Learning Objectives

The purpose of this 3-quarter series is to provide an experiential learning opportunity for students by workingdirection with faculty to integrate core public health coursework in an applied community setting. Students in the Advanced Practicum Program will plan, develop, implement, and/or evaluate public health programs in their practicum sites.

Program Activities

**FMPH 180A: Preparation and integration with core BSPH coursework**
- (4 units)

**FMPH 180B: Fieldwork**
- (4 units)

**FMPH 180C: Written and oral communication and synthesizing fieldwork experience**
- (4 units)

---

<table>
<thead>
<tr>
<th>SITE</th>
<th>TOPICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s San Diego</td>
<td>Changing the lives of people with dementia</td>
</tr>
<tr>
<td>Public Health Services and Health &amp; Human Services</td>
<td>Health policy, public health programming, and community engagement</td>
</tr>
<tr>
<td>San Diego Border Area Health Education Center</td>
<td>Maternal and child health, nutrition and physical activity, adolescent health, healthy aging</td>
</tr>
<tr>
<td>Hazel Goes Cook Elementary</td>
<td>Public health and nutrition education for elementary school students</td>
</tr>
<tr>
<td>Health Frontiers in Tijuana Student-Run Free Clinic (HFiT)</td>
<td>Healthcare and mental health services for the underserved in Tijuana</td>
</tr>
<tr>
<td>Coastal Roots Farm</td>
<td>Biodynamic farming, food security, and environmental education</td>
</tr>
<tr>
<td>Linda Vista Health Fair</td>
<td>Preventive screening and health promotion/education in the underserved</td>
</tr>
<tr>
<td>The Preuss School</td>
<td>Health promotion programs for Preuss students and families</td>
</tr>
<tr>
<td>UCSD Student Health Services</td>
<td>Alcohol Environmental Scan of Campus Establishments Licensed to Sell Alcohol</td>
</tr>
</tbody>
</table>
## Site Details

### Eligibility:
- Successful completion of FPMU 40, 50, 101 or 102, and 110
- Cumulative GPA of 3.0 or higher
- Complete liability waiver and all necessary paperwork or testing as identified by the assigned practicum site

<table>
<thead>
<tr>
<th>Site</th>
<th>Faculty Mentor/s</th>
<th>Other Requirements</th>
<th>Requires transportation</th>
<th>Additional screening</th>
<th>Additional skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s San Diego</td>
<td>Lori Montross</td>
<td>None</td>
<td>Yes</td>
<td>TB test and background check</td>
<td>None</td>
</tr>
<tr>
<td>Public Health and Health &amp; Human Services</td>
<td>Todd Gilmer</td>
<td>None</td>
<td>Yes</td>
<td>HHSA paperwork, background check, medical exam, drug test</td>
<td>None</td>
</tr>
<tr>
<td>San Diego Border Area Health Education Center</td>
<td>Marianne McKennett, Kendra Brandstein, Shaila Serpas</td>
<td>None</td>
<td>Yes</td>
<td>TB, MMR, Chicken Pox, and Hep B vaccinations, background check, drug test</td>
<td>Preferred: Bilingual Spanish speakers</td>
</tr>
<tr>
<td>Hazel Goes Cook Elementary</td>
<td>Cheryl Anderson</td>
<td>Year-round</td>
<td>Yes</td>
<td>School-based review</td>
<td>None</td>
</tr>
<tr>
<td>Health Frontiers in Tijuana Student Run Free Clinic (HFiT)</td>
<td>Jose Luis Burgos, Victoria Ojeda</td>
<td>Available Saturdays Winter Quarter</td>
<td>Yes</td>
<td>None</td>
<td>Required: Passport, HIPAA and CITI IRB training Preferred: Bilingual Spanish speakers</td>
</tr>
<tr>
<td>Coastal Roots Farm</td>
<td>Ana Navarro</td>
<td>None</td>
<td>Yes</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Linda Vista Health Fair</td>
<td>Veronica Villarreal</td>
<td>2nd Saturdays of the month year-round</td>
<td>Yes</td>
<td>Linda Vista Health Center volunteer paperwork</td>
<td>Preferred: Bilingual Spanish and Vietnamese speakers</td>
</tr>
<tr>
<td>The Preuss School</td>
<td>Becky Marquez, Veronica Villarreal</td>
<td>Year-round; available Saturdays and evenings</td>
<td>No</td>
<td>TB test; school volunteer paperwork</td>
<td>None</td>
</tr>
<tr>
<td>UCSD Student Health Services</td>
<td></td>
<td></td>
<td>No</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>
Alzheimer's San Diego is the world’s leading voluntary health organization in Alzheimer’s care, research, and support. The San Diego Chapter is one of 76 Alzheimer’s Association Chapters across the United States. The San Diego site provides a wide range of free programs to the community and serves approximately 7,000 families each year. The Chapter is actively committed to dementia research, and to affecting public policy in ways that can benefit people impacted by the disease.

