

# BROCK UNIVERSITY

## MASTER OF PUBLIC HEALTH PRACTICUM PLACEMENT

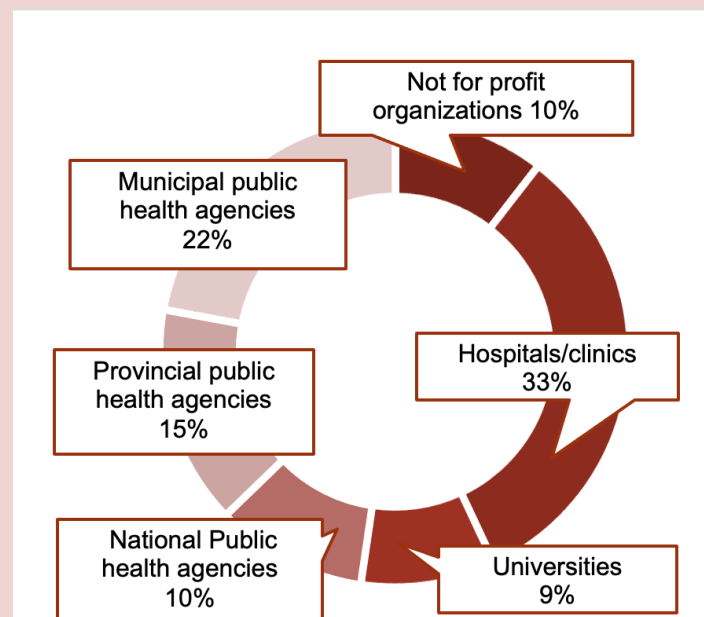
The goal of the Master of Public Health (MPH) program is to provide students the opportunity to gain knowledge and skills in public health that will launch them into professional careers or doctoral studies.

The practicum component of Brock University's MPH program is a major component of the students learning experience. MPH courses are aligned to strategically support students in preparing for a 420-hour practicum that meets their career interests and with the public health organization of their choice

The combination of course content and public health practicum provide a very active learning experience. MPH and MBA-MPH graduates are ready and willing to meet challenges head on with knowledge, ideas, skills and public health experience. They are enthusiastic to seize opportunities to contribute in helping people of all ages to live longer and fuller lives, to create safer communities, to balance social inequalities that impact well-being, to be part of a force of professionals who will make a difference to the practice of public health in the 21st century.

### EXAMPLES OF PRACTICUM

- Public Health Ontario
- School Lunch Association (Newfoundland)
- Center on Rural Ageing and Health, Nova Scotia
- Alberta Health Services
- Heart and Stroke Foundation of New Brunswick
- Bridge to Health Medical and Dental (Baltimore Maryland)
- PEI Chief Public Health Office
- Fraser Northwest Division of Family Practice
- Hospice Palliative Care Ontario
- Niagara Region Public Health
- The Bernard Nordkamp Center, Namibia Africa





**Shana Vidito**  
**Kings Regional Rehab**

For my practicum placement I worked at a Residential Care Facility as the Chair of the New Organizational Health Committee (OHC) that's aim was to follow the National Standard for Psychological Health and Safety in the Workplace from the Mental Health Commission of Canada. I led focus groups, put out surveys, and met with the newly formed Organizational Health Committee to lead brainstorming, meetings, and action plans. We changed systems and policies, hosted Wellness Weekdays, planned education and organized a day long Health and Wellness Fair. I am grateful for the practicum because it thrust me quickly into a big leadership role. I think that it is important to surround yourself with a team or tribe of people who connect and identify with the same goal. My team was instrumental in my success with the committee and that is also an important lesson for me to take forward in my professional practice.

