

Issue/Gap Identified

Resource Accessibility: Limited access to essential health resources for at-risk families.

Community Awareness: Low community awareness of available health services.

Health Worker Training: Need for ongoing professional development for home visitors.

Outcomes

Professional Development: Gained a comprehensive understanding of public health initiatives and collaboration opportunities.

Practical Skills: Acquired hands-on experience in baby care, environmental health, and data management.

Network Expansion: Built a network of valuable professional connections across various sectors in Virginia.

Lessons Learned

Collaborative Work: The importance of multidisciplinary collaboration for a holistic approach to public health.

Communication Skills: The critical role of clear and effective communication in healthcare settings and data management.

Adaptability: Flexibility and adaptability in diverse roles enhance learning and professional growth.

Outputs

Data Management: Implemented efficient data entry and organization systems for BabyCare.

BabyCare Home Visits: Provided hands-on support and care during home visits, gaining practical experience.

Educational Materials: Created impactful flyers and presentations to educate clients and partners about BabyCare.

Community Engagement: Organized resource tables at free community baby showers for pregnant and postpartum mothers, providing information on essential community resources available to them.

Professional Networking: Established connections with professionals across Virginia, fostering potential collaboration opportunities.



Child passenger safety class with Angela Lusardi, a social worker and a certified car seat educator.



Taking milk samples at Westover Dairy with Anne Clendenon, the Central Virginia Health District (CVHD) Technical Environmental Health Specialist.



My wonderful mentor Ruby Jones, PHN Linda Mitchell and I.



Dr. Gateley, the Health Director for the CVHD and I

Acknowledgements

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Challenges

Data Accuracy: Ensuring precision in data entry and management presented initial learning curves and required meticulous attention to detail.

Time Management: Balancing multiple projects and shadowing opportunities simultaneously posed a significant challenge, necessitating effective prioritization and scheduling.

Role Adaptation: Adapting to diverse roles and responsibilities across different departments required flexibility and a quick learning ability to understand their unique functions and workflows.



Carl Mack, the CVHD Peer Support Specialist, and I met with Shiloh Martins, the Project Link Coordinator, at the first Project LINK site in Central Virginia.



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