

# Internship Abstracts

Spring 2014

Public Health/Policy & Planning

Edward J. Bloustein School of Planning and Public Policy

Rutgers, The State University of New Jersey



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## Table of Contents Public Health

<b>Student</b>	<b>Title</b>	<b>Supervisor</b>	<b>Agency</b>	<b>Page</b>
Abdalla Donia	Healthy Relationships Workshop for College Students	Elaine Hewins	RWJUH Community Health Promotion Program	3
Adams, Tyeisha	Ryan White Reauthorization	Kathy O'Brien	Hyacinth AIDS Foundations	4
Adedapo-Jimoh, Oluwatoyin	Increasing the Efficiency of Planning of Major Community Events	Dorothy Reed	Sisters Network of Central New Jersey	5
Ahn, Sarah	St. Jude Give Thanks Walk - Northeast Region	Yohanna De Los Santos	ALSAC/ St. Jude Children's Research Hospital	6
An, Joon H.	Exploring the Relationship Between Tobacco Smoking and Anal Fistula Occurrence	Sanghyun Alexander Kim	Mount Sinai Hospital	7
Aslam, Aiman	Alcohol-Induced Methylation of microRNA 9-1 in Human Prefrontal Cortex	Andre Pietrzykowski	Laboratory of Adaptation, Reward, and Addiction	8
Asoluka, Geraldine	Check. Change Control Evoking Healthy Hearts for the Future: Program Evaluation	Vicky Coll	American Heart Association	9
Bahajide, Opeyemi	Emphasizing the Need for Home and Community Based Care Programs	Chrissy Buteas	Home Care Association of New Jersey	10
Barnhart, Erika	Home Care Association of New Jersey	Diana Starace	Robert Wood Johnson University Hospital, Injury Prevention Department	11
Baron, Shawn	Rutgers Veterans Needs Assessment	Stephen Abel	Rutgers Office of Veterans and Military Programs and Services	12
Barthelus, Felicia	Rutgers Office of Veterans and Military Programs and Services	Hazeline Pilgrim	Family Support of Essex County	13
Bass, Jasmine	Smoking Cessation through Text Messaging Program for Rutgers University Students	Frances Di Clemente	Rutgers- Cancer Institute of New Jersey	14
Bassie, Massah	Teaching Garden	Vicky Coll	American Heart Association	15

Beitscher, Yonit	Restorative Nursing Care Follow Up/ Relias Training	Lisa Slater	Francis E. Parker Memorial Home	16
Belgrave, Christina	A Healthy Smile for Lunch	Andrea Barrett	Barrett Community Impact Foundation	17
Bergen, Christopher	Continuing Medical Education: Grand Rounds - Acute Renal Failure	Melissa Mann	Trinitas Regional Medical Center	18
Borja, John	Outreach for Hydraulic Fracturing Bans in Central New Jersey	Lauren Petrie, Organizer	Food & Water Watch, New Jersey	19
Brown, Amanda	Strategic Improvement in the Inpatient Preadmissions and Admissions Processes at Children's Specialized Hospital	Charles Chianese	Children's Specialized Hospital	20
Buttan, Divya	Awareness of NJ Title 39 traffic-related Laws and Safety Strategies	SFC Slimowicz	New Jersey State Police	21
Cabredo, Enrico	Food Deserts and Food Security in New Brunswick, New Jersey	Dawne Mouzon, Juan Rodriguez	Edward J. Bloustein School of Planning and Public Policy	22
Cabrera, Esteban	Secondary Market Database	Stephen Fillebrown	The New Jersey Healthcare Facilities Financing Authority	23
Carcamo, Jade	Fun in the Park: Nutrition, Analyzing Dietary Habits and Food Choices	Camilla-Comer-Carruthers and Yesenia Hernandez	Community Health Education Robert Wood Johnson University Hospital	24
Chang, Charlotte	Edison Family Day Promotion	Edison Family Day Promotion	Edison Department of Health and Human Services	25
Chiapaikeo, Wendy	Correlates of Anxiety in Pediatric Obesity Patients	Amy Faus, MPH	Healthy ME: Pediatrics Lifestyle Changes Program, Rutgers Robert Wood Johnson	26
Chin, Michaela	How Effective is SIHLE?	Deloris Dockrey	Hyacinth Aids Foundation	27
Choudhary, Ashima	Inside Knowledge Project: Promoting Gynecologic Cancer Awareness	Stanley H. Weiss	Department of Preventive Medicine and Community Health, Rutgers/NJMS	28
Choy, Emily	Eat Right	Kusum Kappor	Somerhills Pediatrics	29

Cintron, Dakota	Does Iron Supplementation Improve Early Childhood Cognitive Development? A Meta-Analysis	Steve Barnett	National Institute for Early Education Research	30
Ciociola, Michael	New Jersey Electronic POLST Form	Dave Barile	New Jersey Goals of Care	31
Collazo, Eboni	Primary Drug Choice of Use Across Age Groups	Miguel Mateo,	Journey to Wellness, Incorporated	32
Cooper, Mezo	The examination of indoor tanning prevalence, practices and risk awareness of ultraviolet radiation (UVR) exposure among student-athletes	Derek G. Shendell & Sarah W. Kelly	New Jersey Safe Schools	33
Cooper, Nadiya	An Evaluation of the Non-Prescription Syringe Sale Law in New Jersey	Amanda Bent	Drug Policy Alliance	34
Couillard, Megan	Health Assessment at Las Yahoskas	Laura Hopps and Ann Marie Hill	ProNica	35
Daux, Ludine	Sex, Etc. Magazine Teen Editorial Staff Recruitment Process	Lucinda Holt	Answer, Sex Ed Honestly	36
Dellano, Kristin	Tracking and Analyzing Landfill Odor Complaints	David Henry	Monmouth County Regional Health Commission	37
Eldin, Nancy	Amyotrophic Lateral Sclerosis	Shaloo Choudhary	Robert Wood Johnson Outpatient Physical and Occupational Therapy	38
Eng, Brandon	Training and Curriculum Development for the Patient Navigation Center of Excellence Program	Michele Capossela	The American Cancer Society – Eastern Division	39
Esses, Gabriel	Restructuring the Performance Improvement Council to Enhance Compliance with Evidence Based Practice	Patricia Gossett	Monmouth Medical Center	40

Estevez, Marleny	A Holistic Approach to Diabetes Brochures:What You Need to Know About Diabetes Prevention and Control; Lo Que Usted Necesita Saber de Diabetes Prevencion y Control	Margaret Drozd	Saint Peter’s University Hospital Community Mobile Health Services	41
Faszczewska, Paulina	Language Barriers in Hospitals	Dawn Wright	Raritan Bay Medical Center	42
Fech, Tatiana	National Benchmark Analysis: Disability Workforce Development Initiatives in Healthcare	Ryan Parker	Center for Diversity and Inclusion, Robert Wood Johnson University Hospital (RWJ)	43
Fernandez, Monica	Evaluation of the Department of Labor Workforce Development Grants on Developmental Education and Energy Curriculum	Heather McKay	Education and Employment Research Center (EERC), SMLR, Rutgers University	44
Fleurrissaint, Frantz	Health Insurance for Everyone	Isaac Benjamin	Enroll America	45
Flewellen, Javonni	Prevent Child Abuse-NJ Development Initiative	Ashawnda Fleming	Prevent Child Abuse-NJ	46
Foreno, Lina	Evaluation of peer education amongst college students	Francesca Maresca	Rutgers Health Services-H.O.PE	47
Furman, Jessica	Walk N Roll 2014	Rebecca Mazzarella	Children’s Specialized Hospital	48
Garavino, Isabel	Healthy Living in Older Adults	Marie Bruno	Marie Bruno	49
Giaquinto, Jenna	Smoke-Free Multi-Unit Housing Toolkit for Landlords	Concetta Polonsky	New Jersey Prevention Network	50
Gohd, Chelsea	Emergency Preparedness in the Middle-Brook region	Kevin Sumner	Middle-Brook Regional Health Commission	51
Han, Wonjun	Safety Ambassador Program	Carol Lavitt and Diana Starace	Robert Wood Johnson Trauma Injury Prevention	52
Haque, Kashfia	Review of the Standards and Measures to Achieve National Accreditation	Lorra Hambach	New Jersey Department of Health, Division of Family Health Services	53
Heath, Nicole	The History of the Public Health ImageSusan Sidlauskas		Rutgers Department of Art History	54

Hundal, Jugroop	Physician Loan Redemption	Tyla Housman	New Jersey Hospital Association	55
Ibrahim, Marina	HERO Campaign Promotion at Rutgers	Elizabeth Amaya Fernandez	Health Outreach Promotion & Education	56
Jackson, Victoria	Liberty Science Center Global Health Fair	Stephanie Perez	Center for Global Advancement and International Affairs	57
Kacprowicz, Carly	Refusing Therapeutic Intervention	Tina Gajda	Rutgers Cancer Institute of New Jersey	58
Kalinowski, Karol	Disaster Relief Donations of Durable Medical Equipment	Michael Prasad	American Red Cross	59
Kapadia, Shaili	Food and Health Disparities Among Immigrant Populations	Juan Rodriguez	The New Brunswick Food Alliance	60
Kastner, Stephanie	Building Healthy Cities	Karyn Olsen	The Edward J. Bloustein School	61
Kazizis, James	Duke Farms Community Garden Assessment	Nora Wagner	Duke Farms	62
Keefer, Jennifer	Intern at H.O.P.E.	Elizabeth Amaya Fernandez	Health Outreach Promotion and Education	63
Kessie, Queena	Osha Recordkeeping Effects	Helen Perez	Woodbridge Township Municipal Building- Personnel/ Benefits Division	64
Khan, Ahad	Outcomes of Cardiac Rehabilitation at JFK Johnson Rehabilitation Institute	Iqbal H. Jafri	JFK Johnson Rehabilitation Institute	65
Khan, Sara	Special Child Health Service Usage and Socioeconomic Status	Nancy Scotto Rosato	New Jersey Department of Health - Early Intervention & Monitoring	66
Khan, Tahan	The Marketing Behind Tobacco Products and Electronic Cigarettes	Jane Lewis and Dr. Wackowski	Center for Tobacco Surveillance and Evaluation Research	67
Kothary, Bhavika	SWOT Analysis	Charlie Blackburn	North American Association of Central Cancer Registries, Inc.	68

Kubinak, Cara	Prostate Cancer Survivor Follow-Up Care Recommendations	Shawna Hudson	Rutgers Family Medicine and Community Health Research Division	69
Lacap, Brian	Youth Development and Prevention in Local Communities	Barry Smith	Youth Empowerment Services	70
Lawrence, Rochelle	The Intersection of Domestic Violence and HIV/AIDS	Deloris Dockrey	Hyacinth AIDS Foundation	71
Lee, Alice	The Pillowcase Project	Michael Prasad	The American Red Cross, North Jersey Region	72
Lee, Su Hee	ShapingNJ Healthy Community Grant Action Plan: Healthy Vending	Gina Stravic	Raritan Valley YMCA	73
Lee, Suki Seulgi	Disruption of Circadian Rhythm and Breast Cancer Metastasis	Ming-Zhu Fang	Environmental and Occupational Health Sciences Institute	74
Lerine, Kassandra	Substance Use and Abuse at Rutgers University	Elizabeth Amaya-Fernandez	Health, Outreach, Promotion and Education-Rutgers Health Services	75
Luta, Ana	Fun in the Park Project	Yesenia Hernandez	RWJUH Community Health Promotion Program (CHPP)	76
Malik, Maham	Understanding the Significance of Eyes and Health	Tami DosSantos	Sterling Optical, Rockaway	77
Manzoor, Burha	Rutgers Laboratory Audits - Safety Compliance	Marc Longo	Rutgers Environmental Health & Safety	78
Marcellus, MatheRose	Community Outreach Training Manual	Quincy Bell	Hyacinth AIDS Foundation	79
Mason, Lauren	Assessment of Rutgers University Students' Sexual Health Knowledge	Francesca Maresca	Health Outreach, Promotion and Education	80
McEntee, Alexandria	CQI Returned Mail Sheets	Lorra L. Hambach	New Jersey Department of Health – Newborn Screening Follow-Up Unit	81
Mexia, Yuriko	Rutgers University (RU) Smoke-free Campus Initiative	Elizabeth Amaya-Fernandez	Rutgers Health Services-Health Outreach, Promotion, and Education	82

Murillo, Samantha	Surgeon Scheduling Reform and Surgical Data System Implementation in the Operating Room	Douglas Campbell	Jersey Shore University Medical Center	83
Naputo, Kristine	Asian American Sexual Health Education Preliminary Needs Assessment	Deloris Dockrey	Hyacinth AIDS Foundation	84
Matthew, Neil	Preventing Cardiac Catheterization Procedures	Alpesh Patel	24/7 Heart & Vascular	85
Mawla, Juhi	Senior Long Term Facilities in New Jersey (NJNursing)	Wansoo Im	Vertices, LLC	86
Mbelli, Sandra	The Power over Diabetes	Serena Collado	Somerset Medical Center Community Health	87
Nagi, Amrita	Disaster Service's CAS 901 Board Presentation	Norma Perez	American Red Cross	88
Nigli, Rhea	Qualitative research on substance use and abuse on Rutgers population	Elizabeth Amaya-Fernandez	H.O.P.E (Health Outreach promotion and Education)	89
Nwaoduh, Terdoo	Freaky Firsts!	Elizabeth Amaya-Fernandez	Health Outreach, Promotion and Education (H.O.P.E.)	90
Onorato, Brian	The Implementation of a Drug Abuse Education Program in Janice E. Dismus Middle School	Lismary Espinal	Englewood Health Department, Englewood, NJ	91
Panes, Karoline	Caregiver 2014 Campaign	Doug Johnston, Ev Liebman, & Brian McGuire	AARP New Jersey State Office	92
Patel, Krishna	Lunch & Learn: ADAPT Drug Theft Prevention Campaign	Joel Torres	Alcohol and Drug Abuse Prevention Team (ADAPT)/ Family Connections	93
Patel, Nikita	Education in Proper Food Handling	Keith Levine	Princeton Health Department	94
Pazera Cooke, Margaret	What a LARC! At Douglass Residential College	Francesca Maresca	Rutgers Health Services- Health Outreach, Promotion & Education	95

Pimentel, Candice	Community Advocacy Partnership Program (Blood Pressure Monitoring)	Kwaku Gyekye	Jersey City Medical Center	96
Quach, Tammy	Life Skills Training for 7 <sup>th</sup> Grade	Kathleen McFadden	Atlantic Prevention Resources	97
Quitiquit, Jeremy	LeadingAgeNJ Resource Center	Judy Collett-Miller	LeadingAgeNJ	98
Randolph, Jennifer	Stroke- Preventable, Treatable, Beatable - Multicultural Social Media Campaign	Vicky Coll	American Heart/American Stroke Association	99
Rasuli, Habiba	Medical equipment customer compliance	Imran Siddique	Breathe Rite Medical and Surgical Equipment	100
Reyes, Arthur Anthony	Laboratory Science Career Day	Susan Mikorski	New Jersey Department of Health, Public Health and Environmental Laboratories	101
Rice, Jene	Breast Cancer Demographics Study	Thanusha Puvananayagam	Cancer Institute of New Jersey	102
Roldan, Jonathan	Lack of Sleep Among Rutgers University Students	Francesca Maresca	Rutgers Health Services- H.O.P.E.	103
Ryan, Lacey	A Screening Could Make the Difference: A Study to Determine the Significance of Cancer Screening	Nancy Louis	S.A.V.E. Women & Men Program	104
Sager, Matthew	Same Day Discharge Post Percutaneous Coronary Intervention (PCI)	Michael Antoniadis	Robert Wood Johnson University Hospital	105
Salas, Vanessa	Spring Cleaning Project	Joel Torres	Alcohol and Drug Abuse Prevention Team (ADAPT)	106
Scargill, Kerri	Intern at the Center for Eating Disorders	Beth Frenkel	University Medical Center of Princeton at Plainsboro	107
Shamsi, Zoya	Town Hall Meeting Presentation on Underage Drinking	Joel Torres	Alcohol and Drug Abuse Prevention Team of Essex County (ADAPT)	108

Scillitani, Jenna	Mental Health Social Media Campaign	Francesca Maresca	Health Outreach Promotion and Education (H.O.P.E.) at Rutgers University	109
Seyal, Julian	United States Army Institute of Public Health-Health Risk Portfolio	Sherri Langston	Deployment Environmental Surveillance Program (DESP)	110
Shasho, Olivia	POLST Compatible Advance Directive	David Barile	New Jersey Goals of Care	111
Shukla, Devangi	Robert Wood Johnson AIDS Program's 20 Year Experience: A Success Story	Roseann Marone	Rutgers – RWJMS Robert Wood Johnson AIDS Program	112
Sintim, Prince	Health Differences among the Black Population In the United States	Dawne Mouzon	Edward J. Bloustein School of Planning & Public Policy and Institute for Health, Health Care Policy, and Aging Research- Rutgers University	113
Smith, Megan	Sleep Survey In Children Ages 2-18	Maya Ramagopal	Robert Wood Johnson University Hospital	114
Sociedade, Nicole	Physical Therapy Endurance Training Program for Chronic Lung Disease Patients	Kathleen Hughes	Cornerstone Physical Therapy Health & Wellness Center	115
Srinagesh, Aradhana	Exploring the benefits of outpatient services for those with drug addiction	Paula Stephenson	Phoenix House	116
Sun, Qin	Mitochondrial DNA Variations in Lung Cancer Risk and Survival	Sharon R. Pine	Rutgers Cancer Institute of New Jersey	117
Tapia, Emily	Quality Assessment of Alcohol and Drug peer educators	Elizabeth Amaya-Fernandez	Health Outreach, Promotion, and Education (H.O.P.E)	118
Terry, Victoria	Patient Satisfaction Survey	Harriet Black	Outpatient Diabetes Self-Management Education Program	119

Thares, Montana	The Empathy Epidemic	Joanne Arico	Robert Wood Johnson University Hospital	120
Toczyłowska, Katarzyna	Professional Development Seminar Series	Laura Fenster Rothchild	Professional Development Seminar Series	121
Trim, Kimberly	Process Evaluation to Improve Insurance Reimbursement	Tatiana Rodriguez	JFK Medical Center – Johnson Pediatric Rehabilitation Institute	122
Vetrano, Jennifer	Therapy At Home Exercise Plan	Doug Kilyk	Endurance Rehabilitation and Wellness Center	123
Vidal, Samantha	Demographic Indicators of Progress in a Diabetes Intervention	Marsha Rosenthal	Institute for Health, Health Care Policy and Aging Research	124
Vilcachagua, Jennifer	Nutley/Montclair Bood Drives	Eileen Painter	American Red Cross	125
Visokay, Christie	Emergency Notification in the Senior population	Michael G. Marcinczyk	Milltown Office of Emergency Management	126
Wat, Nicole	Effects of Lunch and Learn Presentations on Health Topics	Melanie Ford	New Brunswick Senior Citizen Resource Center	127
Yeboah, Cassandra	Breast Cancer Survivorship Survey	Ann Marie Hill	Susan G. Komen for the Cure Central/South Jersey Division	128
Yee, Michelle	Learn the Signs. Act Early. Outreach to Early Childhood Educators and Providers	Caroline N. Coffield	The Boggs Center on Developmental Disabilities	129
Yosry, Nashwa	Connecting peer educators at H.O.P.E.	Francesca Maresca	Health Outreach, Promotion, and Education	130
Yuan, Ariel	The Cancer Preventive Effects of Metformin and Atorvastatin	Wen Yue	Population Science, Rutgers Cancer Institute of New Jersey	131
Zaher, Anwaar	Rutgers Cancer Institute and Rutgers Medical School – Division of Population Sciences	Jerod Stapleton	Rutgers Cancer Institute	132
Zan, Christopher	Get Covered America Campaign	Isaac Benjamin	Enroll America	133

Zheng, Yu	Global!Health Event to Raise Awareness for Global Child Labor	Derek Shendell and Sarah Kelly	Rutgers, The State University of New Jersey-School of Public Health, New Jersey Safe Schools Program	134
Zhou, Lujia	Metformin, Future Star Drug for Anti-Aging	Grace Lu-Yao, Frances Di Clemente	Rutgers Cancer Institute of New Jersey, Department of Population Sciences	135
Zia, Faisal	Admission/Patient Access	Danielle Pieloch	Robert Wood Johnson University Hospital Hamilton	136

## Table of Contents Public Policy and Planning

<b>Student</b>	<b>Title</b>	<b>Supervisor</b>	<b>Agency</b>	<b>Page</b>
Beckerman, Max	Opiate Addiction Policy in New Jersey	Cathy McLaughlin	Legislative Office Of Joseph F. Vitale and Craig J. Coughlin	139
Bhalerao, Sachi	RU Smoke-Free Initiative		Rutgers University	140
Cheddie, Andrew	Center on the American Governor (CAG) Website Survey	Randi Chmielewski and Kris Shields	Rutgers Eagleton Center on the American Governor	141
Denisenko, Danielle	Center for Women General Survey	Stefanie Shapiro	National Council of Jewish Women- Essex County Section	142
Jean Philippe, Machla	Making New Brunswick a Better Place for Minorities: The Civic League 1984-2014	C. Roy Epps	Civic League of Greater New Brunswick	143
Malpica, Jonathan	Permanent Supportive Housing For Intimate Partner Violence Survivors	Andrea Hetling	The New Destiny At The Anderson: Bronx, NY	144
Mayer, Catherine	Health Insurance and Enroll America	Isaac Benjamin	Enroll America	145
Nadesakumaran, Thiviya	Expanding Knowledge about Health Care Reform in the City of New Brunswick	Isaac Benjamin	Enroll America	146
Palomba, Kellie	Special Hope for Young Adults with Intellectual and Developmental Disabilities Transitioning into the Healthcare System	Caroline Coffield	The Boggs Center on Developmental Disabilities	147
Parikh, Neha	Usefulness of Blog Posts	Kara D'Afflitto	ReVireo	148
Rollero, Preston	Sources of Coverage	Ward Sanders	New Jersey Association of Health Plans	149
Tandon, Avani	HomeFront Economic Impact Report	Nicol Nicola	New Jersey Chamber of Commerce	150

Public Health  
Internships  
Spring 2014

## Internship Abstract

Title: Healthy Relationships Workshop for College Students  
Name: Donia Abdalla  
Preceptor: Elaine Hewins, Domestic Violence Specialist, Clinical Social Worker  
Agency: RWJUH Community Health Promotion Program

Purpose: To elevate awareness and knowledge of what a healthy relationship entails within college student relationships through interactive activities, poetry, and research.

Significance: According to the U.S. Department of Justice, "Women aged 16-24 experience the highest per capita rate of intimate partner violence, with 53% of victims of domestic violence experiencing abuse by a current or former boyfriend or girlfriend." This workshop has the ability to influence college students, either currently in a relationship or not, to make wiser decisions that will benefit a current or future relationship. Furthermore, research has indicated that an initial sign of an unhealthy relationship, that triggers domestic violence tactics, occurs during college-aged years.

Method/Approach: Flyers have been distributed amongst a college campus apartment complex promoting the workshop and encouraging registration. The attendees will be asked to sign a confidentiality agreement to set an atmosphere of respect and comfort for oneself and fellow attendees. A pre-survey will also be distributed with questions regarding national domestic violence statistics amongst college students and opinion-based questions about healthy/unhealthy relationships. A twenty minute presentation and short video on independent research done concerning issues of unhealthy relationships among college students and suggestions for more successful relationships will follow. A current Rutgers student will recite a poetry reading regarding experiences with domestic violence. Afterwards, a five minute activity where both singles and couples can collaborate on will be distributed involving drawing expectations of a future relationship on heart-shaped construction paper. In closing, a post-survey will be distributed with the same questions as the pre-survey.

Outcomes: This workshop will act as a basis for college students on what it means to be in a healthy relationship versus an unhealthy relationship as well as how domestic violence signs can be identified in the beginning of a relationship. The feedback and questions collected from this workshop will be addressed and used by the New Brunswick Domestic Violence Awareness Coalition for future research, workshops, and grants.

Evaluation: This workshop can be evaluated after the attendees have completed the pre-survey which is distributed before the start of the workshop and later compared to the post-survey distributed afterwards so it is feasible to measure the knowledge gained within the time allotted for the workshop.

## Internship Abstract

Title: Ryan White Reauthorization  
Name: Tyeisha Adams  
Preceptor: Kathy O'Brien  
Agency: Hyacinth AIDS Foundation

**Purpose:** This project will increase awareness and change how people living with HIV access healthcare. Through the Patient Protection and Affordable Care ACT (ACA), thousands of individuals living with HIV will have access to healthcare through Ryan White, Medicaid or subsidized private health insurance.

**Significance:** The Ryan White program is a federally funded program that is reauthorized every 5 years to provide HIV-related services across the United States to those who do not have other means of accessing HIV/AIDS treatment and care. Currently in numerous states that fully implement the law, including the expansion of Medicaid, thousands of uninsured people are living with HIV—many of who are currently receiving care and treatment through Ryan White programs. The Ryan White legislation has created several programs, known as Parts that meet various community and population based needs for those affected by HIV/AIDS. It is currently funded at \$2.1 billion dollars and provides services to more than half a million people annually. The Affordable Care Act may have a serious impact on those HIV infected clients who have been previously served by the Ryan White Act and unless funding for the Ryan White program is continued, there may be serious implications.

**Method/Approach:** Several meetings will be conducted using previous and current data regarding HIV/AIDS incidents within NJ, and letters will be sent to the President and Congress emphasizing the need for continued funding. The Modeling Project in NJ focuses on state-specific probes used in addressing RW Reauthorization:

- What demographic information is available about Ryan White program and ADAP clients?
- What services are currently available to people living with HIV under the Ryan White program versus Medicaid or plans to be sole on an exchange, and what gaps in services currently exist?
- Given the current Ryan White, Medicaid, and private insurance coverage, what are the likely outcomes of a transition from one program to another in 2014?

These probes will help assist in providing necessary information to Congress as to why Ryan White should be reauthorized and funds should not be lessened.

**Outcomes:** Members of this program will provide data to Congress and the President explaining the importance of increasing funds for Ryan White and continuing education and awareness of HIV/AIDS throughout NJ.

**Evaluation:** It will be evaluated by the appropriations provided by the President to continue its purpose.

## Internship Abstract

Title: Increasing the Efficiency of Planning of Major Community Events  
Name: Adedapo-Jimoh, Oluwatoyin  
Preceptor: Dorothy Reed  
Agency: Sisters Network of Central New Jersey

**Purpose:** This project will serve as a detailed guide for the organization and implementation of the Annual April Health Summit & Breakfast and will include the timeline and key figures involved. Also, sample documents for planning and promoting the event will be included.

**Significance:** Access to healthcare is one of the most important issues facing large populations, including the central New Jersey area serviced by Sisters Network of Central New Jersey. Every year, hundreds of central NJ residents attend the Health Summit where they can receive free screening such as cholesterol and blood sugar screening. Given the importance and previous success of the event, there stands to be a great benefit from the development of a Procedures Manual which will serve as key information guide that can be used to plan and implement the event, even in the event of new executive staff.

**Method:** Research will be conducted using information from Sisters Network of Central New Jersey, Sisters Network Inc, and various other public sources. Analysis will be conducted on previous documents, online research, attendance at the 2014 Health Summit to get hands-on experience and evidence-based information. Attendance at executive staff meetings will be beneficial to construction of the manual. Each aspect of planning and implementation of the event will be incorporated into a Procedures Manual for the organization.

**Target Audience:** This project is designed to serve as a guide to current and future executive staff, professional advisory board members, and other personnel hoping to understand the planning and implementation of the Annual Health Summit & Breakfast.

**Outcome:** The Procedures Manual will be available to Sisters Network of Central New Jersey as a means of increasing efficiency of the planning of major events.

**Evaluation:** Evaluation of the Procedures Manual's success will be based on supervisor and personnel feedback.

## Internship Abstract

Title: St. Jude Give Thanks Walk - Northeast Region  
Name: Sarah Ahn  
Preceptor: Yohanna De Los Santos  
Agency: ALSAC/ St. Jude Children's Research Hospital

Purpose: To research and initiate relationships with new potential sponsors for the St. Jude Give Thanks Walks across the Northeast region.

Significance: Founder, Danny Thomas believes that no children should die at the dawn of life and that is the mission of St. Jude Children's Research Hospital. It provides cures for children with cancer without their loved ones worrying about the expenses and fees for the treatment. St. Jude's funding is all through donations from across the country. In the last fiscal year, ALSAC fundraised \$700 million for St. Jude Children's Research Hospital which provides the funding for patient services, research, education, and community services. Sporting events alone raise \$27.7 million which includes the Give Thanks Walks. The Give Thanks Walks are a key part of this sector in fundraising and the opportunity for sponsors to affiliate and brand themselves with St. Jude Children's Research Hospital is a great opportunity for marketing themselves with the St. Jude brand.

Method/Approach: First, the target markets will be researched and then there will be research for possible sponsorships in that area. The goal is to find organizations based on location and market. This list will then be filtered through an evaluation of each organization. This will include research on what kind of organization it is, what is its corporate social responsibility, annual donations, and their relationships with other nonprofit organizations. Once the list is narrowed down, a point of contact will be made for each possible sponsor. They will be first contacted by the intern for approval of contact for future sponsorship opportunities with St. Jude Children's Research Hospital.

Outcome: This list expands the possible sponsors for St. Jude Give Thanks Walk events in the Northeast region. Sponsorships will be contacted by an event specialist in the New York office for further details of becoming a sponsor for the sporting event.

Evaluation: The list will be forwarded to all event specialists and will be looked over by the regional director. Once a meeting is conducted and the list is thoroughly examined by the supervisor, adjustments will be made and the list will become finalized and on a public folder for event specialists across the region.

## Internship Abstract

Title: Exploring the Relationship Between Tobacco Smoking and Anal Fistula Occurrence  
Name: Joon H. An  
Preceptor: Sanghyun Alexander Kim M.D.  
Agency: Mount Sinai Hospital

Purpose: To find a correlation between tobacco use and the occurrence and recurrence rates of anal fistulas.

Significance: Anal fistulas are one of the most commonly occurring conditions affecting the rectum. Over two hundred patients are seen by a single colorectal surgeon within three-year period for this issue alone. An anal fistula occurs when a virus infects the outlet of the rectum. Ninety-nine percent of the time, this warrants hospitalization for surgical removal, which can prove expensive and time consuming. Concurrent use of tobacco with chronic conditions is widely-known to depress immune function. Thus, one can predict that it is highly likely that the presence of anal fistulas may occur more commonly in patients who are tobacco users. These findings may be significant to the fields of healthcare and public health in that they act as a siren to help members of society curb unhealthy habits and to work towards promoting healthy behavior. With the aid of public health and healthcare workers, people can feel empowered to enhance their inherent quality of life by using the data to understand and reduce the prevalence of anal fistulas.

Method of Approach: Patients with a history of anal fistula and/or anal abscess will be surveyed over the course of a three-year period. Data will be systematically reviewed to determine the presence or absence of tobacco use, current or historic, in each of the surveyed individuals. Individuals with tobacco use will then pass through a second “filter” and be screened for the presence of anal fistula. Finally, a general health status will be conducted to rule out confounding variables---any other health condition that may cause anal fistula aside from tobacco smoking, such as Crohn’s disease, enhance the anal fistula occurrence rate. Once the data is collected, the chart will be organized to reflect any actual correlations between tobacco use and a diagnosis of anal fistula.

Target Audience: The target audience includes physicians’ associations, health departments, and the general public.

Outcomes: The results reflect a possible significant correlation between the immune system, tobacco use, and anal fistula occurrence. In the field of colorectal medicine, the data will suggest how to more effectively prevent and treat with anal fistulas.

Evaluation: The research will be evaluated by a supervisor and other medical associates including doctors and surgeons for further improvement in the understanding of anal fistula occurrence. This research can be evaluated by comparing it with other projects that seek to establish a correlation between tobacco use and chronic health problems.

## Internship Abstract

Title: Alcohol-Induced Methylation of microRNA 9-1 in Human Prefrontal Cortex  
Name: Aiman Aslam  
Preceptor: Dr. Andre Pietrzykowski  
Agency: Laboratory of Adaptation, Reward, and Addiction

Purpose: To analyze the relationship between microRNA and alcohol addiction on a molecular scale.

Significance: microRNAs are a class of short, non-protein coding portions of DNA approximately 19-25 nucleotides in length. Once considered “junk-DNA,” microRNAs have recently been shown to be important regulators of transcriptional and post-transcriptional activity by attaching to complement mRNAs, and ultimately destabilizing them through translational repression or cleavage. These important gene regulators can be further regulated by methylation, which places a methyl group on carbon-5 of a cytosine nucleotide. Moreover, promoter methylation has generally been shown to inhibit transcription.

Method/Approach: By studying the methylated regions of microRNA genes, particularly microRNA 9-1 (miR-9-1) in the prefrontal cortex of alcoholics and controls, we hope to better understand the molecular implications of methylation in addiction. After choosing two highly conserved regions with a special single nucleotide polymorphism of interest (SNP IS#59104372) in human chromosome 1, a region of the miR-9-1 promoter was isolated, underwent bisulfite conversion, and was pyrosequenced to decipher methylation statuses at designated CpG islands. The SNP of interest is present in more than 1% of the human population.

Outcomes: Thus far, it was found that alcoholics have increased methylation in the miR-9-1 promoter.

Evaluation: Future research can detail the effects of acute and chronic drinking on specific miR-9-1 and mRNA pairings. In addition, similar studies in brain regions concerning the reward pathway such as the nucleus accumbens and the ventral tegmental area can further elucidate alcoholism-induced methylation and future therapies.

## Internship Abstract

Title: Check. Change Control Evoking Healthy Hearts for the Future: Program Evaluation  
Name: Geralldine Asoluka  
Preceptor: Vicky Coll  
Agency: American Heart Association

**Purpose:** This project will summarize the effectiveness of tracking blood pressure readings among Latin and African American individuals, who are more likely to be at risk for high blood pressure and heart problems.  
**Significance:** High blood pressure is the precursor to many of the heart diseases that are the leading causes of death in the United States today. 78 million American adults have high blood pressure, which is equivalent to 1 in every 3 American Adults. Over 65% of people who have a heart attack, stroke, or experience chronic heart failure have high blood pressure. Africans Americans are 33% more likely to die of heart disease and twice as likely to get a stroke. The yearly death toll that high blood pressure causes can easily be prevented with conscious monitoring. The American Heart Association strives to improve the cardiovascular health of all Americans, while also reducing deaths from cardiovascular disease. Check, Change, Control is a new AHA tool that provides at risk individuals with the tools and motivation to monitor their health.

**Method:** Evaluation of Check, Change and Control program is an important step in understanding its effectiveness. The American Heart Association and other appropriate resources will provide background for the assessment. Analysis will be conducted on a group of 20 college students that will be monitored for 3 months at least two times a month for blood pressure readings. Participants will be expected to improve their individual blood pressures if too high or maintain blood pressure at a steady level if normal. Statistics of improvement and or complications will be recorded in statistical readings. At the end of the 3 months an opinion based questionnaire on the perceived effectiveness of the program will be implemented and also recorded for analysis. The questionnaire will consist of 10 opinion based questions on the AHA health monitoring program.

**Outcomes:** This project will demonstrate the programs ability to improve the initial health of each participant. Then, based on the findings future improvements for the Check.Change.Control blood pressure program can be made.

**Evaluation:** This is an evaluative project but attention to accuracy and completeness of all data collection and analysis will be conducted.

## Internship Abstract

Title: Emphasizing the Need for Home and Community Based Care Programs

Name: Opeyemi Babajide

Preceptor: Chrissy Buteas

Agency: Home Care Association of New Jersey

Purpose: To analyze the impact rate cuts will have on home health agencies that provide Personal Care Assistant (PCA) services.

Significance: Current research has highlighted the growing importance of Home Care providers with the implementation of the Affordable Care Act. According to a study done by Prashant Dilwali, it was shown that "A home care service line can fulfill this role for hospitals, serving as an effective conduit to the post discharge realm--serving as both a potential profit center and a risk mitigation offering" (Dilwali, P. K. 2013). Home care providers in New Jersey provide personal care services which help assist our most vulnerable populations with everyday tasks that they are incapable of completing on their own. With the growing importance of community-based care, it is key that these services are continually offered because they can help prevent frequent reliance on institutionalized care. The cuts to reimbursement rates can result in a loss of care providers for this program, an access to care issues, and differential health outcomes created by a quality of care issue. The proposed cuts by various HMOs to this program will only hinder the availability and longevity of this program.