Students at this site will develop skills in research and advocacy, gain hands-on experience with people, and learn directly about non-profit organizational practices.

Every 67 seconds, someone in the U.S. develops dementia. This site is ideal for students committed to changing the lives of those people.

Students placed at this site can be involved in activities such as:

- Offering research support to analyze the San Diego Chapter’s public health impact
- Helping to plan, promote, and participate in Alzheimer’s San Diego events, such as the annual “Walk to End Alzheimer’s” event
- Creating effective public education and awareness programs
- Assisting with community education classes and/or discussion groups
- Providing direct support on the 24/7 Helpline or in the Caregiver Respite Program
- Learning how the Chapter shapes laws at the local, state, and federal level
PUBLIC HEALTH SERVICES
COUNTY OF SAN DIEGO - HEALTH AND HUMAN SERVICES AGENCY

STUDENT INTERNSHIPS AND ROTATIONS

WHAT IS PUBLIC HEALTH?
Public Health is government, in partnership with private organizations and community-based professionals, working together to achieve specific goals that contribute to improving the health of the community.

ABOUT PUBLIC HEALTH SERVICES
Public Health Services (PHS) seeks to identify and address the root causes of priority health issues to achieve health equity among all San Diego County residents.

In a typical year, PHS conducts approximately 8,000 disease investigations, processes 45,000 disease reports, and tests about 70,000 specimens for diseases. PHS detects, prevents, and controls the spread of tuberculosis through treatment, case management and contact investigations. PHS provides over 16,000 residents with sexually transmitted disease prevention and clinical services, and provides more than 2,500 refugees basic health assessments, screenings and referrals. In addition, the California Children’s Services program provides medical evaluations, treatment and case management services to 13,300 chronically ill, severely and physically disabled children.

To ensure these critical services are provided, PHS has 490 staff and a budget of $115.4 million.

Students will gain skills related to writing, project management, powerpoint development, and reporting.

PUBLIC HEALTH SERVICES BRANCHES
Students choosing PHS will acquire knowledge in the following areas:

- EPIDEMIOLOGY AND IMMUNIZATIONS SERVICES BRANCH
  - Contact Investigation

- EMERGENCY MEDICAL SERVICES BRANCH
  - Population Health & Community Engagement
  - Disaster Preparedness (Bioterrorism)
  - Injury Prevention

- HIV, STD, AND HEPATITIS BRANCH
  - HIV Counseling and Testing
  - HIV Prevention & Care and Treatment

- MATERNAL, CHILD, AND FAMILY HEALTH SERVICES BRANCH
  - Policy Systems and Environmental Changes
  - Health In All Policies
  - Health Issues of Mother and Child
  - Violence Prevention

- PUBLIC HEALTH NURSING ADMINISTRATION BRANCH
  - Clinical Quality Management

- TB CONTROL AND REFUGEE HEALTH SERVICES BRANCH
  - TB Case Management
  - Refugee Health

- PUBLIC HEALTH SERVICES ADMINISTRATION
  - Accreditation, including Strategic Planning, Performance Management, and Quality Improvement
  - Health Policy and Planning
  - Climate Change and Health Equity
  - Border Health

CONTACT INFORMATION
SITE MENTOR - WILMA WOOTEN, M.D., M.P.H. - 619-542-4181
SECRETARY - TAMICHA.HUSBAND@SDCOUNTY.CA.GOV - 619-542-4181

LIVE WELL SAN DIEGO
San Diego Border Area Health Education Center (AHEC)
Faculty Mentors: Marianne McKennett, MD, Kendra Brandstein, PhD, and Shaila Serpas, MD

The Scripps Family Medicine Residency program and the San Diego Border AHEC work together to improve the health of families in the South Bay community of San Diego County. The group facilitates a range of wellness and health initiatives throughout San Diego. Learn more at http://meded.ucsd.edu/ahec/index.html

Students at this site must have completed TB, MMR, Chicken Pox, and Hepatitis B vaccinations and secure transportation. Public health students will be able to select projects in one of the following areas:

1. Maternal and Child Health: Join Family Medicine residents in health education activities and advocacy to promote breast-feeding for new mothers. Students will assist in the development of “Baby Friendly” lactation policies in a Family Medicine clinic and participate in newborn home visits that assess infant development, support(?)

