VIRGINIA DEPARTMENT OF HEALTH

INTERNSHIP ACADEMY

## 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.

## 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.



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.

# Wuraola Ruth Awosan CVHD BabyCare Program Cohort 2, 2024, VDH Internship Academy

#### 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.



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.

# Challenges

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

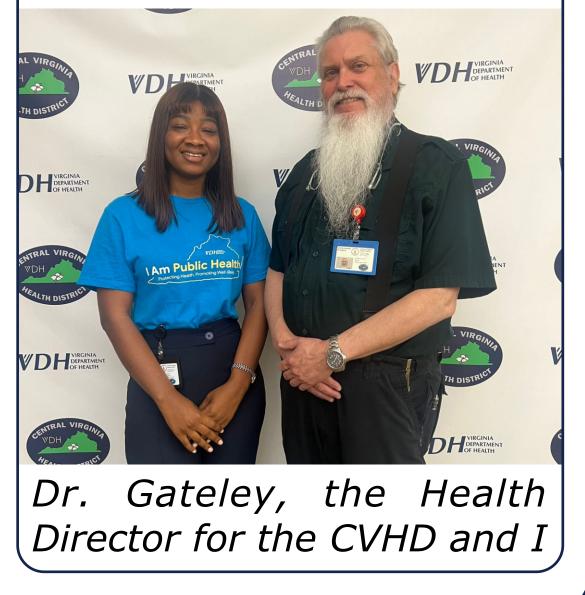
**Time Management:** Balancing multiple projects and shadowing opportunities simultaneously posed a significant challenge, necessitating effective prioritization and scheduling.

**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.





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



**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.

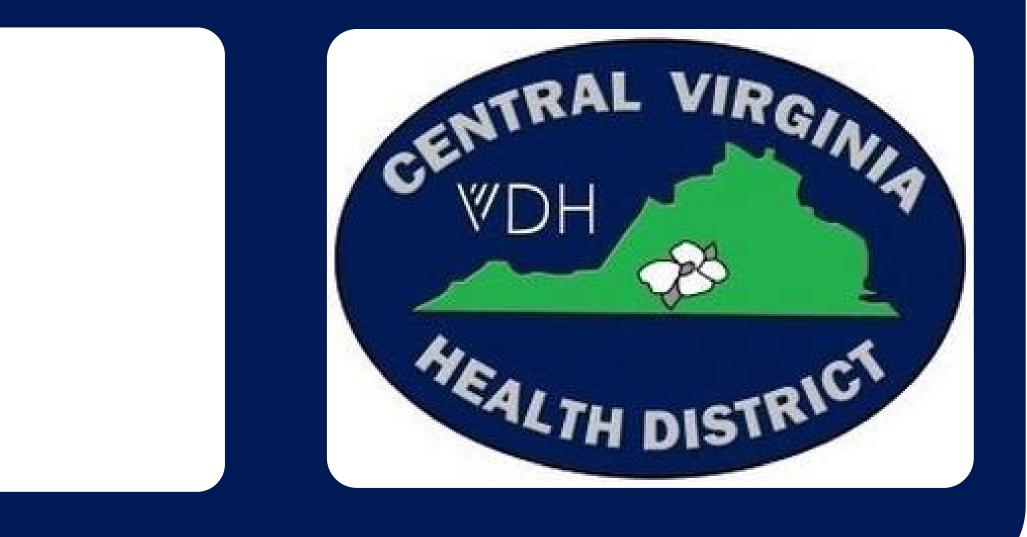
I am deeply grateful to my wonderful mentor Ruby Jones for her unwavering support and guidance.

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### Lessons Learned

## Acknowledgements

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