

VDH INTERNSHIP ACADEMY 2023



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 MPH Biostatistics & Epidemiology, 2024
 BS Health Promotion & Disease Prevention, 2023
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PRINCE WILLIAM HEALTH DISTRICT (PWHD)
 Nursing Department
 Supervisor: Linda Woods, RN, MS
 Mentor: Kathleen Van Hoose, MPH, RN

PROGRAM OBJECTIVES

AREA OF FOCUS

This internship focused on spearheading Prince William Health District's Maternal & Child Health (MCH) initiative. The MCH taskforce's goals include expanding PWHD's involvement in and connections to perinatal and postpartum services. Intern efforts included aiding in program development planning - examined current services, identified gaps, and proposed viable solutions for the PWHD community.

GOALS

- Develop a **COMMUNITY RESOURCE GUIDE** of health services available to staff, clients, and individuals throughout Prince William County
- Catalog **MCH PROJECTS** across Virginia and evaluate feasibility for PWHD
- Participate in various **PUBLIC HEALTH EXPERIENCES** (self-directed trainings, on-site shadowing, off-site events, immersion in daily operations of PWHD)

ACTIVITIES & EXPERIENCES

DAY-TO-DAY ACTIVITIES

CLINICAL SHADOWING

- Newcomers, TB, STI, Immunizations
- Lab & Bloodwork

OFF-SITE EVENTS

- Emergency Shelter Exercise
- Postpartum Support Virginia
- Mobile Health Clinic
- EH (Rabies, Bite Reports)

PWHD DEPARTMENTS

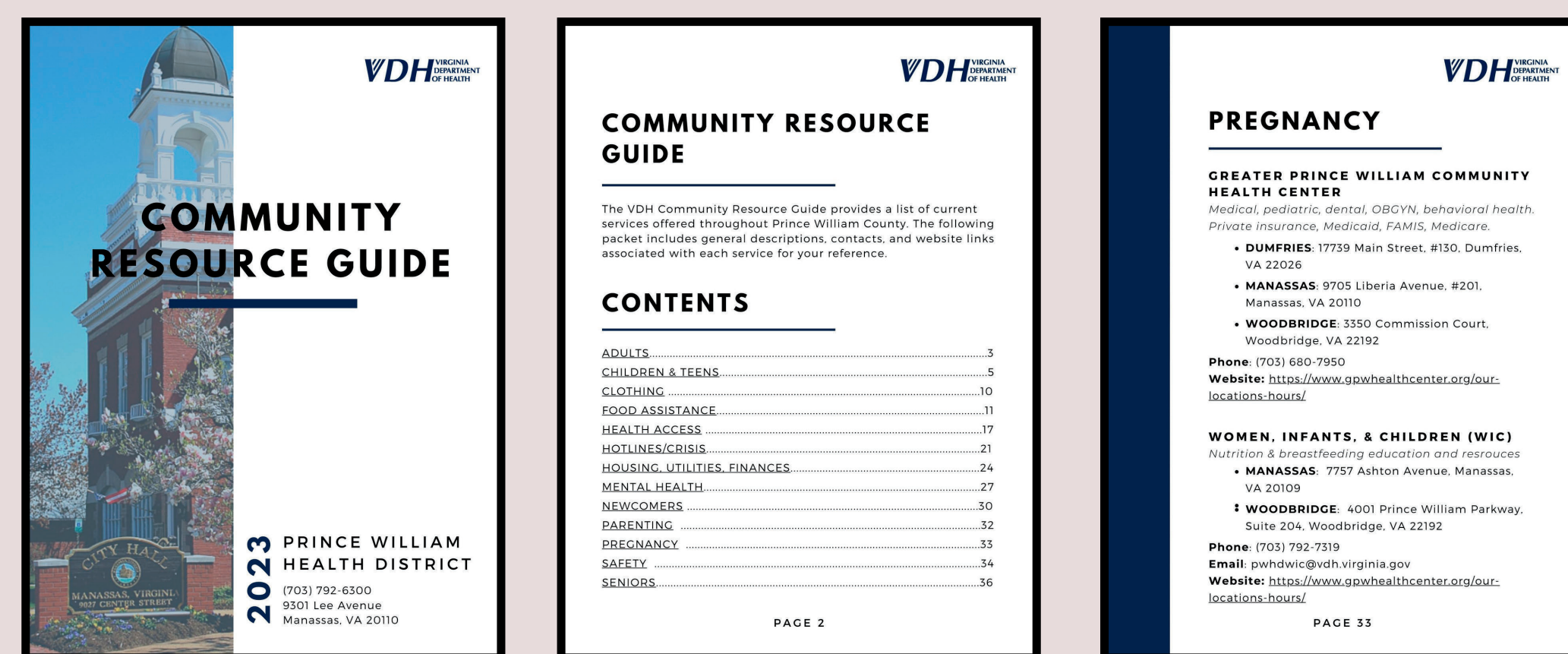
- Vaccine Inventory
- Lead Case Tracking
- TB Interviews
- Nurse Management

TAKEAWAYS

- UNDERSTAND THE BREADTH OF HEALTH DEPARTMENT
- EXPAND AWARENESS OF COMMUNITY AND THEIR NEEDS
- EXPERIENCE COLLABORATIVE NATURE OF PUBLIC HEALTH
- SKILLS DEVELOPMENT (TECHNICAL & PERSONAL)

PWC COMMUNITY RESOURCE GUIDE

Cataloged various health services across Prince William County and designed a comprehensive resource guide for community members to reference based on type of service.



MCH PROGRAM PLANNING

Aided in rudimentary stage of MCH program development for PWHD. Conducted community needs assessment, identified potential programs and partnerships, and evaluated adoption feasibility.

PWHD LIMITATIONS TO MCH SERVICES

- Elimination of maternity clinic restricts direct care services
- Limited financial and tangible resources for programming
- Lacking methods of outreach to and tracking of mothers and infants

PROPOSED PROGRAMMING

- Mutually beneficial partnerships with MCH organizations (referrals, peer support, free pregnancy and infant goods, trainings, etc.)
- PWHD Staff TRAIN Modules paired with information dissemination during Immunizations Clinic
- Online tools for mothers (search tools, social media, care apps)

ENVIRONMENTAL & MATERNAL AND CHILD HEALTH TOOLKIT

Collaborative project with other PWHD intern, Kira Funge. Created a cross-department toolkit that 1) Discusses physical and social environmental health hazards on maternal and child health outcomes, 2) Warns against contributing risk factors and behaviors, and 3) Provides recommended health services and providers. Aims to promote good MCH practices among pregnant people, infants, and their support networks to reduce adverse birth outcomes.



SITE PHOTOS



Baby Shower for a PWHD Staff Member



Preparing Rabies Specimen for Testing



PWHD Manassas Office Staff