

## Hillside Health Care International

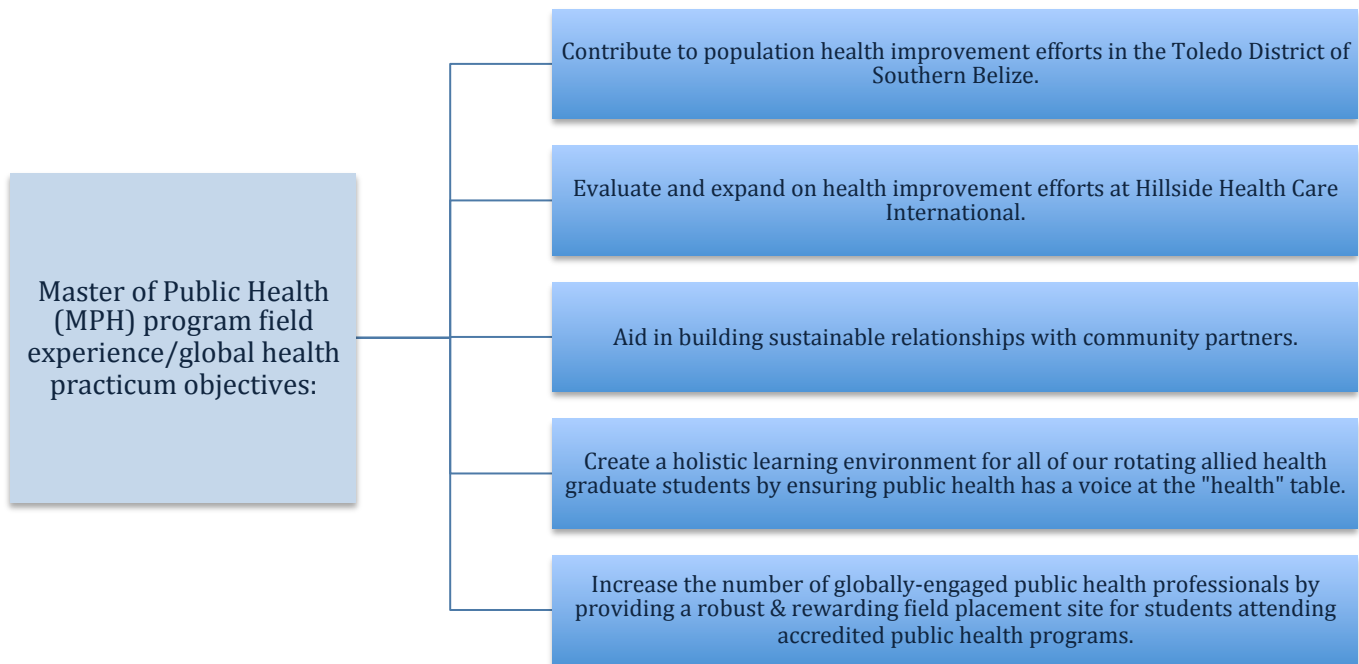
### Master of Public Health field experience program



Hillside Health Care International is a 501c3 dedicated to providing “medical care, disease prevention, and health education to the people of Southern Belize.” Today, we know that 40% of health outcomes are driven by social, economic and environmental factors; things unrelated to clinic or hospital care, and factors that are often addressed by professionals in fields outside of healthcare such as public health, policy, and community planning. In an effort to sustainably improve health outcomes, to meet the mission of providing disease prevention and health education, and to train individuals interested in global health, Hillside has developed an international practicum experience for Master of Public Health (MPH) trainees.

#### *MPH field experience/global health practicum requirements:*

- Students interested in rotating at Hillside must be:
  - Completing a Master of Public Health;
  - Have completed an introductory global health course upon arrival; and
  - Completing fieldwork as a component of graduation requirements at an accredited public health program.