Method/Approach: A short survey will be conducted via email to members of the Home Care Association of New Jersey who provide PCA services. The survey will ask about the total amount of billable PCA hours billed for the year 2013. Approximately 75 members will be sent this survey and asked to return their answers. Surveys were sent through the Association's email account and results will be compiled.

Outcomes: This project will demonstrate the need for more attention to be paid to the impact of rate cuts to the PCA program, especially with the need for more programs to prevent re-hospitalization and promote community health efforts.

Evaluation: This project can be evaluated by analyzing completed surveys--then producing a cost analysis graph that will clearly display the differences in the new proposed rates and the former rate

## Internship Abstract

Title: Safe Storage, Safe Disposal, Safe Kids  
Name: Erika Barnhart  
Preceptor: Diana Starace  
Agency: Robert Wood Johnson University Hospital, Injury Prevention Department

**Purpose:** The medication safety awareness campaign is designed to teach parents of young children the proper dosage, storage, and disposal of prescription and over the counter medication.

**Significance:** Each year, more than 67,000 children are treated in an emergency room for medicine poisoning, and 12,390 of these children require hospitalization. In 2012, Robert Wood Johnson University Hospital, in conjunction with St. Peters University Hospital, conducted a community needs assessment for Middlesex and Somerset Counties. From January 2011 to December 2012, the New Jersey Poison Information and Education System received 1,963 phone calls from homes in Middlesex County regarding general medication exposures in children under the age of 5. Implementing the medication safety program will help reach the goals of reducing the incidence of accidental poisonings in children.

**Methods:** The first objective is to train a minimum of 75 child care providers from 30 different child care centers throughout Middlesex and Somerset Counties; each center will provide at least one medication safety workshop to a minimum of 25 families. The second objective is to train six home visitation staff from Central Jersey Family Health Consortium, a nonprofit organization dedicated to improving the health women and children, who are following underserved women throughout their pregnancy and for three years afterwards; the staff will provide lock boxes (to ensure safe medication storage) and medication safety education to the 120 families they serve. The third objective is to provide training and education to a minimum of 100 families identified and enrolled by Param Care Foundation, an organization that raises awareness on health maintenance, and the First Baptist Church of Franklin.

**Evaluation:** There will be a three and six month follow up through the home visitation program to determine if the education and resources improve the safe storage of medication in the home. A pre- and post- test survey will also be conducted at every workshop.

**Outcomes:** Quantitatively, the success of the program will be evaluated by the number of families and professionals involved by the end of the grant period. Qualitatively, the success of the program will be measured by the knowledge gained by all participants, including parents, family members, and professionals. Implementation will help determine the program's ability to improve the safe storage of medication with the provision of education and resources. The goal is improved awareness by child care providers and parents throughout the catchment area so that the incidence of accidental medication poisonings in children is reduced.

## Internship Abstract

Title: Rutgers Veterans Needs Assessment  
Name: Shawn Baron  
Preceptor: Stephen Abel  
Agency: Rutgers Office of Veterans and Military Programs and Services

**Purpose:** To analyze student veterans' and military students interest in support services and implement a new support service.

**Significance:** Rutgers student veterans have specific needs that differ from those of the general student population due to their military service and experience. Many student veterans have served in combat roles in Iraq and Afghanistan. Students with military may experience issues including failure to self-identify, social issues and other disabilities that can prevent their educational success. With increasing numbers of student veterans enrolling in Rutgers University, conducting research and implementing a new support group stands to improve their success at Rutgers University.

**Method/Approach:** Members of the Rutgers Veterans Services staff conducted research using an online needs assessment. The needs assessment was distributed via email to the entire population of student veterans and military students currently enrolled in Rutgers University, New Brunswick. Twenty needs assessments were conducted in person at the Rutgers Veterans Services office. All of the needs assessments are anonymous. The questions were original and developed in collaboration with Rutgers Counseling, ADAP and Psychiatric Services. The questions focused on satisfaction with current veterans services, barriers to using veterans services, and interest in various types of veterans support services.

**Outcomes:** The needs assessment will serve to identify a specific support service that may be implemented to increase student veterans academic success and well- being at Rutgers University, New Brunswick. The results of the needs assessment will be used for future research for Rutgers Veterans Services locations on the Newark and Camden campuses.

**Evaluation:** This needs assessment can be evaluated by analyzing completed needs assessments. Trends regarding needed support services will be identified. These will be used in combination with feedback regarding student veteran interests and barriers to services.

## Internship Abstract

Title: Special Needs and Its Impact on Parents and Caregivers  
Name: Felicia Barthelus  
Preceptor: Hazeline Pilgrim  
Agency: Family Support of Essex County

Purpose: To support, educate, and advocate for parents and caregivers of children who have special needs with a focus on autism, and raise awareness of these issues with the community.

Significance: 1 in 88 American children are on the autism spectrum, tenfold increase prevalence in forty years. Autism affects over 2 million individuals in the United States and 10 million worldwide. This autism event is going to help individuals understand and be aware of what signs to watch in their child's development, so that they are able to detect if their child has autism or any other mental disabilities. Many children with autism are diagnosed after the age of 3 years old. If they were more aware and had the information that they needed, they could have caught an earlier diagnosis. Early diagnosis and treatment helps young children with autism develop to their full potential.

Method/ Approach: This program is a three part event because the organization does not want to overwhelm the parents/caregivers with so much needed information. Different speakers are attending and speaking on the topic of autism and other mental health disabilities. One of the participants for the event is Mom 2 Mom which is a peer-support helpline for families with children who have special needs. This helpline is going to have a focus group with open discussion for the parents/caregivers, allowing them to express their views and what support is needed in dealing with a child with special needs. The parents of the children with autism and/or other special needs are going to answer a list of survey questions both personal and general, about what kind of impact does having a child with special needs like autism have on them and their families.

Outcomes: This study provides different perspectives of how it feels to be a parent/caregiver dealing with a child with special needs. This information is going to help the organization find different and useful approaches to aid and support these parents and caregivers.

Evaluation: This survey can be evaluated by analyzing the completed surveys that the parents and caregivers fill out. This survey provides knowledge of any general trends or correlations between the different answers given by the parents and caregivers.

## Internship Abstract

Title: Smoking Cessation through Text Messaging Program for Rutgers University Students

Name: Jasmine N. Bass

Preceptor: Frances Di Clemente

Agency: Rutgers- Cancer Institute of New Jersey

**Purpose:** To design a formative research plan for the development of an intervention that will increase Rutgers University smokers understanding of risks associated with tobacco use and provide available cessation services through a text messaging platform.

**Significance:** Research from the Center for Disease Control and Prevention shows that cigarette smoking is the leading cause of preventable death within the United States (US) and causes one out of every five deaths each year. Providing a cessation program will have a large impact in improving health outcomes for young adult smokers (ages 18-24). Emerging evidence and past studies have shown the efficacy of text messaging based smoking cessation programs. Reports show that 95% of US young adults have a cell phone of which 97% use text messaging. This provides a foundation to implement a smoking cessation program through text messaging for young adult college students to provide awareness, knowledge, and quitting techniques to improve the overall health of this population.

**Method/Approach:** Formative research begins with the analyses of preceding smoking cessation programs. Additional research focuses on smoking cessation programs through text messaging. The capabilities of messaging will be compared and evaluated through literature searches to determine the strengths and weaknesses of preceding programs that had no intervention, minimal intervention, and those that did not use text messaging. Prior research that targeted the Rutgers University student population through tobacco usage surveys will be assessed to investigate the needs of the population in order to create a framework for a smoking cessation program.

**Outcomes:** A pre- and post-test survey will be created to target the Rutgers young adult demographic. The survey will target basic demographics, smoking usage, quitting attempts, and smoking advertisements. Sample text messages for the pilot program will be assigned for each step of the six-month daily text messaging program. The development of the surveys and sample text messages will provide a backbone for the implementation of the smoking cessation program, helping with short, intermediate, and long term outcomes for participants pending future implementation.

**Evaluation:** The smoking cessation program will be evaluated pending a pilot study in order to evaluate the success of the program and improve its implementation in the Rutgers Community.

## Internship Abstract

Title: Teaching Garden  
Name: Massah Bassie  
Preceptor: Vicky Coll  
Agency: American Heart Association

**Purpose:** To analyze and expand knowledge and awareness about childhood obesity in inner city areas.

**Significance:** Research studies have shown that childhood obesity significantly affects the American community. Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. In the USA, prevalence rose more than twice as fast among minority groups compare with white groups, exacerbating pre-existing ethnic disparities. Furthermore, studies have shown that childhood obesity is preventable by implementing healthy lifestyles habits, and physical activity behaviors of children and adolescents. Gardening is considered an approach to help these communities because it will educate the children on healthy eating habits and also allows them to incorporate the garden in their everyday life because it is part of their community.

**Method/Approach:** Members of the American Heart Association Teaching Garden team have conducted a Teaching Garden Project, where low-income public schools are eligible to receive a Teaching Garden sponsored completely by the American Heart Association. The garden is used to educate the children on what healthy eating habits are and teaching kids to differentiate between good and bad foods. First a pretest will be administered to the children who are in the first grade and above. After the pretest is administered there will be an evaluation of the children and their knowledge on healthy eating, and what these children consider normal. After the evaluation the children will participate in building the garden, and will learn about healthy eating habits. After the building a posttest will be administered and evaluated once again to measure what healthy eating tips the children have gained from the experience.

**Outcomes:** This study will demonstrate basic awareness and perceptions of childhood obesity in urban areas of America; this will help with future methods of prevention. The results of the intervention will be used for future research and policy implication. This is the first step in changing their eating habits and allowing them to pick healthy choices that will help them live with these healthy choices throughout their lives.

**Evaluation:** This study can be evaluated by measuring the knowledge the children had of childhood obesity before the project, and their knowledge after, and what healthy eating habits consist of. Surveys will be measuring the success of the project because the more children that answer the survey saying that they can ask for healthy food at home will show the increase in healthy food knowledge and advocacy, and reduce the number of harmful foods being eaten and then decrease the obesity rate in that school.

## Internship Abstract

Title: Restorative Nursing Care Follow Up/ Relias Training  
Name: Yonit Beitscher  
Preceptor: Lisa Slater  
Agency: Francis E. Parker Memorial Home

**Purpose:** First, to determine if follow up and proper communication occurs after residents from the nursing home are discharged from occupational and physical therapy in accordance to policy. Second, to make recommendations for the current restorative care policy at Parker Homes. Last, to teach the new online education system, Relias, to all employees in order that they could independently complete the mandatory monthly modules.

**Significance:** People feel that restorative care can lead to increased falls, injuries, deaths, and hospitalizations. Many employees feel nervous to do this with elderly people because they feel they are too fragile. The Agency for Healthcare Research and Quality did a study and discovered that it is a protective method against injury, and reduces emergency visits and falls. The agency studied 256 nursing home residents from 12 different nursing homes to determine the effectiveness of restorative care. The restorative care nurse taught techniques in order to motivate, and to build strength. The study proved that restorative care did not cause more injuries, in fact, it reduced emergency room visits and falls. Relias is helpful because it teaches the employees the important fields within long term care. Additionally, an education program is required by OSHA and the Department of Health.

**Method:** Review the list of residents who have been suggested by PT/OT after discharge for restorative care. Select all residents on the ambulation program and randomly select five from Landing Lane who are discharged to review their records. Determine interview questions, and interview the therapists, CNA's, and nurses. Read the notes in Resident Care Guide, Care Plan in Answers on Demand, and the handwritten notes from therapists. Based off all this information, determine a method to enhance knowledge of restorative care and the communication between employees in order to maintain the health of the residents. For Relias, create an instruction manual, and travel to different Parker locations and teach the employees.

**Outcomes:** This study will portray the flaws and strengths in the restorative care program. It will help in the future to strengthen the program, and provide suggestions for the policy. For Relias, the staff will be more educated about various topics within long term care.

**Evaluation:** The restorative care study can be evaluated by the interviews and comments. Relias can be evaluated by checking which employees complete the required modules at the end of each month.

## Internship Abstract

Title: A Healthy Smile for Lunch  
Name: Christina Belgrave  
Preceptor: Dr. Andrea Barrett  
Agency: Barrett Community Impact Foundation

**Purpose:** This project will attempt to promote healthy oral health care practices and reduce the prevalence of dental disease amongst racially and ethnically diverse children enrolled in Head Start programs in Somerset.

**Significance:** Dental care is the most common unmet health need in the United States, with tooth decay being the most common chronic problem in children. This reality is almost doubled for children from low income families and ethnically diverse backgrounds; minority children from low socioeconomic communities have poorer oral health outcome, fewer dental visits, and lack basic knowledge on preventative oral healthcare. Specifically, Black and Hispanic children are disproportionately affected by cavities, decaying teeth, and overall poor oral health due to inadequate dental access. Poor oral health and dental disease in children often continue into adult-hood and pose a major threat to affect speech, nutrition, monetary productivity, and caliber of life.

**Method/Approach:** Barrett Community Impact Foundation has created an afternoon event on the first Friday of every month where the children enrolled in the Somerset Head Start program can visit the dental office and receive proper oral hygiene information and dental screenings, free of charge. The Head Start Program is a federally run program that promotes school readiness of children from low income families by enhancing physical, emotional, and cognitive growth. The event offers a demonstration of effective brushing techniques, free games, and free food that promotes healthy teeth. BCIF's participating dentists will conduct oral screenings on the children and record each child's oral health status. The children, with the aid of a parent, will fill out a survey asking how many times they brush and floss daily. Each child will receive a lunchbox comprising oral hygiene materials like floss, toothbrush, and toothpaste.

**Outcomes:** This project will assist in increasing access to dental services as well as reducing the prevalence of dental disease in ethnically and racially diverse children from low income families.

**Evaluation:** Completed surveys and dental screening records from initial visit will be analyzed for evaluation after six months. The results can determine if the children's overall oral health and dental hygiene routine have improved.

## Internship Abstract

Title: Continuing Medical Education: Grand Rounds - Acute Renal Failure  
Name: Christopher Bergen  
Preceptor: Melissa Mann, Administrative Director of GME  
Agency: Trinitas Regional Medical Center

Purpose: To analyze and enhance the education of the physicians of Trinitas Regional Medical Center about the topics of early diagnosis and management of Acute Renal Failure.

Significance: Treatment of Acute Renal Failure has been hampered by the inability of a creatinine-based diagnosis. It prevents clinicians from being able to intervene with timely treatments aimed at stopping further development of the disease to the point where renal replacement therapy is necessary or death occurs. Novel biomarkers of injury are the solution to which early detection can be delivered in the disease process. This program is relevant because in the past six years the Trinitas CME program has not had a CME activity on Acute Renal Failure. Patients with this condition are often seen and treated in the hospital. Thus, it is important to keep physicians up-to-date with current developments in the management of this disease.

Method/Approach: The Continuing Medical Education (CME) committee will conduct a gap analysis on the topic of acute renal failure requested through a survey done by physicians of the hospital. It will describe the importance and need for more education on the disease through supporting data and research from scholarly sources. A needs assessment is submitted to the Medical Education Speakers Network to find a qualified expert to present the topic of interest. In addition a grant proposal is sent to various relevant organizations to apply for funding of the presentation which covers speaker and speaker network fees, along with the accreditation fees. A one-hour live Medical Grand Round consisting of a 50-minute lecture including sample cases, and a 10-minute questions/answers session by the expert physician in this clinical area will help bridge the existing knowledge, competency, and performance gap associated with the diagnosis and management of acute renal failure.

Outcomes: The program will demonstrate the need for more education on acute renal failure for the practicing physicians at Trinitas hospital. The result of this educational presentation will be used for improving the effectiveness of physicians treating patients with acute renal failure.

Evaluation: This program will evaluate by analyzing the results of the post-test and the comments of physicians who will change the way they practice due to attending the presentation. As well as calculating the percentage of physicians who acquired new knowledge.

## Internship Abstract

Title: Outreach for Hydraulic Fracturing Bans in Central New Jersey

Name: John Borja

Preceptor: Lauren Petrie, Organizer

Agency: Food & Water Watch, New Jersey

Purpose: To build infrastructure in Central New Jersey communities where Food & Water Watch is working to pass local resolutions and ordinances to ban hydraulic fracturing practices and waste.

Significance: Research studies conducted by Food & Water Watch have shown that hydraulic fracturing, or fracking, has negatively affected the environment of numerous U.S. communities. In order to frack a shale gas well, millions of gallons of fracking fluid – a blend of water, sand, and chemicals – are pumped underground at high pressure to break up shale rock, allowing gas to flow into the well. Some of the fracking fluid stays underground indefinitely and the rest flows back up out of the well. Furthermore, the potential of fracking occurring in New Jersey is very likely. An assessment of undiscovered oil and gas resources published by the USGS has estimated between 363 to 785 billion cubic feet of gas in the South Newark Basin. This highlights the need to locate and inform New Jersey communities about the dangers behind fracking and how they can take action to support a healthy environment.

Method: Microsoft Excel and Google Maps were used to gather contact information from organizations in Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, and Union counties. Food & Water Watch organizers and volunteers reached these contacts via telephone and email in order to gain support for local resolutions and ordinances for fracking and fracking waste bans.

Outcomes: To date, 6 organizations from Somerset and Mercer counties have agreed to be support their local resolution or ordinance to ban fracking and fracking waste. A total of 1,154 contacts were listed as potential members to support their local resolution or ordinance to ban fracking.

Evaluation: A dot distribution map of organizations who agreed to support their local resolutions and ordinances to ban fracking before January 2014, organizations who agreed to support their local resolutions and ordinances after January 2014, and organizations who were listed as potential members to support their local policy to ban fracking was used to evaluate this project.

## Internship Abstract

Title: Strategic Improvement in the Inpatient Preadmissions and Admissions Processes at Children's Specialized Hospital

Name: Amanda S. Brown

Preceptor: Charles Chianese

Agency: Children's Specialized Hospital

**Purpose:** This project will summarize the current inpatient preadmissions and admissions processes at Children's Specialized Hospital in New Brunswick, NJ in order to identify areas for improvement and establish processes that will improve quality and access to care.

**Significance:** Recent research conducted with physicians, pediatricians, and pediatric specialists outside the hospital identified several components that drive the decision-making process for referrals for children with special needs. The availability for parents to obtain an appointment in a timely manner is extremely critical. Reputation of the specialist or facility and insurance coverage can also dictate referral decision. The outcomes of this study will help establish processes that will result in the improvement of the above areas.

**Method/Approach:** Several employees will be surveyed regarding their role in the preadmissions and admissions processes. Employees and patients will be asked about their perceptions and attitudes of the processes. Analyses of previous referral and admission reports will be conducted. Observational data will also be collected on the current processes and provide a platform to establish improved processes.

**Outcomes:** The data collected in this project will aid in the development of more efficient and clearly defined inpatient preadmissions and admissions processes that will increase employee efficiency, referrals and referral relationships, bed flexibility, number of admissions, and ultimately improve access and quality of care.

**Evaluation:** To evaluate the outcomes of this study, a follow-up study will be performed, after the new inpatient preadmissions and admissions processes are fully implemented. The study will survey employees, referring facilities and physicians, and patients about their perceptions and attitudes of the new process. Referral and admission data will be collected and compared to the original data collected.

## Internship Abstract

Title: Awareness of NJ Title 39 traffic-related Laws and Safety Strategies  
Name: Divya Buttan  
Preceptor: SFC Slimowicz  
Agency: New Jersey State Police

Purpose: To identify New Jersey Title 39 traffic-related Motor Vehicle laws which are commonly violated and to increase awareness about various safety-related initiatives related to teen driving safety, child passenger safety, and seat belt utilization.

Significance: As of 2013, 4 of 5 child restraint systems were installed improperly, which increases imminent dangers to children from birth to age 8 and has increased morbidity and mortality rates among this population (NHTSA). The adolescent population has consistently been seen as an at-risk population in danger of involvement in motor vehicle collisions, due to a mix of factors ranging from inexperience, lack of full brain development, and potential to engage in risky behaviors (CDC). These dangers are often not appropriately expressed or explained to the at-risk population or their caretaker. The significant number of annual fatalities and injuries sustained collectively draws attention to a state-level predicament which is consistently not being appropriately addressed.

Method or approach: An educational calendar will be developed to disseminate to parents, young drivers and other interested consumers. Research was conducted with members of the NJSP School and Traffic Safety Unit to understand and effectively address their specific safety-related concerns. Interviews were conducted with professionals in driving safety to comprehend and apply their concerns when developing the calendar. An effective and audience-appropriate calendar for dissemination will be designed, pretested, and approved for final distribution.

Target Audience: This project is meant to serve as a means to proper education about safety-related concerns and Title 39 laws among the adolescent and adult populations within the state of New Jersey.

Outcomes: The educational calendar will be readily available for dissemination at the poster session and upon approval from the NJSP Public Information Office and the NJ Division of Highway Traffic Safety, will be distributed at community events which will be hosted by and in conjunction with NJSP for adolescents and adults within the State of New Jersey.

Evaluation: Evaluations of the calendar will be based on feedback from the School and Traffic Safety Unit upon distribution at events throughout the State of New Jersey.

## Internship Abstract

Title: Food Deserts and Food Security in New Brunswick, New Jersey  
Name: Enrico Cabredo  
Preceptor: Dr. Dawne Mouzon, Juan Rodriguez  
Agency: Edward J. Bloustein School of Planning and Public Policy

Purpose: To analyze food security in New Brunswick, New Jersey.

Significance: Food deserts are defined as areas in which healthy food is scarce, low quality, expensive, or simply unavailable. Food deserts have been associated with poor diets and higher rates of obesity amongst those living in the area and are more prevalent amongst areas with higher populations of minorities. East and Central Harlem District Public Health Office researchers found neighborhoods with the highest proportion of Black residents had the lowest food desert scores (according to their metrics). According to the 2010 Census, New Brunswick's is 51 % Hispanic or Latino, with 31% of families living at or below the poverty line. Thus, the presence and effects of food deserts are likely. The food landscape of New Brunswick is ever changing, so it is important to understand food deserts and food security of the city.

Method/Approach: Food retailers throughout the city will be surveyed. Using the survey results, a health rating of 1-3, with 1 being the best, will be determined for each location. The survey was developed with the New Brunswick Community Food Alliance, an organization that aims to build a sustainable, hunger-free city. The survey examines the products offered at each location including dairy, protein, grain, produce, beverages, and miscellaneous snacks. The locations and their ratings will be mapped using Geographical Information System software in an attempt to identify food deserts throughout the city.

Outcomes: In categorizing food retail locations throughout the city, there will be a better understanding of the food environment of New Brunswick. Specific locations and areas that are failing to provide healthy food options will be identified. The NBCFA plans to develop storefront stickers for each location that corresponds to the location's health rating. Survey non-respondents will not have a sticker to display on their storefront.

Evaluation: The study can be evaluated by analyzing survey results and the GIS maps so as to look for trends and correlations between variables that could affect the food environment of New Brunswick.

## Internship Abstract

Title: Secondary Market Database

Name: Esteban Cabrera

Preceptor: Stephen Fillebrown

Agency: The New Jersey Healthcare Facilities Financing Authority

**Purpose:** This project will take a look at past financings The New Jersey Care Facilities Financing Authority (NJHCFFA) has issued to various hospitals and other non-profit health centers around New Jersey. The database created will identify key trends and give a detailed analysis of each separate financing. The database will allow us to compare each deal side by side and help look for patterns that can help improve future financings.

**Significance:** The world is ever changing and the medical field has new innovations that can help treat many people. Hospitals and other non-profit health organizations need capital to help improve their current status. They can use the capital to make renovations or buy new equipment to treat patients. NJHCFFA provides these health centers with the capital they need and at low interest rate and it is also tax-exempt. The database can help compare deals so that in the future we can help save more money for these non-profit organizations.

**Methods/Approach:** First, Research will be conducted using The Electronic Municipal Market Access (EMMA) website. This website is operated by the Municipal Securities Rule Board and it lists NJHCFFA's past financings and the transactions that occurred after the deal closed. The first step is making a list of all the past financings dating back to 2006. Next, step includes looking at each individual deal and making a table showing the separate maturities and transactions dating a week after the deal closes. The last step, involves a separate table that will show the amount of bonds traded and the average weighted and un-weighted prices and yield for each maturity in a specific deal. EMMA is a public website and all the information used can be seen to anyone looking for the information.

**Outcomes:** This database will help improve future financings given out by NJHCFFA. The database can help identify patterns or success or failure that may have occurred in a specific deal. Having the ability to compare past deals can give the ability to make financings more efficient which in turn can help save money for non-profit health centers throughout the state.

**Evaluation:** Evaluation of the database's success will be based on supervisor and personnel feedback. There will be a random check of the database to check its accuracy. The database will be reviewed for accuracy, and user-friendliness. The database was made in a uniform style so everything can be found easily and efficiently.

## Internship Abstract

Title: Fun in the Park: Nutrition, Analyzing Dietary Habits and Food Choices  
Name: Jade Carcamo  
Preceptor: Camilla-Comer-Carruthers and Yesenia Hernandez  
Agency: Community Health Education Robert Wood Johnson University Hospital

Purpose: To analyze the behavior changes and eating habits of children in the "Fun in the Park: Nutrition" program in New Brunswick, NJ.

Significance: The area of New Brunswick lacks fresh foods markets. In addition, this area houses many fast food restaurants. Rutgers Center for State Health Policy reported that in 2011, 24.6% of children in New Jersey ate in a fast food restaurant 1-2 times per week. 24.3% of the children reported low possibility of selecting a healthier choice from the menu. This is concerning because these restaurants do not have a significant variety of healthy choices and children may not be inclined to select the current choices they do have. The same study reported that 39.4% of children drink 1 -2 sweet drinks per day. It is important that children are opting more for 100% fruit juice or water and not sweet drinks or sodas.

Method/Approach: "Fun in the Park: Nutrition" is an eight week program where children from the New Brunswick area attend an hour class on nutrition, and an hour and a half swimming class. The nutrition classes consist of lessons about healthier food portions and options. It teaches the children how to make healthier choices whether they are at a fast food restaurant, or at home and how to calculate the portions for these foods. The children were given a pre evaluation to assess their knowledge about healthy choices and portions then followed by a post evaluation to evaluate the outcome of the program. Every week at the end of each lesson, the children are required to bring back a weekly diary of the foods they have consumed during the week, and a record of the number of hours dedicated to physical activities. The food sections are broken down to three categories, breakfast, lunch and dinner, and a separate portion for snacks.

Outcome: This analysis will show the changes in behavior based on basic changes on food and drink choices.

Evaluation: The program will be evaluated based on the responses from the children about the lessons delivered, and the food diaries obtained on a weekly basis. The overall report should show changes in their food and drink choices based on the knowledge they acquired through the nutrition classes and the post evaluation of the children at the end of the program.

## Internship Abstract

Title: Edison Family Day Promotion  
Name: Charlotte Chang  
Preceptor: Jay P. Elliot, B.S., Director  
Agency: Edison Department of Health and Human Services

Purpose: To promote Edison's Family Day in order to raise awareness of general health and wellness.

Significance: Obesity is a problem that has increased significantly in the United States for both children and adults. According to the CDC, over 10% of children and adolescents and 23.8% of adults in New Jersey are obese. Edison serves as a home to over 100,000 people and is a part of Middlesex County where the adult obesity rate is higher than the rate of New Jersey as a whole. There are multiple program initiatives that exist in order to decrease obesity rates such as Michelle Obama's "Let's Move" initiative and "We Can!" (Ways to Enhance Children's Activity & Nutrition). These programs have a common theme: Living a healthy lifestyle can prevent and reduce obesity.

Method/Approach: The Edison Municipal Alliance is hosting its 24th Annual Family Day in conjunction with the 15th Annual Health and Safety Fair. At the Family Day Event, there will be informative services that can help prevent and reduce obesity such as providing nutritional information and physical activity through dance while offering other services to benefit health. This event provides a gateway for healthy living to the Edison community. Therefore, attendance is key. The Edison Municipal Alliance and the Edison Chamber of Commerce are working together in order to increase promotion and attendance. A Family Day logo was created as a way to compress the partners hosting the event into a memorable visual representative. There was also a different, creative approach for the event flyers in order to garner more attention, which will be distributed throughout the community. In addition, the promotion of Family Day was implemented at other events that the department hosted such as their Earth Day Celebration. A paid ad will be created incorporating the different, creative approach and be published in the local newspaper weeks prior to the event.

Outcomes: The anticipated outcome is that there will be an increase in attendance at the event compared to previous years and will improve the awareness of general health and wellness in the community.

Evaluation: This plan can be evaluated by looking at the amount of ticket sales and compare it to the ticket sales of previous years. There will also be an anticipated simple quiz for children on nutrition that they can use to submit for a raffle. With this, the amount of children who participated and their overall knowledge on nutrition will be accounted for.

## Internship Abstract

Title: Correlates of Anxiety in Pediatric Obesity Patients  
Name: Wendy Chiapaikeo  
Preceptor: Amy Faus, MPH  
Agency: Healthy ME: Pediatrics Lifestyle Changes Program, Rutgers Robert Wood Johnson

Objective: To explore the relationship of health characteristics in pediatric overweight/obese patients and their anxiety levels to better understand anxiety in this population.

Background: In the U.S., overweight/obesity among children is a growing concern. Childhood overweight/obesity can cause various physical health issues, such as cardiovascular diseases, prediabetes, and sleep disorders (Russell-Mayhew et al., 2012). If left untreated, these problems can worsen in adulthood. In addition to physical impacts, obesity also has negative repercussions on mental health. Anxiety in overweight/obese children is related to peer bullying and dissatisfaction of oneself (Young-Hyman et al., 2006). Several studies discuss this relationship, however, research in this area is broad and limited. The Healthy ME: Pediatrics Lifestyle Changes Program aims to explore the relationship between pediatric overweight/obesity and anxiety by utilizing a wide array of measurements and values from pediatric obese patients in the program.

Methodology: This study is a retrospective chart review. Data of patients' health variables were collected from eighty-one patients, between the ages of 4-20 years old. These variables were recorded at each patient's initial visit. They include Number of Co-morbidities, Weight (kg), Body Mass Index (BMI), BMI Percentile, Body Fat (%), Blood Pressure, Fat Free Mass (FFM), Basal Metabolic Rate (BMR), Waist Circumference (in), Bullying (Y/N), Therapy (Y/N), Parent Weight Status (Healthy/Overweight/Obese), Level of Confidence, Motivation, Importance (scale 1-10), and Number of Attendance, Cancellation, No shows at Healthy ME appointments. In addition, patients and their parent/guardian filled out the Screen for Childhood Anxiety Related Emotional Disorders (SCARED). This self-reported survey is a valid and reliable instrument that measures anxiety levels in children. The total and subscale scores of this survey by patients and parents were analyzed with patients' health variables utilizing SPSS. Univariate and multivariate analyses that were conducted to test for significance included chi-squares, independent t-tests, and binary logistic regressions.

Outcomes: Significance was found in subscale anxiety disorders and reports of bullying and therapy use. Exploring relationships between anxiety and health characteristics in overweight/obese children will lead to improvements in healthcare and prevention methods to address childhood overweight/obesity.

Evaluation: This study will be evaluated with similar past studies to compare and contrast findings and analyze the significance in the values. Furthermore, peer reviews will be performed by the staff in the program.

## Internship Abstract

Title: How Effective is SIHLE?

Name: Michaela Chin

Preceptor: Deloris Dockrey

Agency: Hyacinth Aids Foundation

**Purpose:** To evaluate the effectiveness of the social skill intervention, SIHLE, by assessing changes in knowledge and awareness.

**Significance:** Young black men and women are being increasingly affected by HIV. Black youth account for 55% of all HIV infections reported among those aged 13-24, in areas with confidential HIV reporting. The HIV prevalence rate among women aged 16-21 was 50% higher than the rate among young men in that age group. African-American women are seven times as likely as White women and eight times as likely as Hispanic women to be HIV-positive. The NJ Prep (personal responsibility education program) grant, sponsors health education programs to at risk teens, to slow the spread of HIV/AIDS and sexually transmitted infections. Continual HIV prevention outreach and education efforts, including programs on abstinence and on delaying the initiation of sex, are required as new generations replace the generations that benefited from earlier prevention strategies.

**Method/Approach:** SIHLE stands for Sisters Informing Healing Living and Empowering. It is a CDC implemented social skill intervention that targets African-American women ages 14-18. The intervention consists of four weekly 3-hour sessions conducted in a community based setting and delivered by two peer facilitators (aged 18-21 years) and one adult facilitator. The sessions are gender-specific and culturally relevant, and include behavioral skills practice, group discussions, lectures, role playing and take-home exercises. Before and after each session each participant completes a survey. From these surveys' knowledge, awareness and intention will be measured yielding results for how effective SIHLE is.

**Outcomes:** This intervention will demonstrate participants change in knowledge, awareness and intention regarding HIV/AIDS & sexually transmitted infections.

**Evaluation:** This intervention can be evaluated by comparing SIHLE participants pretest and posttest responses.

## Internship Abstract

Title: Inside Knowledge Project: Promoting Gynecologic Cancer Awareness  
Name: Ashima Choudhary  
Preceptor: Stanley H. Weiss  
Agency: Department of Preventive Medicine and Community Health, Rutgers/NJMS

Purpose: To educate school nurses in the Essex and Passaic Counties of New Jersey about gynecologic cancers in an effort to promote the Centers for Disease Control's (CDC's) Inside Knowledge Campaign.

Significance: According to 2010 data from the National Program of Cancer Registries (NPCR), about 84,000 women are diagnosed with a gynecologic cancer, and about 29,000 women die from a gynecologic cancer each year in the United States. These numbers necessitate health officials and health educators to take action. The Inside Knowledge Campaign was designed by CDC in 2010 in response to the Gynecologic Cancer Education and Awareness Act of 2005, as well as to lower such high incidence and mortality rates. This project focuses on one aspect of the campaign, which seeks to improve health outcomes primarily through education of health professionals.

Method/Approach: Gynecologic cancer research will be gathered and thoroughly read to determine which studies will be appropriate as educational material for the symposium. Then CDC print materials will be ordered, flyers will be created, and a presentation will be designed for the symposium. Simultaneously, the logistics and organization of the symposium will occur via collaboration and coordination with other health departments in Essex and Passaic Counties. This will require recruitment of target audience, reservation of a suitable meeting place, deciding scheduling issues, and catering. The key will be to produce a high level of involvement and a valuable educational experience for participants.

Outcomes: This symposium will provide school nurses with knowledge that they could impart to their school community. They will receive posters to hang in their offices as well as handout materials for students and school faculty. The principle behind the project is that health professionals who are aware of health recommendations would be able to achieve better health outcomes in their communities by promoting early vaccination and regular screening, as well as increasing knowledge of signs and risk factors of gynecologic cancers in women.

Evaluation: As an assessment measure for the symposium, pre- and post-evaluation forms will be handed out to the nurses. These will be provided by CDC and will assess content, value, and overall organization of the symposium. They will help determine whether the goal of imparting valuable knowledge to health educators and inspiring them to promote gynecologic cancer awareness is successful.

## Internship Abstract

Title: Eat Right  
Name: Emily Choy  
Preceptor: Dr. Kusum Kappor  
Agency: Somerhills Pediatrics

**Purpose:** To analyze and expand knowledge and awareness about proper nutrition and reduce eating disorders (both over-eating and obesity as well as bulimia and anorexia) for children ages 1-21 years old.

**Significance:** Studies have shown that obesity has been increasing in children ages 10-18 years old. Obesity, overeating, Bulimia, Anorexia Nervosa cause many detrimental effects to one's health. Many families are not aware of portion control as well as incorporating all necessary food groups in a child's diet, which are important for proper growth and development. By learning and providing proper nutrition to one's child, parents will reduce the risk of obesity and expand awareness about eating disorders.

**Method/Approach:** 40 families who are patients of Somerhills Pediatrics signed up voluntarily to attend the Eat Right workshop program. The workshops are held twice a week for the duration of 3 months. The patients are taught in a series of different biweekly workshops. Week 1-2 starts with basic nutritional information. It also incorporates the food pyramid and how to balance all necessary food groups in a child's diet. The 3-4 week's topic is portion control, followed by week 5-6 week's topic: eating disorders (bulimia, anorexia, over-eating, and obesity) and their health consequences and effects on one's body. The series continues in the 7-8 week's topic is the psychological aspect of these eating disorders and how they impact a child's self-esteem, self-help groups, and recognizing these symptoms. Week 9 is a review of all the topics. After each workshop, an anonymous survey is given to each family to complete and asks questions about demographics, weight of a child, effectiveness of the workshop, risk factors, prior knowledge about each topic at hand. At the end of each session, pamphlets are distributed to be used at home and as a prevention tool and reference. Families are given a pretest week 1 of the workshop, and the same assessment is given the last week.

