

## Hillside Health Care International

“Learning While Serving”

### **Hillside Public Health Field Experience/Practicum Projects**

Hillside priority areas, suggested projects, & basic skills required & to be further developed:

#### ***Zika Virus Education***

Basic skills: Health education, environmental health, communication, curriculum development, project management, evaluation.

- TO: Develop culturally appropriate curriculum.  
Facilitate Community Health Workers workshops.  
Implement Zika education protocol for Hillside patients.  
Explore creative ways to promote Zika awareness (local radio, etc).  
Develop assessment of this education.

#### ***Health Education Curriculum Development and Evaluation in District Schools***

Basic skills: Health education communication, curriculum development, project management, evaluation, research.

- TO: Review literature on best practices to improve health behaviors in our school children.  
Evaluate current lesson plans of Hillside’s non- MPH students, (who teach dental hygiene, nutrition/exercise, & sexual/reproductive health at 7 area schools).  
Use Ministry of Education guidelines to develop other curriculum areas.  
Target age-specific activities/presentations.  
Enhance lesson plans based on above.  
Expand above to adult population of teachers & parents

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

Basic skills: Data analysis, quantitative analysis, database development, project management, information communication/info-graphics, health systems change.

- TO: Explore data-driven proposals of Directors of PT, Pharmacy, Clinic, Public Health & Nursing.  
Expand our Clinical Committee’s CQI projects in diabetes, hypertension, &/or family planning.  
Help implement these through surveys, database development & staff trainings.

#### ***Public Health Diabetes Quality Improvement (CQI)***

Basic skills: Research assessment; literature review; data analysis; health systems change.

- TO: Explore current activities & partnerships in present DM CQI project.  
Review literature on diabetes in low-resource settings.  
Propose enhancements to current activities.  
Develop systematic approach to implementation.

#### ***Community Container Garden***

Basic skills: Project management; evaluation; youth development; health/patient education.

- TO: Help establish our Garden to educate about eating healthy & growing one’s own food.  
Build partnerships with local NGOs focusing on diabetes, gardens, & food-as-medicine.  
Research & develop handouts for Belizeans on nutrition, gardens, and food prep.  
Develop/lead sessions on clinics & mobiles, using our Container Garden.

#### ***Malnutrition/Stunting in Toledo District***

Basic skills: Observation & qualitative data collection; cultural & interpersonal communication; best presentation practice.

TO: Research Hillside's information on communities, culture, & local malnutrition data.  
Develop study tool(s) before arrival.  
Monitor & collect data during alternate weeks living with one village's family.  
Compile and compare observations on alternate weeks, with social worker, CHW trainer, etc.  
Broaden exposure to other villages on some of our 25 mobile clinics.  
Develop plan for Hillside to decrease local malnutrition/stunting.

### ***Implementation of School –based Oral Hygiene***

Basic skills: Health education; project management; monitoring and evaluation design.

TO: Further gather & organize materials for school-based program started 9/16.  
Help implement program at 6 Primary schools  
Develop monitoring and evaluation of teaching's success.

### ***Community Health Worker (CHW) Outreach & Education***

Basic skills: Qualitative/quantitative assessment; project management; evaluation, health education; graphic design.

TO: Develop trainings on health behavior for each village's CHW.  
Utilize graphic design & health message communication in low-literacy groups.  
Develop evaluation tools to measure success of education.  
With Ministry of Health approval, participate in monthly group CHW trainings.

### ***Grant Writing***

Basic skills: Non-profit management; qualitative/quantitative assessment; grantor & data-base research; budgeting; proposal/report writing; program impact communication.

TO: Research/ identify grant opportunities, corporate partnerships, & individual donors.  
Collaborate with Hillside's Director of Development.  
Generate grant inquiry, proposal, and follow-up report.  
Continue this project from your home base after leaving Hillside.

If you have a project you're curious about, or particular skills you want to develop, send us an email: we'd love to hear your ideas!! Or, if you are interested in a project related to public health and are not an MPH student, please reach out to discuss:

Matthew Nicasio: Public Health Director [publichealthdirector.hillside@gmail.com](mailto:publichealthdirector.hillside@gmail.com)

Skype: [publichealth16@outlook.com](skype:publichealth16@outlook.com) phone: +501.722 .2312

August, 2016

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