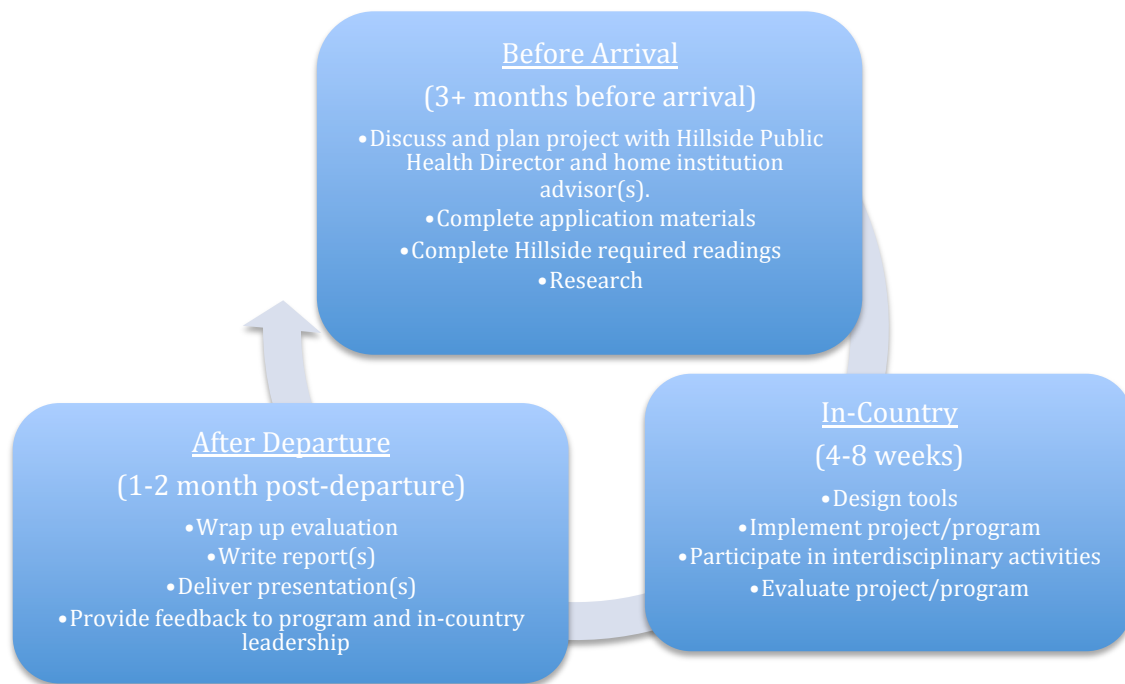
#### *Master of Public Health (MPH) program activities at Hillside Health Care International:*

- MPH students will work with Hillside’s Public Health Director to determine an appropriate independent public health project based on needs assessed in-country, student interest, and home institution requirements. Projects may require and develop skills in the following areas:
  - Designing and/or delivering health education with youth in Toledo District schools.
  - Quantitative or qualitative data collection, analysis and/or communication.
  - Conducting program and/or project evaluation.
  - Developing and/or delivering surveys and community assessments for use in Toledo District towns and villages.
  - Building stronger health systems and enhancing clinical Quality Improvement.

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- Building partnership with community partners including but not limited to: Ministry of Health, Ministry of Education, Community Health Workers, Peace Corps Volunteers and/or local NGOs.
- Participation in globally-engaged, service-learning opportunities through interaction with the Belizean health system. Practicum students will build on their independent projects through placement once per week with Toledo District Ministry of Health programs such as vector control, public health nurse(s), and psychiatric nurse(s).
- Interaction with other medical, pharmacy and physical therapy graduate students in a one-of-a-kind model of team-based care. Participation in this interdisciplinary learning community may include:
  - Discussion and lectures
  - Leading a photomapping activity
  - Leading and/or participating in community health education activities
- Complete MPH field experience/practicum requirement, including but not limited to:
  - Hours required for credit-bearing coursework
  - Blogging and reports
  - Evaluation
  - Intuitional Review Board (IRB)/publication requirements
  - Presentation(s) (development and/or delivery)

*Proposed timeline for Master of Public Health (MPH) program field rotation/practicum at Hillside:*



*How to apply:*

Visit our website below and fill out the application!

To learn more visit our website: <http://www.hillsidebelize.net/education/publichealth-ed.php>

Email: [clinicdirector.hillside@gmail.com](mailto:clinicdirector.hillside@gmail.com)

## Hillside Public Health Field Experience/Practicum Projects

### Specific Zika Virus Education

*Skills needed & developed: Health education, environmental health, communication, curriculum development, project management, evaluation*

#### **Overview:**

Currently there have been a few confirmed cases of Zika Virus in Belize and one suspected case in the Toledo district. Many villages do not have any access to information about Zika due to their remoteness and lack of electricity (no media outlets).

#### **Project Outline:**

- Student(s) would work closely with the Public Health Director on developing curriculum for the Zika Virus that is culturally appropriate
- Facilitate workshops with Community Health Workers about Zika Virus and associated topics such as family planning in remote communities
- Implement Zika education protocol to patients utilizing Hillside fixed site clinic and mobile clinics
- Furthermore, think through creative ways to promote awareness about Zika for instance through the local radio stations, developing school education program at the high school level (education and trash pick-up days/cleanliness of school property)

### Health Education Curriculum Development and Evaluation for District Schools

*Skills needed & developed: Health education, communication, curriculum development, project management, evaluation, research*

#### **Overview:**

In partnership with the Ministry of Education (MoE), Hillside established a schedule to routinely teach on topics of health education. Topics include: Dental hygiene (September-November), nutrition/physical activity (December-February), and sexual and reproductive health/gender equity (March-May). Hillside visits 7 schools in the Punta Gorda area each month and sees 1-2 classrooms each visit~50 students/day.

Thus far, we have not evaluated our health education curriculum to understand how effective our lesson plans are. We would like to provide the most culturally appropriate and effective education possible about these topics (i.e. dental hygiene, nutrition/exercise, and sexual reproductive health) and make sure the material is understandable and that students are more knowledgeable and actually putting the education into practice.

#### **Project Outline:**

- Student(s) would work closely with the Public Health Director on developing curriculum for other rotating students to use during the academic year:
  - Using Belize MoE curricular guidelines
  - Targeting activities and presentations to specific age groups
- During the school calendar year (September-June), current lesson plans could be evaluated through surveys, observations and interviews. Based on results, lesson plans could be enhanced.