**Outcomes:** The study will demonstrate basic awareness and perception of eating disorders and nutrition. It will help with future primary prevention methods for reducing the risk of obesity and eating disorders.

**Evaluation:** This study can be evaluated by analyzing the completed surveys as well as the completed exams given out in week 1 and the follow-up assessment given the last week of the workshop. The study will examine prior knowledge of nutrition, eating disorders, as well as other factors that can influence eating disorders.

## Internship Abstract

Title: Does Iron Supplementation Improve Early Childhood Cognitive Development? A Meta-Analysis

Name: Dakota Cintron

Preceptor: Steve Barnett

Agency: National Institute for Early Education Research

Cognitive development in infancy refers to a child's ability to process information and the development of intelligence, reasoning, language, and memory. The objective of this paper is to review evidence of the clinical effect of iron supplementation on early childhood cognitive development, looking for evidence of a causal relationship. A meta-analytical approach is employed to combine the findings from independent studies, which were identified using computer-aided searches and reviews of reference lists in the studies identified. A total of 19 interventions from 7 countries are analyzed. To be included in the analysis, studies must have applied either random or quasi-experimental assignment of iron supplementation and measured outcomes related to cognitive development. Each study is coded according to: age group (infants or pre-kindergarten); country prevalence of iron deficiency anemia; dosage of iron supplementation; duration of treatment; the countries human development index; intervention type (intramuscular or oral); outcome test; iron status of the treatment group; sample size; and study design. Cohen's D effect sizes are calculated for each study to standardize the effect of the studies cognitive development outcome. Maximum-likelihood random effects estimation is used to assess the independent effects of program and population characteristics on Cohen's D effect sizes. Results indicate that iron supplementation for those with iron deficiency anemia improves cognitive development scores. The positive results reveal the benefits of identifying and treating children in need of iron supplementation.

## Internship Abstract

Title: New Jersey Electronic POLST Form  
Name: Michael Ciociola  
Preceptor: Dr. Dave Barile  
Agency: New Jersey Goals of Care

**Purpose:** To develop and administer an electronic tool in order to raise awareness of end of life treatment for New Jersey seniors and increase usage of POLST forms by New Jersey physicians.

**Significant:** Research has shown that New Jersey seniors are more likely to spend more days in the hospital, have longer visits in the ICU, and see more specialists than any other state. Additionally, New Jersey is among the top states with the highest Medicare costs. Despite aggressive treatment New Jersey seniors are overall unpleased with the outcome of their care (Dartmouth, 2007). In response to this, a POLST coalition was established in 2009 under the name of New Jersey Goals of Care. The current model for completing a POLST form is dated and inefficient. Patients meet with their physicians and “check off” boxes on the patient’s preference on life sustaining treatment, CPR, and artificial nutrition. Additionally, many doctors are unwilling to fill out POLST with patients because insurance companies do not recognize the form under patient coverage. POLST forms ought to be filled out carefully in accordance to patient’s goals of care. To accomplish this New Jersey Goals of Care hopes to establish a preliminary POLST form in which patients can establish goals prior to completing the actual POLST form.

**Method/Approach:** Dr. Dave Barile and the current interns hope to establish a ten question survey for New Jersey seniors to fill out prior to filling out their actual POLST form. Questions will be modeled in order to evaluate the patient’s goals of care and then provide him/her with responses that fit the goals those goals. Following the survey patients will be instructed on how to filling out the actual POLST form. An email/fax of their responses will be sent to them and patients medical team.

**Outcome:** New Jersey Goals of Care hopes to see an increase number of patient’s content with their medical treatment and an increase in the amount of usage of POLST New Jersey physicians. The POLST form tool will not be up and running till Summer 2014.

**Evaluation:** Will be tracked by response rate of senior POLST form users.

## Internship Abstract

Title: Primary Drug Choice of Use Across Age Groups  
Name: Eboni N. Collazo  
Preceptor: Miguel Mateo, LCADC, CCS  
Agency: Journey to Wellness, Incorporated

**Purpose:** This project will determine the reported primary drug choice of active clients at Journey to Wellness, Inc. across five age groups. The project will then identify effective substance abuse treatment programs that can decrease the prevalence of drug use (based on reported primary drug choice) among each age group.

**Significance:** Over the last decade, illicit drug use has been rapidly increasing. This growing incidence of drug abuse has been deemed a deadly crisis. As of 2013, the rate of drug use for illicit drugs has increased by 20% in one year among the age group of 18-25. Addiction treatment facilities and rehabilitation centers are overflowing with clients, as well as holding waiting lists for those who cannot be admitted immediately, due to lack of availability. More prevention and treatment programs are needed to better assist in decreasing the rate of drug use.

**Method:** Research will be conducted using active client files at Journey to Wellness, Inc. Factors such as age (arranged by the following groups: 18-27, 28-37, 38-47, 48-57, 58-67), gender, and primary drug choice will be recorded into an excel spreadsheet. The data will then be exported to SPSS, where descriptive tables, charts, and graphs will be used to identify primary drug of choice among the pre-constructed age groups. Using this data, effective prevention and treatment programs for each age group will be determined.

**Outcomes:** This project is meant to identify primary drug choices among pre-constructed age groups. Using the primary drug choice associated with these age groups, prevention and treatment programs will be suggested, in order to decrease the rate of drug use.

**Evaluation:** Evaluations will be based on active client's successful completion of their outpatient treatment program.

## Internship Abstract

Title: The examination of indoor tanning prevalence, practices and risk awareness of ultraviolet radiation (UVR) exposure among student-athletes

Name: Mezo Cooper

Preceptor: Dr. Derek G. Shendell & Sarah W. Kelly

Agency: New Jersey Safe Schools

**Purpose:** The purpose of this study is to investigate and assess indoor and outdoor tanning prevalence, practices and their perceived risk of ultraviolet radiation (UVR) exposure as a potential risk factor for cancer and adverse health effects among Rutgers University student athletes.

**Significance:** Indoor tanning has been a major staple among Americans and Europeans to achieve a fast tan artificially for decades. Each year twenty five million Americans artificially tan and on an average day one million people tan in tanning salons. Indoor tanning poses as a major risk factor for melanoma and non-melanoma skin cancer and a myriad of injury due to the exposure to ultraviolet radiation. Indoor tanning devices have ultraviolet levels that exceed natural sunlight which in turn can cause acute and chronic health problems among frequent users. Student-athletes were chosen as the target population due to lengthy amount of time they spend in the sun either because the sport demands it for practices/training and competitions (games, meetings, etc.) and/or by personal choice. The examination and evaluation of indoor tanning behavior, and outdoor sun exposure, from this study may be able to prioritize necessary actions in order to decrease exposure among users.

**Method/Approach:** This cross-sectional survey-based descriptive study is the appropriate design to best assess participants indoor and outdoor tanning prevalence, practices and perceived benefits and health risks from ultraviolet radiation (UVR) exposure as a potential risk factor for cancer and other adverse health effects. The study population will be recruited through their respective coaches. The co-investigator (Co-I) of the study will send an email to respective sports coaches including the background of the study and directions to access the online survey via Psychdata. Coaches will relay this message to their players; if possible, the co-I will reinforce the message upon in-person interactions.

**Outcome:** Students who frequently tan will demonstrate adequate knowledge about sun safety and protective measure and will be aware of the risk associated with indoor and outdoor tanning.

**Evaluation:** This study can be evaluated by examining the data from the survey and finding correlations and seeing how they relate to other studies previously done relating ultraviolet rays and tanning.

## Internship Abstract

Title: An Evaluation of the Non-Prescription Syringe Sale Law in New Jersey  
Name: Nadiya Cooper  
Preceptor: Amanda Bent  
Agency: Drug Policy Alliance

Purpose: To determine how aware individuals are of the new law that allows pharmacies to sell syringes to individuals aged 18 years and over.

Significance In January 2012, a law that allows a licensed pharmacy to sell sterile syringes to persons over 18 years of age with valid identification was passed. This law aids in the prevention of the spread of blood borne diseases such as Hepatitis C and AIDS. The State of New Jersey the sharing of syringes accounts for about 41% of all HIV/AIDS cases. Scientific studies have concluded that increasing access to sterile syringes can reduce the spread of blood borne diseases. In addition to providing greater access to syringes, the law calls for education to pharmacy workers and injection drug users (IDUs) regarding safe syringe disposal. This law ultimately allows an individual to protect their health using their own money.

Methods: In person and over the phones surveys were conducted to collect qualitative information. These surveys were administered to NJ pharmacies as well as injection drug users. Different surveys were used for the IDU and pharmacy populations. Both surveys were formatted using multiple choice questions A stratified sample was used to select pharmacies and surveys were conducted over the phone lasting about 2 to 3 minutes. Upon completion pharmacists were thanked and a brief explanation of the Non-prescription sterile syringe sale law was provided. A convenience sample was used in selecting IDU participants for the survey. IDU participants were given the option to take the survey orally or in written form. The duration of each survey was about 2 to 3 minutes and at the end the participants were thanked and offered a donut.

Outcomes: Drug Policy Alliance along with other professional groups will be able to assess what methods of education has been beneficial to increasing awareness of the new law. Recommendations can also be made as to where awareness needs to be increased as well as what potential barriers the organization may face in disseminating information.

Evaluation: Last year interns at Drug Policy Alliance conducted a similar study. Data found in this study could also be used to compare if educational efforts in the last year have been successful.

## Internship Abstract

Title: Health Assessment at Las Yahoskas

Name: Megan Couillard

Preceptors: Laura Hopps and Ann Marie Hill

Agency: ProNica

Purpose: To evaluate and analyze the conditions that influence health at Las Yahoskas girls' home in Nicaragua

Significance: The Los Quinchos organization is divided up into four different homes for children who have been abused, addicted to drugs, or living on the streets. There are three boys' homes and only one for the girls. The girls receive less physical and educational resources than the boys. The space used for the girls' home is drastically smaller than the average of the boys' homes. Los Quinchos is often evaluated as a whole, but there are approximately three times as many boys as girls in the program. Girls are also culturally less valued than their male counterparts. Because of these reasons, the girls are often overlooked.

Method or approach: Research and evaluation will be conducted during a three week stay on-site in Nicaragua. First, data will be collected from the girls' environment, including information about health factors of the physical space, daily routines, and diet-related concerns. Next, interviews will be conducted with the staff of all Los Quinchos homes, using information about the boys' homes as reference data. Last, informal interviews will be conducted with the girls, asking about their experience with Los Quinchos and general health-related questions.

Target Audience: This project is meant to inform ProNica, Los Quinchos, and the Bloustein School of the current strengths and weaknesses in the Las Yahoskas program.

Outcomes: This will serve as a guide to ProNica and Los Quinchos to facilitate their interactions with the girls and to inform their plans for the organizations. It will also serve the Bloustein School by forming a valuable affiliation with partners in Central America and by granting opportunities for sustainable health-related work to future interns.

Evaluation: Evaluation of the data collection and analysis will be based on feedback from advisors and professors at Rutgers University, the Coordinator of ProNica, and one of the founders of Los Quinchos.

## Internship Abstract

Title: Sex, Etc. Magazine Teen Editorial Staff Recruitment Process  
Name: Ludine Daux  
Preceptor: Lucinda Holt  
Agency: Answer, Sex Ed Honestly

Purpose: To recruit young adults for a diverse Teen Editorial Staff for the publication of Sex, etc. magazine and website stories.

### Significance:

Comprehensive sexuality education is essential to the growth and development of children and young adults in this nation. However, many states lack accurate and complete sexual education. As of January 2014, only 22 states and the District of Columbia require public schools to teach sex education and 19 states require that if sex education is provided, sex education must be medically, factually or technically accurate. Answer is a national organization that provides and promotes access to comprehensive sexuality education for young people and the adults who teach them. One of those ways they do this is with Sex, etc. magazine and website. Sex, Etc.'s mission is to improve teen sexual health across the country by disseminating honest and accurate sexual health information about sex, relationships, pregnancy, STDs, birth control, sexual orientation and more.

Methods: The recruitment process began by identifying the criteria for being a staff writer and contributor. Then, using a database of schools and organizations that served teens and/or worked in the field of sexual health and education, formal recruitment packets were mailed out. The packets included a letter explaining the work of Sex, etc. and the application process, a flyer for the teen staff recruitment meeting, a magazine, subscription form and directions. In addition, social media marketing materials were promoted on Facebook, Twitter, Google+ and Tumblr. The current staff members were also encouraged to recruit teens. Upon receiving applications, each applicant was screened using the determined criteria and identified as a potential Staff member or contributor. Potential contributors were forwarded to the Contributor Editor and staff members were contacted for further information and/or to schedule an interview.

Outcomes: Throughout the recruitment process, the diversity of the recruitment effort will be assessed by the schools and organizations on the mailing list, response on social media sites and any recruitment events.

Evaluation: The recruitment process will be analyzed by the demographics of the school and organizations that received the mailing, the statistics on the engagement from the social media marketing posts and the number of applicants and their demographic information.

## Internship Abstract

Title: Tracking and Analyzing Landfill Odor Complaints

Name: Kristin Dellanno

Preceptor: David Henry

Agency: Monmouth County Regional Health Commission

**Purpose:** To create an interactive GPS map that plots the locations and logistics of odor complaints concerning the Monmouth County Reclamation Center.

**Significance:** Under N.J.A.C 7:27-5.2, local health departments are responsible, in conjunction with the NJ Department of Environmental Protection, to cite “Subchapter 5 Violations.” Atmosphere contaminants that cause harm to human, animal, or plant health/welfare, need to be investigated by the local health department, as an intermediary. Complaints are usually received by the NJDEP first, and then forwarded to the local health department for investigation. After the health department receives the complaint, they must go out to the site to further conduct their examination. This map will help them in their investigations because not only will it help them keep records, but it will also provide them other crucial information in an organized and concise matter.

**Methods:** A Google Map, titled Landfill Odor Complaints was created. When a complaint was received, the address was pinned on the map with the name and contact information of the complainant. Weather conditions of the day and time of the complaint were researched through a local weather station in Tinton Falls and also added to the complainant’s “file.” This map archives information about past complaints, made available to the inspectors by clicking a resident’s name. Finally, specific weather conditions such as humidity, wind speed, direction, and temperature were examined, and graphs compiled to highlight their significance in relation to the complaints.

**Outcomes:** When fielding landfill odor complaints, the Registered Environmental Health Specialists at MCRHC will have a tool to help them with existing investigations and give them a better historical understanding when undertaking new complaints.

**Evaluation:** As more complaints are received and recorded, there are hopes of it becoming an organization-wide tool. Whomever receives the complaint will access and record to the map. The tool was highly regarded by the two Environmental Health Specialists that Kristin worked under and they voiced their encouragement for its implementation. This tool will help the organization in several ways: organizing data, analyzing data, and finally, helping the office utilize an interactive technological tool.

## Internship Abstract

Title: Amyotrophic Lateral Sclerosis  
Name: Nancy Eldin  
Preceptor: Shaloo Choudhary  
Agency: Robert Wood Johnson Outpatient Physical and Occupational Therapy

**Purpose:** For individuals with Amyotrophic lateral sclerosis to receive custom treatment plans and most current form of therapy, in an outpatient hospital setting.

**Significance:** Amyotrophic lateral sclerosis, or ALS, is a disease of the nerve cells in the brain and spinal cord that control voluntary muscle movement. ALS is also known as Lou Gehrig's disease. There is no cure for ALS, however treatments for ALS are designed to relieve symptoms and improve the quality of life for individuals with this disorder. This care is best provided by multidisciplinary teams of health care professionals including physicians, pharmacists, physical and occupational therapists, nutritionists, and home care and hospice nurses. Together these teams aim to keep the patients as mobile and comfortable as possible. Physical therapy and special equipment can enhance an individual's independence and safety throughout the course of ALS. Low-impact aerobic exercise such as walking, swimming, and stationary bicycling can strengthen unaffected muscles, improve cardiovascular health, and help patients fight fatigue and depression. Range of motion and stretching exercises can help prevent painful shortening of muscles. Physical therapists can incorporate at home exercises that provide these benefits without overworking muscles and occupational therapists can incorporate devices such as braces, walkers, and wheelchairs that help individuals conserve energy and remain mobile.

**Method/Approach:** Members and therapists of the Robert Wood Johnson Outpatient Physical and Occupational therapy facility will conduct evaluation forms custom to this specific motor neuron disease. The newly modified forms will ensure all aspects on patient history as well as prior treatments are recorded.

**Outcomes:** By improving the process of initial evaluations, custom care plans will be made more efficiently. By improving the severity of patients' symptoms it will improve their quality of life.

**Evaluation:** This study can be evaluated by analyzing completed evaluation/re-evaluation forms for trends in patient treatment plans. Evaluations will be done on patients with amyotrophic lateral sclerosis at the outpatient facility by physical and occupational therapists.

## Internship Abstract

Title: Training and Curriculum Development for the Patient Navigation Center of Excellence Program

Name: Brandon Eng

Preceptor: Michele Capossela: Health System Account Representative

Agency: The American Cancer Society – Eastern Division

Purpose: To develop an enhanced training program curriculum with clearly defined set of core competencies for Cancer Resource Volunteers and grant funded Patient Navigators.

Significance: The reduction of barriers to care for oncology patients and their caregivers.

The current health care system is challenging and sometimes there are barriers that might be intimidating to patients. The American Cancer Society is the largest non-profit organization that specifically deals with cancer and this project focuses on the patient navigator program. A patient navigator is one who guides a patient through and around barriers in the complex cancer care system to help ensure timely diagnosis and treatment. A new curriculum has been developed to train these patient navigators more effectively and to be more effective patient navigators as well. The goal of this project is to assess the effectiveness of this newly revised patient navigation training and to evaluate the metrics and data from the feedback of the new program.

Methods: The construction of this survey was carried out using Survey Monkey. Survey Monkey is a widely used system that allows the user to create comprehensive and in-depth surveys electronically. Along with the Statistics and Evaluation staff from corporate center a template survey was created in which 40 detailed questions relating to the training program were drafted and used to create the survey. The question base was predetermined but needed to be adapted to a easy survey format which could be taken and sent electronically. The 40 questions contained a variety of types of questions including multiple choice, scaled questions, likert scales, and comment response questions. The survey was then emailed to all who participated in the pre-training and face to face training during the months of January and February. In addition to the Cancer Resource Volunteers and grant funded Patient Navigators, the ACS health system account representative staff also participated in completing the survey as well.

Outcomes: Feedback of the revised training curriculum is currently being collected. Once responses are received, the data will be analyzed for any common trends or key areas that need more development. It is anticipated that the survey results will be analyzed in the upcoming weeks before the end of the semester.

Evaluation: Evaluation of this program will be made with the assistance of the ASC Statistics and Evaluation staff utilizing the data and feedback of the surveys. Once evaluations are made, changes to the training programs will be made accordingly.

## Internship Abstract

Title: “Restructuring the Performance Improvement Council to Enhance Compliance with Evidence Based Practice”

Name: Gabriel Esses

Preceptor: Patricia Gossett

Agency: Monmouth Medical Center

Purpose: To restructure current methodologies of data collection and display in order to comply with corporate request to standardize all quality measurement processes among the seven hospitals of the Barnabas Health system.

Significance: Since the Institute of Medicine (IOM) published their landmark report “To Err is Human” on safety and quality in hospitals, use of data that is valid and reliable is critical to the success of all hospitals. In the past, the Center for Medicare and Medicaid Services (CMS) had used a method of ‘pay for reporting’ as a reimbursement method, which demanded only that hospitals track their quality and safety performance, and report the data to the CMS. With the implementation of the Affordable Care Act (ACA) however, a system of ‘Value Based Purchasing’ has influenced a method of ‘pay for performance’, where the CMS reimburses hospitals only if their performance on quality and safety meet certain benchmark standards. The Performance Improvement Council (PIC) occurs on a monthly basis, where various departments in the hospital report on their safety and quality data. The content and the display of the data that has often been presented at these meetings were non-critical and severely contrasted between each department at Monmouth Medical Center (MMC). The goal is to improve the data measured and standardize the measurement processes and display using control charts, analysis, and action plans.

Methods: The plan to achieve this goal is to meet with the directors/managers of every department in the hospital, and collaboratively choose three to five evidence-based critical measures of performance to be tracked and presented at PIC. Additionally, all the data will be sent to the Performance Improvement Department at MMC, where it will be compiled into uniform control charts for standard display. Below every control chart will be an analysis of why the data was measured, as well as an action plan to improve performance.

Outcome: Through this process, clinicians and administrators will be motivated to improve the quality and safety provided to patients by constantly assessing their progress through reliable and valid data.

Evaluation: This project can be evaluated through analyzing the data collected over time and identifying trends in quality and safety outcomes.

## Internship Abstract

Title: A Holistic Approach to Diabetes  
Brochures:  
What You Need to Know About Diabetes Prevention and Control  
Lo Que Usted Necesita Saber de Diabetes Prevencion y Control

Name: Marleny Estevez

Preceptor: Margaret Drozd

Agency: Saint Peter's University Hospital Community Mobile Health Services

Purpose: To educate the adults in the Middlesex county area about diabetes prevention and control through the Hemoglobin A1c test.

Significance: Type 2 diabetes affects a significant number of people and places countless others at risk. According to the American Diabetes Association (ADA) 18.8 million Americans have been diagnosed with diabetes, 7 million are undiagnosed, and 79 million fall under the category of pre-diabetes. Those with pre-diabetes are not likely to know they are at increased risk. There are numerous tests that can help manage this disease. One of the most commonly used tests is the non-fasting glucose finger stick. This test only measures a person's glucose levels at that particular moment. The ADA advises the use of other tools such as the Hemoglobin A1c (Hb A1c) test and a risk assessment to increase the likelihood of catching more patients at risk. The Hb A1c test determines blood glucose levels for the past three months and is a good indicator of how someone with the disease is managing their diabetes. The risk assessment includes the major factors that may lead to an onset of diabetes such as, age, gender, and family history. The non-fasting glucose finger stick, Hb A1c test, and risk assessment tool in combination will allow healthcare providers to find new diabetes and manage known diabetes. The Hb A1c test is relatively new; the brochures attempt to inform adults about these essential resources.

Method/Approach: Using information obtained from the American Diabetes Association, a Diabetes Prevention and Control brochure will be created. The brochure will have information in English and Spanish about Type 2 Diabetes, the Hb A1c test, and risk assessment tool. It will also include an area for the patient's results. The brochure will be distributed at blood sugar events conducted by Saint Peter's University Hospital (SPUH) Community Mobile Health Services along with a five minute presentation elaborating the information on the brochure. A five question pre-test and post-test will be given to participants.

Outcomes: The brochure will be available at SPUH Community Mobile Health Services' sites when screening for blood sugar as a means to encompass a holistic understanding of the patient's risk for diabetes. The pre-test and post-test results will indicate if knowledge was obtained.

Evaluation: Evaluations of the brochure will be based on the supervisor's, co-workers', and patients' feedback as well as the results of the pre-test and post-test.

## Internship Abstract

Title: Language Barriers in Hospitals  
Name: Paulina Faszczewska  
Preceptor: Dawn Wright, Director of the Guest Relations Department  
Agency: Raritan Bay Medical Center

Purpose: To analyze and measure the use of telephone interpreting services throughout the Emergency Department to determine the effectiveness of the hospital's policy on language interpreting services.

Significance: The number of patients in the United States who speak a primary language other than English or speak limited English has increased over the past few years, resulting in new challenges in hospitals and the healthcare system. Research has shown that language barriers between patients and healthcare providers results in higher readmission rates, misunderstandings, and more medical errors. It has also been found that on average limited English proficiency patients are hospitalized for 1.5 days longer than limited English Proficiency patients who received interpreter services for communication (Lindolm et al.). In addition, non-English speakers have been found to be less satisfied with their care in the emergency department and less willing to return to the same emergency department in case additional care was required (Carasquillo et al.). Through these studies, the need and importance of interpreter services in different hospital departments becomes evident.

Method/Approach: CYRACOM interpreting services provided the Guest Relations Department at Raritan Bay Medical Center with records on each time that the interpreting services were utilized by a patient. Using this information, graphs were constructed analyzing the number of times each area of the Emergency Department used the CYRACOM blue phones for interpretation. The languages that were used most frequently for interpretation were also examined. Based on the graphs created, the effectiveness of Raritan Bay Medical Center's policy regarding interpreting services was evaluated.

Outcomes: This study will demonstrate the need of interpreting services in the Emergency Department to reduce language barriers. It will also depict the effectiveness of the hospital's policy on language interpreting services. The results will be used to determine how language barriers in this facility can be further diminished.

Evaluation: This study can be evaluated by analyzing the data provided by CYRACOM interpreting services- searching for patterns on when and where interpretation is most needed, basic demographics, and the number of times these services are used by each area of the Emergency Department.

## Internship Abstract

Title: National Benchmark Analysis: Disability Workforce Development Initiatives in Healthcare  
Name: Tatiana Fech  
Preceptor: Ryan Parker, Chief Diversity Officer (CDO)  
Agency: Center for Diversity and Inclusion, Robert Wood Johnson University Hospital (RWJ)

**Purpose:** The main objective is to support the Center for Diversity and Inclusion with the foundational research and groundwork for creating a disabilities career pathways program at Robert Wood Johnson University Hospital (RWJ) in New Brunswick, New Jersey.

**Significance:** Although the Americans with Disabilities Act (ADA) of 1990 was implemented to prevent people with disabilities from being discriminated in the workplace, some employers are still hesitant to hire people with disabilities due to common misconceptions regarding productivity loss and reliability. As a result, the unemployment rate for people with disabilities is significantly higher than the unemployment rate for people with no disabilities, 14.3% and 6.8% respectively (United States Department of Labor, 2014). Despite this, it has become even more challenging for young adults with disabilities to gain experience in the workforce. By interning in an environment where they can develop better skills, these young adults can ultimately gain a better sense of independence, which would make them more competitive for employment in the workforce.

**Method:** Meetings with the Chief Diversity Officer at RWJ were conducted pertaining to the development and need for a disabilities in the workforce program. A national benchmark analysis was conducted to see what programs are being offered to youth with disabilities regarding opportunities in the workforce. From the analysis, the best practices from three programs (i.e. Project SEARCH) were identified via intensive online research. Telephone interviews with program coordinators from the three selected programs were also conducted to gain a better understanding of how the programs are managed on a day-to-day basis.

**Outcomes:** To identify best practices from previous programs and create a model initiative for young adults with disabilities to intern at RWJ; and/or for RWJ to potentially become a designated Project SEARCH site.

**Evaluation:** The suggested model program would be deemed successful if 85% of the participating interns were offered employment at RWJ, or another organization, upon completion of their internship.

## Internship Abstract

Title: Evaluation of the Department of Labor Workforce Development Grants on Developmental Education and Energy Curriculum

Name: Monica Fernandez

Preceptor: Heather McKay

Agency: Education and Employment Research Center (EERC), SMLR, Rutgers University

Purpose: To evaluate the effects of Department of Labor Workforce Development grants on developmental education (DevEd) and workforce sectors by focusing on workforce development and developmental education.

Significance: Remedial education in community colleges in Colorado is important because there are a large number of workers who are ill prepared for jobs in the workforce. There is a shortage of workers for Colorado energy sectors like oil, natural gas, solar photovoltaics, wind energy, etc. The need for developmental redesign comes from the low success rate of developmental classes, which were taking students a long time to complete. The energy sector in Colorado was facing an aging workforce or people who might have not gone to college and are now returning in order to learn more skill sets. Because of this, they are trying to redesign the program by creating hybrid and online classes, and by shortening completion time of these courses so that they are accessible to more people.

Method/Approach: Quantitative analysis of data collected from the affected population such as course outcomes, demographic information, and employment data will be used both in descriptive statistics to evaluate outcomes using the collected data, as well as modeling done by SPSS and STATA. Additionally, qualitative interviews and site visits to the locations will be utilized with NVivo coding of this qualitative data.

The percentage of course completion and course mean grade will be modeled as part of the analysis to see if the specific method of redesign affects these outcomes. This will be modeled in STATA and backed up by qualitative data from NVivo reports.

Outcomes: This study will demonstrate how effectively Trade Adjustment Assistance (TAACCCT) grants help shorten the time to completion and completion percentage for Developmental Education students, as well as successfully fill the workforce needs of the sectors being studied.

Evaluation: As third party evaluators to a federal grant, data collected at the EERC will be compared to data collected by the grant funders. Built in validation processes are also in place to ensure accuracy of data.

## Internship Abstract

Title: Health Insurance for Everyone  
Name: Frantz Fleurissant  
Preceptor: Isaac Benjamin  
Agency: Enroll America

Purpose: To maximize the number of Americans who are enrolled in and retain health coverage.

Significance: There are 90,000 uninsured individuals in Middlesex County. According to Get Covered America research, 78% of the uninsured don't know about the new health insurance exchanges. 83% of people who could be eligible for the new Medicaid expansion don't know about it. There are three different options that are available to the uninsured based on income. They are Medicaid (expanded in some states; otherwise no change in eligibility), The Marketplace (with financial assistance), and The Marketplace or private plan (without financial assistance). All plans covers essential health benefits including doctor's visits, hospital care, emergency room visits, and prescription drugs.

Method/Approach: Members of the organization canvass neighborhoods and inform the public about their healthcare options. The members table at various locations such as health clinics and soup kitchens and educate consumers about the Affordable Care Act. The organization also makes consumers fill out commit cards in order to make phone calls to remind the consumers about deadlines and and make sure they are enrolled in a health plan. The four key messages the organization wants to get across to the uninsured population about the Affordable Care Act is that insurance plans cannot deny someone because of a pre-existing condition, people can qualify for financial help for their health plans, all insurance plans will have to show the costs and what is covered in simple language with no fine print, and every plan covers all basic needs of healthcare. By doing all these things we can find out if people in the Middlesex County area are really uninsured and need help finding about their healthcare options.

Outcomes: This will demonstrate the basic awareness and knowledge about the Affordable Care Act of people in Middlesex County. It will also increase the number of people who enroll in a health plan under the ACA.

Evaluation: An evaluation will be done by analyzing commit cards received from consumers who do not have health insurance or who are looking for better coverage and by analyzing how many of those people actually enrolled in a plan from follow-up phone calls.

## Internship Abstract

Title: Prevent Child Abuse-NJ Development Initiative

Name: Javonni Flewellen

Preceptor: Dr. Ashawnda Fleming

Agency: Prevent Child Abuse-NJ

Purpose: To maximize funding opportunities for the purpose of increasing awareness and ultimately ending child abuse in New Jersey.

Significance: Last year there were 70,745 reports of child abuse and neglect in NJ. Prevent Child Abuse-NJ is committed to ending child abuse by ensuring that families have the knowledge, support and skills needed to raise the children. It is the only statewide non-profit dedicated to preventing child abuse in all of its forms, for all of New Jersey's children. Prevent Child Abuse-NJ continues to fight in order to end the vicious cycle of abuse by seeking to ensure happy, safe, and healthy childhoods. The impact of Prevent Child Abuse-NJ is largely bestowed to its field workers that bring its vision to fruition. The Development & Fundraising department of Prevent Child Abuse-NJ works to provide support to the staff by securing unrestricted funds.

Method/Approach: The Development & Fundraising team members secure unrestricted funds by establishing and seeking to maintain relationships with donors. Fundraising efforts point to one major event: an Annual Charity Gala. This event, which will take place on May 8, 2014, will gather over 400 corporate, civic and community leaders with child advocates from across the state to help end child abuse. Each attendee will pay \$200 for entry and many will participate in a silent auction that features gifts donated by sponsors and donors.

In January 2014, two members of the Development & Fundraising team learned important factors that move donors to give via webinars conducted by Network for Good and articles featured on philanthropy.com. From this invaluable information came one major takeaway: It is necessary to step up efforts to show donors organizational impact. Consequentially, collateral was developed to quantify both the prevalence of child abuse in NJ and Prevent Child Abuse-NJ's organizational impact. Hundreds of current and prospective donors were contacted via email, fax, and postage mail with collateral that quantified the prevalence of child abuse in NJ, introduced the initiatives and outcomes of Prevent Child Abuse-NJ, and highlighted how the donors' support directly moves causes forward.

Outcomes: This project will demonstrate how the Development & Fundraising team's increased efforts to emphasize organizational impact will stimulate or at least maintain donor participation.

Evaluation: This study can be evaluated by comparing the total value of gifts donated in 2012 and 2013 to that of 2014, having placed more emphasis on illustrating organizational impact.

## Internship Abstract

Title: Evaluation of peer education amongst college students  
Name: Lina Forero  
Preceptor: Francesca Maresca  
Agency: Rutgers Health Services-H.O.PE

Purpose: To evaluate and increase sexual health knowledge through peer education amongst Rutgers University students.

Significance: For years, peer education has served as a method of disseminating sexual health information throughout Rutgers University campuses. It has been very difficult, however, to determine how much peer health advocates directly help students learn about sexual health topics. H.O.P.E tends to conduct outcome evaluations of its programs yet research studies have shown that evaluating the success of sexual health education should be done through a combination of both process and outcome evaluations. Adequate evaluations can help Rutgers Health Services determine whether their methods of sexual health dissemination are successful. (Cambell et al. 2010) Evidence from previous experiments do show positive correlations between sexual peer education and knowledge/attitudes of students. (Kim & Free, 2008) Correlations are not sufficient, however and it is important to effectively assess the impact of peer education with precise techniques and measures. (Dale, Rafferty, & Locke 2014). This information provides an idea of how to use research methods in order to measure the scope of impact from peer education to students. There are many difficulties in conducting accurate research for program evaluations but nonetheless it is important to do so.

Method/Approach: Sexual health interns that are a part of H.O.P.E will be conducting outcome evaluations via survey distributions at sexual health programs and tabling events. Half of the survey questions were chosen from a previous survey conducted by other H.O.P.E sexual health advocates. The rest of the survey questions were specifically created in order to test current sexual health knowledge of Rutgers University students. Furthermore, the surveys will also question the likely hood of using tips/guidelines that are provided to them by sexual health advocates. Approximately 100 Rutgers University students will be a part of the research.

Outcomes: This study will help to evaluate the success of current tabling events as well as other peer health education provided by HOPE and will determine steps to improve peer education.

Evaluation: This ongoing study can be tested by observing correlations and trends found in the surveys.

## Internship Abstract

Title: Walk N Roll 2014  
Name: Jessica Furman  
Preceptor: Rebecca Mazzearella  
Agency: Children's Specialized Hospital

**Purpose:** The purpose of this project is to fundraise and promote Children's Specialized Hospital as much as possible. Target groups for this event are anyone interested in helping kids with special needs or anyone involved with someone with special needs.

**Significance:** The significance of this project is for the hospital to raise money to go towards the local children's hospital. The money raised will benefit the hospital because new equipment will be purchased. It is a fun way for families, friends, and other community members to get involved. Last year was a big hit and this year in order to make the walk bigger and more broadcasted the targeted audience needs to be altered.

**Method/Approach:** In order to find out who and how to target different community members the intern will look at different research about the health cases depending on the area. If an area has many kids suffering from disabilities and/or illnesses they will be a good group to focus on. It is easier to get people involved when the case holds a close spot to their hearts. If a town is more populated with kids compared to another town then they are more likely to get involved.

**Outcomes:** The major goal is to raise more money from this event than last year's event. Children's Specialized Hospital wants more families and children to be involved and come out and participate. It is a fun event on a beautiful day in May where families and children will have many opportunities to learn about the hospital, and kids with disabilities. There will be plenty of food and entertainment and the hospital hopes to continue this event making it larger every year.

**Evaluation:** After the event in May, an evaluation will be conducted to assess the number of families and friends who participated in order to evaluate the outcomes of the effort put forth.

## Internship Abstract

Title: Healthy Living in Older Adults

Name: Isabel Garavino

Preceptor: Marie Bruno

Agency: South Mountain Health care and Rehabilitation Center

**Purpose:** To educate older adults on ways to improve their health by means of healthier eating habits that will improve their quality of life and the way they view their health.

**Significance:** According to the Centers for Disease Control and Prevention (CDC), by 2030, the number of U.S. adults aged 65 or older will more than double to about 71 million. As the population of elderly people worldwide continues to grow, successful aging is essential. With about 80% of older adults having one chronic condition, and 50% having at least two, the most frequently occurring being hypertension, heart disease, and diabetes, all preventable diseases, a major goal of our public health system is to maintain health among successful agers and prevent, or delay, chronic disease morbidity. Nutrition education and counseling are necessary in assisting older people to understand the latest nutrition information and apply it to their individual situations. With studies showing that nutrition education programs to promote dietary needs are lagging behind, it is time to keep pace with recent findings and develop programs that will provide nutrition education and information relatable to older adults.