2. Youth Wellness: Participate in wellness activities that promote healthy weight plans for elementary school children and families. Promote the 5210 approach in the classroom and community events. Participate in the development of a Wellness policy in the Chula Vista Elementary School District.

3. Adolescents: Participate in youth mentoring activities at three local high schools that encourage youth to enter health careers and encourage wellness and healthy lifestyles among at-risk adolescents.

4. Geriatrics: Participate in clinic and community-based healthy aging activities that include health promotion groups at a Senior Center and group education in a Family Medicine clinic setting.

Family Medicine residents at the 5-2-1-0 Wellness Fair at Castle Park Elementary School
This practicum is a partnership between Hazel Goes Cook Elementary School and the UC San Diego Bachelor of Science in Public Health (BSPH) program, and is directed by Dr. Cheryl Anderson. We aim to introduce 4th, 5th, and 6th grade students to topics in public health with a focus on the importance of healthy lifestyles for disease prevention and health promotion.

Undergraduate students who are majoring in the BSPH program deliver a standardized curriculum at the Hazel Goes Cook Elementary school campus. The school’s teaching garden is incorporated into the curriculum. UCSD undergraduates also work with students at Cook to improve academic performance in math and science and provide interactive experiences that will improve knowledge about public health, healthy lifestyles, and college life.

Responsibilities of BSPH Students

Students in the BSPH program who work at Cook Elementary are responsible for:

- conduct consistent with the Public Health Code of Ethics
- transportation to Cook Elementary in Chula Vista
- development of curriculum that is relevant and interactive
- team teaching of elementary school students in Fall, Winter, and Spring terms
- coordination of a final project and presentation
- attending weekly team meetings

Participation in this practicum is contingent upon: successful demonstration of a commitment to serving the community; in-person interview; and completion of Collaborative Institutional Training Initiative (CITI) program courses.

“As I was looking for a way to become involved in the Public Health community here at UCSD, what stood out about this program to me was the fact that we get to teach kids about health and its importance. I am learning now that it's a great start in getting involved with local communities in San Diego. Often times, you don't realize that you're impacting a community but by teaching the students at Cook Elementary about health and other topics on science, you're increasing their chances of living a healthy lifestyle. It's really great to see how excited the kids are to learn each week, which only gets me even more excited to teach them. I am definitely returning next year to teach the kids again and am looking forward to see how much their knowledge base has grown.” - Cindy Kim
PROJECT 1: ASSESSING ACCEPTABILITY OF MENTAL HEALTH SCALES AT HFIT

MENTOR: Victoria Ojeda, PhD

The goal of this mental health services project is for students to assess the acceptability and feasibility of applying diverse mental health screening scales to patients at the HFIT Clinic. Students will receive training on administering and scoring mental health scales and we will identify the HFIT clinic station most suitable for administering the scales, thus facilitating triaging patients to the appropriate provider.

Students will write a final brief report and describe the prevalence of mental health conditions and describe the acceptability of mental health scales and services as perceived by patients. Students will give a final presentation upon completion of the project to present key findings to HFIT clinic stakeholders, with the goal of institutionalizing the mental health scales.

PROJECT 2: A QUALITY OF CARE STUDY AND PATIENT NAVIGATION STRATEGIES AT HFIT

MENTOR: Jose Luis Burgos, MD

Students will be instructed on how to conduct a chart review to assess the electronic medical record (EMR) for completeness and accuracy. The goal of this health services project is to improve the quality of care received by patients by improving the EMR. Students will also be trained on how to be patient navigators in order to understand bottlenecks in the HFIT Clinic’s flow; data will enable the clinic to optimize patients’ and providers’ time and clinic resources.

Students will write a final brief report describing EMR review methods, the quality of the EMR, and identify strategies to improve the EMR inputting system. Students will give a final presentation and present key findings to HFIT clinic stakeholders, with the goal of institutionalizing best practices and key recommendations with the goal of improving patient quality of care from an institutional perspective.

Other Notes

Availability: Students should be available to attend the HFIT clinic all Saturdays during Winter Quarter. Weekday options may be available upon discussion with the mentors.

Transportation: Students must have their own transportation or a way to arrive at the San Ysidro border crossing (e.g., public bus or trolley) and must have a valid passport or visa to re-enter the U.S.