- In addition, MPH students could review literature to understand how to best educate and promote oral hygiene, nutrition, physical activity and sexual/reproductive health in lower resource/literacy settings among school aged children.
- Furthermore, we would love to expand our education to the adult population including parents and teachers.

### **Clinic Quality Improvement (QI) Data Collection Process**

*Skills needed & developed: Data analysis, quantitative analysis, database development, project management, information communication/infographics, health systems change*

**Overview:** As a clinic, Hillside recently committed to improving data collection processes across departments including: Physical therapy, clinic, pharmacy, public health, maintenance and nursing. During summer, 2015, a needs assessment was conducted for Hillside's QI system. Recommendations were suggested for each department. Additionally, our Clinical Committee has committed to proposing quality improvements for our patients regarding diabetes, hypertension and family planning

#### **Project Outline:**

- Students would explore recommendations suggested and implement them. Implementation of recommendations could include surveys, database development and staff training.

### **Public Health Diabetes Quality Improvement**

*Skills needed & developed: Research assessment, literature review, health systems change*

**Overview:** Hillside has numerous outreach activities regarding diabetes (i.e. glucose testing screening, community health worker training, diabetic workshops, nutrition education), however, no systemic program approach to diabetes.

#### **Project Outline:**

- Student would explore current activities and partnerships.
- Student would review literature review on public health diabetic public health programs in low-resource settings.
- Student would propose how to enhance our current activities and develop a systematic approach to implement.

### **Community Gardens and Health Education Outreach**

*Skills needed & developed: Project management, evaluation, youth development, health education, patient education*

**Overview:** Two of our top 3 most common health conditions seen in clinic are chronic illnesses. Hillside is working to establish a "container garden" to educate patients on the importance of eating healthy and growing one's own food.

#### **Project Outline:**

- Garden development and planning. Several NGOs in town focus on diabetes and gardening and food as medicine. Student could aim to build partnerships amongst them and develop strategic plan for container gardening and education with youth and adults.
- Research and development of patient education handouts with regard to nutrition, gardening, and food preparation/recipes in the Belizean context is needed.
- One-on-one or in peer group patient education sessions during clinics and on mobiles, using our community container gardens is needed.

### **Malnutrition in Toledo District:**

*Skills needed: Observation and qualitative data collection, cultural & interpersonal communication, presentation skills*

**Overview:** Malnutrition and stunting are issues in the Toledo district. With the Ministry of Health (MoH), Hillside has done a LOT of health education, but we need to better identify what we're missing.

**Project Outline:**

- A student's work on this project would be to spend every other week in a village with a family, monitoring and collecting observations such as food diaries, hygiene practices, family schedules, availability and use of latrines, food outlets, market groceries, etc.
- The weeks back at Hillside would be spent compiling and comparing observations, meeting with the social worker, and the CHW trainer.
- Student would accompany Hillside's regularly scheduled mobiles to broaden their exposure to the district and the distinct villages.
- Student would be given support and information on communities, culture, & current malnutrition data ahead of time so that the student has the necessary tools to use.

**Implementation of Oral Hygiene School-based Program**

*Skills needed & developed: Health education, project management, monitoring and evaluation design*

**Overview:** Hillside has developed an oral hygiene school-based program aimed to begin in September, 2016 among 6 primary schools in the Punta Gorda area

**Project Outline:**

- Gather and organize materials for oral hygiene school-based program
- Work within 6 primary schools to implement oral hygiene program
- Enhance monitoring and evaluation plan and materials for oral hygiene program

**Community Health Worker Outreach and Education Development**

*Skills needed & developed: Qualitative/quantitative assessment, project management, evaluation, health education, graphic design*

**Overview:** Each village in the Toledo district has at least one community health worker (CHW). Hillside participants in monthly training meetings for the CHWs run by the Ministry of Health.

**Project Outline:**

- Student would work on developing CHW trainings and education pieces on a plethora of health behavior topics.
- Projects may include graphic design and health message communication in low-literacy environments, delivery of health education messages, and/or evaluation of tools.
- May be opportunity for training CHWs in large groups through the Ministry of Health.

**Grant Writing**

*Skills needed & developed: Non-profit management, qualitative/quantitative assessment, grantor and database research, budgeting, proposal/report writing, program impact communication*

**Project Outline:**

- Research and identify grant opportunities, corporate partnerships, and individual donors that support the mission of Hillside, specifically our public health program.
- Collaborate with Director of Development and Public Health Director regarding grant, in-kind, and other donation opportunities.

- Generate grant inquiry, proposal, and follow-up report, with support of Public Health Director and Director of Development.
- Opportunity to continue this project from your home base after your Belize program is complete.

**Have a project you're curious about or particular skills you want to develop?** Send us an email, we'd love to hear your ideas!! If you are interested in a project related to public health and are not an MPH student, please reach out us to discuss.

**Contact:**

Visit our website for more information: <http://www.hillsidebelize.net/education/publichealth-ed.php>

Email our Public Health Director: [publichealthdirector.hillside@gmail.com](mailto:publichealthdirector.hillside@gmail.com)