**Method/Approach:** A basic nutrition education activity based on MyPlate, a new generation icon that replaces MyPyramid and promotes the 2010 Dietary Guidelines for Americans, was provided once a week for three weeks that educated residents on healthier eating habits. A pre-post survey was conducted before and after the education program using the same assessment method to track progress. Survey not only measured knowledge on healthy eating habits and self-rated perception on health but also analyzed the clarity of MyPlate educational diagrams.

**Outcomes:** Residents and patients of South Mountain are now more informed about nutritional health and can apply what they have learned to their everyday lives. The dietary department is now making pamphlets available on healthy living for all incoming patients and residents.

**Evaluation:** Change in diet will be monitored to determine the impact of nutritional educational on everyday dietary choices, as well as the use of a post survey to evaluate immediate dietary change.

## Internship Abstract

Title: Smoke-Free Multi-Unit Housing Toolkit for Landlords

Name: Jenna Giaquinto

Preceptor: Concetta Polonsky

Agency: New Jersey Prevention Network

**Purpose:** Create a toolkit to educate landlords on the benefits of adopting a smoke-free property policy and provide the steps to implement a smoke-free policy.

**Significance:** Smoking is the single most avoidable cause of disease and death. Many people that live in multi-unit housing are exposed to secondhand smoke from living with a smoker or through the ventilation system of the building that allows smoke to travel from unit to unit. Secondhand smoke contains over 4,000 chemicals, with more than 50 known to cause cancer. The Surgeon General has concluded that there is no safe level of exposure to secondhand smoke. Exposure to secondhand smoke has been estimated to cost the United States \$5 billion a year in direct medical costs and \$5 billion a year in indirect economic costs. In New Jersey, there are 3.5 million housing units and of those 36% are considered multi-unit structures. Atlantic (20%), Mercer (13%), Somerset (9%), and Warren (19%) were selected based on their adult smoking rates, for the multi-unit smoke-free housing pilot project under the Community Transformation Grant. The only way to fully protect non-smokers is to eliminate indoor smoking completely.

**Method/Approach:** As a product of the Community Transformation Grant funded by the Center for Disease Control & Prevention a smoke-free multi-unit housing toolkit was created using information from model toolkits provided by the CDC along with state toolkits from New York and Illinois. Information from each toolkit that was concise and provided instruction, was used as a framework for developing New Jersey's toolkit. The New Jersey Prevention Network partnered with GASP, Global Advisors on Smoke-Free Policy for their expertise on statewide laws regarding smoking policies. The toolkit included educational information on the dangers of second and thirdhand smoke, the benefits for landlords to adopt a smoke-free property policy, legal facts about smoke-free policies, and sample documents to help landlords through the implementation phase.

**Outcomes:** This toolkit will educate landlords on the benefits of adopting a smoke-free policy and assist them with the steps to implement. As a result of adopting smoke-free policies, there will be reduced exposure to secondhand smoke within these complexes.

**Evaluation:** Before distribution, the toolkit will be field-tested and revised if needed. A system is in place to track the number of complexes that adopt a smoke-free policy with the outcome of reducing exposure from secondhand smoke.

## Internship Abstract

Title: Emergency Preparedness in the Middle-Brook region

Name: Chelsea Gohd

Preceptor: Kevin Sumner

Agency: Middle-Brook Regional Health Commission

Purpose: To increase the personal emergency preparedness of the general public in the municipalities of Warren, Watchung, Bound Brook, South Bound Brook and Green Brook.

Significance: Data collected from 2006 and 2011 have shown a severe lack of both understanding and implication of personal emergency preparedness in the municipalities under the umbrella of Middle-Brook. There is little organization and consistency in the existence and distribution of educational materials in regards to emergency preparedness, and not enough regard for possible language barriers between the English and Spanish speaking communities. Recently, hurricane Sandy has brought to light just how much increased preparedness is necessary in this region, especially since areas like South Bound Brook are prone to severe flooding under less dire circumstances.

Method/Approach: Members of the municipalities under the Middle-Brook Health Commission will be invited to utilize an online resource created as a part of this project. This resource is a brief online database of emergency preparedness information. This will most likely be in conjunction with live programs incorporating the online resource as well as activities and question/answer segments. This will also be in addition to the creation of the creation of standards set for the social media of the health commission and how it should be utilized for emergency preparedness. A survey will be distributed after the implication of these programs and will evaluate personal preparedness in these communications in comparison with the data collected in 2006 and 2011.

Outcomes: This study will demonstrate the awareness and implication of personal emergency preparedness practices in Watchung, Warren, Bound Brook, South Bound Brook and Green Brook. The results of this project will be used for further improvement of the preparedness of these communities.

Evaluation: This study can be evaluated by comparing past survey results with new survey results which will be evaluated from data collected after the implementation of new preparedness programs. This comparison can be analyzed for general trends and other variables which might show changes in general public personal preparedness.

## Internship Abstract

Title: Safety Ambassador Program

Name: Wonjun (John) Han

Preceptor: Carol Lavitt and Diana Starace

Agency: Robert Wood Johnson Trauma Injury Prevention

**Purpose:** To educate selected high school and elementary students on four injury prevention topics to increase their safety knowledge and behavior.

**Significance:** Traumatic injury is the leading cause of death among children in the United States. Research shows that young children are more likely to be seriously injured in any of these four areas: Falls, Pedestrian accidents, Cars and Wheeled Sports. Most of the trauma that the children experience can easily be prevented. Studies show that children and even parents are generally unaware of basic safety measures which make education a high priority.

**Methods:** The Safety Ambassador Program works with 23 high schools in Middlesex County, NJ. Selected, qualified high school students attend an all-day “Safety Summit” at Robert Wood Johnson University Hospital in October. There they learn how to prevent injury from the four topics listed above. The selected students then take the information and create a presentation (2 students per topic) to teach 1<sup>st</sup> and 2<sup>nd</sup> graders at a neighboring elementary school in their district once per month during the February – May period. Both groups of students complete a pre and post-test to measure their safety knowledge and behavior over the course of the program.

**Outcomes:** Through the various research methods used, results have shown that safety knowledge among both groups of students has increased each year over the course of the program. The program brings awareness of common physical traumas that young children experience, and teach them how to prevent such common injuries. The data will allow us to see how effective the Safety Ambassador program is in preventing injuries amongst young children.

**Evaluation** The study can be evaluated through pre and post- tests that elementary students take after going through the Safety Ambassador Program. The post tests will reveal how much the elementary school students learned from before they took the program. The selected high school students are also evaluated through presentations and receive feedback to improve their future presentations.

## Internship Abstract

Title: Review of the Standards and Measures to Achieve National Accreditation  
Name: Kashfia Haque  
Preceptor: Lorra Hambach, MPH  
Agency: New Jersey Department of Health, Division of Family Health Services

**Purpose:** This project will distill the National Public Health Accreditation requirements for document selection into two separate review sheets to facilitate the timely and accurate submission of required documentation by the Division of Family Health Services.

**Significance:** The New Jersey Department of Health (NJDOH) is taking part in a new, voluntary national accreditation initiative for public health agencies. The Public Health Accreditation Board (PHAB) is the national organization that accredits Tribal, state, local, and territorial public health agencies based on standards, measures, required documentation, and guidance. The NJDOH is in the process of reviewing its inventory of documentation and selecting those documents that best demonstrate conformity with the nationally recognized standards and measures. The identification and upload of documents are the most important components of the accreditation process. In addition to achieving national recognition, NJDOH recognizes that a goal of accreditation is to promote the quality of practice and performance of all public health programs in New Jersey.

**Method/Approach:** After reviewing PHAB Standards and Measures, versions 1.0 and 1.5, two separate but complimentary templates for review sheets were created. The first is used as a cover sheet and includes elements that are required across each of the 12 domains and associated standards and measures. The second template was used to create measure specific review sheets to capture key statements such as purpose, significance, and other requirements gathered from various guidance resources.

**Outcomes:** Both the Domain Reviews and Cover Sheet are currently in use as checklist tools to select documentation of what services and activities the department provide to the community, regardless of how they are provided.

**Evaluation:** Evaluations will assess the utility of the tools in guiding the selection of required documents. These tools should be an accurate reflection of the requirements outlined in Public Health Accreditation Standards and Measures. In addition, it should be written in clear and concise language with little ambiguity that will be made available to future reviewers and other health department personnel.

## Internship Abstract

Title: The History of the Public Health Image  
Name: Nicole G. Heath  
Preceptor: Susan Sidlauskas  
Agency: Rutgers Department of Art History

The history of the use of images in public health is a little researched field. This project seeks to establish a timeline for the use of medical photography by public health officials while documenting how the field has served as the major influence in how images are utilized by medical professionals. Early public health images were collected from both American and British medical archives, with dates ranging from 1805 to the mid-1900s. Epidemic photography taken from smallpox outbreaks in Muncie, Indiana (1893) and Gloucester, U.K. (1896) were used at case studies. Public de a draft of y health literature such as state board of health reports were analyzed as well as Lancet articles, published medical pamphlets, and the journals of private physicians and health officers. Upon examination of this material it has becomes clear that the field of medical photography and public health are intertwined, with each influencing how the other functions. Through showing that medical photography and public health have coevolved this research highlights the importance of understanding the historical and contemporary use of the visual medical humanities in the field of public health.

## Internship Abstract

Title: Physician Loan Redemption  
Name: Jugroop Hundal  
Preceptor: Tyla Housman  
Agency: New Jersey Hospital Association

**Purpose:** To research and provide support to NJHA Government Relations staff lobbying on behalf of physician retention initiatives in light of a projected primary care physician shortage within the State of New Jersey.

**Significance:** A 2011 research study performed by the New Jersey Council of Teaching Hospitals and the New Jersey Hospital Association found that New Jersey is facing significant future physician shortages in both primary care and several specialty areas. In eleven years, there is a projected shortfall of over 2800 physicians. NJHA's Government Relations staff are working on several different strategies to combat this projected shortage. The significance of each of these strategies is that without action New Jersey will potentially face a diminished primary care physician pool that will result in an inability to appropriately care for New Jersey's growing insured population.

**Method/Approach:** Expansion of the physician loan redemption program and offering income tax deductions are methods to entice physicians to stay and practice in New Jersey when they could choose to move to a state with a lower cost of living. NJHA Government Relations staff requires research on successful loan redemption and tax deduction initiatives in other states across the country to make the case to legislators that these concepts can produce meaningful results and garner their support. Similarly, improvements to the Conrad-30 waiver program requires research on successfully implemented Conrad-30 programs across the country to make the case to the Department of Health that changes are needed to retain the maximum 30 physicians per year in the program.

**Outcomes:** Both the expansion of the physician loan redemption program and implementation of income tax deductions would require legislative action. Bills have been introduced in both houses and are gaining support from members of the legislature as a result of staff meetings. Conrad-30 is a Federal program run through states that allows foreign born J-1 doctors to apply for a waiver to avoid a two-year residency requirement. The program is run by the Department of Health and may only need administrative changes to increase participation. Staff is in talks to meet with the Department on this issue.

**Evaluation:** Progress on both loan redemption and tax deduction bills through the state legislature will be monitored and recommendations for changes or amendments will be assessed. Discussion with the Department of Health are ongoing and will direct any staff action that needs to take place.

## Internship Abstract

Title: HERO Campaign Promotion at Rutgers  
Name: Marina Ibrahim  
Preceptor: Elizabeth Amaya Fernandez  
Agency: Health Outreach Promotion & Education

Purpose: To promote the HERO campaign on the Rutgers campus and encourage responsible drinking and becoming a designated driver.

Significance: The HERO campaign was founded by the parents of John Elliot, who died in a car accident by a drunk driver. The campaign was established to honor him and to end drunken driving fatalities and accidents. The lack of responsibility and drinking and driving is one of the biggest issues that individuals deal with on a daily basis. According to the National Highway Traffic Safety Administration Data of 2013 “every day in America, another 28 people die as a result of drunk driving crashes”. As a result, the HERO campaign promotes responsible drinking and its mission is to prevent drunken driving tragedies by promoting the use of safe and sober designated drivers.

Method/Approach: Information was collected via questionnaire distribution at various tabling events on the Rutgers New Brunswick campus. Rutgers students were approached and were informed about the HERO campaign. The students who were interested in the program pledged and then were given the questionnaire. They had the option to pick what pledge they feel comfortable doing. The questions asked general questions about the definition of a “hero”, the likelihood of keeping the promise, and the reason for participating in the campaign.

Outcomes: A total of 87 students pledged in the campaign and answered the questionnaire during this semester. A pledge results in a better understanding because the students are told facts about drunken driving incidents that occur in New Jersey every year before they pledge or answer the questionnaire. The project will help promote and expand the HERO campaign among Rutgers students on the New Brunswick campus as well as understand what needs to be done on the Rutgers campus to decrease alcohol related incidents.

Evaluation: A follow up email will be sent to the students who pledged over the next few months to see if they are following through with their promise. In addition, students who did not want to pledge or participate in the HERO campaign were given the opportunity to explain why they chose not to.

## Internship Abstract

Title: Liberty Science Center Global Health Fair  
Name: Victoria Jackson  
Preceptor: Stephanie Perez  
Agency: Center for Global Advancement and International Affairs

**Purpose:** To help plan and coordinate a Global Health Science Fair at the Liberty Science Center to educate k-12 students about global health issues and encourage the interaction about global health between the Rutgers community and the public.

**Significance:** Global Health is a topic that in some way has significance to every person living in the world today. The 2007 World Health Report noted that, “since the 1970s, newly emerging diseases have been identified at the unprecedented rate of one or more per year.” Global Health, however, is not limited to disease. It also includes issues such as obesity, mental illness, substance abuse, cancer, cardiovascular disease, and gender inequality. Many of which have been identified as public health priority issues in the state of New Jersey’s Report on “Improving the Health of New Jersey’s Communities.” This event will promote education for the children of New Jersey as well as bridge the gaps between the various Global Health organizations at Rutgers, strengthening the community as a whole.

**Method/Approach:** Global Health related student organizations and other interested stakeholders will be invited to present an interactive and engaging display detailing their work in the field. Funding and transportation will be arranged for those who need it. Children k-12 will come to the Liberty Science Center and visit each display to learn about various topics in Global Health. The success of the event will be measured by various evaluations sheets that will be developed and filled out by everyone who attends.

**Outcomes:** The outcome of this project will be the success of the event for GAIA centers, the student groups and professors, and learning by k-12 children that attend. There will be a minimum of ten global health displays representing a variety of topics. The children will be instructed to visit at least five of the displays to ensure they learned something new. Evaluations by presenters and the children will provide GAIA with knowledge about the success of the event.

**Evaluation:** Evaluation of the event’s success will be determined by the self-evaluations made by the participating student organizations as well as the evaluations made by the children. The younger children will be asked to visit at least five tables and to rank their top three favorites. The older kids will be asked to visit at least five, rank their top three favorites, and provide a more in depth evaluation of the presentations. Staff from GAIA will also be asked to evaluate the success of the event.

## Internship Abstract

Title: Refusing Therapeutic Intervention  
Name: Carly Kacprowicz  
Preceptor: Tina Gajda  
Agency: Rutgers Cancer Institute of New Jersey

**Purpose:** To find whether or not a relationship exists between reasons why cancer patients opt out of therapeutic interventions due to their race/ethnicity, stage of cancer, or age.

**Significance:** Research shows that people who experience high levels of psychological stress or who experience it repeatedly over a long period of time may develop health problems, both mental and/or physical (National Cancer Institute). When people feel that they are unable to manage or control changes caused by cancer, or normal life activities, they are in distress. Distress has become increasingly recognized as a factor that can reduce the quality of life of cancer patients (NCI). People who are able to use effective coping strategies to deal with stress, such as relaxation and stress management techniques have been shown to have lower levels of depression, anxiety, and symptoms related to the cancer and its treatment. This provides a rationale for conducting research that provides a reasoning for why patients would opt out of receiving care through these therapeutic interventions.

**Method/Approach:** Members of the section of Population Science at Rutgers Cancer Institute of New Jersey have conducted research in ongoing studies that aim to reduce distress through psychological interventions. For every patient who chooses not to participate in the study, a refusal form is completed, and this research will take the data from these forms and then use descriptive and correlational analyses to analyze the results.

**Outcomes:** This research will demonstrate the reasoning for refusal based off of descriptive studies. It will then assess whether or not these reasons for refusal are based on the race, ethnicity, stage of cancer, or age of patients.

**Evaluation:** This study will be evaluated by analyzing the data on the refusal forms. Data will possibly show why patients opt out of these studies and if a relationship does exist, show why patients may not participate in the study.

## Internship Abstract

Title: Disaster Relief Donations of Durable Medical Equipment  
Name: Karol Kalinowski  
Preceptor: Michael Prasad  
Agency: American Red Cross

Purpose: To collect and tabulate the donation status of Durable Medical Equipment from hospitals and nursing homes across New Jersey for disaster relief purposes.

Significance: The American Red Cross relies heavily on donations to help provide disaster relief. Although it is well known for collecting blood donations, the Red Cross also aids in disasters by supporting the durable medical equipment needs of disaster-impacted clients. Both the durable medical equipment (DME) and consumable medical supplies (CMS) need to be identified as available for loan or donation from various organizations across the state and organized in accessible locations. This will help the Red Cross distribute these medical supplies--wheelchairs, walkers, canes, and crutches across New Jersey shelters in case of emergency.

Method: The inquiry for donations requires a list of potential organizations which do not conflict with other fundraising endeavors of the Red Cross. A list of all hospitals and nursing homes in New Jersey was compiled. This list was then cross checked with the fundraising group at the Red Cross. The hospitals were then telephoned to obtain contact information, and donation calls began. Any donated resources are then inspected, cleaned, and stored in a central location. From the central location, these items need to be located in strategic locations across New Jersey based on the state guidelines. Should the equipment be loaned as opposed to donated, the information regarding the loan will be logged, and the equipment will be picked up from the facility for use when needed. All of this information is logged into an Excel document which can also display the information in an easy to read dashboard for inter-departmental information sharing.

Outcomes: This project will develop the basis for contacting organizations about donations. It will combine the contact information of the different departments and individuals working with specific companies for the remainder of this endeavor.

Evaluation: This project can be evaluated by comparing the different amounts of data available about these organizations, and by reviewing the donation/available to loan reports.

## Internship Abstract

Title: Food and Health Disparities Among Immigrant Populations  
Name: Shaili Kapadia  
Preceptor: Juan Rodriguez  
Agency: The New Brunswick Food Alliance

Purpose: To characterize better the food and health disparities that exist in immigrant populations in New Brunswick, NJ.

Significance: Research studies have shown various social, environmental, and biological factors are determinants of one's health. These factors include, socioeconomic status, gender, race, and nativity status. It has also been seen that health disparities are more prevalent in urban, segregated communities (Landrine H, et al). An example of these barriers to equal health outcomes includes the lack of food stores that sell healthy and affordable foods in a community. Studies show eating fresh fruit and vegetables helps prevent chronic conditions such as obesity, cardiovascular disease, diabetes, and cancers (CDC). Therefore having access to markets that stock more fresh fruits and vegetables regularly increases the consumption of these foods leading to better health outcomes (Landrine H, et al).

Method/Approach: Using the statistical data analysis programs SPSS and STATA, demographic patterns in New Brunswick were examined through univariate/bivariate analysis and linear regressions. In addition to this, spatial distributions of migrants living in segregation were observed using Geographical Informations Systems to understand these patterns.

Outcomes: This study will highlight the populations most at risk for health and food disparities in New Brunswick. The results of this study will help to create interventions directed at populations most at need. Hub City Fresh will be creating a coalition among corner stores to sell more fresh fruits and vegetables.

Evaluation: This study can be analyzed by observing the impact of the Hub City Fresh initiatives throughout New Brunswick, NJ. More specifically, searching for trends in positive food situations among households in the community.

## Internship Abstract

Title: Building Healthy Cities  
Name: Stephanie Kastner  
Preceptor: Karyn Olsen, Director of Communications and Senior Public Relations Specialist  
Agency: The Edward J. Bloustein School

Purpose: To educate the public of healthy life choices and recent, upcoming projects that the Edward J. Bloustein School has to offer.

Significance: Rutgers Day is an event where students, families, children and residents are invited to come and learn about programs that Rutgers has to offer. This event takes place across three campuses and has a lot of activities for everyone to partake in. The Edward J. Bloustein School focuses on the environment we live in, how we interact with each other, and policies that effect our health and wellbeing. They strive to promote healthy living and healthy life choices. The theme for the event is building healthy cities, and will educate the public on healthier ways to live with what is present in our environment.

Methods/Approach: Volunteer participation of members from various groups distributed surveys that assessed the level of knowledge of healthy life choices. The participants were asked to answer questions before entering the tent to gauge their level of knowledge prior to our informational setting. The propose was to educate the public and provide healthy alternatives to be implemented into their daily lives. After participants completed the walk through of the tent they were asked follow up questions to gauge the effectiveness of our event.

Outcomes: This project offers information showing the public's general knowledge of healthy living. The assessment provides information determining whether the project's educational purpose is achieved. This project will help educate the public on making healthy life choices. Participants will also be able to assess the project and highlight strengths of the program via surveys taken during the event.

Evaluation: This project can be evaluated by reviewing surveys completed by participants that visit our educational tent on Rutgers Day.

Thank you to supervisors Amy Cobb, Karyn Olsen, and Tamara for giving Stephanie the opportunity to participate during the Rutgers Day event. The guidance and support is greatly appreciated.

## Internship Abstract

Title: Duke Farms Community Garden Assessment  
Name: James Kazazis  
Preceptor: Nora Wagner  
Agency: Duke Farms

**Purpose:** To assess how the community garden program and educational programs at Duke Farms affect community garden members: nutritional attainment, exercise levels, likelihood to donate food, and gardening prowess.

**Significance:** Community gardens first emerged during World War I as a way to expand and supplement the domestic food supply. During that period of time the United States government decided that agriculture education and food production was so important that it was necessary to teach it in public schools. They called this educational program the “United States School Garden Army.” Although that program is not functioning anymore other organizations such as Duke Farms recognizes the beneficial side of community agriculture and education that the United States government advocated community gardens: allow people to connect with nature, give an outlet for physical activity, increase access to healthy food, and build community cooperation. Zick et. al showed that people who participate in community gardens are less likely to be obese or to suffer from diabetes. Litt J.S. et. al has also that 95% of community gardeners in Denver give away some of the produce they grow. Information as presented above show how integral community gardens and agriculture education are to public health.

**Method/Approach:** Members of the Duke Farms Community garden will be surveyed. All surveys are anonymous. The survey will be administered online via survey monkey. The questions were assembled based on individual research and from previous surveys done at Duke Farms. The survey will ask about perceived fruit and vegetable consumption, physical activity, food donation, and gardening prowess before the growing season and after. These questions will be used to determine if there is positive correlation between these variables and participating in a community garden. Approximately 250 community garden members will be surveyed.

**Outcomes:** The survey will be to determine how effective the community gardening program at duke is at enhancing participants’ healthy/ altruistic habits. The results will also be used to improve the educational/ community garden program at Duke Farms

**Evaluation:** This study can be analyzed by reviewing completed surveys. Data can then be extracted and correlations made amongst the variables that community gardens influence.

## Internship Abstract

Title: Intern at H.O.P.E.

Name: Jennifer Keefer

Preceptor: Prof. Elizabeth Amaya Fernandez

Agency: Health Outreach Promotion and Education

Purpose: To promote prescription drug abuse awareness and primary prevention within the Rutgers Community.

Significance: Prescription drug abuse and opioid overdose is an increasing concern for Americans. In 2010, New Jersey saw 2,738 admissions of State-licensed or certified substance abuse treatment programs as a result of prescription painkiller abuse. (1) As a result, primary prevention strategies exist to help promote awareness and education surrounding drug abuse, especially to high-risk populations. Correspondingly, the non-medical use of prescription drugs is a growing, yet unaddressed, concern on college campuses. The National Institute of Drug Abuse supports outreach initiatives that suggests a positive association with prevention efforts based on epidemiological research investigating patterns and sources of nonmedical use of prescription medications in college students. (2) Thus, educating students about the misuse and abuse of prescription drugs is important for prevention efforts.

Method/Approach: Interns at H.O.P.E. use survey data to collect information about the overall knowledge of the population. All surveys are anonymous. The survey questions were chosen from a quiz used in workshops for Resident Assistants at Rutgers. The survey will ask about basic knowledge of prescription drug abuse and rule out myths from facts. Approximately 50 Rutgers students will be given a prescription knowledge survey and be asked to fill it out. Comparing the results from last year's survey will be evaluated to gauge the community's knowledge improvement.

Outcomes: This study will demonstrate basic awareness surrounding prescription drug abuse within the Rutgers Community; this will help with future methods of outreach. The results of the study will be used for future use by Rutgers Health Services and the Opioid Drug Task Force at H.O.P.E.

Evaluation: This study can be evaluated by past surveys handed out last year to the present results.

## Internship Abstract

Title: Osha Recordkeeping Effects  
Name: Queena Kessie  
Preceptor: Helen Perez  
Agency: Woodbridge Township Municipal Building- Personnel/ Benefits Division

Purpose: To assess the changes of the Woodbridge Municipal OSHA injury and illness records in 2012 and 2013.

Significance: Injuries and illnesses are costly to workers. They can result in missed days at work. Occupational Safety and Health Administration (OSHA) record keeping reports are completed every year to assure safe and healthful workplaces and work conditions. Employers must make sure that they provide a safe working environment to decrease the likelihood of injuries and illnesses. In 2012, approximately 792,700 cases of injuries and illnesses were filed in the United States by state and local government workers. And nearly, 4 in 5 injuries and illnesses reported in the public sector occurred among local government workers. In New Jersey, 20.3 thousand cases were reported. In Woodbridge Township Municipal, there is an average of 972 employees. In 2012 there were a total of 114 cases and in 2013 there were a total of 95 cases. There was a significant decline between the two years. Precise injury and illness data recording is key to accuracy. Therefore, evaluating the Woodbridge Municipality trends from 2012 and 2013 will help ensure how the OSHA record keeping is essential in creating a safer and healthier work place.

### Method:

- Conduct data analysis with the 2012 and 2013 Woodbridge Municipality OSHA record keeping reports.
- Analyze the wording and description of injuries and illness
- Explore the types of injuries and illnesses and the occurrences of the certain types
- Compare and contrast the amount of days and hours lost from work
- Evaluate total of employees and cases

Outcomes: This data analysis will demonstrate how effective Woodbridge Municipality is in reporting injuries and illnesses with OSHA record keeping reports.

Evaluation: The data analysis can be done by looking at the OSHA records from 2012 and 2013. There are a few missing fields in the reports. Woodbridge Municipality does not include police officers in the OSHA records. Also, the number of workers fluctuate because of seasonal and part time workers. Therefore total amount of employees and working hours can be off due to these factors

## Internship Abstract

Title: Outcomes of Cardiac Rehabilitation at JFK Johnson Rehabilitation Institute  
Name: Ahad Khan  
Preceptor: Dr. Iqbal H. Jafri, MD; Doreen Russo, Supervisor Cardiovascular Rehab  
Agency: JFK Johnson Rehabilitation Institute

Purpose: To demonstrate the changes in quality of life outcomes for cardiac rehabilitation patients.

Significance: Cardiac Rehabilitation is considered a supervised program created to enhance a cardiac patient's psychological, physical, and social functioning. Potential patients consist of heart patients, patients that receive stents, cardiac arrest, heart transplants, or patients who needed valves replaced. Admitted patients require nutrition services, blood pressure monitoring, and monitoring over general living conditions. Such situations need to be controlled in efforts to meet the patient's needs and to help improve their quality of life after cardiac rehabilitation. The seven variables being tested to determine the quality of life are physical function, emotional feeling, daily activities, social activities, overall health, change in health, and social support. These variables carry significance as they control vital aspects of one's life that may affect daily performance. The study consists of 62 patients that entered the program, of which only 30 finished the complete program.

### Method/Approach:

Admitted patients of the cardiac rehabilitation program attend sessions three times a week for three months for a total of 36 sessions. The IRB approved study demonstrates the changes in quality of life of patients before and after completion of the program using seven variables: physical fitness, emotional feeling, daily activities/role function, social activities, overall health, change in health, and social support. These variables are tested using the Dartmouth COOP protocol questionnaire, which is given to patients at the beginning and end of the program. Patients will be provided intervention strategies according to their scores. Each chart is scored independently, and each score for each defined variable will be recorded on the patient data outcome record.

Outcomes: This study will measure the changes in quality of life outcomes of cardiac rehabilitation using a validated Dartmouth COOP protocol. The work will help guide the unit to improve overall patient experience and overall functioning.

Evaluation: This study can be evaluated by analyzing the completed Dartmouth COOP protocol questionnaires to compare scores for quality of life variables before and after completion of the rehabilitation program.

## Internship Abstract

Title: Special Child Health Service Usage and Socioeconomic Status  
Name: Sara Khan  
Preceptor: Nancy Scotto Rosato, PhD  
Agency: New Jersey Department of Health - Early Intervention & Monitoring

Purpose: To analyze the association between case management use and socioeconomic status.

Significance: New Jersey has one of the oldest Birth Defects Registry surveillance systems in the country. The individual cases are linked to Special Child Health Services Case Managers, who support and work with the affected child's parents and physician to provide an individualized plan of care. However, the question remains whether usage of case management services is equal among all families regardless of socioeconomic status. This study serves to inform the relationship between Case Management use and the socioeconomic status of the parents.

Method/Approach: The SCHS Registry is a separate and maintained dataset of children with special health care needs. For this exploratory study, two datasets were linked using SAS from the Birth Defects Registry and Birth data files. These files from years 2005-2009 were merged with the SCHS Registry to check for actions taken by case managers. Using probabilistic data matching, the dataset was linked for information on indicators of parental SES such as mother's educational level, primary insurance type, and urban versus nonurban areas within select counties.

Outcomes: The outcomes are yet to be determined. To check for associations, a Chi Square analysis will be completed to see if use of case management services is higher among lower SES families. Use of case management will be defined by active status in the SCHS Registry, and by type of action taken and deactivation reasons for those who achieved their goals.

Evaluation: This study will inform Case Management in terms of what populations are better served and more receptive to be reached out to. Furthermore, the linked datasets from the case management, birth files and birth defect files now provide a large range of matched variables that can be used for future analysis.

## Internship Abstract

Title: The Marketing Behind Tobacco Products and Electronic Cigarettes  
Name: Taban Khan  
Preceptor: Dr. Jane Lewis and Dr. Wackowski  
Agency: Center for Tobacco Surveillance and Evaluation Research

**Purpose:** To identify, collect, and develop a system for saving video advertisements from major tobacco product websites and electronic cigarette brands for the Trinkets & Trash Collection (T&T), a tobacco marketing focused web-based surveillance system, archive and health education resource for the community.

**Significance:** The Public Health Cigarette Smoking Act of 1970 prohibited tobacco companies from broadcasting their ads on television and radio, and the Master Settlement Agreement banned billboards and all ads specifically targeting youth. Consequently, tobacco companies have developed alternative methods to attract and keep their customers, including password-protected brand websites which are restricted to registered adult smokers. Many of these websites included elaborate brand specific advertisement videos designed to maintain customer loyalty, videos the public (or public health community) might otherwise not see. In contrast, there are currently no regulations on the advertising of electronic cigarettes, a recently developed “alternative to smoking” that has blazed onto the market with new starter kits and a variety of flavors, including Piña Colada, Strawberry, and Chocolate. Electronic cigarettes use an atomizer that heats a liquid vaporizing solution when a user puffs on its end. According to a recent Congressional Report, six leading electronic cigarette companies have spent \$59.3 million on promotions and advertising in 2013. Since there is no regulation set by the FDA as of yet, commercial ads for electronic cigarette products can be broadcast on television and radio in order to attract customers. By documenting and saving both of these types of advertising videos, we can educate the community about the marketing behind both tobacco products and electronic cigarettes.

**Method/Approach:** The methods include researching the marketing style and promotion of tobacco brands and popular electronic cigarette brands. This includes studying relationship marketing, a strategy companies use to build trust with their customers. Tobacco brand website and e-cigarette video advertisements were identified online, reviewed, and downloaded from the Internet. A new system of organizing and saving these videos was developed for future use by T&T. The videos were reviewed for stylistic themes.

**Outcomes:** The outcomes include a video dataset and methodological system for saving e-cigarette and tobacco website videos to the Trinkets & Trash collection. An informational video about the identified ads will also be created for use on the T&T website. This will provide a new health education resource for the community.

**Evaluation:** This work can be evaluated by measuring the number of individuals visiting the T&T webpage, clicking on video links and the number of requests after posting the videos.

## Internship Abstract

Title: SWOT Analysis  
Name: Bhavika Kothary  
Preceptor: Charlie Blackburn, COO  
Agency: North American Association of Central Cancer Registries, Inc.

Purpose: To analyze various communication practices throughout the organization and make recommendations for improvement.

Significance: NAACCR, Inc. is an organization made up of over 700 people including the directors of central registries at each state. One of their goals is to improve communication methods among the new committee structure. A SWOT analysis will be created to suggest where the organization can make changes. The SWOT is essentially a document that will outline the Strengths, Weaknesses, Opportunities, and Threats of various communication practices within NAACCR. The best way to gain insight from an outside perspective is from someone who has not been involved with NAACCR for a long period of time. This person will have an objective view of the whole organization, rather than a more focused perspective on a specific area within the association. These opinions are the most valuable to NAACCR because it gives them the opportunity to step out of the box and look at things from another point of view.

Method/Approach: NAACCR will use the newly developed SWOT analysis as guidance on where to best make changes. The approach to creating this SWOT analysis is going to be largely research based. Research will be done on the website, its layout and communication strengths and weaknesses. The website will be a major help in identifying things that NAACCR needs to work on, while also highlighting best practices that are already in use. Some topics included in this project are anticipated to be Social Media, Committee to Committee communication, Committee to General Membership communication, and External NAACCR to Public communication. Once all the research is done and compiled, the actual SWOT will be put together.

Outcomes: Ultimately, the SWOT analysis was created using information from online resources, internal and external NAACCR documents, and personal opinion.

Evaluation: This SWOT Analysis can be evaluated and used by the organization to gain an outsider's perspective on communication methods among NAACCR. It is important to review the SWOT comprehensively; the suggestions and recommendations made within the analysis can help guide NAACCR in hopefully a good direction when it comes to making adjustments to communication practices.

## Internship Abstract

Title: Prostate Cancer Survivor Follow-Up Care Recommendations  
Name: Cara Kubinak  
Preceptor: Dr. Shawna Hudson  
Agency: Rutgers Family Medicine and Community Health Research Division

Purpose: To create a recommendation document for the primary care providers of prostate cancer survivors.

Significance: In the last 20 years, cancer transformed from a death sentence to a chronic disease. As a result, the number of cancer survivors has skyrocketed, with over 10 million survivors in America today. Cancer survivors have specific disease co-morbidity sets, typically related to the radiation and surgical therapies received during treatment for the primary cancer. Prostate cancer survivors make up one-fifth of the cancer survivor group. These survivors are at high risk of suffering from side effects related to sexual dysfunction, incontinence, secondary cancers and other late and long-term effects. These individuals need to be evaluated differently than the non-survivor population to ensure optimal quality of life after the eradication of primary cancer. Because the population of prostate cancer survivors is new and continually growing, recommendations for their treatment by primary care physicians are necessary to meet these ends.

Method/Approach: 192 current research articles regarding prostate cancer late and long-term effects and secondary cancer recurrence were systematically categorized and reviewed to formulate appropriate follow-up guidelines for primary care providers.

Outcomes: This project will aid in the education of primary care physicians for the appropriate treatment of prostate cancer survivors. In the long term, this project can facilitate an increase in quality of life for prostate cancer survivors.

Evaluation: This project can be evaluated in the long term through surveys of prostate cancer survivor patients of primary care physician who have access to the guidelines. Increases in QOL and increased length of life would be proof of the benefit of these guidelines

## Internship Abstract

Title: Youth Development and Prevention in Local Communities  
Name: Brian Lacap  
Preceptor: Barry Smith  
Agency: Youth Empowerment Services

Purpose: To raise money for an arts program for at-risk youth students in New Brunswick and give them opportunities to develop outside of school.

Significance: Youth Empowerment Services aims to serve the at-risk youth in the community of New Brunswick. Young people today face numerous challenges and the uncertainty of the future for them remains a constant struggle. Youth Empowerment Services is a place for young individuals to come find help. The goals are to assist the youth to become self-sufficient adults through learning to be productive, develop healthy relationships with family and peers, and learning to navigate through diverse settings. These life transforming programs seek to aid the at-risk youth to grow in the physical, emotional, spiritual, and intellectual dimensions of life.