Skills: Students must take HIPAA and IRB/human subjects training prior to starting the project. Bilingual Spanish speakers are preferred. Familiarity with Excel spreadsheets, creating PowerPoint presentations and excellent writing skills are preferred.
The farm is adjacent to six non-profit organizations called the Encinitas Environmental Education (E3) Cluster, which include San Diego Botanic Garden, Encinitas Union School District-Farm Lab, Seacrest Retirement Village, Magdalena Ecke YMCA, San Dieguito Heritage Museum and the Leichtag Foundation (which owns the 67.5-acre Encinitas property). This unique neighborhood coalition provides for a wide range of opportunities for exploring public health through hands-on farming, nutrition and environmental education.

Practicum participants will have an opportunity to work on a substantive public health problem or issue that is salient to the goals of the E3 Cluster, such as:

- Preserving and encouraging access to nature.
- Supporting environmental education, health and well being for people of all ages, backgrounds and abilities.
- Developing experiential learning, multi-generational programs including those around the nexus of agriculture, horticulture, nutrition, science, sustainability and community building.

Practicum participants will benefit by:

- Enhancing and developing skills needed to function in a professional public health setting, including management, communication, scheduling, community engagement, evaluation, project development, and teamwork skills.
- Gaining practical knowledge in the areas of nutrition, food justice, food security, garden-based education, environmental impact and education, and sustainable agriculture.
- Integrating, synthesizing, and applying knowledge and skills acquired at UCSD to real world problems and issues.
- Developing hands-on, problem solving and analysis skills through project-based and experiential learning.

Where public health grows...

Coastal Roots Farm
Faculty Mentor: Ana Navarro, PhD
Site Mentor: Marjorie Fox

The farm is located on a 67.5-acre site, which is home to a dynamic group of farmers, social entrepreneurs, activists and educators. The farm offers a wide variety of programs focused on health, social justice and the environment. To learn more visit http://www.leichtag.org
The Linda Vista Health Fair has been serving the underserved of San Diego since 2011. Undergraduate volunteers and Preventive Medicine Resident Physicians jointly execute the health fair on the 2nd Saturday of every month.

The health fair focuses on preventive screening services and health education/counseling. Participants are screened for hypertension, obesity, diabetes, hyperlipidemia, HIV, and lung disease. In the near future, screening services will also include colon cancer, cervical cancer and breast cancer screening.

Undergraduate volunteers are the backbone of the health fair. Cohorts are regularly trained to be general health fair volunteers. Their training prepares them to take vital signs such as blood pressure, height and weight, perform health risk assessment, and transcribe results onto patient documents. With additional training, volunteers can be: Health Fair Floor Manager, Greeter, HIV counselor, Spirometry/Lung Function volunteer, and Exit Counselors.

The Linda Vista Health Fair offers a unique opportunity where undergraduate volunteers can participate in patient care to the fullest extent within their scope of practice, learn about working with an underserved patient population, and appreciate the importance of a public health intervention focusing on prevention and health education.
The Preuss School site focuses on health promotion programs for Preuss students and their families. Students will engage in different activities across the school year, including:

- Attendance at Preuss parent meetings and the development and delivery of a health promotion workshop (Fall quarter)
- Planning, marketing, budgeting, and facilitation of a health fair, including health education and programming for students and families (Winter quarter)
- Class-based health education programs for Preuss Students (Spring quarter)
- Communicate and interact with Preuss students and their families (all quarters)
- Development of evaluation and marketing plans for all Preuss-related events for students and their families (all quarters)

Students must be available at nights and on Saturdays to participate in site activities several times throughout the year. Students will gain experience in delivering health programs with diverse populations, including oral presentation skills, program evaluation, and school-based programming within a unique school setting.

The Preuss School UCSD is a unique charter middle and high school for low-income students who strive to become the first in their families to graduate from college.

-Preuss.ucsd.edu
Health Promotion Services located in Student Health Services at UCSD:

Alcohol Environmental Scan of Campus Establishments Licensed to Sell Alcohol

The Health Promotion Services (HPS) department identifies, establishes, and promotes policies and activities that contribute to a healthy campus with a focus on both the personal health of students and the collective health of the campus community. We support student retention and success by supporting students in establishing and maintaining behaviors that contribute to their health now and in the future.

This site is ideal for a student who is 21 and older and wants to learn more about a comprehensive environmental approach regarding collecting data on alcohol use, promotion of alcohol, and alcohol policy enforcement in campus establishments licensed to sell alcohol. The information from the environmental scan will help Health Promotion Services gather data to share with these establishments in order to help encourage responsible beverage service practices.

**Student activities will include:**

- Researching campus policy as it relates to campus-related establishments that sell alcohol
- Scanning campus establishments that sell alcohol using an evidence-based environmental scan
- Contributing to communication strategies to promote responsible drinking