My practicum placement was at the Chief Public Health Office (CPHO) of Prince Edward Island, where I supported various projects within the Health Promotion Unit. Notably, the primary focus of my practicum placement was to support the evaluation of the PEI Smoking Cessation Program. Through this role, I performed extensive research, developed a program evaluation framework and identified indicators and questions that would provide insight into the program's success, built and distributed several questionnaires, analyzed qualitative and quantitative data, and developed several documents to support the evaluation report. Throughout my time at the CPHO, I was involved in several other projects and working groups. I made several professional connections, and I was encouraged to involve myself in projects that catered to my interests. Overall, my public health practicum experience at the CPHO exceeded my expectations and complimented my MPH coursework in several ways. I hope that future MPH students will have the opportunity to work alongside the Health Promotion team to complement their MPH experience



**Kristyn Reeves**  
**Chief Public Health**  
**Office of Prince**  
**Edward Island**



**Fil Potempski**  
**Bridge to Health USA**

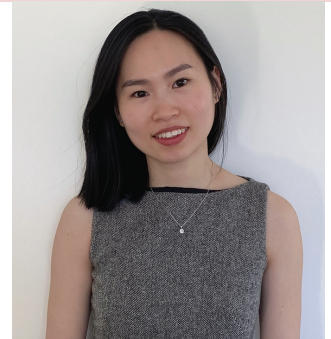
I completed my practicum at Bridge to Health USA, where I was the project co-lead on a community health outreach program in Baltimore, Maryland. The project aims to address and improve cardiovascular health for marginalized populations through community empowerment and engagement. My role included researching health trends and barriers to accessing care in Baltimore, which was done through consultations with key stakeholders such as local physicians, community organizations, and representatives of federally qualified health centres. Recently, I was offered the opportunity to work on projects in Peru and Yemen, allowing me to pursue my interests in global health and research.



**Beverly Kemp  
Heart and Stroke  
Foundation of New  
Brunswick**

For my practicum at the Heart and Stroke Foundation of New Brunswick (Heart & Stroke NB), I had the opportunity to work within the Health Promotion Department. My project was to plan and implement a process improvement strategy for the Live Well | Bien Vivre program (LWBV). LWBV is accessible, bilingual, no charge, professional health coaching for all New Brunswick residents 19 and over. It supports New Brunswickers who want to prevent or manage chronic disease, using behaviour change strategies of coaching, guiding, and motivating. LWBV is funded by the Government of New Brunswick and managed by Heart & Stroke NB. The intent of implementing a process improvement strategy was to increase the time spent by Health Coaches on direct and indirect client care, and to minimize time spent outside of client care, such as on travel or administration. In addition, I established key performance indicators and tracked them throughout the phases of the strategy implementation. This culminated in a final report, where improvements were observed across all indicators!

One of the practicum projects that I did was critically appraising the existing body of literature as well as credible online information sources, and comparing and contrasting provincial residential tenancies legislations across Canada. The purpose of this project is to understand the impacts of these legislations on victims of domestic abuse in Canada. The major outcome was recommending informed changes to the BC tenant Act to make the move process favourable to victims of abuse.



**Han Hoang  
Shelter Movers**



**Brianna Stefanon  
Mackenzie Health -  
Cortellucci Vaughan  
Hospital**

My practicum took place at a local hospital within the Health and Safety department. I worked with my practicum supervisor to prepare each hospital department for an upcoming Ministry of Labour wall-to-wall inspection. My main responsibility was to arrange, conduct, and follow-up with managerial staff from each department after a "mock" inspection was completed by myself or with my supervisor. I would document and record health and safety concerns within each department and create an action plan for managers. The action plan detailed the concern(s), recommended corrective actions, and contact personnel for future concerns.

During my Masters of Public Health Practicum, I gained public health experience and connections that allowed me to break into the field. I have continued to work with this team since ending my practicum. I will be presenting the research that I conducted during my practicum at the Newborn Screening Symposium in Washington this fall.

**Bailey Milne  
Newborn Screening  
Ontario - CHEO**





**Minoo Hashemi**  
**Hospice Palliative Care**  
**Ontario**

For my Master of Public Health Practicum, I was given the opportunity to work at Hospice Palliative Care Ontario (HPCO) with designing and implementing an evaluation plan for virtual programs. My first practicum project involved developing and implementing the evaluation plan for the Virtual Compassionate Care Communities (VCCC) initiatives. The Objectives of the project were to know how successful these virtual activities have been in achieving their goals and provide a routine method for evaluating VCCC programs. My tasks included developing a proposal, developing data collection tools as well as collecting, analyzing and visualizing data. In the data collection process, my role was to help with the coordination and execution of focus groups interviews to evaluate the application of knowledge to change the quality of life and behavior, and also to get informed of improvement opportunities and barriers. My experience by volunteering in the public health sector showed me how much knowledge I have acquired during my MPH program, how I have developed skills, and how I can apply those skills.