Method/Approach: Numerous programs are implemented to make these life transforming chances happen. Tutoring programs for the students throughout their academic calendar are geared through helping students in grades first to eighth grade with language development, problem solving skills, self esteem, etc. Mentoring programs were developed to establish a consistent presence of a caring adult in their lives that may have lost parent through state or federal supervision. Other methods include game nights and summer camps to create an outlet for the at-risk youth for changing their lives and at the same time keep them out of trouble within a positive environment.

Outcomes: These programs will help assist the at-risk youth and guide them into making better life decisions and develop them into self-sufficient adults. These programs aim to help these students realize their potential and strive for their dreams.

Evaluation: Data is collected in the form of monthly reports from mentors in areas that include frequency and duration of meetings, activities, and progress in relationships or grades and analyzed to determine the productivity of these programs.

## Internship Abstract

Title: The Intersection of Domestic Violence and HIV/AIDS  
Name: Rochelle Lawrence  
Preceptor: Deloris Dockrey, MPH  
Agency: Hyacinth AIDS Foundation

Purpose: To encourage partnership between domestic violence advocates (New Jersey Coalition of Battered Women) and HIV/AIDS service providers (Hyacinth AIDS Foundation) by collaborating and exchanging training on basic information about the two problems.

Significance: Studies have shown that sexual and other forms of physical violence against women, whether by their partners or by strangers, significantly increases their chances of contracting HIV (National Network to End Domestic Violence). Women are at a greater risk of contracting HIV from men during sexual intercourse due to the anatomy of the female reproductive organ. A meta-analysis of psychological trauma and HIV positive women indicates that 55% of women living with HIV have experienced domestic violence, considerably higher than the 36% national prevalence among women. (Machtiger, E.L., et al, 2012). Moreover, compared to women who have not experienced violence, women with a history of domestic violence are more likely to report HIV risk factors, including unprotected sex, injection drug use and alcohol abuse (Interagency Federal Working Group Report, 2013). These statistics provides adequate evidence that there needs to be an expansion in education and prevention efforts.

Method/Approach: A training curriculum from the "National Network to End Domestic Violence" who initiated the partnership of HIV service providers and domestic violence advocates will be adapted. Training will be given by the New Jersey Coalition of Battered Women ( NJCBV) to the Hyacinth AIDS Foundation on basic information on domestic violence and how it can be approached and prevented. HIV education will also be given by the Hyacinth AIDS Foundation to the NJCBV staff on basic science of HIV, treatments, prevention and policies surrounding HIV/AIDS. A pre and a post test will be given at both trainings to assess the effectiveness of the trainings and to ensure that both parties are prepared to deal with both issues in a knowledgeable manner. Results will be documented.

Outcome: These exchanged training will help both advocates to understand the intersection of HIV/AIDS and domestic violence and form collaborative partnerships to assist each other in improving and enhancing services.

Evaluation: The outcome will be evaluated by analyzing the pre and post-test given to both parties.

## Internship Abstract

Title: The Pillowcase Project  
Name: Alice Lee  
Preceptor: Michael Prasad  
Agency: The American Red Cross, North Jersey Region

Purpose: To educate 3rd, 4th, and 5th graders how to prepare and respond to disasters and emergencies through after-school programs.

Significance: The Pillowcase Project was inspired by college students in New Orleans, who were evacuating dormitories, carrying pillowcases stuffed with their belongings. The American Red Cross partnered with Disney, and created a national pilot program in order to educate the public on personal preparedness during emergencies and disasters, specifically geared towards elementary students. Since Superstorm Sandy in 2012, The Red Cross has committed to use educational programs as a means to help New Jersey residents become more prepared for emergencies. Preparedness has continued to be an area of focus within public health for the past several decades. Personal preparedness is crucial in order to carry on response, relief, and recovery efforts smoothly and effectively by emergency responders. This project teaches individuals that preparedness is in fact a joint effort rather than a responsibility solely for emergency responders. Greater personal preparedness alleviates multiple burdens from organizations and allows for increased safety and recovery.

Methods: The Red Cross utilized trained volunteers in order to become presenters for The Pillowcase Project. Schools interested in the project were found by direct communication by phone or email by volunteer managers. Groups of students of about 10-20 in the 3rd, 4th, or 5th grade are then taught a presentation by trained presenters. Various disasters or emergencies are covered, with each presentation lasting about 60 minutes. A short quiz is then given out for the students to take, in order for The Red Cross to analyze whether students grasped the most important concepts. The quizzes are then collected and saved in a database to track progress. Students are then given a pillowcase, with a list of supplies needed during emergencies, to decorate and keep at home.

Outcomes: Residents across New Jersey are now more informed on how to respond to emergencies and understand the importance of personal preparedness. By using educational programs for the youth, parents will also become more involved with preparedness. Students are empowered to take action and understand that by sharing what they have learned with family and friends, they can help create a better prepared community.

Evaluation: This project will be able to be evaluated through the results of the quizzes taken by the students. Quiz results will be displayed through charts. The results can be analyzed by seeing whether students in actuality feel more comfortable with preparing or responding to emergencies.

## Internship Abstract

Title: ShapingNJ Healthy Community Grant Action Plan: Healthy Vending

Name: Su Hee Lee

Preceptor: Gina Stravic

Agency: Raritan Valley YMCA

**Purpose:** To implement policy and environmental changes to decrease and prevent obesity in communities. The healthy vending policy will give wide variety of healthy food options in public schools and buildings to both children and adults.

**Significance:** As of 2013, it has been reported that 27.1% of the adults in the U.S. are obese, showing a full percentage increase from the past. The lack of healthy food options, especially when making food and beverage selections from vending machines makes it difficult for people to make the right choices. Being a common source of junk food and sugary drinks, vending machines are easily accessible to any age group in public schools, libraries, gym, and other public buildings. The “empty calorie” snacks and beverages are not only high in calorie and fat, but it has also become a major contributor to obesity and unhealthy eating habits.

**Method/Approach:** First, research on healthy vending options that will support policy and environmental changes will be conducted in order to design a packet that includes its purpose statement, healthy vending options, and suggested policy templates that can be adopted. After that is done, unhealthy vending machines in community locations will be identified and a list will be formulated. These vending locations listed will be given a healthy vending packet and a follow up meeting will be arranged to discuss potential policy implementation. In month of June, YMCA, St. Peter’s Outreach Department, Rutgers Cooperative Extension Department of Family and Consumer Sciences, Middlesex County Health Department, and New Jersey Partnership for Healthy Kids – New Brunswick will work together to engage in community education and social media campaign to raise awareness of need for healthy vending. Finally, after continuing to work in policy packet distribution, awareness campaign, and follow up with vending site management, overall evaluation will be conducted.

**Outcomes:** The healthy vending policy will provide students and employees with choices that will lead to healthier eating habits. In vending machines, all snacks and beverages will meet or exceed nutritional standard mandated by the government and school nutrition standards. In addition, the low priced snacks will encourage people of all socioeconomic status to purchase these products. With successful promotion and marketing strategies, obesity awareness will be spread around the community.

**Evaluation:** The vending company’s feedbacks and revenue fluctuation will evaluate the healthy vending policy. The provided education and promotional methods about benefits of offering and choosing healthy foods and beverages may result in lower obesity rate in the state of New Jersey.

## Internship Abstract

Title: Disruption of Circadian Rhythm and Breast Cancer Metastasis  
Name: Suki Seulgi Lee  
Preceptor: Ming-Zhu Fang, Ph.D.  
Agency: Environmental and Occupational Health Sciences Institute

Purpose: To investigate the effect of disrupted circadian rhythm on distant metastasis of mammary tumors.

Significance: Disruption of circadian rhythm promotes and accelerates the development of breast cancer. Also, circadian dysfunction, for example, sleep disorders in cancer patients is associated with faster cancer progression and decreased survival rate. There are clinical studies that support the finding of how disruption of circadian rhythm could promote tumor growth and metastasis. However, how the disrupted-circadian rhythm contributes to the development of distant metastasis is not well-known yet. Finding out the effect on how chronic jet-lag promotes cancer progression and distant metastasis will be an essential step to the development of scientific experiment-based cancer care and treatment strategies to improve survival of cancer patients.

Method/Approach: C3(1)/Tag mice, the animal models that are well-known multistage mammary tumor transgenic model, were separated by Group 1 and Group 2. In group 1, the animal models were maintained in a regular light/dark cycles. On the other hand, in Group 2, the animal models were maintained on jet-lagged 12 hour light/dark cycles. In order to investigate the distant metastasis, mammary glands were checked twice a week from the day at 4 months age, and the tumor size, location and numbers were recorded. A termination day, the mice were sacrificed by CO<sub>2</sub> inhalation and dissected in order to check for the tumor growth. All primary tumors were removed and measured for volume and weight. With the collected tissues from female C3 (1)/Tag mice, histopathology studies have been practiced through immunohistochemistry staining method procedure utilizing different types of antibodies.

Outcomes: It was found out that long-term exposure to jet-lagged light and dark cycles apparently increased metastatic capacity of mammary tumor and also accelerated the metastatic tumor growth in the lung. The immunohistochemistry staining results will indicate whether disruption of circadian rhythm caused by jet-lag can advance the onset time of mammary tumor and also can accelerate tumor growth as well as distant metastasis.

Evaluation: The results will be evaluated by analyzing and interpreting results from histopathology studies in the mammary and lung tissues collected from the female C3 (1)/Tag mice through immunohistochemistry staining method. Evaluation will include data analysis, study design and interpretation of the data.

## Internship Abstract

Title: Substance Use and Abuse at Rutgers University  
Name: Kassandra Lerine  
Preceptor: Elizabeth Amaya-Fernandez  
Agency: Health, Outreach, Promotion and Education-Rutgers Health Services

Purpose: To gain IRB approval and prepare for focus groups surrounding alcohol and other drug resources available to students. To identify the alcohol and other drug resources available to students, along with the barriers to prevention and treatment at Rutgers University.

Significance: Improper use and abuse of substances result in hospital visits, depression, adverse effects, risky behaviors, and even death. According to the 2010 NCHA-II Rutgers Executive Summary Report, 57.3% of the Rutgers student population have used alcohol within the past 30 days, 15.4% have used cigarettes in the past 30 days, 16.4% have used marijuana in the past 30 days, and 13.5% of the student population have used tobacco from a water pipe (hookah) in the last 30 days. In addition, according to the study 12.4% of the Rutgers student population have used all other drugs combined.

Method/Approach: Research previous H.O.P.E affiliated IRB applications on focus groups. Create focus group questions, consent form, and research protocol. Complete focus group application and submit to the Institutional Review Board. Research and target three on campus communities for focus groups for this semester. Create a budget for incentives. Coordinate time and locations for conducting focus groups. Create and use promotional material and the specific listservs to contact communities. Test focus group facilitator guide and script and take focus groups notes. Current trained H.O.P.E. facilitators will conduct focus groups.

Outcomes: The IRB application will be complete with approval. Upon IRB approval, three focus groups will be completed this spring semester term. Focus groups will continue into fall semester; the results are a snapshot of the current information the focus groups have provided. This information will guide the development of a targeted campaign to reduce the barriers and enhance alcohol and other drug education on campus.

Evaluation: This study can be evaluated by the approval of the IRB application. This study can also be evaluated by the completion and results of conducting focus groups among the Rutgers University New Brunswick campus student population.

## Internship Abstract

Title: Fun in the Park Project  
Name: Ana Luta, Intern  
Preceptor: Yesenia Hernandez, Program Coordinator  
Agency: RWJUH Community Health Promotion Program (CHPP)

**Purpose:** The goal of the Fun in the Park Project is to reduce childhood obesity in the New Brunswick community by increasing the use of parks and open spaces and increase physical activities. The program provides park ambassadors at local parks to engage children/youth after school in physical activity program.

**Significance:** Childhood Obesity is on the rise in the United States, and in New Brunswick, NJ, school children are affected disproportionately. According to the U.S. Department of Health, the recommended guideline for physical activity is sixty minutes every day. According to the data retrieved from the New Jersey Childhood Obesity Survey from Rutgers Center for Health Policy, eighty-one percent of New Brunswick youth (3-18 years old) do not meet the recommendation of the U.S. Department of Health of having at least sixty minutes of physical activity per day. Overall, fifty-five percent of 3-18 year old children have only two or fewer days of some type of physical activity per week at school. Another element studies have indicated is parks in the community are not being utilized to their full potential due to concerns of poor conditions and safety.

**Methods/Approach:** The Fun in the Park Project is a year-long program designed for children ages 10-16 to get more involved in physical activity. These physical activities take place at a local community park during the summer, and throughout the winter, activities are held indoors at a local church, and at the RWJ Fitness & Wellness Center. In addition, winter activities include nutrition education and fitness dance programs. Flyers for the Fun in the Park Project were distributed to a variety of places in the New Brunswick Area. Key steps included recruiting participants for the activities, coming up with new ideas to get the youth engaged in different types of physical activities, and most importantly holding a focus group with parents to evaluate the benefits of the program.

**Outcomes:** Some results for the program are to increase the number of children playing in the park, reduce childhood obesity by tracking height and weight, increasing knowledge of nutrition of participants, and eventually have the community to take ownership of these parks.

**Evaluation:** CHPP will be conducting a focus group with parents to evaluate these results. In addition, CHPP will use SOPARC (System for observing play and recreation in communities) to obtain direct information on community park use, including concurrent characteristics of parks and their users.

## Internship Abstract

Title: Understanding the Significance of Eyes and Health  
Name: Maham Malik  
Preceptor: Tami DosSantos  
Agency: Sterling Optical, Rockaway

**Purpose:** This project will analyze the relationship between general health and eye health and discuss the importance of proper eye care.

**Significance:** Over the past few decades, people's eyesight prescription sky-rocketed to very high numbers (Centers for Disease Control and Prevention). The incidence of diseases like glaucoma and cataracts increased, affecting millions. With no mandatory vision care covered under insurances, many people discontinue visiting optometrists and ophthalmologists. Over 60 percent of the US population wears glasses. Another large portion wears contact lenses, daily. Yet, both these populations do not follow proper cleaning procedures, resulting in issues with vision. This stands true for men, women, and children. The overall health affects the health of the eye. The lack of healthy eating and exercising has detrimental effects on eyes. Most people will visit doctors for other health issues such as dental or psychological but miss annual vision exams. Patients need to have more awareness and knowledge about caring for and maintaining eye health.

**Method/Approach:** The optical allows surveys to be distributed, which will determine the level of knowledge and care of eyes. This survey will include general questions as well as personal questions. Questions are answered based on a 1 to 5 scale (where 1 means never and 5 means very often). These questions will be used to answers cleaning and maintaining eye health (i.e. how often do you rinse your eyes daily?). Research will be conducted on current issues regarding eyes and incorporated into brochures. Brochures will include anatomy of the eye, eye diseases, eye health, general health, and different ways to care for eyes. After viewing the brochure, patients will again receive the first survey and be asked to complete it. The different responses will predict the increase in knowledge. All the research and general change in responses will be presented in the end report. Overall, through this project, patients will learn and begin to change their previous habits to reduce vision problems.

**Outcomes:** The project will increase knowledge of patients, and it will aid in future research. It will explore the importance of eye health awareness and annual eye exams. This study can further be sent to organizations that would push for mandatory eye health courses in schools.

**Evaluation:** Evaluations of the brochures' success will be based on responses received from surveys (both before and after reading brochures). A pre-test of the survey further reassures the benefits of the brochure, as level of knowledge increased for 24 patients.

## Internship Abstract

Title: Rutgers Laboratory Audits - Safety Compliance  
Name: Burha Manzoor  
Preceptor: Mr. Marc Longo  
Agency: Rutgers Environmental Health & Safety

Purpose: To analyze and compare the compliance of laboratory protocols in Rutgers and the recently acquired Legacy-UMDNJ to the New Jersey state standards

Significance: Occupational Safety & Health Administration (OSHA) created a need for occupational safety within the department of labor in order to improve safety and health programs within agencies. In order to do so it has allowed states to set up safety guidelines for laboratory work environments. Rutgers University, along with the newly integrated Legacy-UMDNJ, is responsible for the safety of anybody inside laboratories, according to the state. Therefore, Rutgers has set up stringent laboratory guidelines to ensure the safety of their employees, students, and faculty members through safety training programs, proper disposal of waste, enforcing effective safety health standards, evaluating potential health and safety hazards, minimizing exposure in the workplace, requiring chemical hygiene guidelines, and implementing the “right to know” policies. Administering these policies is necessary for all of Rutgers, and compliance with these regulations is mandatory for minimizing health hazards and potential risks.

Method/Approach: Members of the health and safety department will conduct laboratory audits, consisting of a 100-question form for each lab inspected. The Rutgers’ lab audit will be compared with the OSHA and state requirements. Audits of one building from Busch campus and one building from Legacy-UMDNJ collectively accounting for 75 laboratory audits will be compared on 15 criteria for compliance. Compliance percentage will be determined by the responses recorded as yes divided by the total responses.

Outcomes: The audits will notify the university of any compliance issues or inconsistencies from the laboratory procedures on the part of the lab private investigators.

Evaluation: This data will be evaluated by analyzing the quality and degree to which the safety procedures are followed. The results of the laboratory audits will be used to implement any facility changes, issue incompliance notices, and will be kept on record for future reference. It will also be used to compare Rutgers and Legacy-UMDNJ compliance.

## Internship Abstract

Title: Community Outreach Training Manual  
Name: MatheRose Marcellus  
Preceptor: Quincy Bell  
Agency: Hyacinth AIDS Foundation

**Purpose:** To educate new or newly hired community health workers of effective outreach techniques when working with their target communities.

**Significance:** The statewide prevention manager conducted a review of the Prevention department's resources and determined that appropriate material for new community health workers were incomplete. Also, a training workshop was also done recently where many community health workers expressed that, had they been given the presently learned tools years ago, there are many serious mistakes that could have been avoided. However, many indicated that there are certain skills and know-how which only comes with experience. Both the manager's review and the training provide insight that an outreach manual is indeed needed at this organization. Working with any population requires certain skills that may not be known when first beginning, but are still crucial for someone who works with the community to have.

**Method/Approach:** A small interoffice survey was conducted with a sample size of 15 community health workers posing questions about their early outreach experiences. They were surveyed by phone and in person interview-style and were also asked about advice they would give to other workers new to the field. Responses were collected and categorized by topic. Material from the Center for Health and Behavioral Training (CHBT) was also collected. Finally, other outreach manuals will be reviewed for relevance. These three components will be analyzed and combined to create an outreach manual.

**Outcomes:** The completed manual will be distributed to all future new-hires. This will aid in the affective engagement of clients by new-hires, give tips on how to gain community buy-in, and instruct on the definition and importance of cultural competency. In addition, a better understanding of agency standards will also be had.

**Evaluation:** To evaluate effectiveness, a secondary outreach training will be conducted. An initial survey will be given out asking questions to test current knowledge before the training begins, and another survey will be given out when the training ends about what was learned. This will be compared to give insight to how effective the manual is, what needs to be adjusted or added in.

## Internship Abstract

Title: Assessment of Rutgers University Students' Sexual Health Knowledge

Name: Lauren Mason

Preceptor: Francesca Maresca

Agency: Health Outreach, Promotion and Education

This research evaluates the impact of Rutgers health services and peer education programs on Rutgers students' knowledge of male contraception. Sexual health practices are a major component of human health and have significant impacts on life span and health behavior. The proper use of male contraception is a vital component to limiting the spread of infectious disease as well as unwanted pregnancy prevention in some cases. Research has suggested that when used correctly condoms are 99% effective against pregnancy and the contraction of STI's. First, research will be conducted on the preexisting knowledge of Rutgers University students on contraception methods. We will assess this knowledge through the use of a seven-question survey regarding general use and effectiveness of condoms. In addition to the questions regarding contraception, survey respondents are asked their age, what gender they identify with and whether they live on or off campus. This information will help us further identify the demographics of the respondents. After the completion of the questionnaire, responses will be analyzed and compared to a national dataset regarding university student's knowledge about contraception methods. This project will allow H.O.P.E. and Sexual Health Advocates to better inform students on safer sexual practices and encourage a decrease in risky behavior with hopes that students will integrate this knowledge into their lifestyles and engage in informed and safe sexual practices well after they graduate. The results from this assessment should be considered in the planning of all future sexual health programs through H.O.P.E. and the findings will be promoted through a social media campaign This project provides vital information on the receptiveness and impact of H.O.P.E.'s peer education programs on students.

## Internship Abstract

Title: CQI Returned Mail Sheets  
Name: Alexandria McEntee  
Preceptor: Lorra L. Hambach, MPH  
Agency: New Jersey Department of Health – Newborn Screening Follow-Up Unit

**Purpose:** To complete data entry, analysis and interpretation to determine whether there has been a change in the number of letters returned because of incomplete or inaccurate demographic information provided by birthing hospitals.

**Significance:** The Newborn Screening Follow-up Unit (NBSFU) is responsible for timely notification of parents and physicians of abnormal laboratory results based on the heel stick blood sample taken within two days of birth. The high number of parent letters returned to the NBSFU created a delay in initial notification of parents and increased work burden on staff of the NBSFU. These packets inform the mother as well as physician about the abnormal result and give factual information on the potential diagnosis.

The intent of the Quality Improvement Initiative of the New Jersey Department of Health is to help employees identify problems and make changes to increase effectiveness. That is, to use quality improvement concepts and tools to improve programs from the bottom up. The high number of parent letters returned to the NBSFU was seen as an opportunity for improvement. This information is critical to reduce delays in parental notification which leads to earlier treatment and may save the newborns life.

**Method/Approach:** In October of 2013, staff from the NBSFU and NBS laboratory presented a webinar to the collection staff at birthing hospitals on the proper way to fill out a specimen collection form to prevent address errors. After implementing this improvement strategy, staff resumed the daily tally of letters returned by the post office as well completing paper tracking sheets on the reasons for return and other details. This project entailed completing the data entry of the detail from the paper tracking sheets and performing data analysis to determine the most common reason why the mail was returned, the number of errors per birthing hospital during this period, and other factors.

**Outcomes:** It was determined that the number of birthing hospitals which had mail returned due to address errors decreased. While the number of actual sheets decreased from 191 to 170, approximately \$600 was lost due to postage costs.

**Evaluation:** This project will be evaluated by determining the accuracy and completeness of data entry, analysis, and reporting.

## Internship Abstract

Title: Rutgers University (RU) Smoke-free Campus Initiative  
Name: Yuriko Mexia  
Preceptor: Elizabeth Amaya-Fernandez  
Agency: Rutgers Health Services- Health Outreach, Promotion, and Education

Purpose: To conduct an assessment of Rutgers University's readiness in becoming a smoke-free campus by surveying the New Brunswick and Camden campuses.

Significance: Smoking remains the single largest cause of preventable disease and death in the United States. Although people seem to know the detrimental consequences of smoking, this issue remains prevalent and of concern to the public health community. The scientific evidence is indisputable: inhaling tobacco smoke from cigarettes and second-hand smoking is a fatal health hazard. In the United States alone, smoking causes 87% of lung cancer deaths, 32% of coronary heart disease deaths, and approximately 8,600,000 Americans have chronic illnesses related to smoking (US Department of Health & Human Services, Surgeon General Report, 2014). As a result, there are an estimated 1,127 universities that have made the transition to a smoke-free campus. According to the Environmental Protection Agency, environmental tobacco smoke is a Class A carcinogen with no safe level of exposure. Rutgers University is responsible for providing a safe environment to all its members. Therefore, transitioning to a smoke-free campus will protect students, employees, and visitors on campus from this known carcinogen.

Methods/Approach: Collection of data was accomplished through distribution of surveys. Dissemination of surveys includes person to person, tabling, and social media outlets. Surveys consist of 4 multiple choice and 2 open-ended questions. New Brunswick results will be assessed to results of approximately over 400 Camden students and staff/faculty through the use of a statistical bivariate analysis.

Outcomes: The results will demonstrate attitudes towards becoming a smoke-free campus for students, staff, and faculty of Rutgers New Brunswick and Camden. Outcomes will be assessed to identify correlations and support for this initiative. Collection of data will serve for the future stages of this initiative regarding implementation, enforcement, and evaluation of a smoke-free campus policy.

Evaluation: Assessment of survey population and questions can be achieved to assure quality of survey. Qualitative questions can be assessed for implementation concerns. Survey distribution can be evaluated for efficacy through number of surveys collected.

## Internship Abstract

Title: Surgeon Scheduling Reform and Surgical Data System Implementation in the Operating Room

Name: Samantha Murillo

Preceptor: Douglas Campbell

Agency: Jersey Shore University Medical Center

**Purpose:** Improving operating room processes by implementing an electronic data system and reforming surgeon scheduling to assure quality of care and efficiency.

**Significance:** As Jersey Shore University Medical Center's department of surgery serves as a major source of revenue for the hospital, along with the surgeons' seventeen areas of clinical expertise, successfully managing these operating rooms with efficient technologies and effective policies is key. Within the many working parts of operating rooms, there are two main components from a management perspective to emphasize, which include efficient scheduling practices for surgeons and having reliable electronic data systems.

**Methodology:** Building off of the current surgeon scheduling system to analyzing policies for effectiveness will lead to potential improvements of these policies due to data analysis. These policies include features such as the assessibility for surgeons to reserve time slots for certain operating rooms and coordinating how well the surgeons have used their blocked-off time and reevaluate their time slots based on effective use. For the electronic data system, starting off with evaluating current electronic data systems within different departments of the medical center, along with working closely with the programming company to train employees to be fluent within the system will help build a fluid implementation.

**Outcomes:** These results will show how to improve efficiency within the Operating Room while still maintaining a consistant level of care.

**Evaluation:** In order for this electronic data program to be evaluated, differences in time efficiency in between surgeries and measuring improvements in the reliability of patients' medical records would be analyzed once the electronic data system has been fully implemented. For the surgeon scheduling program, evaluating the statistics of time efficiency and overall usage of allotted time slots would be useful in determining whether this surgeon schedulng program is efficient for all staff.

## Internship Abstract

Title: Asian American Sexual Health Education Preliminary Needs Assessment

Name: Kristine Naputo

Preceptor: Deloris Dockrey, MPH

Agency: Hyacinth AIDS Foundation

Purpose: To complete a preliminary needs assessment on the neglect of sexual health education on Asian American Women in New Jersey

Significance: Statistically, Asian Americans are reported with having the lowest prevalence and incidence rates of HIV/AIDS and other sexually transmitted diseases. According to 2011 CDC surveillance data, only 153 per 100,000 Asian female adults were diagnosed with HIV. Only 86 per 100,000 Asian female adults were reported to be living with AIDS. Prevalence of Asians living with HIV is only 1% of the total HIV-positive population, and prevalence of Asians living with AIDS is only 1.5%. Due to these low rates, holistic lifestyles and traditionally healthy diets, the need to address health disparities in the Asian culture is often neglected. Asians' overall high socioeconomic status further propagates this neglect. Furthermore, it is common within Asian cultures to remain conservative in sexual behaviors and/or openly voicing any personal information. It is culturally unacceptable in the Asian community to disclose any information on sexual behaviors. Therefore, there is a limited presence of the Asian community to participate in any public debates regarding sexual health. Nonetheless, as Asians continue to integrate into Americanized lifestyles, they become more susceptible to certain risk factors and the need for sexual health education in the Asian community increases.

Method/Approach: A literature review of scholarly articles will examine Asian cultures, distribution of HIV/AIDS and STDs amongst Asians, and already-implemented sexual health education models within the New York/New Jersey area. A questionnaire will then be created to interview Rutgers University researchers who specialize in health disparities. Another questionnaire regarding sexual health outreach/education programs will be drafted. This will be used in interviews with representatives from already-implemented Asian-based health facilities, outreach programs, and local Asian Cultural Centers. Qualitative findings will be recorded and graphed.

Outcomes: The goal is to complete this preliminary needs assessment to move forward in providing sexual health education for this demographic. (i.e. produce a toolkit, brochure, inspire the implementation of an Asian-American intervention program).

Evaluation: This preliminary needs assessment can be evaluated by researching data from several literature searches and analyzing general trends from the findings of these interviews.

## Internship Abstract

Title: Preventing Cardiac Catheterization Procedures

Name: Neil Matthew

Preceptor: Alpesh Patel

Agency: 24/7 Heart & Vascular

**Purpose:** This project will help summarize preventative measures to decrease invasive cardiac catheterization procedures. Promoting more medical test and healthy lifestyle changes to decrease the number of patients that go through invasive cardiac catheterization that do not have them.

**Significance:** Cardiac Catheterization is a medical procedure that helps treat and diagnose certain heart conditions. Patients that are admitted into the ER experiencing severe chest pains are recommended to have invasive cardiac cath procedure immediately. Recent studies have shown 35% patients have no significant artery blockage when looked at during invasive cardiac cath procedure. 80% of ER patients did not have any sort of noninvasive test before catheterization. Public need to be educated on having more routine stress test with CT tomographic angiography that can have more of a computerized 3-D image of the hearts arteries. More stress test and electrocardiogram needs to be performed before sending patients to the cardiac cath lab. Promoting awareness is a key factor in order to decrease this disease and preventing invasive cardiac cath procedures to patients and doctors.

**Method or approach:** Research will be conducted through two programs that will help provide critical information on individual patients. First program called Sunrise Acute Care (SCM) that has all the current inpatient test, procedures, labs and medication. SCM will help find identify if doctors have orders patients to any noninvasive test before cardiac cath procedures. Second Electronic Medical Record (EMR) will help provide patient patients symptoms, diagnosis, height, weight, age and history of the patients. This is significant in order to find out the demographics and age were patient has the most frequent cardiac. This will help to identify if patients had frequent stress test, and electrocardiograms to prevent heart attacks. Also age is a key importance's to see if the patient is prescribed Plavix and aspirin after the age of 60 to prevent heart attacks. All these factors will help decrease cardiac catheterization procedures.

**Outcome:** This study will help decrease the amount of procedures and frequent inpatient admission in the hospitals for invasive procedures.

**Evaluation:** This study can be evaluated based on the number of cases that are reported to the Cath Lab and Emergency Room in New Jersey Hospitals.

## Internship Abstract

Title: Senior Long Term Facilities in New Jersey (NJNursing)  
Name: Juhi Mawla  
Preceptor: Dr. Wansoo Im  
Agency: Vertices, LLC

Purpose: NJNursing ([www.mappler.net/njnursing](http://www.mappler.net/njnursing)) seeks to provide easy to access information for seniors, caretakers and family members, public health professionals and other officials about long-term care facilities, nursing homes and other health care facilities in a single space.

Need/Significance: According to the 2010 US Census, 12.4% of NJ's population is of ages 65 and over. For the aging, the choice of where to live is a complicated decision based on available resources, family ties, health considerations, cultural expectations and personal interest (Voisine 2009). There are little resources that have this information visually accessible. Users can use NJNursing as the first step in search for the right facility for themselves or an aging loved one. Users can search through facility types and insurance accepted.

Methods: A dataset of long-term care facilities was created in MS Excel from information obtained from the NJ Department of Health website and geocoded to get XY coordinated. NJ Transit bus stop and rail station data were obtained from NJ Geographic Information Network (NJGIN). Demography data at the census tract levels were obtained from the 2010 US Census TIGER/Line. Original shapefiles were converted to XML and WMS files and uploaded onto Mappler, a Vertices web-based mapping service.

Outcomes: A count of the facilities reveals that there are 770 long-term facilities, although a few facilities have duplicate points because of multiple facility types. 651 facilities take Medicaid, 338 take Medicaid, Medicare and private insurance, 88 take only private insurance and 35 take Medicare and private insurance. Most of the facilities are generally located in the northern, urban or peripheral regions of NJ. The census tracts with the highest percentages of seniors age 65 and over are concentrated in Northern NJ and the Jersey Shore. The same general pattern remains true for the percentage of male and female seniors.

Evaluation: Evaluation will be based on user and supervisor feedback. Users can add data points using the desktop map or mobile app.

## Internship Abstract

Title: The Power over Diabetes  
Name: Sandra Mbelli  
Preceptor: Serena Collado  
Agency: Somerset Medical Center Community Health

Purpose: A community outreach program, to help underserved African/African-Americans in Somerset County prevent or delay diabetes.

Significance: African Americans are disproportionately affected by diabetes: 4.9 million, or 18.7 percent of all African Americans aged 20 years or older have diabetes. African Americans are 1.8 times more likely to have diabetes as non -Hispanic whites. It is estimated that over 473,000 New Jersey residents and 190,000 who have undiagnosed diabetes. These residents either pre-diabetic or have the disease but are unaware of it. Diabetics experience high rates of cardiovascular diseases such as stroke and other neurological problems such as blindness, foot ulcers and lower-extremity amputations, kidney disease. Patients are also faced with formidable psychological, sociological, and economic challenges from diabetes .Also, most families are faced with the challenges such as high cost medical expenses, loss of working hours and premature death from untreated diabetes. Diabetes is the sixth leading cause of death in New Jersey. Unfortunately, many individuals lack the resources to prevent, identify and manage diabetes most of who are low income earners and minority. Therefore and inverse relationship do exist between lack of access to health care and development of chronic diseases such as diabetes.

Method/Approach: This program is outcome based. Participants are between the ages of 18 to 75 within Somerset County. The majority of participants are generally in poor health condition such as overweight, hypertensive, and high cholesterol levels and have no health insurance. The program is expected to run for 90 minutes each session with about 25 to 37 individuals for a ten weeks diabetes education program. Individuals will be thought ways to manage and prevent diabetes through lifestyle modifications. At the beginning and end of the ten weeks program, a pre and post testing will be done to evaluate changes throughout the program.

Outcomes: The Community Outreach Coordinator collects and analyzes data (health metrics, survey results, evaluations) on an individual and group level throughout the year. Using spreadsheets, she tracks health indicators (BMI, blood pressure, cholesterol, A1c and blood glucose) for each participant. By comparing data collected by nurses at the first and last sessions of the 10-week program, she calculates achievements for each individuals and as a group. In addition, all participants set one or more personal goals to achieve within the 10-week program; achievement/progress toward those goals is monitored through a one year follow up.

Evaluation: In 2013, participants in the Latino program showed a 95% health improvements in two or more health indicators. Such as “I was able to lose weight because I changed my eating habits, learned portion control, exercise and read food labels”. An assessment of individual community health is essential in determining a need for this program.

## Internship Abstract

Title: Disaster Service's CAS 901 Board Presentation  
Name: Amrita Nagi  
Preceptor: Norma Perez  
Agency: American Red Cross

**Purpose:** To compile a presentation of the CAS 901 system for the upper management and board of Northern New Jersey America Red Cross. CAS is the Client Assistance System that is used to record and process each case handled by the American Red Cross from the starting point on the field of a 901 emergency call, to the end point of closure and long-term storage of case files.

**Significance:** The CAS system is a crucial component of handling cases at the American Red Cross. Every step of each level determines the outcomes and success of the next. How things are handled and recorded on the field during initial response determines the efficiency of case management by client services. The operations of client services determine how quickly cases can be processed and closed. Although these sound like three simple steps, the procedures of the CAS system are highly inefficient at times and need improvement in the eyes of many employees and volunteers involved in the work. There are hundreds of emergency cases managed monthly, however cases can take months to over a year to close in the CAS system. The presentation will highlight the pros and cons and will provide input on progression.

**Method/Approach:** The team of interns at Disaster Services will work together to research and interview managers and volunteers/employees that are involved in each step of the CAS 901 process. They will shadow a caseworker during a 901 call, and will analyze and observe how things are managed on the field. They will compare these observations to the operations procedures to determine the efficacy of fieldwork. They will also interview managers, employees, and volunteers in client services to determine how cases are handled and receive their input for improvement. Once all the data is collected, the interns will compile a presentation with the material along with their inputs for advancement through their operations analysis.

**Outcome:** The goal is to provide upper management and the Northern New Jersey Board a perspective of what CAS actually is, and how it is handled from point A to point C. Having the operations mapped out and the obstacles involved in the course will hopefully result in advancement and system improvement.

**Evaluation:** The operation evaluations and recommendations from the presentation should be taken into consideration when refining the CAS 901 system. Further analysis of casework by upper management and future developments of the system will determine the effects and success of the presentation.

## Internship Abstract

Title: Qualitative research on substance use and abuse on Rutgers population  
Name: Rhea Nigli  
Preceptor: Elizabeth Amaya-Fernandez  
Agency: H.O.P.E (Health Outreach promotion and Education)

Purpose: To understand and gather information about substance use and abuse within the Rutgers community

Significance: Substance use and abuse among college students is estimated to be higher than that of the general population (NBER,2014). Aside from the abundant recreational use, college students use substances such as stimulates sedatives and painkillers to help them study, stay up, or reduce stress (DrugFree,2013). Increases in death, assault, sexual abuse, injury, academic problems and health problems have been evident throughout the years (DrugFree,2013). More importantly, prevention strategies and education established in colleges and universities is the only suggested method in reducing substance use. Research studies strongly suggest understanding the needs of target population and tailoring strategies to maximize effectiveness.

