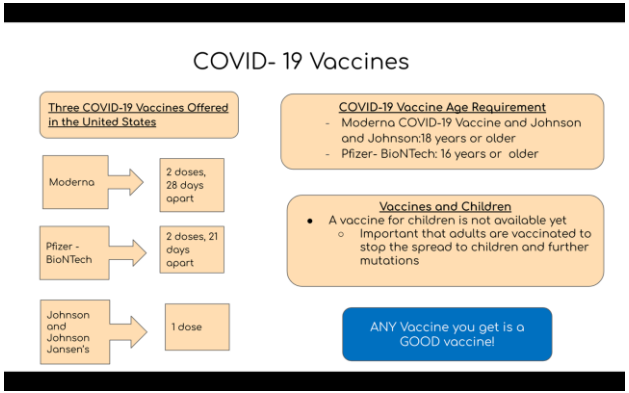
- Community partnerships
  - Work with the community to provide valuable services
- Latin community advocate
- Webinar creation
  - COVID-19 school mitigation
- Experience working with schools and children
- Collaboration with Pinal County Health Department, MEZCOPH faculty, and other interns
- Spanish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

School Health Webinar in Collaboration with Pinal County Health District



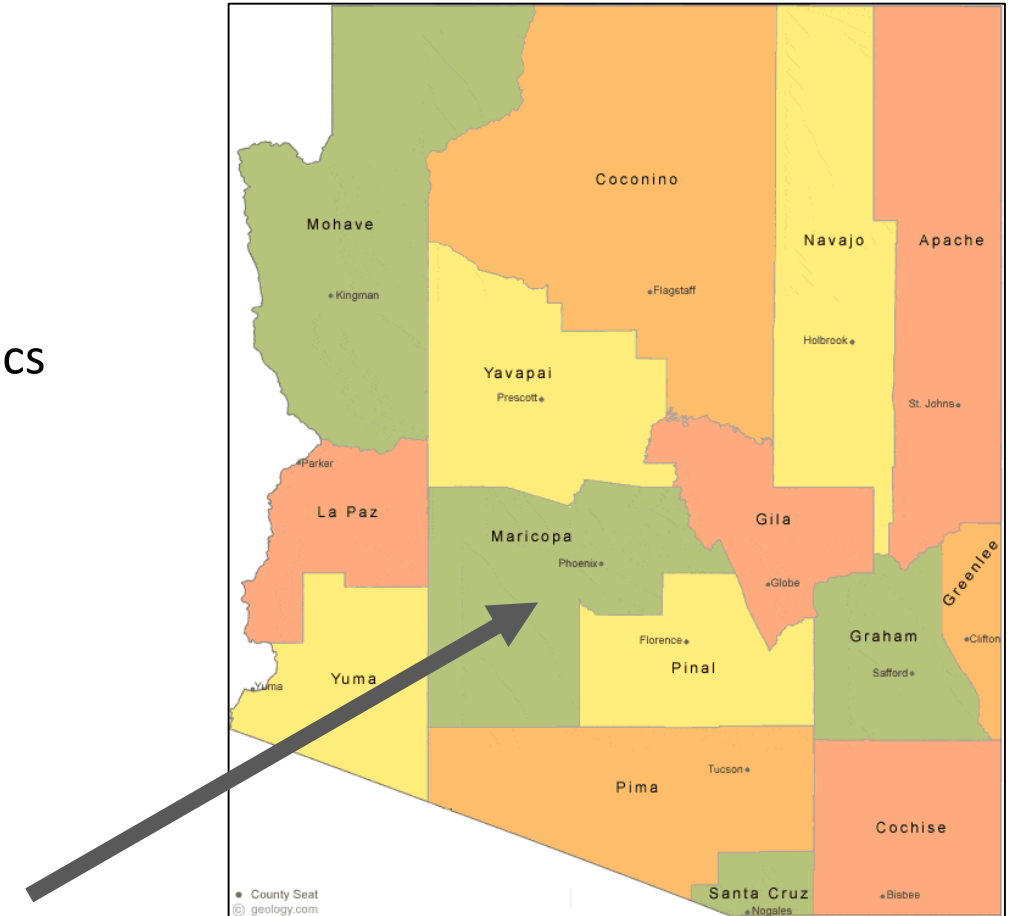






Sophia Maytorena

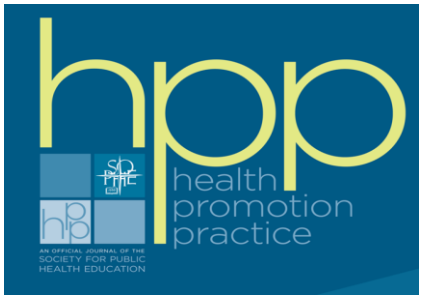
- Background:
  - Hometown: Phoenix, Arizona
  - Undergraduate psychological sciences and Spanish linguistics student
  - Fluent in Spanish
  - Research skills

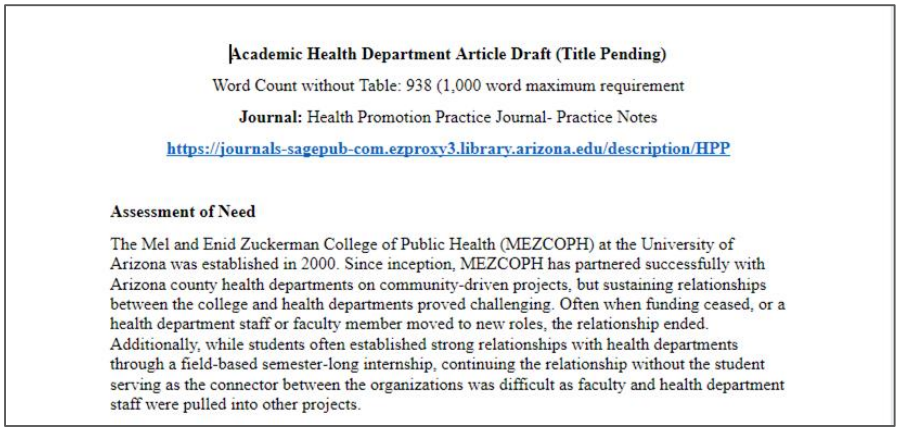


Sophia Maytorena

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."





Academic Health Department Article Draft (Title Pending)

Word Count without Table: 938 (1,000 word maximum requirement

Journal: Health Promotion Practice Journal- Practice Notes

https://journals-sagepub-com.ezproxy3.library.arizona.edu/description/HPP

Assessment of Need

The Mel and Enid Zuckerman College of Public Health (MEZCOPH) at the University of Arizona was established in 2000. Since inception, MEZCOPH has partnered successfully with Arizona county health departments on community-driven projects, but sustaining relationships between the college and health departments proved challenging. Often when funding ceased, or a health department staff or faculty member moved to new roles, the relationship ended. Additionally, while students often established strong relationships with health departments through a field-based semester-long internship, continuing the relationship without the student serving as the connector between the organizations was difficult as faculty and health department staff were pulled into other projects.

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

Questions?

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The Council on Linkages Between Academia and Public Health Practice

AHD Partnership Resources

- Academic Health Department Learning Community: 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
  - Newsletter featuring the latest AHD partnership resources

Questions?

Contact Kathleen Amos at kamos@phf.org.

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