My practicum was with Sunnybrook Health Sciences Centre, at the Centre for Injury Prevention. The position I was selected for required evaluating the Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y.) program and developing an equity, diversity and inclusion (EDI) framework with an intersectionality lens. The tasks I completed during this experience included a planning a health promotion project, conducting a situational assessment, creating a logic model and Gantt chart, writing a literature review, and designing a model for intersectionality to be applied within injury prevention. The project culminated with a webinar for national injury prevention practitioners, where I had the incredible opportunity to be the key note speaker and present my project. In summary, my practicum placement was a transformative experience that offered me the chance to integrate critical public health skills, knowledge, and concepts I was taught throughout the MPH program into practice.



**Alyssa Miles**  
**Sunnybrook Hospital**



**Joelle DesChatelets**  
**Kemptville District**  
**Hospital**

For my practicum experience, I created an opportunity with the Chief Executive Officer (CEO) of Kemptville District Hospital (KDH), where the CEO acted as my mentor. My experience entailed working on a variety of projects and activities at KDH. This work included attending frequent meetings with the CEO, monthly board meetings, working closely with the Ontario Health Team (OHT) that KDH is part of, developing the hospitals' strategic plan, and writing a paper on the Lean methodology. My experience as the mentee of the CEO at KDH has been extremely valuable and has furthered my personal and professional development in the healthcare environment. I have built a strong network, which has helped me secure a job after graduation. I have learned many skills and made many contributions that will allow me to make a positive impact in the community and field of healthcare.

For my practicum project at Alberta Health Services, I performed an item analysis on hand hygiene self-assessments which were used to assess competency of healthcare workers and volunteers interested in becoming a hand hygiene reviewer in Alberta. I was required to conduct a literature review on item analysis and calculated item difficulty, item discrimination, point biserial correlation, B-index, distractor efficiency, and Cronbach's alpha to determine the assessment's validity and reliability. To share findings from my analysis, I presented results and recommendations for improvement to various stakeholders at Alberta Health Services and prepared a manuscript for a wider scientific audience. I found that my practicum experience complemented course material well and provided me with the ability to apply many public health competencies, such as evaluation, collaboration, and communication throughout my experience.