Method/Approach: This was a self- selected cross sectional study open to any Rutgers student. A total of two 90 minute town hall meetings were facilitated on different campuses with 30-40 students present in each meeting. Both meetings presented students with questions regarding their thoughts on substance use and abuse on Rutgers campus. Students first worked in small groups and then shared the answers in an open discussion. Participants were also asked to text in answers to an online live poll for individual take on certain questions. An anonymous demographic survey was handed out to the students at the end of the session. Next, focus groups were conducted with different subgroups and organizations. These group sessions ran for 60- 90 minutes with 8-12 students present in each group. Careful monitoring of participant reactions and responses were noted while a trained facilitator directed the focus group. The questions inquired original thoughts and ideas of participants for an in depth understanding of substance use and abuse on campus. An anonymous and optional demographic survey was handed out to each focus group at the end of each session. Incentives included extra credit for class, food and service hours. All the data collected will be available through Rutgers Health Services in the future if the study is published.

Outcomes: This research study will elucidate substance use and abuse among students at Rutgers. Using this data will help Rutgers Health Services to tailor effective prevention strategies specifically for the Rutgers population.

Evaluation: This research study can be evaluated by examining questionnaires, demographic surveys and notes from every session. Comparing the results of this study to other universities' data or national statistics can further help validate the findings.

## Internship Abstract

Title: Freaky Firsts!  
Name: Terdoo Nwaoduh  
Preceptor: Elizabeth Amaya- Fernandez  
Agency: Health Outreach, Promotion and Education (H.O.P.E.)

**Purpose:** The purpose of the experiment was to expand knowledge and awareness about sexual health, mental health, physical activity, nutrition, and alcohol and other drugs to the Rutgers community while engaging them in activity.

**Significance:** Research studies have shown that Rutgers students don't drink as much as we think they do. 2/3 of students that claim they drink stop at three drinks or less. Excessive drinking is consuming more than 4 drinks for women and more than 5 drinks for men on any occasion. This shows that our programs are helping our students not reach the level of intoxication when they plan on drinking. Research also shows that 72% of Rutgers students have never smoked cigarettes. We offer many programs that provide help to quit smoking to those who want it. 72% of Rutgers students have also never smoked marijuana. 71% of Rutgers students who are sexually active used condoms the last time they had sex. Our programs increase the amount of safety and precaution taken when students engage in social events.

**Method/Approach:** Most of the information obtained was conducted via survey distribution at each Freaky First event. All surveys are anonymous. The survey questions were chosen from a previous sample from the H.O.P.E. program. The survey will ask about how they felt about the program, their smoking and drinking status as well as their sexual activity status. Approximately 100 Rutgers students will be given a survey and be asked to fill it out.

**Outcomes:** This study will demonstrate the need for Rutgers Health Services to continue and increase the number of programs that occur provided by H.O.P.E. By increasing the number of programs, or having programs at all, we allow students to come out and enjoy a drug and alcohol free environment. The results of the study will be used for future research and publications.

**Evaluation:** This study can be evaluated by analyzing completed surveys--searching for general trends and correlations among variables which can influence students to make healthier and wiser decisions if a safe option is presented to them.

## Internship Abstract

Title: The Implementation of a Drug Abuse Education Program in Janice E. Dismus Middle School  
Name: Brian Onorato  
Preceptor: Lismary Espinal  
Agency: Englewood Health Department, Englewood, NJ

Purpose: To create a drug education program for 7<sup>th</sup> and 8<sup>th</sup> graders to provide a stronger knowledge before they transition into Dwight Morrow High School

Significance: The City of Englewood is located in Bergen County New Jersey, annually recognized as one of the top fifty wealthiest counties in the country. Wealth doesn't mean that the county is without its share of problems, however. In the last few years there has been an increase in the rate of drug related deaths, specifically from heroin. With all of the recent press that drug abuse has gotten in the local papers one would hope that local governments are doing all that they can to help their residents, but this is not the case in Englewood. In fact, Englewood decided to eliminate the city's D.A.R.E. program, the only program the city had for drug education in schools, in 2008 due to budget cutbacks. This Drug Abuse Education project aims to address the lack of education in children coming of age where drug abuse is prevalent. This drug education project will provide students with factual information before they begin their high school careers.

Methods: This project requires the interaction between the health educator and students during their daily Health class. The program is limited to four weeks with each one covering a different educational topic; drugs and side effects, addiction, prevention, personal stories/ ways to say no. General surveys are administered before the first lesson to gauge the students' knowledge of drugs and follow up questionnaires are recommended to ensure that the program has surpassed its goals. Lessons are given using interactive worksheets to keep the students engaged and end with group/team discussions to reinforce the idea that students should never feel alone and should be comfortable helping each other.

Outcomes: The 7<sup>th</sup> and 8<sup>th</sup> grade students of Janice Dismus Middle School are now more informed about the facts and dangers of drug use. Students were generally surprised and shocked by some statistics but left knowing more about drugs and about how to avoid them.

Evaluation: Taking an honest and open approach when speaking with students is key in gaining their trust and attention. Because these students are older than traditional D.A.R.E. students they have more questions and are more concerned with ways that they can avoid drugs and peer pressure. When the students hear personal stories and anecdotes from someone other than their teacher it helps them to realize that drug abuse is not a topic to be taken lightly. It is a scary thing that is happening much closer to home than most people realize. We can help people open their eyes to the warning signs before more young lives are lost.

## Internship Abstract

Title: Caregiver 2014 Campaign  
Name: Karoline Panes  
Preceptor: Doug Johnston, Ev Liebman, & Brian McGuire  
Agency: AARP New Jersey State Office

Purpose: To obtain and foster a better support system for New Jersey's family caregivers.

Significance: Caregivers are a major component to the health care system. New Jersey has 1.75 million caregivers and they spend a total of \$13 billion providing care for their loved ones. In addition to caring for loved ones, caregivers balance working another job. The average caregiver is a 49 year old woman who works outside the home and provides 20 hours of unpaid care for her loved one every week. With all of the duties being a caregiver can lead to health issues emotionally and provide a financial strain as well. Besides Washington DC, New Jersey has the highest rate of readmissions. In accordance with reports from AARP many family caregivers report that they feel uninformed when performing medical tasks at home upon a loved one's discharge. Therefore the more educated and informed family caregivers are there is potential to reduce readmission rates.

Method: There are multiple different approaches in the campaign. The tactics will be used in the campaign are building a caregiver coalition, conducting a survey, house calls with legislators, media, hearings, lobbying, and forums. The building of a caregiver coalition will strengthen and bring awareness and express the importance of taking care of New Jersey's caregivers. The survey will be conducted by an outside company and the results will be reported back to AARP. House calls are held either in person or through a telephone conference line where constituents have the opportunity to address concerns they have--the questions must be screened prior which is completed by staff members and interns. Facebook, Twitter, Letters to the Editor, infographics, news releases, and letters to legislators are a part of the media's strategy in the campaign. Hearings, lobbying, and forums are the methods in which advocates of AARP testify in favor of the bills in hopes to advance them eventually leading to the bill becoming a law.

Outcome: The campaign has one of the two bills advance in the Senate's Health, Human Services, and Senior Citizens Committee. It will now need to pass the Budget and Appropriations Committee. The second bill has been introduced to the Assembly and soon the Senate will follow.

Evaluation: The success of the campaign will be based off of each individual method and its influence on the passage of the bills and their implementation within society.

## Internship Abstract

Title: Lunch & Learn: ADAPT Drug Theft Prevention Campaign  
Name: Krishna Patel  
Preceptor: Joel Torres, ADAPT Senior Coordinator, CHES  
Agency: Alcohol and Drug Abuse Prevention Team (ADAPT)/ Family Connections

Abstract: Do not exceed the space on this page. Use Times New Roman 12pt only.

Purpose: To raise awareness of the risks associated with prescription drug theft at open houses as well as educate realtors and real estate agents in Essex County.

Significance: Prescription medication abuse is now an epidemic in the United States, with cases of abuse increasing on a yearly basis. This includes medication prescribed by a doctor and over-the-counter medication. Prescription drug theft has an impact on individuals as well as communities. According to the National Survey on Drug Use and Health (NSDUH), nearly one-third of people age twelve or older who tried an illicit drug for the first time began by using a prescription drug non-medically. The implications of prescription drug theft also include time and expenses of replacing prescription drugs as well as limitations on availability when the person to whom they were prescribed needs them. Realtors and real estate agents have the unique ability to deter this type of theft in the homes of their clients by being educated on the issue.

Method/Approach: Research will be conducted on prescription drug theft at open houses using sources available to the public. A lunch and learn presentation will be conducted to educate approximately 15 realtors/real estate agents. The presentation will include background information on prescription drug abuse, awareness about drug theft at open house events, the importance of protecting clients and reducing drug theft, as well as information about preventive methods for both the realtor/real estate agent and the client. Each realtor/real estate agent will be provided with pouches so clients can place their medications inside to secure them before the open house. A pre- and post-assessment survey will be distributed asking questions on their knowledge of the subject matter.

Target Audience: This project is meant to serve as a guide for realtors/real estate agents in Essex County to educate them on a pressing issue in the community allowing them to gain knowledge to better serve clients and the community.

Outcomes: The informational resources and pouches will serve as a means of furthering community health practices.

Evaluation: Evaluation of success will be based on analysis of the assessment surveys given before and after the presentation. Also, by how many of the realtors/real estate agents implement the pouches, which shows a progressive change being made.

## Internship Abstract

Title: Education in Proper Food Handling  
Name: Nikita Patel  
Preceptor: Keith Levine, Registered Environmental Health Specialist  
Agency: Princeton Health Department

Purpose: To educate retail food establishments that have higher chances of causing food borne illnesses.

Significance: Improper food handling is one of the major causes of food borne illnesses. Raw meat and seafood are examples of common food products that lead to food borne illnesses due to cross contamination or improper food handling. To decrease the chances of illnesses, local health departments conduct health inspections in order to educate and monitor proper food handling inside restaurants, cafes, bars, and food trucks. Each food establishment has different types of food and is classified at a different risk level based on their menu. It is important to assess which retail food establishments are more likely to fail food inspections because they need to be more educated. Preventing food borne illnesses begins with building relationships with the community.

Methods/Approach: Reports from the 230 food establishments Princeton inspects will be sorted by risk level, and its most recent yearly rating. Analyzing the reports by years to reduce violations as well as the common violations between all high risk food establishments will help assess the connections between the type of food establishment and the risk level.

Outcomes: This assessment will identify a way to reduce food borne illness and keep the Princeton community safer. The results of the study will be used for future research and publications.

Evaluation: This assessment can be evaluated by comparing the last 4 years of reports that have been analyzed to the next four years that are done. Also, seeing if registered environmental health specialists are able to improve safety records of restaurant establishments.

## Internship Abstract

Title: What a LARC! At Douglass Residential College  
Name: Margaret Pazera Cooke, RHIT  
Preceptor: Francesca Maresca, PhD.  
Agency: Rutgers Health Services-Health Outreach, Promotion & Education

Purpose: To analyze and expand knowledge of long-acting reversible contraceptive methods (LARC) in the Douglass Residential College community

Significance: Research has shown that, despite initial assertions by the medical community, LARC is a valid and preferred first line method of pregnancy prevention for women who have never been pregnant, including teenagers. High rates of contraceptive failure in the United States are due, in part, to the low use of LARC methods (Finer & Kavanaugh, 2012). The American Academy of Obstetrics and Gynecology promotes the use of LARC to reduce unintended pregnancy and lower the rate of abortion. Intrauterine devices (IUDs) and implants are 99% effective at preventing unintended pregnancy. This information provides framework for the design and implementation of a LARC-based sexual health program, providing pertinent information to college-aged women.

Method/Approach: The sexual health advocate created and conducted sexual health workshops surrounding the topic of LARC in Douglass Residential College dorms and student organizations and collected anonymous post-workshop surveys. The survey was previously established for women's wellness workshops, with LARC specific questions added to address the workshop specificity. The survey asks about previous knowledge of LARC, and asks participants to indicate if knowledge increased post workshop. Additionally, participants were asked if LARC was something they might seek out as a form of contraception in the future. As incentive, participants were provided with coupons for \$5 off emergency contraception from Rutgers Pharmacies.

Outcomes: These workshops and post-workshop surveys will demonstrate awareness and knowledge about LARC before and after the workshop session. The results of these surveys will be utilized to evaluate the LARC specific workshop for fine-tuning.

Evaluation: This program can be evaluated by analyzing post-program surveys to determine if workshop presentations presented positive movement in the knowledge base of the participants. Additional evaluation can take place in determining use of incentive coupons and increases in requests for LARC information appointments through Rutgers Health Services.

## Internship Abstract

Title: Community Advocacy Partnership Program (Blood Pressure Monitoring)  
Name: Candice Pimentel  
Preceptor: Kwaku Gyekye  
Agency: Jersey City Medical Center

**Purpose:** To empower patients to effectively manage their condition through patient-managed takes, and educational activities. To provide community health opportunities through partnerships with businesses to conduct regular blood pressure monitoring in Hudson County. There are limited free community resources available for blood pressure monitoring. This is an innovative program, which will provide additional resource in the community.

**Significance:** Coronary heart disease and stroke is the leading cause of death for Blacks and Latinos. Hypertension is a major risk factor for Coronary heart disease. It occurs approximately in 30% of adults above the age of 18 as reported by the American Heart Association. Disparities among racial/ethnic groups have remained highest amongst Blacks and Latinos. These racial ethnic groups are also the largest population in Jersey City. Studies have proven that health education at a community level is an effective intervention. The Wealth from Health programs at Jersey City Medical Center embraces health education at a community level as an effective intervention strategy to treat and self-manage hypertension. With hypertension on the rise amongst Black and Latinos it is important to provide the community with access to health care services and to help them manage their chronic condition. There are 336 Wealth from Health members with hypertension.

**Method/Approach:** The Wealth from Health program partners with community businesses and provide them with blood pressure machines. Community businesses serve as providers to undertake and record blood pressure readings for their customers. After readings are recorded, an elevated blood pressure reading is referred to the Wealth from Health program at Jersey City Medical Center. The Wealth from Health program then guides the patient to health care services where they can treat their hypertension. Jersey City Medical Center will also hold education sessions educating the community on how to treat hypertension and diminish emergency room visits.

**Outcomes:** This project will increase the knowledge of the community and diminish major problems common to hypertension. The community will be more educated on how important it is to self-manage a chronic condition and prevent it from getting to a tertiary stage if possible.

**Evaluation:** The evaluation will entail measuring the number of individuals that undertook blood pressure monitoring and the patient education provided. Also, the referral volume from the community partnership to the Wealth from Health program will be tracked.

## Internship Abstract

Title: Life Skills Training for 7<sup>th</sup> Grade

Name: Tammy Quach

Preceptor: Kathleen McFadden

Agency: Atlantic Prevention Resources

Purpose: To promote positive youth development within Atlantic City school district.

Significance: According to the Atlantic County Youth Risk Behavior Survey, 87.0 % Atlantic County youth reported the likelihood of carrying guns compared to 81.4% of youth nationwide. The Atlantic County Youth Risk Behavior Survey also mentions that Atlantic County youth (27.4 %) were more likely than national youth (21.9 %) to be offered, sold, or given illegal drug on school property. The significance of Life Skills Training is that the program will help students develop positive personal self- management skills, social skills and drug resistance skills.

Methods: The Life Skills Training is offer to 112 seventh graders at Uptown Complex School, Pennsylvania Avenue School, and Texas Avenue School. The program is a 12 session class with 2 sessions facilitated by an Atlantic City police officer. The program will help students develop skills that will improve their self-esteem, communication skills, reduce stress and anxiety, build relationships, and how to manage their anger. Steps include preparation of Life Skills lessons, facilitating the program, and conducting pre- and post- test.

Outcomes: Schools within Atlantic City will see a reduction in violence and other high risk behaviors such as a reduction in bullying behaviors. The program is also designed to prevent substance abuse.

Evaluation: A pre and post- test will be given to the students at the beginning of the first class session and at the end of the class session. The pre and post- test contains questions about Life Skills Training and violence prevention. The tallying of the pre and post- test would determine how much the student know about self – management skills, social skills, and the importance to resist drugs and alcohol.

## Internship Abstract

Title: LeadingAgeNJ Resource Center

Name: Jeremy Quitiquit

Preceptor: Judy Collett-Miller

Agency: LeadingAgeNJ

**Purpose:** To gather information on all LeadingAge NJ members that can be of assistance to LANJ members and LANJ as an organization. LeadingAge NJ uses advocacy, education, and fellowship to advance quality aging services in New Jersey.

**Significance:** When it comes to aging services, not-for-profit organizations are long-standing leaders in providing older adults with quality, flexibility and innovation that they can trust. LeadingAge NJ offers a strong and distinct voice for our not-for-profit members as we strive to expand the word of possibilities for aging. Working together, LANJ and their members lead in innovative practices that transform how we serve our aging population, cutting-edge initiatives to develop services that meet older adults' needs and preferences and advocacy to advance the interest of the aging consumer. There are many members associated with LANJ. This includes assisted living, continuing care retirement communities, hospice care, etc. With all of these members, there is not a way for them or the public to look up specific care and best practices of other LANJ members. Having a resource center where members can search information is important for future collaborations.

**Method/Approach:** The team developed and distributed both a physical and electronic survey to all LANJ members. The surveys recorded the LANJ member's facility, practices, and services. The survey questions were made up by Jeremy and Judy. The survey will be distributed to about 132 facilities and 70 businesses associated with LANJ. The electronic version of this survey will be located at [esurveycreator.com](http://esurveycreator.com). Once the data has been collected, this information will be housed as a resource center by LANJ for their members. The data will be disseminated as members look for expertise and information in particular areas of interest, and may foster collaborations among members.

**Outcomes:** This survey will provide information about the expertise and services of LANJ members; this will help with future collaborations between members and for potential customers. The results of the survey will be used to create a resource center for the public to use.

**Evaluation:** The resource center can be evaluated by analyzing completed surveys. LeadingAge NJ members will be able to understand what other members offer, based off the collected data.

## Internship Abstract

Title: Stroke-Preventable,Treatable,Beatable - Multicultural Social Media Campaign  
Name: Jennifer Randolph  
Preceptor: Vicky Coll  
Agency: American Heart/American Stroke Association

Purpose: Promote Together to End Stroke campaign to raise awareness about stroke prevention in multicultural communities using a social media campaign.

Significance: Stroke affects about 795,000 Americans each year. Barriers due to race and language continue to be a problem for stroke prevention. Promoting awareness by providing multicultural volunteer ambassador's the resources necessary regarding stroke can help the future outcome of individuals negatively affected. Providing warning signs including the F.A.S.T. prevention method can help lessen one's response time when affected by stroke.

Methods/approach: Fifty individuals were recruited as volunteers through church and community settings. Volunteers receive informational material to provide to family, friends, and coworkers. Information is distributed for the month of May using 31 days of power. 31 Days of Power is a way to see activities and efforts ambassadors are making for stroke awareness month. Volunteers are provided with supervisor Vicky Coll's Facebook, Twitter, and email information. Information is emailed to 100 multicultural ambassador volunteers to be forwarded via email including supervisor's email. In addition posts are created on Supervisors Facebook to be reposted by ambassador volunteers. Tweets made through Supervisors twitter can be retweeted. Individuals who do not have access to social media provide postal address to receive handouts.

Outcome: The one hundred multicultural ambassadors will reach at least one thousand individuals including family, friends, and community combined. Grow peer to peer guidance in the multicultural community leading to more broad awareness of stroke. Goal of one thousand individuals reached upon completion of the campaign.

Evaluation: The evaluation can be made through the supervisor's accounts indicating how many multicultural ambassadors repost, retweet, and forward emails throughout the campaign.

## Internship Abstract

Title: Medical equipment customer compliance  
Name: Habiba Rasuli  
Preceptor: Imran Siddique  
Agency: Breathe Rite Medical and Surgical Equipment

**Purpose:** Improving patient's level of information concerning portable Oxygen equipment they are using, reinforcing essential points of safety, and emphasizing the importance of effective use of the equipment.

**Significance:** The problem of enlisting patient cooperation is a critical aspect of all recommended and prescribed medical equipment requiring self-administration. Compliance is often poor in patients receiving long-term oxygen therapy. The patient's inadequate understanding of, or knowledge about various aspects of the medical equipment may be a contributing factor. For example research of clients show that: 50% of the patients could not correctly report how long they were supposed to continue using their equipment; 17% could not report how often they were supposed to use the equipment during the day, and 23% could not identify the purpose of using the medical equipment. Based on some characteristics of oxygen therapy patients and factors associated with non-effective use of long term oxygen therapy a questionnaire is developed.

**Method/Approach:** A number of steps will be taken to improve compliance and enhance proper medical use of equipment. A compliance-oriented history of the patient's prior experiences in using medical equipment and present health status may help guide how well patient's future compliance may be. The questionnaire includes items about daily duration of oxygen therapy, lifestyle, education level of the patient, smoking habits, and side effects of oxygen therapy. In addition, patients will be asked whether supplementary medical and technical education on oxygen therapy was explained to them by the provider. Based on the results of the questionnaire strategies will be developed for monitoring patient's subsequent compliance to treatment and improved customer service.

**Outcomes:** Physicians would be updated on patient's current use of the portable oxygen equipment. Physicians would be encouraged for pre-treatment education to the patient about the therapy and close follow-up which will increase the compliance rate. Office staff would be made aware of the magnitude and determinants of customer compliance. Company will expand business for providing not only high quality service but encouraging the patients to use the equipment effectively

**Evaluation:** The Customer Compliance rate can be evaluated by the feedback of the Oxygen patients who answered the questioner and were provided with better service.

## Internship Abstract

Title: Laboratory Science Career Day  
Name: Arthur Anthony A. Reyes  
Preceptor: Susan Mikorski  
Agency: New Jersey Department of Health, Public Health and Environmental Laboratories

Purpose: To increase awareness in public health laboratory careers and potentially recruit future laboratory science workforce.

Significance: One of the most affected fields in the public health workforce shortage is the field of laboratory science. Based on the current data provided by the Bureau of Labor Statistics, laboratory science needs 14,000 new laboratory professionals annually. The increased demand is not met adequately with new workers due to the lack of awareness reflected by educational programs producing less than 5,000 new lab professionals per year. The Bureau of Labor states that for every 7 laboratory professionals retiring, only 2 are being replaced. The low levels of turnover reflect the problems with visibility, appeal and awareness in the field.

Method/ Approach: A Laboratory Science Career Day is planned that will include a panel discussion with laboratory professionals, networking opportunities, hands-on events and laboratory tour. Targeted at 18-25 year old students, invitations and information regarding the event are sent using college e-mail lists obtained from college websites. A pre-test will be administered at the beginning of the event, which measures: knowledge of public health field, interest in the field and future career plans. At the end of the event, a post-test will measure changes in the pre-test scores. The data obtained from the event will be compared to the data from the event conducted by the City of Milwaukee Health Department Laboratory Career Day, which did not have hands-on activities and laboratory tours, as a control.

Outcomes: The results of the event will be used as a guide to future laboratory outreach programs.

Evaluation: The success of the event will be measured by participant turnout and differences in the pre-test and post-test scores. A significant positive difference in the results indicates the success of the event and the beneficial effects of hands-on activities on increasing awareness.

## Internship Abstract

Title: Breast Cancer Demographics Study  
Name: Jené Rice  
Preceptor: Thanusha Puvananayagam  
Agency: Cancer Institute of New Jersey

**Purpose:** This internship aims to evaluate factors that influence the choice of treatment and surgery for breast cancer patients.

**Significance:** One of the most important decisions for a woman diagnosed with breast cancer is her choice of treatment. After diagnosis, she is flooded with information and options about surgery and treatment. There are many factors that influence a woman's decision to undergo a mastectomy or a breast conserving surgery, such as a lumpectomy. Prior studies have found that African American women are less likely to receive optimal treatment compared to Caucasian women, which is why it is important to investigate factors that may influence a patient's treatment decision. African American and Caucasian women commonly face different circumstances that influence their decisions such as socioeconomic status, the availability of disability leave, and opinions they rely on. Identifying influential factors associated with treatment choices for both races will help improve breast cancer treatment delivery.

**Method/Approach:** Factors influencing surgery and treatment choices were assayed by transcribing interviews with women who were newly diagnosed through the New Jersey Cancer Registry with either stage I or stage II breast cancer. All participants were enrolled in an ongoing Breast Cancer Treatment Disparities Study (BCTDS) and agreed to be contacted for future studies. The women participated in a semi-structured phone interview and were asked questions that may have influenced their surgery or treatment choices such as insurance status, transportation conflicts, physician recommendations, and employment status. After transcribing the interviews, qualitative data analysis was performed by identifying common themes with respect to other's opinions or advice on deciding on breast cancer treatment. All subjects were stratified by race and matched on age  $\pm$  5 years. Quantitative analysis was used to categorize demographic and clinical data.

**Outcomes:** This internship project will analyze the influence of the opinions and advice relied on by the participant for her surgery and treatment decisions. Assaying common themes between African American and Caucasian women will help breast cancer specialists understand the thought process of future patients and help improve the delivery of care.

**Evaluation:** This study can be evaluated by assaying the demography that was matched on age and stratified by race and the influences they identified in their interviews.

## Internship Abstract

Title: Lack of Sleep Among Rutgers University Students  
Name: Jonathan Roldan  
Preceptor: Francesca Maresca  
Agency: Rutgers Health Services- H.O.P.E.

Purpose: To analyze the effects of insufficient sleep among Rutgers University students

Significance: The lack of sleep has become a serious public health issue among college student populations. The Sleep Quality Index (SQI) and the Centers for Disease Control's National Health Risk Survey found that 76.6% of college students experience occasional sleep problems (Vail, Felts, & Becker, 2009). "20 percent of students pull all-nighters at least once a month and 35 percent stay up until 3:00 a.m. at least once a week" (Shragge, 2010). Moreover, students who sleep less have lower grades than students with regular sleeping patterns (Gaultney, 2010). And students with poor sleeping patterns are more likely to experience anxiety and depression (Orzech, Salafsky, & Hamilton, 2011). Academics, campus events, as well as work and internship responsibilities are the sleep-related challenges that students face. Campus policies and traditions may also be indirectly promoting less sleep. At Rutgers class schedules run from 8:10 a.m. to 11:00 p.m. During finals, libraries are open 24 hours and the dining halls serve midnight breakfast. This research demonstrated the need to reduce poor sleeping habits among students at Rutgers.

Method/Approach: Research was conducted to assess college student sleeping patterns and habits via survey distribution at Rutgers University. A sample of 100 students were randomly selected to participate in this survey. The overall content of the questions inquired about occasional sleep problems, amount of hours slept, bed times, all-nighters, academics and mental health status. The data was organized and recorded on a spreadsheet for analysis. This allowed the researcher to make correlations between specific sleeping habits and the risks and effects associated with each one.

Outcomes: This study provided evidence of the effects of insufficient sleep at Rutgers University, consistent with the results of the the research mentioned. Thus, it can serve as a means of awareness for Rutgers students to address their personal sleeping patterns which are the key to their overall quality of health.

Evaluation: This research study will allow Rutgers Health Services- H.O.P.E . to take the proper steps in finding the optimal way of disseminating this information to the Rutgers community. It will also provide information to re-evaluate Rutgers policies and traditions that interfere with sleep.

## Internship Abstract

Title: A Screening Could Make the Difference: A Study to Determine the Significance of Cancer Screening

Name: Lacey Ryan

Preceptor: Dr. Nancy Louis

Agency: S.A.V.E. Women & Men Program

Purpose: To analyze the pattern of cancer screening in participants diagnosed with cancer and to support the importance of receiving cancer screening services according to the recommended guidelines.

Significance: Breast and cervical cancer are two common cancers women may face in their lifetime. Many people avoid mammograms and/or Pap smears if cancer has not affected their family, but 80% of women with breast cancer have no family history of the disease and 99.7% of cervical cancer cases are caused by an infection. The best defense against cervical cancer is prevention and early detection. Receiving a regular Pap smear and mammogram, according to the screening guidelines, may save women from these diseases. A Pap smear test finds abnormal cells in the cervix, which may turn into cancer. A mammogram detects abnormalities which may be cancerous. Regular Pap smear tests and mammography screenings can detect cancer early, when the chance of being cured is high. Due to the many burdens associated with these diseases, it is important to study the correlations and significance of cancer screenings in order to promote the importance of screening.

Method/Approach: First, data will be collected using Electronic Medical Records, a program that stores S.A.V.E. patient's information and screening history. This data will focus on S.A.V.E. patients who were diagnosed with breast cancer or cervical cancer from 1/1/2004-1/31/2014. A total of 106 breast cancer patients and 34 cervical cancer patients will be analyzed. Then, research will be conducted by analyzing the patient's cancer screening history, and recording the number and dates of screenings received for the specific cancer prior to the diagnosis. After analyzing the data the goal is to see if those who were diagnosed with cancer did or did not follow the screening recommendations. The results will be presented to recruiters to encourage new patient enrollment at cancer screening sites.

Outcomes: This study will aid in promoting the importance of cancer screenings according to the NJCEED guidelines. It will serve as evidence for recruiters to encourage new patient who have never been screened for cancer to visit a cancer screening site. It will also encourage those who have had cancer screenings to continue according to the recommended schedule set forth by NJCEED.

Evaluations: Evaluations of this study will be based on supervisor feedback and the increase or decrease in enrollment of new patients to the various cancer screening sites.

## Internship Abstract

Title: Same Day Discharge Post Percutaneous Coronary Intervention (PCI)

Name: Matthew Sager

Preceptor: Michael Antoniadis

Agency: Robert Wood Johnson University Hospital

Purpose: To reduce the length of stay for post percutaneous coronary intervention (PCI)

Significance: Patients experience an average length of stay (measured from the date of PCI to discharge) of 4.6 days. Some patients are eligible for same day discharge if they meet certain criteria. This timeframe is becoming acceptable in cardiac intervention patients. Other hospitals in the tri-state area have a same day discharge rate of [approximately] 40%. Currently Robert Wood Johnson University Hospital has a 3% same day discharge rate.

Method/Approach: A LEAN team of administrators, nurses, and physicians has been formed and a charter has been created for this project. Data will be obtained to look at the current LOS (length of stay) for outpatient PCI patients. The current criteria for same day discharge is being evaluated. A two week pilot using this criteria will be in effect April 1, 2014 to see if LOS is reduced.

Outcomes: Creation of criteria will reduce the length of stay, increase capacity and may result in an increased market share of this patient population, as same day discharge is appealing to many. There is also a goal to have the 3% same day discharge rate increase to a rate of 20%.

Evaluation: Data will be used from 12-31-12 through 09-27-13 to compare current findings. A pilot program will be in effect to compare results.

## Internship Abstract

Title: Spring Cleaning Project  
Name: Vanessa Salas  
Preceptor: Joel Torres, Senior Coordinator  
Agency: Alcohol and Drug Abuse Prevention Team (ADAPT)

Purpose: To promote awareness of how to monitor, secure and properly dispose of medication throughout Essex County.

Significance: Research shows that prescription drug abuse in the United States has become an epidemic. According to the National Survey on Drug Use and Health 2010 Report, "nonmedical use of prescription drugs was the second most prevalent illicit drug category among youth and young adults." There is a high prevalence of illegal prescription drug use among Essex county residents. The availability is concerning especially among youth. "In 2010, 5.2 % of NJ 12th graders reported it was easy to obtain narcotics (including methadone) other than heroin," according to New Jersey's Monitoring the Future 2010. Research shows that many are not aware of the epidemic and believe in myths, such as abusing medication prescribed by a physician is safer. Furthermore, these studies emphasize the need to assess the understanding of prescription drug abuse in order to implement preventive strategies.

Method/Approach: To assess the understanding of the community on prescription monitoring, securing and proper disposal methods a survey will be distributed to County residents. All surveys are anonymous and voluntary. Surveys will be distributed on National Prescription Drug Take-Back Day at the Livingston Police Department collection site in Essex County. The U.S. Drug Enforcement Administration and participating law enforcement coordinate a National Prescription Drug Take-Back Day, which allows residents to dispose of unwanted and expired medication anonymously at no cost in designated collection sites. The survey will ask residents how they secure their medication and ways in which the residents have disposed of their old and unused medication. Along with the survey, residents will be provided with an ADAPT palm card listing how to monitor, secure, and dispose of medication.

Outcomes: This study will demonstrate the awareness and perception of prescription drug abuse in Essex County. This will help to create and implement sustainable programs for the residents.

Evaluation: This study will be evaluated by analyzing completed surveys. This will allow us to see how many residents participated in National Take Back Day and general trends such as their prior knowledge in monitoring, securing and disposing of medication in Essex County.

## Internship Abstract

Title: Intern at the Center for Eating Disorders  
Name: Kerri Scargill  
Preceptor: Dr. Beth Frenkel, Supervising Psychologist  
Agency: University Medical Center of Princeton at Plainsboro

Purpose: To analyze and improve overall patient satisfaction from the Eating Disorder Unit

Significance: According to the National Institute of Mental Health, an eating disorder is "an illness that causes serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating." Eating disorders include anorexia nervosa, bulimia nervosa, binge-eating, and other specified eating disorder (OSD). Research shows that lifetime treatment for such disorders is between 33% and 43%; meaning that of those who suffer from an eating disorder, at least one third will remain in treatment for life. Treatment plans are designed to cater to the individual patient's needs with actions such as: individual, group, and/or family therapy; medical care and monitoring; and nutritional education and counseling. At the University Medical Center of Princeton at Plainsboro, the Center for Eating Disorders incorporates all of the aspects of treatment in the program for inpatient and outpatient. This is an important part of recovery and therefore must be critiqued and redefined to guarantee those admitted are receiving the proper level of care and preparation.

Methods/Approach: Surveys have been conducted upon patient discharge in order to evaluate the program's effectiveness and the overall satisfaction of the patients and their families. All patients and families receive the surveys once discharged and are anonymously returned. The survey questions are related to all experiences of the program, ranging from the admission process, to treatment protocols, to the discharge process. All of the questions give data that is pooled together to relate to the overall satisfaction of the program from the patients, as well as their families. This data has been correlated and analyzed using SPSS to determine what aspects were most dissatisfying and most satisfying to see what correlates to the low patient overall satisfaction of the program. With this data, it will be possible to see what factors are a part of a patient's overall satisfaction.

Outcomes: These surveys will define the dissatisfying aspects of the treatment program that are resulting in ineffective recovery and satisfying aspects that helped to further recovery for those who are admitted into the unit. The results will be used to redesign how the unit implements their treatment plans to better accommodate the patient recovery by improving the negative aspects and focusing on the satisfying aspects as well.

Evaluation: This study can be evaluated by implementing new strategies that address the dissatisfying components of treatment and continuing to utilize the data from discharge surveys and correlating the data once a year.

## Internship Abstract

Title: Town Hall Meeting Presentation on Underage Drinking  
Name: Zoya Shamsi  
Preceptor: Joel Torres, Senior Coordinator  
Agency: Alcohol and Drug Abuse Prevention Team of Essex County (ADAPT)

Purpose: To develop a model aimed at educating and mobilizing members of the Maplewood community in order to make alcohol less accessible to its youth.

Significance: The prevalence of underage drinking in NJ has risen dramatically in the past few years, especially among students that are under 25 years old. Alcohol remains the drug of choice among the youth because as a legal drug, it is oftentimes more accessible and so they do not see it as a harm to themselves or others. The CDC reports that this rising public health problem accounts for 4,300 deaths among underage youth, as those between 12 and 20 year olds drink 11% of the alcohol consumed by the United States. Furthermore, in 2010, 90% of NJ 12th graders reported that it was fairly easy to obtain alcohol. The above statistics show the need for educating the public on the risks of underage drinking and creating preventative strategies, such as making alcohol less accessible to reduce the prevalence of alcohol use by minors.

Method/Approach: Maplewood, NJ will be used as the model community to educate and implement strategies that will limit accessibility to alcohol by its youth. In order to motivate community members to adopt this comprehensive educational model, a presentation is designed to provide intervention programs that combat the local conditions promoting underage drinking. To measure awareness about the issue pre- and post-assessments will be administered before and after the presentation, respectively, including questions on the root causes and consequences of underage drinking; the community will also be educated on approaches that moving forward could potentially prevent its occurrence. The key to the presentation will be to motivate the community and change their attitudes on alcohol use by minors such that parents, alcohol vendors, and even the youth are more aware of the ramifications of underage drinking not only on themselves, but the community as a whole.