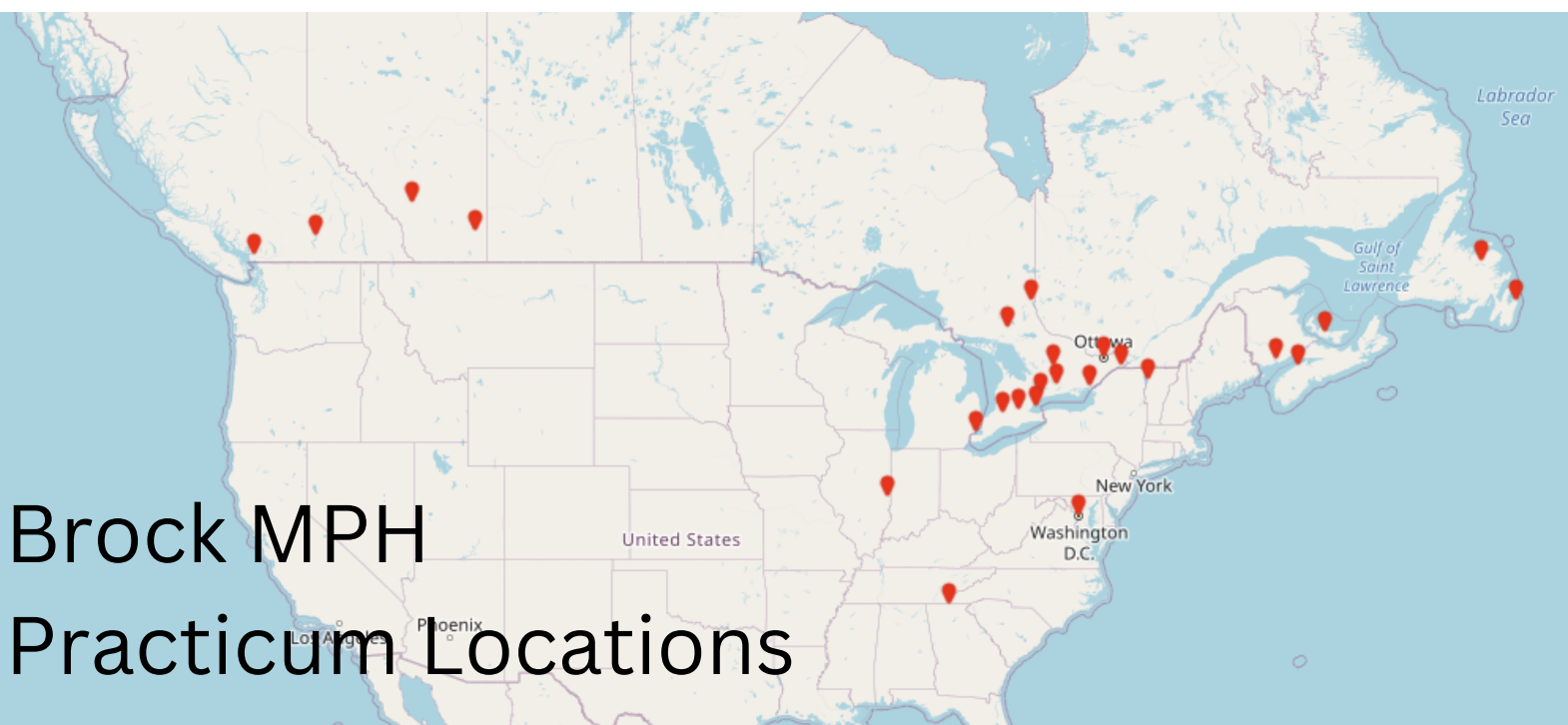


**Vinita Kumar**  
**Alberta Health Services**



**Nickolas Harrington**  
**Timiskaming Health Unit**

For my practicum at the Timiskaming Health Unit, I used active surveillance to investigate the risk of contracting Lyme disease from black legged ticks throughout the district. I first had to learn how to identify the various tick species and select the areas where I would perform data collection. The tick collection involved me walking through hiking trails and nature sites with a drag cloth behind me. I examined the cloth for ticks and sent black legged ticks away for testing. The final phase of my practicum required me to provide the agency with a research report of my findings, an oral presentation, and my intervention recommendation. My practicum at the Timiskaming Health Unit provided me with the freedom to make this research project my own. It also provided me with a chance to apply my knowledge and to gain experience that future employers will find valuable.





# HOW DO I SUCCEED?

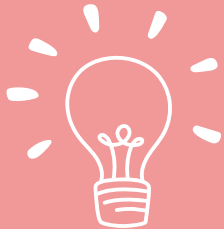
## Advice from former students



**"Be intentional when seeking out the experiences for your practicum as the skills, contacts and networking that can be gained from a rewarding practicum are invaluable in helping shape your future career path."**



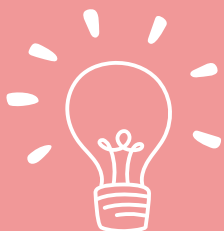
**"Time management is key. If you are already employed, communicate your availability or explore your collective agreements for available leaves. Creating time to really dive into this experience will yield more knowledge and skill development."**



**"Figure out what public health issues make you uncomfortable, and dedicate your work to solving those issues. The work will be challenging, but rewarding."**



**"Get involved with your organization during your practicum! Learn about what they do, ask questions, and seek out any opportunities to participate in additional meetings, learning opportunities, or projects."**



**"Never be afraid to be challenged in your career path and continue to explore things outside of your comfort zone."**



**"Use learning outcomes from your course syllabi when crafting your job and practicum applications! They help you to specify your skills and make yourself marketable to hiring managers."**