Outcomes: This study will aid in creating future preventative strategies to reduce underage drinking, such as making merchants more aware of the importance of carding minors, educating parents on how they can be held responsible legally if they serve the youth alcohol or allow unsupervised parties, and helping the youth realize the consequences of drinking. It may also result in less alcohol sales to minors and alcohol free parties and events for students to promote health and safety in the community.

Evaluation: This study can be evaluated by analyzing how motivated the community is in combatting the underage drinking issue, using the baseline assessments to measure their willingness to contribute to the program and follow the strategies that have been presented.

## Internship Abstract

Title: Mental Health Social Media Campaign for the Rutgers University Community

Name: Jenna Scillitani

Preceptor: Francesca Maresca

Agency: Health Outreach Promotion and Education (H.O.P.E.) at Rutgers University

Purpose: To create a social media campaign, which promotes and educates those involved in the Rutgers community about mental health, and the programs that are available for them to utilize.

Significance: Mental Health is a very important topic that is unfortunately overlooked by individuals, especially college students. An informational article recently published by the *New York Times* reported on the “phenomenon of college students grappling with serious mental health issues”, but pointed out that although there are services offered, many students either do not use them, or do not know about them. This social media campaign will help to educate those in the community about mental health, along with the actions they can do to better their mental health. In addition, this social media campaign will help to promote the Mindful Meditation, Mindfulness, and other stress relieving workshops that are available to the Rutgers community.

Method/Approach: First, flyers, posts and online announcements about coping with stress, stress relief, mindfulness, and all workshops offered were created. These announcements have been posted to social media sites such as, Twitter, Facebook, Tumblr, and Instagram, on a weekly basis, to promote education and awareness. Informational table sessions will be located on campuses to inform students about mental health and the workshops that are offered to them. At the informational table sessions, surveys will be given out, to analyze the success of the social media campaign, i.e. if the students have heard about the services via the social media postings or not.

Target Audience: This project is geared towards the students, staff, and faculty at Rutgers University, hoping to increase knowledge about mental health and the ways in which they can reduce stress, as well as, increasing attendance at Mindful Meditation Workshops, and other stress relieving workshops that the University has to offer.

Outcomes: The Rutgers community will be more informed about mental health, and the workshops that Rutgers has to offer for those dealing with stress. The information about where to go, and what to do, if one is dealing with stress will be spread through all social media outlets, with all intention to get as many people informed as possible.

Evaluation: The viewers of each social media posting will be monitored, to see if more viewers are gaining access to the information and becoming educated through the social media. Surveys analyzing the ways in which individuals found out about the mental health workshops will also be collected, to see if the social media sites were the main source of finding out information

## Internship Abstract

Title: United States Army Institute of Public Health-Health Risk Portfolio  
Name: Julian Seyal  
Preceptor: Sherri Langston  
Agency: Deployment Environmental Surveillance Program (DESP)

**Purpose:** Deployment occupational and environmental health surveillance (OEHS) and information production on detecting, assessing and countering environmental health risks during deployments for worldwide Combat Command locations.

**Significance:** The Department of Defense (DoD) requires the support from a system capable of providing Commanders and other decision makers information needed to detect, assess, and counter deployment occupational and environmental health threats as part of a military medical surveillance program. The DESP coordinates with other U.S. Army Public Health Command (USAPHC) technical programs, subordinate Commands, various levels of Army, Air Force, Navy, Marine, DoD, Joint Staff, and Combat Commands in order to develop various support tools, equipment, sampling and surveillance techniques, and guidance that directly assist preventive medicine and Command level decisions during deployment.

**Method/Approach:** Members of DESP access the Defense Occupational Environmental Health Readiness System (DOEHRS) database to assess the accuracy of field data and recorded from various Combat Command Locations by providing quality assurance quality control (QA/QC). All empty and/or empty data fields are filled out on the DOEHRS, and scanned copies of original field data sheets (FDS) are electronically attached into the DOEHRS database. All data is entered into the appropriate fields of the DOEHRS database according to the original FDS. All columns within the sample spreadsheets are completed and appropriate comments are entered on the sample spreadsheet regarding the data fields that have just been corrected on the DOEHRS to ultimately be reviewed by the QA/QC Manager.

**Outcomes:** “X” amount of samples have been through the QA/QC process. Environmental sample’s that have gone through QA/QC are at the highest level of fulfillment in order to provide accurate and reliable health risk threats for those deployed.

**Evaluation:** The data analyzed by the DESP provides information to allow the detecting, assessing, and countering of environmental health risks during deployments. A special thank you to Sherri Langston for the opportunity to apply myself in the DESP. Thank you to Justin for being my supportive mentor from the start. A final thank you to Abby for keeping me on track and providing crucial advice along the way.

## Internship Abstract

Title: POLST Compatible Advance Directive  
Name: Olivia Shasho  
Preceptor: Dr. David Barile  
Agency: New Jersey Goals of Care

Purpose: To create a simple, easy-to-complete advance directive that is multicultural and in basic language.

Significance: The idea and driving force behind advance directives and the POLST form is that of patient autonomy. Research has shown that not very many ethnicities other than “caucasian” are using advanced directives. One reason few other cultures and ethnicities complete advance directives is that each culture has its own way of dealing with medical situations, and many cultures focus on familial decision making, rather than autonomous decision making. Additionally, many people do not complete advance directives because the medical terminology used is confusing and difficult to understand, even for medical professionals. This is problematic for the healthcare system as well as doctors, because it leaves them guessing at the question of “when should I stop treating the illness, and start making the patient comfortable?”

Method/Approach: Hours of research have been conducted in order to understand the barriers to people filling out advance directives, as well as different approaches to funeral planning. Two forms were created, the first has the patient demonstrate their knowledge on their prognosis, and also lets the physician know at what point they should begin palliative care, rather than continue treatment. The first form also asks about spirituality and its importance in relation to medical decision making, as many spiritual groups have certain practices for death that must be respected and followed by medical staff. The second form is a companion sheet that will go with the advance directive. This companion sheet will help patients have a more efficient conversation with their doctors. These forms are similar to an advance directive, but are a more direct way of telling the doctor when treatment should stop, and palliative care should begin.

Outcomes: The use of these forms will yield a higher number of individuals, and a broader range of people filling out an advance directive.

Evaluation: NJGOC will record downloads of these forms from the website.

## Internship Abstract

Title: Robert Wood Johnson AIDS Program's 20 Year Experience: A Success Story  
Name: Devangi Shukla  
Preceptor: Roseann Marone, Program Coordinator  
Agency: Rutgers – RWJMS Robert Wood Johnson AIDS Program

Purpose: To analyze the effectiveness of the Rutgers-RWJMS Robert Wood Johnson AIDS Program (RWJAP) in the prevention of mother to child transmission of HIV.

Significance: In 1994, the landmark study, AIDS Clinical Trial Group (ACTG) Study 076, found that a three-part regimen of Zidovudine for HIV positive pregnant women given during the 1st trimester of pregnancy, during labor and delivery, and to the infant for 6 weeks after birth, reduces perinatal HIV transmission rate from 25% to 8%. ACTG 076 was significant in showing the importance of HIV testing in pregnant women. In fact, in 1995, New Jersey passed a law requiring healthcare providers to offer HIV testing during pregnancy. In 2007, the law was updated to requiring healthcare providers to offer HIV testing during 1st and 3rd trimester of pregnancy. Despite, these laws and ACTG 076 protocol implementation, women still have infected babies due to several reasons; such as maternal factors and lack of provider knowledge. Since 1994, RWJAP has cared for a cohort of HIV positive pregnant women and has had successful implementation of ACTG 076. RWJAP is part of a network of 7 healthcare sites in New Jersey that work together to provide proper care and treatment to HIV-positive women and their infants.

Method/Approach: RWJAP has been collecting data from 1994 to 2014 for all women and children in their program. Available data includes: age, race, ethnicity, country of origin, type of delivery, mode of HIV transmission, number of HIV exposed infants, number of HIV infected infants and use of 076 protocol. Research method is a retrospective electronic database review of HIV infected pregnant women and their newborns.

Outcomes: The data analysis will describe RWJAP's twenty-year history. Demographic variables will characterize the HIV-positive pregnant women followed at RWJAP. Infant's HIV status will characterize the adherence to ACTG 076. Identify barriers to following the three-part regimen. Demonstrate importance of RWJAP's collaboration with prenatal providers, labor and delivery providers, and adult infectious disease providers. This study will demonstrate the impact RWJAP has had on the prevention of perinatal HIV transmission in New Jersey.

Evaluation: This study can be evaluated by analyzing data collected for the past 20 years by RWJAP on infants born with and without HIV to HIV-positive women.

## Internship Abstract

Title: Health Differences among the Black Population In the United States  
Name: Prince Sintim  
Preceptor: Dr Dawne Mouzon  
Agency: Edward J. Bloustein School of Planning & Public Policy and Institute for Health, Health Care Policy, and Aging Research- Rutgers University

Purpose: To examine diversity in the health status of Black Americans based on country of origin and how this knowledge can be used to address the deteriorating health of Black Americans.

Significance: Various studies have shown that compared to all racial groups in the United States, Blacks have the highest mortality and morbidity for almost all diseases, highest disability rates and also shortest life expectancy, lowest rates of insurance coverage, least access to health care, and startlingly lower rates of the use of modern technology in their treatment (Feagin and Mckinney, 2003; Hayward et al., 2000). The few studies that have been published shows that foreign-born Blacks have significantly lower risks of hypertension, obesity, chronic conditions and activity limitations when compared to U.S. born Blacks (Singh and Siahpush, 2000). With the increasing proportion of foreign-born Blacks in the U.S., greater understanding of the mechanisms that create and sustain health disparities among the various races in the United States is important to help health care professionals and researchers address the wide gap of health disparities between Blacks and Whites.

Method/Approach: Secondary research analysis of survey data from peer reviewed journals, periodicals, and books will be conducted.

Outcomes: This research will highlight the important differences that exist among the Black population by region of birth.

Evaluation: This presentation can be evaluated by researching published peer-reviewed articles that have looked at the health differences among races in the U.S.

## Internship Abstract

Title: Sleep Survey In Children Ages 2-18  
Name: Megan Smith  
Preceptor: Dr. Maya Ramagopal  
Agency: Robert Wood Johnson University Hospital

**Purpose:** The purpose of this study is to examine sleep behaviors in children with Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), and learning disabilities. The goal is to learn about details of sleep in this population and collect information for analysis in order to provide useful information to improve sleep for these children and their families.

**Significance:** Sleep disturbance in children with developmental disorders (DD) has become a significant public health issue and requires clinical and research attention. Developmental disorders include ASD, ADHD, learning disabilities, intellectual disabilities and behavioral problems. The importance of the research for these disorders is because 1 in every 91 children is diagnosed with a DD. Commonly, many parents of children with developmental disorders have reported that their children suffer from either parasomnias or dyssomnias. Parasomnias include night terrors and sleep walking while dyssomnias include difficulties with timing of sleep. The number of children who have sleep disturbances is increasing. There needs to be further research in this area to provide resources for families who are affected by this problem. Many children who have a DD struggle significantly more than typically developing children to get adequate sleep at night. Insufficient mental and physical rest leads to further learning obstacles for those children and puts increased stress on the child and the family unit as a whole.

**Method or approach:** Research for this project will be conducted using a survey given to parents of children at the time of their appointment in the developmental behavioral unit of RWJ/Children's Specialized Hospital. The surveys will ask questions about sleep habits and behaviors. The data collected will be assessed using SPSS software. Descriptive and inferential statistics will be performed to ensure statistical significance and strength of analysis. Individual results will not be reported, but aggregate results will be provided to study participants upon completion of the study and data analysis.

**Outcomes:** The project will assess the sleep issues in children who have developmental disorders, find possible sleep solutions/remedies for children with DD based on the results of the research, and also will find possible correlations between nighttime rituals with children who have DD and sleep disturbances throughout the night.

**Evaluation:** Information obtained from the data analysis of this study will be useful to educate parents about sleep norms in children with DD. The information will provide a means of counseling the parents about their child's sleep and offer solutions to various sleep problems their child might face.

## Internship Abstract

Title: Physical Therapy Endurance Training Program for Chronic Lung Disease Patients

Name: Nicole Sociedade

Preceptor: Kathleen Hughes

Agency: Cornerstone Physical Therapy Health & Wellness Center

Purpose: To analyze and expand endurance and strength training physical therapy programs for patients suffering from chronic lung disease.

Significance: Chronic lung disease is known to be a major health problem for adults, but studies suggest that one child in every six has some sort of a chronic respiratory condition. Severe cases of chronic lung disease among children are rare and most outpatient physical therapists are not exposed to it. Physical therapy treatment tends to be highly recommended for children with chronic lung disease and other respiratory disorders. Treatment programs incorporate endurance training and muscle strengthening for chronic lung disease patients to improve the functioning of respiratory muscles. Developing an appropriate training regimen to the needs of the patient is critical to allow the diaphragm and other respiratory muscles to modify themselves in the direction of improvement. Physical therapy treatment significantly influences daily functioning for patients with such illnesses, as well as severe chronic lung disease patients awaiting surgery and transplants. Physical therapy treatment of this sort is extremely beneficial for preventative measures in public health.

Method/Approach: A specific child patient case study from the facility will be followed and monitored. The 11-year-old patient developed chronic lung disease at an early age and is required to wear a chest vest, which delivers two liters of oxygen to assist patient with breathing. A training regimen will be developed according to the specific needs and condition of the child. Treatment program will incorporate muscle strengthening exercises and cardio exercises. Patient's initial heart rate and oxygen level will be measured upon entering facility using a pulse oximeter. The pulse oximeter will also be used to measure heart rate and oxygen levels after the completion of each exercise. Recovery duration will also be monitored after each exercise. The physical therapist will determine recovery period in between exercises using pulse oximeter readings, body language of patient, and overall patient's visible wellbeing. Quantitative data, pulse oximeter readings and qualitative data, patient's verbalized progress, will be analyzed after a two-month period.

Outcomes: This program will demonstrate how physical therapy treatment incorporating endurance training and muscle strengthening improves patient respiratory muscles and daily functioning. The outcomes and experience of the training program will be beneficial to the patient as well as the facility and therapist with regards to future similar patient cases.

Evaluations: The program can be evaluated by analyzing objective and subjective data collected from each of the patient's therapy sessions.

## Internship Abstract

Title: Exploring the benefits of outpatient services for those with drug addiction  
Name: Aradhana Srinagesh  
Preceptor: Paula Stephenson  
Agency: Phoenix House

**Purpose:** The purpose of this outpatient program is to help those involved in drug addiction cases through ACS (Administration of Children Services) where the parents are in a position of possibly losing custody or have lost custody of their child.

**Significance:** Phoenix House first opened its New York Branch in 1967. To date, Phoenix House has over 2,300 clients. Phoenix House offers inpatient and outpatient services for families, individuals, and communities to help confront addiction. With over 150 programs, the treatment focuses on intervention and prevention to help with substance use recovery. The outpatient program focused in this study is located in Harlem within the New York City's Administration of Children's Services (ACS) office. ACS refers individuals and families to the program to perform an assessment to develop a treatment plan that best caters to the individual or family. Clients in this program have problems with various kinds of drugs and if extra attention is needed, clients are referred to another program. To establish long-term outcome, individuals are provided with coping tools and constant support to stay on the path to recovery.

**Method/Approach:** An assessment of the outpatient services will be conducted using key measures. "Motivation to Change" and "Parenting" are two group services offered to the clients of ACS. During group sessions, random drug tests are done to ensure sobriety along with providing educational material depending on the topic of the group to allow clients to open up. Clients are required to attend group, on a weekly basis and are offered one way metro cards as an incentive. Not abiding attendance requirements will automatically discharge the client from the program which further detracts the individual's ACS case. The monthly reports serve as an evaluative measure which looks at performance focusing on an individual's progress in relation to their attendance and drug results. This serves as a decision factor for when an individual is ready to complete the program. The time period a client is in the program and their progression will exemplify the program's success.  
**Outcomes:** This project will allow outpatient services offered at ACS by Phoenix House to be evaluated on its effectiveness for future purposes.

**Evaluation:** Outcome of drug test results, individual attendance, and final satisfaction evaluation completed by each member of the group will serve to measure the effectiveness of the program

## Internship Abstract

Title: Mitochondrial DNA Variations in Lung Cancer Risk and Survival  
Name: Qin Sun  
Preceptor: Dr. Sharon R. Pine, Assistant Professor of Medicine, Medical Oncology  
Agency: Rutgers Cancer Institute of New Jersey

**Purpose:** To identify novel biomarker signatures for lung cancer risk, and ultimately reduce the burden of this devastating disease through prevention and early detection.

**Significance:** Lung cancer is the most common cancer worldwide, accounting for 1.37 million deaths annually. An estimated 224,210 new cases of lung cancer were expected to be diagnosed in 2014, representing about 13 percent of all cancer diagnoses; an estimated 159,260 Americans are expected to die from lung cancer in 2014, accounting for approximately 27 percent of all cancer deaths. Lung cancer has one of the lowest survival outcomes of any cancer because over two-thirds of patients are diagnosed at a late stage when curative treatment is not possible. Cigarette smoking and asbestos exposure are the two major causes of lung cancer, however, at least 15-20% of individuals who develop lung cancer are non-smokers. Clearly, genetic factors are at least partially responsible modulating the effect of various exposures on cancer risk. Facts such as those cited above underscore the immediate need to identify individuals who are at the highest risk for lung cancer, and who may be able to reduce their cancer-risk behaviors, leading to cancer prevention and earlier diagnosis.

**Method/Approach:** A database comprising 1267 participants from a retrospective multi-hospital-based lung cancer case-control study, for which all data have been collected, was used to determine the association between mtDNA copy number in peripheral blood mononuclear cells and lung cancer risks. Stratified analysis will be performed to analyze whether other factors such as age, gender, race, BMI, smoking status or pack years of smoking could influence the association. Odds ratios (ORs) and 95% confident intervals (CIs) will be estimated using multivariate logistic regression and Cox proportional hazards.

**Outcomes:** The proposed studies will provide unique insights into utilizing mtDNA biomarkers for estimating lung cancer risk; this study will help in early detection of highest lung cancer risk population, with the hopes of reducing potentially hundreds of thousands of mortalities associated with late-stage diagnosis.

**Evaluation:** This study can be evaluated by analyzing completed data outputs through statistical program STATA—search for general trends and correlations among variables which can influence association between mtDNA copy numbers and lung cancer risks.

## Internship Abstract

Title: Quality Assessment of Alcohol and Drug peer educators  
Name: Emily Tapia  
Preceptor: Elizabeth Amaya-Fernandez  
Agency: Health Outreach, Promotion, and Education (H.O.P.E)

Purpose: To analyze, evaluate and assess student educators' evaluation surveys for substance abuse prevention workshops. Each topic will be analyzed separately and centered on different criteria in order to assess the efficacy of the current peer education programs and ensure consistency.

Significance: Studies show that peer education is imperative to the prevention of substance abuse within young adults. Promoting health and wellness with peer educators makes substance abuse prevention a much more assuage matter. Students are able to trust their fellow colleagues to provide reliable answers and accurate information. By analyzing the questionnaires and follow-up surveys H.O.P.E plans to address issues and improve future programs. This will provide a framework to help distinguish useful strategies from impractical ones. Addressing issues and improvements will be key to ensure consistency and the success of the alcohol and drug prevention programs at HOPE.

Method/Approach: Surveys were randomly distributed throughout the four campuses of Rutgers University – New Brunswick. The target population was Rutgers University Students and the surveys were completely anonymous and voluntary. H.O.P.E used the same questionnaires and surveys used last year. The change in behavior survey was given post educational workshops to students and asked questions about substance habits. The prescription 101 surveys consisted of 10 true and false questions where students tested their knowledge on prescription drugs and received the correct answers after the quiz. An evaluation of each student advocate was also provided to students to ensure the efficacy of the educator and program.

Outcomes: This project will demonstrate the effectiveness of peer education programs on youth within the Rutgers University population, which will help create future initiatives.

Evaluation: This program is evaluated by analyzing completed surveys and questionnaires. Data was extracted from the quantitative questions and the identifying trends in the qualitative data will evaluate the results. Tables and graphs will be used as visual representation.

## Internship Abstract

Title: Patient Satisfaction Survey  
Name: Victoria Terry  
Preceptor: Harriet Black, RN, DME  
Agency: Outpatient Diabetes Self-Management Education Program

Purpose: To gain feedback from patients of the Outpatient Diabetes Self-Management Education Program in order to see what changes in sessions need to be made to provide a better experience for patients.

Significance: The number of people with diabetes, especially those with Type 2 diabetes, is rapidly increasing. Many people with diabetes do not know the options available to them for care. The main goal of the Outpatient Diabetes Self-Management Education Program is to provide education, materials and resources in order to provide patients with the tools needed to control their diabetes. These patient sessions are crucial in order to teach those with diabetes how to manage their condition. Without proper knowledge, a major health risk is being taken. Diabetics who do not manage their condition can suffer from kidney disease, nerve problems, heart disease, diseases of the eye and foot problems. With proper care and information, these patients can successfully learn to manage their diabetes and prevent future health complications.

Method/Approach: A survey for patients was created for patients in order to provide feedback on their patient education session. The patient satisfaction survey asks questions about patient experiences, educational format and length of session. The survey is designed to help the Outpatient Diabetes Self-Management Education Program re-build its program in order to cater to the needs of those who visit the office. In order to achieve maximum patient participation, the survey will be taken after a patient education session in the office. If a patient is unable to take the survey at that time, the survey will be sent to the patient through e-mail. The survey questions are anonymous and the questions were based on feedback from previous patients.

Outcomes: This study will demonstrate satisfaction levels based on the experience of patients within the program. This will help improve the program so exception care for patients is provided

Evaluation: This study will be evaluated by analyzing the completed patient surveys. Trends in feedback will be evaluated and used to provide a better outpatient experience for those within the Outpatient Diabeted Self-Management Education Program. The survey was tested on a few patients who claimed they liked being able to give feedback and thought the survey was brief but thorough enough to cover everything they wished to give feedback on.

## Internship Abstract

Title: The Empathy Epidemic  
Name: Montana Thares  
Preceptor: Joanne Arico  
Agency: Robert Wood Johnson University Hospital

**Purpose:** This project will focus on creating a seminar, known as a Leadership Learning Essential, to educate hospital staff on displaying empathy in every situation that they encounter inside and outside of the hospital.

**Significance:** Empathy is a key component in delivering healthcare. Robert Wood Johnson University Hospital considers empathy one of its seven values. As a part of the “Living our Values” campaign, empathy has become a critical component of how we care for our patients and families. The organization has embraced empathy, along with the remaining six values, and made them a part of their everyday lives and work. Educating the staff on empathy is extremely important because it gives them the necessary awareness and tools to care for patients and families with empathy. As healthcare transforms, the patient experience is becoming an increasingly weighted part of delivering health services. HCAHPS is the survey process that is used by every hospital in the United States and it is the tool that the federal government uses for the pay-for-performance Medicare reimbursement system. Empathy is a fundamental necessity in improving the patient experience and thereby increasing HCAHPS scores.

**Method or approach:** Research will be conducted to put together the educational portion of the empathy seminar. Contacts within the human resources department will be assisting in creating activities that coincide with the informative and interactive piece.

**Target Audience:** This project is meant to serve as a guide to all hospital employees. Frontline and leadership staff are encouraged to attend as everyone in the healthcare service industry is affected by the HCAHPS scores, and therefore must display empathy.

**Outcomes:** The seminar will serve as a learning experience for hospital employees on the significance of empathy and the ways in which we can be empathetic every day in everything that we do.

**Evaluation:** Evaluations of the seminar’s success will be based on supervisor and personnel feedback. In addition, the seminar attendees will be asked to write down three ways in which they will apply what they learned. I will track this data and summarize the common themes as part of the evaluation.

## Internship Abstract

Title: Professional Development Seminar Series  
Name: Katarzyna Toczyłowska  
Preceptor: Laura Fenster Rothchild, PsyD, CPS  
Agency: The Education and Training division at Rutgers Center of Alcohol Studies

Purpose: To assess and evaluate Professional Development Seminar Series participant satisfaction surveys in order to create strategies which recognize and adapt to the professional needs of participants.

Significance: The field of treatment for substance use disorders has evolved to include Mental Health, Co-Occurring Disorders and Evidence-Based Practices; many of which current employed professionals did not learn during initial training. According to the New Jersey Drug Counselor Committee, Code 13:34C-5.1, "All licensed clinical alcohol and drug counselors shall complete 40 hours of continuing education for license renewal." The Education and Training Division at Rutgers Center of Alcohol Studies (CAS) is an NAADAC (The Association for Addiction Professionals) Approved Education Provider, and meets nationally approved standards of education developed for the alcoholism and drug abuse counseling field. The Professional Development Seminar Series (Seminars), a weekly continuing education opportunity, focus on cutting-edge topics in the field of addiction, and present the perfect opportunity for participants to network with other professionals in the field of addiction and behavioral health.

Methods/Approach: Professional Development Seminar participants complete an evaluation form at the end of each six-hour session. Questions include fill-ins, option selection, and open ended questions. The surveys, which are completely anonymous, measure the participants' satisfaction with the Professional Seminar; as well as, their understanding of addiction-related issues covered by the seminar, and their ability to effectively apply the materials to their professional careers. The survey data is correlated and analyzed using SPSS to determine what aspects of the Seminars are most satisfying and which need revision in order to enhance the overall satisfaction of the program.

Outcomes: The survey data provides the CAS with vital feedback regarding the 2013-2014 Professional Development Seminar Series. Accordingly, the Seminars are adjusted in order to fulfill the participants' professional needs. The marketing strategy is refined to expand the professional development opportunities for the alcoholism and drug abuse counseling field.

Evaluation: The survey results will be presented and recommendations for future Series adaptations will be conferred.

## Internship Abstract

Title: Process Evaluation to Improve Insurance Reimbursement  
Name: Kimberly Trim  
Preceptor: Tatiana Rodriguez  
Agency: JFK Medical Center – Johnson Pediatric Rehabilitation Institute

**Purpose:** This process evaluation will assess productivity of reimbursement rates from insurance companies and identify key tactics in order to improve quality and efficiency during the insurance process.

**Significance:** The agency currently offers its' services to all minors primarily in Middlesex County and New Jersey with special needs. The Department currently assists several hundred patients with over a hundred more on the waiting list for treatment. The evaluation will assess the insurance reimbursement process to find ways to improve the speed and accuracy and look for bottlenecks and ways to save time for the department.

**Method:** An evaluation will be conducted using the Department's Child and Family Services expected charges and actual charges for individual treatment. Analysis will be conducted using information on when the patient is evaluated and the type of services recommended calculating the expected revenue for the department. The cancellation rates per patient, per discipline will be calculated and compared to what the department expected to be billed. The cancellation rates will be verified by looking at the scheduled treatments that should have been charged and compare to how much was actually billed These calculations will allow for the comparison of how much the department was actual revenue versus expected revenue by the insurance company for each charge.

**Outcome:** This project will improve the Departments efficiency in the insurance reimbursement process. Recommendations are as follows:

- Insurance intake coordinators receive pre-authorization from incoming client's insurance companies. This involves calling insurance companies after a client has been evaluated and recommended for insurances to verify that they will be covered.
- Disciplinary supervisors for speech, occupational, and physical, and psychological therapy should verify cancellation rates with staff at weekly and monthly meetings in order to efficiently calculate and reduce cancellation rates.

**Evaluation:** Assessment of the recommended improvements will be based on supervisor feedback and improved insurance reimbursement rates after implementation.

## Internship Abstract

Title: Therapy At Home Exercise Plan

Name: Jennifer Vetrano

Preceptor: Doug Kilyk

Agency: Endurance Rehabilitation and Wellness Center

**Purpose:** To help patients at the agency successfully complete their home exercises that will help progress them efficiently throughout the therapy process.

**Significance:** Studies and therapists recommend that patients must continue therapy exercises at home even after in office treatment is complete. Since patients cannot be in the therapy office everyday they must also continue their exercises at home during the week. Continuous rehabilitation is essential for any healing processes. A problem for not continuing exercises at home may be forgetting them and they may be performed improperly. Those that continue exercises at home will heal better thus why an at home exercise plan is essential.

**Method/Approach:** Occupational therapy patients that have been attending the facility for at least 3 weeks already were asked if they would like to participate in the program. For each patient that said they would participate, an "At Home Exercise Plan" was made up for them. There was a separate chart for each week. Each week there was information filled into the days, which would either say appointment and the time or have a list of exercises to complete when not at the office. These plans were given to the willing patients and after the second week, they were given surveys about the "At Home Exercise Plan". The surveys are given to assess the participant's feedback for their own benefit and also for their input on how the agency will benefit from the program.

**Outcomes:** The study will show if patients continue their exercises better if they have a reminder of what they need to complete. The results of the study will be used to find out if the program is considered helpful by patients. The results would also decide if the program should be extended to all occupational therapy patients and even to the physical therapy portion as well.

**Evaluation:** This study is being evaluated by follow-up surveys being completed by the patients that have participated in the program. The survey results will identify if the program was helpful to the patients.

## Internship Abstract

Title: Demographic Indicators of Progress in a Diabetes Intervention  
Name: Samantha Vidal  
Preceptor: Dr. Marsha Rosenthal  
Agency: Institute for Health, Health Care Policy and Aging Research

Purpose: To analyze the demographics of patients participating in the Enhanced Diabetes Education research study at the Eric B. Chandler Health Center, a federally qualified health center, in New Brunswick, NJ.

Significance: According to the American Diabetes Association, 25.8 million Americans (about 9% of the entire population) currently have diabetes. If this trend continues, as many as 1 in 3 American adults will have diabetes in 2050. Diabetes presents many obstacles specifically to areas with a lower socioeconomic status and racial/ethnic minorities. Compared to non-Hispanic whites, the risk of diagnosed diabetes is 1.2 times higher among Asian Americans, 1.7 times higher among Hispanics and 1.8 times higher among non-Hispanic blacks. Such statistics highlight the need to assess diabetes awareness in order to teach high-risk patients methods to control diabetes as well as preventative strategies.

Method/Approach: Members of the Institute for Health at Rutgers and the Chandler Health Center conduct the Enhanced Diabetes Education research and intervention study. Dr. Marsha Rosenthal, Principal Investigator and Dr. Judy Velez, Senior Researcher, created the survey questions. Patients are administered the surveys which include questions about basic sociodemographics, the patient's beliefs about diabetes, and what the patient believes is the best way to treat it. The researcher will specifically compare sample demographics of those who completed the pre-intervention survey to those who continued to also complete the post-intervention survey.

Outcomes: The study evaluates the demographic differences of patients who complete the pre-intervention study to those who completed both the pre- and post- intervention surveys of the Enhanced Diabetes Education study. This will offer insight into demographic indicators and how it can be used to design interventions. The two groups are similar on proportion of patients by employment, race and ethnicity. The most important differences are the proportion of patients by age, gender, education, and marital status.

Evaluation: This study can be evaluated by analyzing pre and post intervention surveys, to look for demographic indicators which future studies might target to better understand successful completion of a diabetes management intervention.

## Internship Abstract

Title: Nutley/Montclair Blood Drives  
Name: Jennifer Vilcachagua  
Preceptor: Mrs. Eileen Painter  
Agency: American Red Cross

**Purpose:** To analyze and expand knowledge and awareness about blood drives within the Montclair and Nutley community.

**Significance:** The data collected has shown that more men are allowed to donate than women. Most women who donate have either been accepted or deferred. Those that have been accepted meet the requirements. Some common reasons for deferrals are low hemoglobin, illness symptoms, medication conditions and weight requirements. This provides a framework to conduct research and solution to help have those women donate.

**Method/ Approach:** Members of the American Red Cross are conducting a survey to see why more men than women donate blood. All the surveys are anonymous and private. The surveys will ask if the women who were deferred are interested in improving their qualifications for donating. Approximately about 100 women will be asked if they are willing to let us give them advice on how to better their chances of donating. Those women that were deferred for low hemoglobin will be asked about their diets. They will also be asked and if they are willing to change their diets. The American Red Cross will inform them of the importance of having a healthy nutritional diet. Those women with illness symptoms will be asked if they have tried to donate when they were better. Most women who are deferred for weight requirements are young teens because of their height and weight. The members of the American Red Cross want to improve the overall chances for women to donate and men who have been deferred as well.

**Outcomes:** This study will demonstrate basic knowledge about blood donations among men and women; this will help with increasing the amount of blood donations. The result of the study will be used for future research and publications.

**Evaluation:** This study will be evaluated by analyzing the data sheets of all donors—searching for trends which can influence the deferral of blood donations among women population of the towns of Montclair and Nutley.

Thank you to supervisor Mrs. Eileen Painter and the American Red Cross team for this opportunity to become part of an amazing experience. Much appreciation for all the support, time and knowledge provided.

## Internship Abstract

Title: Emergency Notification in the Senior population

Name: Christie Visokay

Preceptor: Michael G. Marcinczyk

Agency: Milltown Office of Emergency Management

Purpose: The purpose of this project is to reach out to as many senior citizens in Milltown and inform them of the Middlesex County Commutation Notification System and get them signed up.

Significance: Milltown 2010 census revealed that 1/3 of the residents were senior citizens. In years past trying to involve senior citizens in current notification systems with the town were not successful because of the technology gap and lack of resources and time. Most Senior citizens are not fully attentive of using cell phones and emails. Because of this lack of awareness the bridge between notifications systems like for example the Nitlex system that sends out text messaging alerts is not successful for this generation. The Middlesex County Commutation Notification System sends out alerts with automated phone messages to land lines. This notification system has options for sending out alerts. One option is sending out alerts for only the town you are living in or choosing to receive alerts for the towns surrounding you. One positive aspect to this system is that when cell phone towers are down or lack of power to charge cellular devices landlines are the best option for emergency contacts.

Methods/approach: The organizations and clubs in town that are majority senior based will receive emails that will explain the project and the goals. A presentation with the organizations will be set up to then explain the Notification system and sign up the seniors that are willing to partake in this system. A headcount of the seniors who will be in attendants will be taken to measure the success of the project

Outcomes: This system will not only create universal awareness to all when emergency situations arise but it will also eliminate non-emergency requests and this intern will free up emergency responders like police and EMS to emergency requests. This system will reduce the confusion and stress on everyone in town in demanding situations.

Evaluations: This project success will be based on the turn out at the meetings that will be arranged and how many senior citizens' sign up for the notification system.

## Internship Abstract

Title: Effects of Lunch and Learn Presentations on Health Topics  
Name: Nicole Wat  
Preceptor: Melanie Ford, Director  
Agency: New Brunswick Senior Citizen Resource Center

Purpose: To expand knowledge and awareness about health topics within the senior citizen community.

Significance: The senior citizen population is a growing community due to the advancements in medication and healthcare. Therefore, it is important for the senior citizens to have a comprehensive view of health and to be aware of disease prevention. The focus should not be so much on treating, but more so on preventing and noticing changes in their bodies so that they can seek medical help when needed. By becoming more knowledgeable, the senior citizens will become more aware, which would then prevent further complications or act as a preventative measure and early detection. Because participation and sign-ups in programs at the center tend to be low, the Lunch and Learn series was conducted, in which there would be a brief 5-minute presentation during lunchtime.

Method/Approach: Presentations during lunchtime were conducted in which senior citizens present would be exposed to the 5-minute presentations. This went on for a couple of weeks. Once the series was over, surveys were distributed at the center to conduct retrospective post-then-pretest design. This survey contained 6 questions and responses were based on a Likert scale and free response. Questions included in the survey were topics presented during the Lunch and Learn, which asked about their knowledge on medication, health screenings, immunizations, and vitamins. Approximately, 30 surveys would be given out to the senior citizens based on the amount of those who usually have lunch at the center.

Outcomes: The survey showed that there was a slight increase in knowledge and willingness to speak with their healthcare provider about topics that were presented.

Evaluation: Analyzing the completed surveys and looking for trends would provide an idea on the efficacy of the Lunch and Learn series and the seniors' receptiveness to the information.

## Internship Abstract

Title: Breast Cancer Survivorship Survey  
Name: Cassandra B. Yeboah  
Preceptor: Ann Marie Hill  
Agency: Susan G. Komen for the Cure Central/South Jersey Division

Purpose: To survey the breast cancer survivor population that the organization serves in order to garner information that will help the organization tailor its programs to better fit their needs.

Significance: According to the Susan G. Komen foundation national website, breast cancer affects 121 out of 100,000 women per year. Of this population only 22 mortalities have been reported. The fact that the breast cancer mortality rate has lessened significantly over the year is great news. However, this means that the population of breast cancer survivors is rising. A more concentrated effort is now needed to identify and correct the issues that they face. Conducting this survey will be a crucial step in helping the Central/South Jersey division of the Susan G. Komen reassess their programs.

Method/Approach: First, a pre-survey was administered to the group's database in order to establish the cohort that would be selected to participate in the survey. The results of this pre survey were collected in a database and hand sorted. Two individuals of the organization's breast cancer cohort were also selected to participate in a phone pretest in order to ensure the questions were clear and applicable to the breast cancer population. The actual breast cancer survivorship survey administered was crafted in a comprehensive and systematic manner. First, the survey was thoroughly analyzed by staff. A SurveyMonkey version of the survey was created to be administered to the survey takers. The cohort was then emailed a link to participate in the survey while the data was collected into a database on Google drive to be sorted and analyzed.

Outcome: Based upon survey findings, the Komen board and staff will discuss and resolve the population's concerns regarding breast cancer survivor programming.

Evaluation: Effectively analyzing completed surveys by extracting data from the results and thus identifying the areas of interest to breast cancer survivors will be the measure of success for this project.

## Internship Abstract

Title: Learn the Signs. Act Early. Outreach to Early Childhood Educators and Providers  
Name: Michelle Yee  
Preceptor: Caroline N. Coffield, PhD  
Agency: The Boggs Center on Developmental Disabilities

**Purpose:** To provide training to early childhood educators on autism spectrum disorders (ASD) and related developmental delays (DD), enhance their ability to communicate this information to parents, and produce resources that sustain these educational efforts.

**Significance:** This two-year project is grant-funded through the Association of Maternal and Child Health Programs (AMCHP) for the purposes of strengthening community and state systems for children with signs of ASD/DD. The 2008 New Jersey Autism Study identified the prevalence of ASD at 20.5 per 1,000 children aged 8 years old, or 1 in 49. Children in New Jersey receive a diagnosis at a median age of 4 years, 10 months, which leaves them beyond the reach of federally-funded early intervention services. Furthermore, notable disparities have been identified among children from underserved groups in terms of the age of diagnosis, onset of interventions, and linkage to services. In 1965, the first Head Start programs were launched to enhance academic outcomes for children from low-income families—today they are comprehensive providers of health, social, and educational services; and gatekeepers to early intervention for young children suspected of having developmental delays.

**Method/Approach:** A needs assessment questionnaire will be distributed to Early Head Start (EHS) and Head Start (HS) centers in order to evaluate their training interests and guide the development of customized resources. A total of 20 trainings will be provided by project partner, the Statewide Parent Advocacy Network, and are projected to begin mid-2014 and continue through 2015. Topics covered will include monitoring for signs of autism and other developmental delays, the importance of early identification, developmental screening, communicating concerns with parents, and linkage to local and state resources.

**Outcomes:** This initiative is expected to increase awareness among EHS/HS staff about developmental delays, to enhance their delivery of culturally-aware supports to children and their families, and to inform them of available community resources.

**Evaluation:** Data will be collected via in-person surveys administered after each training session. These surveys will assess the effectiveness of the curricula and supplementary products in addressing EH/HS staff needs. Sample items include breadth of knowledge gained, satisfaction with disseminated materials, and confidence in training new staff members on learned concepts.

## Internship Abstract

Title: Connecting peer educators at H.O.P.E.  
Name: Nashwa Yosry  
Preceptor: Francesca Maresca  
Agency: Health Outreach, Promotion, and Education

**Purpose:** This project will connect the various peer educators at H.O.P.E. and bring them together with the opportunity of meeting each other and sharing ideas. It will allow them to socialize with one another and understand the different groups involved in making everything work better. By getting to know one another, they can come together to influence students across campus more effectively about public health issues on campus.

**Significance:** There five sub-groups under the Peer Education program and within these five groups; there are numerous peer educators all working on different tasks and duties. With all of the different things going on at H.O.P.E., the peer educators don't get a chance to interact with each other and get to understand what each group is currently working on or what individuals within that group are working on. Through have these two events during the semester, the students will be able to come together and discuss the various health fields and topics they are pursuing. This allows them to exchange ideas and information on what's going on. They can all learn from each other and about the different issues that they are working to solve directly on campus. This provides them with a chance to cross paths and come together to exchange ideas. Through doing this, they can have a greater influence on a wider range of students.

**Method or approach:** There will be two events during the semester that will consist of a public health related international movie and a jeopardy game that has multiple health facts that impact students on campus, collected from each peer education group. This provides the students with knowledge of the other public health issues. During the other event, the students will get a chance to interact while relaxing. In order to assure that bringing together the students will create an effective impact, they will be given ample time to communicate with each other.

**Outcomes:** The peer educators will get to meet each other and exchange ideas/ thoughts. Through interacting and communicating this way, there can be a greater impact on campus. This provides them with the opportunity to network and work together to reach a wider range of students on campus.

**Evaluation:** Evaluations of networking events will be based on supervisor and personnel feedback and through following up with the students six weeks after to see if they are still communicating.

## Internship Abstract

Title: The Cancer Preventive Effects of Metformin and Atorvastatin

Name: Ariel Yuan

Preceptors: Dr. Wen Yue

Agency: Population Science, Rutgers Cancer Institute of New Jersey

Purpose: To explore metformin and atorvastatin as cancer chemoprevention and treatment options.

Significance: Pancreatic cancer is the fourth leading cause of cancer-related deaths. Its 5-year survival rate is a mere 6%. Pancreatic cancer prognosis is poor, with a median survival of 3-6 months. These statistics indicate a need for novel chemopreventative strategies. Metformin and atorvastatin recently emerged as new chemoprevention agents for pancreatic cancer. Metformin is a widely used anti-diabetic drug with low toxic side effects and low cost. Atorvastatin, the generic for Lipitor, is a well-established cholesterol-lowering medicine. Both drugs could potentially provide clinical benefits for pancreatic cancer patients and high-risk patients.

Methods: Research experiments will be conducted using several laboratory techniques. More specifically, cell viability assays and western blot analysis will be done on malignant human cells. Molecular changes will be analyzed using plate readers, antibodies, gel electrophoresis and a dark room. The dark room will be used for developing western blot films. Then, the results will be transferred onto a Microsoft Excel spreadsheet to create scatter plot graphs. Microsoft Excel graphs will exhibit any trends and correlations in data.

Outcomes: This project will see if the combination of metformin and atorvastatin can provide synergistic effects for the prevention and treatment of pancreatic cancer. Patients can be treated with both drugs to delay progression of pancreatic lesions, if there is statistically plausible evidence. High-risk patients can be treated with the combination to lower the risk of developing pancreatic cancer.

Evaluation: Publication in a peer reviewed journal is the initial evaluative step. Research must be evaluated further by clinical trials. Larger studies are needed to investigate any correlations in data.

## Internship Abstract

Title: Rutgers Cancer Institute and Rutgers Medical School – Division of Population Sciences  
Name: Anwaar Alexis Zaher  
Preceptor: Dr. Jerod Stapleton  
Agency: Rutgers Cancer Institute

Purpose: To systematically gather information about the ways that social media can be integrated in research settings. Also, to create an informational guide that shows how social media can be utilized in the type of research that Dr. Stapleton is conducting.

Significance: According to the Journal of Medical Internet Research's journal "Harnessing the Social Web for Health and Wellness: Issues for Research and Knowledge Translation", Kendall Ho, MD, FRCPC expresses how imperative it is to understand "this popular and emerging phenomenon" of social media in research. It is a necessity for those in research to know how to communicate in ways that younger populations like to communicate in order to be as effective as possible. Behaviors and patterns tend to extrapolate from our exposure to social media websites. By having a comprehensive understanding of how social media plays an important role in our lives, specifically within our younger generations, it will help researchers understand how and why their results may be skewed or varied when studying younger populations

Methods: To assist Dr. Stapleton's in his research, he will reference to relevant literature and cataloged information that will be put together to create the ultimate "Social Media Toolkit". This Toolkit will give Dr. Stapleton the resources he will need in order to identify the who's, what, where's and why of social media platforms that effect the participants of his studies. In addition, the information he will be referring to discusses recruitment, data collection and other considerations when utilizing social media in research.

Outcome: The overall outcome is intended to enhance the study designs and creating resource guide or "Social Media Toolkit" that is created will serve as a reference to Dr. Stapleton. By refining older methods by creating newer, more modern approaches towards the improvement of recruiting methods and efficiencies, improved data collection and analyses and the understanding of the practical implications of social media and its uses. In the future, he will be able to understand the perceived powerful benefits of the mechanisms that social media has on the participants in his research.

Evaluation: This study can be evaluated by the research methods the Dr. Stapleton and the foreseeable future of using social media as a major component of his study designs. By using social media, Dr. Stapleton will be able to track and analyze behavioral patterns of participants of the experimental group in his research. By understanding and using social media, Dr. Stapleton will be able to determine if younger populations change their attitudes, beliefs and frequent use of indoor tanning practices.

## Internship Abstract

Title: Get Covered America Campaign  
Name: Christopher Zan  
Preceptor: Isaac Benjamin, Middlesex County Organizer  
Agency: Enroll America

Abstract: Do not exceed the space on this page. Use Times New Roman 12pt only.

Purpose: To maximize the number of Americans in Middlesex County who are currently uninsured that enroll in new health coverage options made available by the Affordable Care Act.

Significance: Research studies have shown that there is a great amount of uninsured individuals within New Jersey, specifically Middlesex County. Cantor et al showed that Middlesex County contains one of the largest number of insured individuals with estimates ranging to over 100,000 people. It also shows that Middlesex County has the second highest amount on uninsured children. There are three new options available to the uninsured based on their income, which are Medicaid expansion, the marketplace with financial assistance, and the marketplace without financial assistance. With these new options available under the new Affordable Care Act and the enrollment deadline approaching, an attempt at expanding the knowledge to those individuals who are still uninsured is warranted.

Method/Approach: An on-the-ground team was developed to execute Enroll America's field plan. The field plan, consists of a variety of methods to reach the uninsured such as tabling at local areas within Middlesex County where uninsured individuals are likely to be, reaching out to other organizations to plan joint events for a great outreach, conducting research to understand where the majority of the uninsured are located, and reaching out to those who are interested in enrollment. His role on the team will be tabling, as he will look to spread the word about the new options available under the Affordable Care Act and have those interested fill out commit cards that signal their interest in the new healthcare options available to them. This is extremely important as many individuals do not know about the new options available to them or they believe that it will cost them too much money. The team will then follow up with the individuals who have filled out these commit cards for him when he was tabling and help guide them to retrieving their best insurance option.

Outcomes: This campaign will help increase the awareness of the options under the Affordable Care Act and in turn increase the number of insured individuals.

Evaluation: This campaign can be evaluated by comparing population studies from before the campaign was implemented and after.

## Internship Abstract

Title: Global!Health Event to Raise Awareness for Global Child Labor  
Name: Yu Zheng  
Preceptor: Derek Shendell, DEnv, MPH and Sarah Kelly, MPH  
Agency: Rutgers, The State University of New Jersey-School of Public Health, New Jersey Safe Schools Program

**Purpose:** To raise awareness of global child labor through a Rutgers University forum event with the support of international travel experience of graduate students along with information on the environmental and occupational health sciences course taught by Dr. Derek Shendell at Rutgers University.

**Significance:** There are an estimated 215 million child workers worldwide with more than half of them engaged in hazardous work. In Rwanda, over 142,000 children ages 5-15 work in all phases of the tea production industry. In Afghanistan, children working in the carpet industry start as young as six years old and may work up to 12 hours a day. In Columbia there are thousands of children working in the mining sector who are exposed to hazards such as dangerous tools, toxic gases, and even explosions. Studies such as these highlight the importance and urgency of reducing global child labor and investigating the efforts of the US Department of Labor and the International Bureau of Labor Affairs to reduce the worst forms of child labor.

**Method/Approach:** At the end of the event, attendees will be asked to fill out an evaluation form. The form will ask about the overall presentation of the forum, prior international travel experiences, additional interest in other global health and/or global child labor related topics, and what they liked best and least about the event.

**Outcomes:** The results of the evaluation forms will be collected and analyzed in order to reveal the effectiveness of the event as well as presenting the areas that were successful and those that need improvement.

**Evaluations:** This event will be evaluated by analyzing completed surveys and searching for areas that were successful and areas in need of improvement in order to improve upon similar events in the future. The results of the survey can also be used as a future indicator of the responsiveness and attendance rate of similar global health awareness events amongst Rutgers university students at the undergraduate and graduate level.

Thank you to Dr. Derek Shendell, Sarah Kelly, and Anita Franzione for this great learning experience and all of their help in making this project a success.

## Internship Abstract

Title: Metformin, Future Star Drug for Anti-Aging

Name: Lujia Zhou

Preceptor: Dr. Grace Lu-Yao, Frances Di Clemente

Agency: Rutgers Cancer Institute of New Jersey, Department of Population Sciences

Abstract: Do not exceed the space on this page. Use Times New Roman 12pt only.

Purpose: To evaluate the use of Metformin as an anti-aging drug by analyzing and summarizing achievements in the anti-aging research, and comparing Metformin to calorie restriction and rapamycin, the other two anti-aging protocols.

Significance: With the advancement of technology, anti-aging has become one of the most interesting research topics to scientists today. Studies on mammals have demonstrated that high blood-sugar and blood-insulin levels are important factors in aging and cancer. Protein kinase, mTOR, functions as a master regulator of cellular growth and metabolism. Metformin, rapamycin and calorie restriction all inhibit the mTOR pathway, and may potentially affect aging. Calorie restriction is the only known intervention in mammals that has been consistently shown to increase lifespan, reduce incidence and retard the onset of age-related diseases, including cancer and diabetes. Rapamycin, an mTOR inhibitor, was approved in 1999 as an immunosuppressant for patients with autoimmune diseases. It has controversial effect on tumor progression in different studies. Along with its analogues, rapamycin's potential use as an anti-aging agent still needs to be evaluated. Metformin, an antidiabetic biguanide, reduces blood-sugar and blood-insulin by decreasing insulin resistance. The available evidence from basic lab research, animal studies and clinical research supports that Metformin has anti-cancer and anti-aging effects. These three options are among the most popular topics in anti-aging research.

Method/Approach: Literature search of the corresponding topics was conducted on PubMed and google. Key words included "metformin", "calorie restriction", "rapamycin", "aging", and "mTOR". Results were restricted to 20 literature sources dated from 2006 to March 2014, mainly focusing on the mTOR pathway. Summary of the literature will be shown in tables and diagrams with comparisons among the three anti-aging methods.

Outcomes: Metformin may be the superior choice when compared to other anti-aging regimens because of its availability, cost-effectiveness, and minimal side effects. It has better results in potential anti-aging effects when compared with rapamycin and calorie restriction. Both rapamycin and calorie restriction have the potential to decrease immunity with long term administration, and have a higher incidence of adverse reaction than Metformin. Being widely prescribed and distributed on the market for anti-diabetes, Metformin might be our future star drug for anti-aging.

Evaluation: Data review that will analyze preliminary and validated scientific publications of anti-aging methods, providing a case for making Metformin the most preferred choice of the three.

## Internship Abstract

Title: Admission/Patient Access  
Name: Faisal Zia  
Preceptor: Danielle Pieloch  
Agency: Robert Wood Johnson University Hospital Hamilton

Purpose: Improve efficiency in registration, patient satisfaction, and providing patient services.

Significance: Major changes in healthcare law requires hospitals to be efficient and provide excellent patient service (patient satisfaction) for full Medicare reimbursement. In Patient Access and Admissions department, efficiency means that the department is not overstaffed and each patient is registered in a timely manner; Patient service means that all aspect of registration and access to records is trouble free. Maximizing efficiency would allow hospital to increase their patient volume. Improving patient service would require hospitals to offer services, such as Health Connect, that make patient medical record easy to access for both physician and patient.

Method and approach:

Efficiency

- Analyze patient volume for every half-hour interval from 6AM to 5PM.
  - Study the average patient volume per half hour interval for 4 month time period
  - Organize the data into half hour interval
    - Differentiate which half hour blocks have the high patient volume
- Create peak period policy
  - No registrars can be on break (except bathroom)
  - No registrars is to work on any other responsibilities if there is more than two patient waiting

Patient Service or Patient Satisfaction

- Choose 10% of overall patient form dataset
  - Assess if the patient has been connected to RWJ Health Connect.

Outcomes: After assessing all the data, the registration staff scored above average compared to the rest of the state. But in terms of patient service, the registration staff scored poorly in connecting patients to health connect and the data also indicated that registrars where taking overlapping and extended breaks, leading to longer wait time.

Evaluation: The data would help in creating policies that would make registration department more efficient. In all, this report distinguishes in which time interval the department needs to be staffed and which intervals the department does not need for staffed.

Policy and Planning  
Internships  
Spring 2014

## Internship Abstract

Title: Opiate Addiction Policy in New Jersey  
Name: Max Beckerman  
Preceptor: Cathy McLaughlin  
Agency: Legislative Office Of Joseph F. Vitale and Craig J. Coughlin

Purpose: To research and analyze current health trends and legislation related to opiate addiction, abuse, and treatment.

Significance: Narcotics and Opioid addiction have come to the forefront of political issues recently, with the death of Phillip Seymour Hoffman and reports of rampant drug abuse. Recently, it was reported that the number one cause of death in New Jersey is chemical poisoning, mostly stemming from drug overdoses. In the State of the State, Governor Christie expressed the strong need for drug treatment programs and the serious problem it poses. With his position as Chair of the Senate Health, Human Services and Senior Citizens Committee, Senator Joseph Vitale is in a unique position to influence policy regarding drug abuse.

Method: My research involves looking up and outlining proposed bills in Vermont regarding the creation of a prescription drug database and opioid antagonist distribution in the state. More specifically, my project highlights the Vermont bill and its differences from current NJ policies. Additionally, I will make recommendations for the state regarding prescription monitoring systems and its effects based on their use in other states and analyses of scholarly research. Another aspect of my project is to generate a report card for different drug treatment centers around the state. This will be done by creating a list of measurable criteria based around effectiveness and efficiency in different treatment programs. I will also describe how to determine each aspect in a semi-standard way to make it as objective as possible.

Outcomes: This research will be delivered to Laurie McCabe, my supervisor, and policy advisor for Senator Vitale. Ideally it will be used to generate future legislation and legislative policy. At the very least, it will hopefully be used by Laurie and the Senator to influence future policy decisions.

Evaluation: This research can be evaluated by any possible legislation that arises from it. Also, although it is difficult to measure, any influence it has on future policies from the Senator or his peers.

Thank you to supervisors Laurie McCabe and Cathy McLaughlin for affording me this opportunity to affect New Jersey policy.

## Internship Abstract

Title: RU Smoke-Free Initiative  
Name: Sachi Bhalerao  
Preceptor: -  
Agency: Rutgers University

**Purpose:** To become familiar with previous smoke-free/tobacco-free policies and methods of implementation at other universities and apply those findings to the Rutgers community so that a smoke-free policy can be successfully adopted on campus.

**Significance:** Extensive research has shown that by implementing laws and regulations on tobacco use, the amount of people smoking will reduce as a result. This has been done in a number of higher-educational institutions across the United States, and so far, the majority of these smoke-free initiatives have been successful in lowering the prevalence of smoking among students, faculty, and staff. The most difficult part of implementing a policy like this is to gain favorability for it, especially among faculty and staff. Therefore, a large portion of time is spent on community outreach and involvement so that those affiliated with the university are aware of the health benefits behind this kind of policy and know that there are a number of tobacco-cessation resources on campus to help them become smoke-free.

**Methods/Approach:** Members of this smoke-free initiative team are primarily focusing on getting feedback from community members on their thoughts and feelings on tobacco use and making the Rutgers campus 100% smoke-free. A huge part of moving towards the policy is to promote the initiative by tabling, distributing surveys, using social media, and through tobacco-cessation resources on campus. The RU Smoke-Free Initiative team is also familiarizing themselves with the process by which laws are passed at this higher educational institution by attending Rutgers University Senate meetings.

**Outcomes:** The extensive research and community outreach will gauge how willing members of the Rutgers community are to becoming smoke-free. This information is useful in determining how successful this initiative will be and the likelihood of this policy being passed on campus.

**Evaluation:** Feedback on this policy is evaluated through the anonymous surveys being collected and analyzed. Looking at other higher-educational institutions and their evaluation of the smoke-free policy implemented on campus also serves as a valuable resource in determining how successful this policy will be at Rutgers University.

## Internship Abstract

Title: Center on the American Governor (CAG) Website Survey  
Name: Andrew Cheddie  
Preceptor: Randi Chmilewski and Kris Shields  
Agency: Rutgers Eagleton Center on the American Governor

Purpose: To focus on the creation of the CAG website, and to see if any improvements can be made to it.

Significance: The Center on the American Governor serves as a vital research to researchers and the general public. It provides a vast array of information on a topic that there is a dearth of information about on the web: the governor. Governors play an important role in American politics, and the information that the Center has is extremely important. Thus a well-functioning website will assist students, journalists, and anyone else who is looking for historical information on governors. The current website is underperforming in this area, and thus the hope is that a new website will layout everything neatly and logically, and will be easy to navigate.

Methods: The main crux of this project was conducting a survey on the new website. This focus group drew from both faculty and students at Eagleton, and they were tested on how accessible and user-friendly the new site is. This was done in a few ways. Some questions asked the participants to find a certain page, and document their ability to find it. Another question asked how well they were able to use the search bar, and if the results were relevantly ordered. Other questions asked them to look at the layout of the information, and see if they deemed it logical. The last questions for the survey respondents were three opinion-based questions, where they put what types of information they liked, and what types of information they found irrelevant.

Outcome: The goal is a well-functioning, new CAG website. This will be done by using the input received from the survey.

Evaluation: The results from the survey will be helpful for the Center going forward to update and improve the site. The results will be compiled in a list of recommendations, and presented to the preceptors and the Director of CAG.

## Internship Abstract

Title: Center for Women General Survey  
Name: Danielle Denisenko  
Preceptor: Stefanie Shapiro, Director of Community Services  
Agency: National Council of Jewish Women- Essex County Section

Purpose: To create a general survey that assesses the Center's programs and client demographic

Significance: The Center for Women, an entity within the Essex County Section of National Council of Jewish Women, offers women of all age and race programs that can help them with various challenges. Programs such as Job Clubs, Moving Forward for young women, legal advice and self- empowerment workshops for all women. Many of the programs have specific surveys afterwards, but the clients have never been asked about their overall experience at the center. The general survey will give the clients a chance to comment on the Center holistically and rate their experiences. It will also give the staff an idea of which programs are used most, who uses the programs, and the overall demographics of the clients.

Method/Approach: A first draft of the general survey was created based on questions that the staff wanted to answer. The rough draft was revised based on feedback so that it was only one page long and had fewer questions. A list of all current CFW clients and their email addresses was then compiled. All 256 women were then sent the survey via email, and the responses were collected. A key was created to code all responses and an excel spreadsheet to record all responses. SPSS and Excel will be used to analyze the results and to fully evaluate the programs and clients.

Outcomes: The results of the survey will help the Center for Women identify programs that are utilized the most by clients, and programs that are not as successful. It will also help to have quantifiable data for future grant writing so that they can continue to get support from various grants. The survey will also help them identify how most women hear about the Center, and what age demographic they serve the most.

Evaluation: The usefulness of this project can be evaluated by future steps taken in the organization. If the survey helps to identify programs that can be expanded or programs that are underutilized, the staff can adjust programs accordingly to maximize the people that they can help.

Thank you to supervisor Stefanie Shapiro for giving me the responsibility of creating this survey and the amazing opportunity to intern with NCJW.

## Internship Abstract

Title: Making New Brunswick a Better Place for Minorities: The Civic League 1984-2014  
Name: Machla Jean-Philippe  
Preceptor: Dr. C. Roy Epps, President/CEO  
Agency: Civic League of Greater New Brunswick

Purpose: To assess and analyze the 30 year history of the Civic League as an independent organization.

Significance: The city of New Brunswick has a large low-income population, most of which are minorities. Many social service organizations throughout the city have developed programs and initiatives to aid this population. The Civic League has been a longstanding pillar of civic service, community engagement, and dedication in New Brunswick for almost 70 years. Thirty years ago, the current Civic League disaffiliated itself with the National Urban League and became an independent organization. The Civic League has made an effort to assist the less fortunate of New Brunswick in the areas of housing, education, employment procurement and neighborhood development. Local, statewide, and federal policy and funding has been instrumental in these initiatives, as well as public support.

Method/Approach: The first step will be an entailed reading through archived local newspaper articles and publications released by the Civic League, in order to collect information. Using these notes, the second step will be a composition of a scholarly publication to be released later in the year. As a final step to gain insight for the publication, time will be spent tutoring and interacting with students at the New Brunswick Middle School's Extended Day Program as an opportunity to observe of one of the Civic League's successful programs. This time will also allow for conclusions to be made concerning the impact on the students that attend the program.

Outcomes: This publication will inform readers of the Civic League's efforts to strengthen and uplift minority populations through housing, education and neighborhood development programs. This publication will also assess the role of policy, legislation, and grant funding in the Civic League's endeavors to improve various issues affecting the African American community and other minority populations

Evaluation: This publication will assist the board and staff members at the Civic League as they review their impact as an organization through their programming over the last three decades. The publication will also serve as a guide to help them to effectively plan ahead to continue to serve their target population in the future. The planning and review will take place at the Civic League's Annual Board/Staff Retreat on June 14, 2014.

Thank you to supervisors Dr. C. Roy Epps and Ms. Andrea Robinson for allowing me this opportunity to become part of a wonderful experience. Much appreciation for all the support, time, and knowledge provided.

## Internship Abstract

Title: Permanent Supportive Housing For Intimate Partner Violence Survivors  
Name: Jonathan P. Malpica  
Preceptor: Professor Andrea Hetling, Ph. D.  
Agency: The New Destiny At The Anderson: Bronx, NY

Purpose: To analyze the services within the community of The New Destiny at the Anderson.

Significance: The New Destiny is a family supportive housing program for Intimate Partner Violence survivors (IPV) located in the Bronx. This program differs from other permanent supportive housing (PSH) models in that it is a “service light” model, meaning that voluntary services are located both on site and within the community. The main goals of the model are to (1) maintain housing stability, (2) keep people safe and violence free, and (3) to support individual progress toward self-sufficiency. The New Destiny is located in an urban setting and as a result the success of this program is highly dependent on the abundance of local resources located in close proximity (walking distance) to The Anderson. Housing is of great importance for everyone, however it is of particular importance to IPV survivors who require an affordable permanent home to help them escape violence. Unfortunately, programs for IPV survivors were designed to provide housing only temporarily. This study looks into the challenges these women face in hopes that it will provide some understanding to policy makers of the immense need to provide funding to expand similar PSH models for IPV survivors.

Method /Approach: This study is a longitude, qualitative design aimed at understanding the challenges and hardships these women face as well as to study the success of the program in helping them to obtain a new life of their own. A geographical approach was taken to better understand the resources located within the community. A directory of all resources will be created that can be used by the women, as well as a written literature review of their accessibility, and a GIS cartogram mapping out the locations of these services.

Outcomes: The major contributions to the study will address the accessibility of integral services within the community from a geographical perspective. In turn, this will help policy makers to better understand that location matters when expanding PSH models for IPV survivors like the New Destiny.

Evaluation: The study will be evaluated by analyzing the completed literature review of off-site services as well as the complimentary GIS map, which aims to visually represent the community resources.

## Internship Abstract

Title: Health Insurance and Enroll America

Name: Catherine Mayer

Preceptor: Isaac Benjamin

Agency: Enroll America

Purpose: To understand Enroll America's effectiveness in registering Americans for health insurance and to analyze the problems.

Significance: Everyone will need medical assistance at one point in his or her life. Visits to the doctor and hospital can be extremely expensive, which is why health insurance is so beneficial. It is vital to have health insurance. However, there is a large population of uninsured Americans. The Affordable Care Act offers a marketplace for insurance policies and designs policies based on an individual's needs.

Method/Approach: Data collected through phone calls were analyzed to see how many people successfully registered for health insurance. The data was used to analyze the number of Americans that were still interested in learning about their affordable options and the most popular method of enrollment. Enroll America is considered to be a "safety net" for people because this new policy can be very confusing. Enroll America representatives remind their clients of approaching deadlines and troubleshoot any problems. Throughout the campaign, time was the most crucial element. Deadlines came and went, and the enrollment period was quickly coming to a close. Representatives were encouraged to stress to clients to enroll as soon as possible. During phone banks, the answers were recorded in an online database and were compiled based on state and county.

Outcomes: This study demonstrates who took advantage of the options offered by the Affordable Care Act. It can be used to help future outreach programs and the next period of open enrollment.

Evaluation: The information shows what methods people were more likely to use, and whether or not there is a need for these types of programs. A goal is to increase the amount of people seeking to sign up by the next deadline.

## Internship Abstract

Title: Expanding Knowledge about Health Care Reform in the City of New Brunswick

Name: Thiviya Nadesakumaran

Preceptor: Isaac Benjamin

Agency: Enroll America

**Purpose:** To expand knowledge and awareness about health insurance within the city of New Brunswick and to analyze which populations within the city are most lacking in terms of health insurance.

**Significance:** Research has shown that there are a number of people without health insurance. A large portion do not have health insurance because they do not have the right guidance and directions on how to receive it. Many of them believe it is too expensive but do not know that financial aid can be provided. Many low-income residents in New Brunswick refuse to get health insurance because they are scared of the cost.

**Method/Approach:** Members of Enroll America are trying to reach out to these individuals by hosting events, calling, and giving out flyers to various people. Surveys are also taken by calling people in order to understand which groups of people should be targeted. For example if surveys show that the majority of people who don't have health insurance are Spanish speaking, we would make changes in order to target that specific group of people.

**Outcomes:** This study will assist with getting information out to those who do not have health insurance. This will then lead to more people getting health insurance.

**Evaluation:** This study can be done by analyzing many surveys and simply hearing the opinions of those without health insurance. Through [getcovereddata.com](http://getcovereddata.com) we are able to see how many people have signed up for health insurance. We can also see how many of those who speak Spanish have signed up for health insurance. This helps us keep track of our progress whether it be good or bad.

## Internship Abstract

Title: Special Hope for Young Adults with Intellectual and Developmental Disabilities Transitioning into the Healthcare System

Name: Kellie Palomba

Preceptor: Caroline Coffield

Agency: The Boggs Center on Developmental Disabilities

**Purpose:** To develop a comprehensive blueprint that will provide key strategies for accessing quality healthcare services for transition-age individuals with ID/DD.

**Significance:** The Special Hope project is a federally funded initiative designed to develop key strategies for delivering appropriate access to quality healthcare services through a Patient Centered Health Home or Health Care Neighborhood for individuals with intellectual and developmental disabilities (ID/DD) between 16 and 30 years of age. The reevaluation of transition healthcare for youths and young adults with ID/DD will aim to improve person-centered healthcare accessibility.

**Method/Approach:** Throughout the duration of this project, four stakeholder meetings were held at The Boggs Center with prominent professionals from relevant fields of study. Experts from the medical, educational, and service professions were in attendance. Advocates, such as family members of individuals with ID/DD were also in attendance. The Special Hope project ultimately provided a comprehensive blueprint of the key strategies derived from these forums. The blueprint was drafted collaboratively by using the Special Hope grant, vision, and project description as resources. Each section of the blueprint was individually drafted, compiled, and presented to the Executive Director for approval.

**Outcomes:** Through the collaborative forum meetings and input provided by stakeholders, the key strategies will be finalized into a policy blueprint. The final steps in the process involve disability advocacy and implementation of the blueprint. The projected completion of the policy blueprint draft is late June 2014.

**Evaluation:** The effectiveness of this blueprint will be assessed through the improvement of quality healthcare accessibility for individuals with ID/DD.

Thank you to Dr. Caroline Coffield and Susan Ellien for allowing me this opportunity to be a part of this wonderful project. Thank you for all of the support and guidance provided throughout these efforts.

## Internship Abstract

Title: Usefulness of Blog Posts

Name: Neha Parikh

Preceptor: Kara D'Afflitto

Agency: ReVireo

**Purpose:** To analyze and expand knowledge of green energy solutions and understand the traffic and analytics for the company.

**Significance:** Research has shown that homeowners are now interested in green energy solutions that are more efficient and cost-effective for their homes. However, many homeowners, builders, and contractors find themselves confused on the different options available and the usefulness of these options. Therefore, there is a need to explain the market and show potential clients all the different energy solutions available to them. Furthermore, it is necessary to write informative blog posts that highlight any questions that clients may have.

**Method/Approach:** Using Google Analytics, members of the team will analyze the traffic that comes to the website. They will look at numbers before they started working, and see how many more people have come to the site. In addition, they will track and see which articles are most popular, and how they are more useful.

**Outcomes:** This study will use google analytics to determine the most popular blog posts, in order to identify which information the population values and what articles to place on the website in the future.

**Evaluation:** This study can be evaluated by using Google Analytics to determine the flow of traffic to the website.

## Internship Abstract

Title: Sources of Coverage  
Name: Preston Rollero  
Preceptor: Ward Sanders, Esq., President  
Agency: New Jersey Association of Health Plans

Purpose: To report and analyze how New Jersey residents obtained health insurance in the years 2009-2012.

Significance: The landscape of healthcare and health insurance is rapidly changing. It is significant to track the changes over the last few years. Doing so allows for proper analysis of the effects of the Patient Protection and Affordable Care Act, particularly the Medicaid expansion and more open access to health insurance.

Method/Approach: This project required multiple approaches. The project creators gathered much of the data for government regulated insurances (Medicare/Medicaid/Military Insurance/Uninsured) from Current Population Surveys from the United States Census Bureau in conjunction with numbers provided from the New Jersey Division of Medical Assistance and Health Services. For the Small Employer Insurance and the Individual Reform Market, the creators utilized data in reports provided to them by the New Jersey Department of Banking and Insurance (DOBI). DOBI also provided specific numbers for enrollment for the Student market, the self-funded Multiple Employer Welfare Arrangement (MEWA), and the Federal Employee Health Benefits Program (FEHBP). The NJAHP's members provided the enrollment data for the commercial healthcare market. The project creators completed the written analysis of the data and the tables themselves.

Outcomes: The Sources of Coverage document will serve to provide information in a more accessible way. The data itself is not combined anywhere else for the included years in such a manner. It will allow for the tracking of trends over the last few years. Further, it can detail the difference in coverage from a pre-Patient Protection and Affordable Care Act (ACA) to a post- ACA world. In other words, it will show the affects that the opening of the exchanges has had on how residents of New Jersey get their health insurance.

Evaluation: The document will be received by government and health related organizations. It can be used for multiple different purposes. Organizations will find the data useful in noting health insurance sources overall. It provides a quick and easily understandable data. Because the project creators will make it available online, the public can also utilize the data. The private use of the data could be valuable in related projects, reports, and analyses of health insurance in the state of New Jersey.

## Internship Abstract

Title: HomeFront Economic Impact Report  
Name: Avani Tandon  
Preceptor: Nicol Nicola  
Agency: New Jersey Chamber of Commerce

**Purpose:** This comprehensive report will outline recent activity of a not for profit agency, HomeFront, and the economic impact of the implementation of its new facility.

**Significance:** HomeFront is a not for profit agency based out of Central New Jersey. It consists of a sundry of programs that aim to break the cycle of poverty and help families become self-sufficient. This network of services for the poor and homeless helps single parents, families with histories of domestic violence, child abuse, drug abuse, and intergenerational welfare in Princeton, Lawrenceville, Ewing and Trenton. The mission of the organization is “to end homelessness in Central New Jersey by harnessing the caring, resources and the expertise of the community.” The new HomeFront facility will retain all of the previous 46 full-time and part-time employees that worked at the Family Preservation Center. In addition, many of these part-time employees will be transferred into full-time employees. The new facility will allow HomeFront to create 19 new jobs. The Services provided will include: emergency housing for 36 homeless families, satellite offices for other Mercer County social services agencies, space for afterschool program serving up to 12 children, a training kitchen, a warming kitchen and dining area, an expanded arts program, educational development and youth programs, mental health and family counseling services and new job training/ workforce development programs.

**Method or approach:** Research will be conducted using literature provided by HomeFront, as well as other economic reports available to the public. Analysis will be conducted on the history and impact of similar projects, as well as the impact this facility will have on homelessness and joblessness. A description of the organization’s expenditures and profits will also be included and synthesized into the report. Each section will be thoroughly explained and supported with numerical data.

**Target Audience:** This economic impact report is meant to serve as an informative guide to policy makers and potential donors who wish to understand the efforts and impact of HomeFront and its programs on society.

**Outcomes:** The economic impact report will be published by the NJ Chamber of Commerce and distributed to all members of the chamber as well as available at HomeFront to donors and policy makers who approve the organization’s actions and expansion of programs.

**Evaluation:** Success and accuracy of the economic impact report’s projections will be evaluated upon the implementation of the new facility and the new program