

Fall 2015 Internship Poster Sessions



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Internship Abstract

Title: Englewood Health Education Program

Name: Mona Kim

Preceptors: Health Director and Officer: Jim Fedoroko, Youth Health Educator: John Han

Agency: Englewood Health Department

Purpose: To educate and provide counseling services to the Englewood youth community using an innovative evidence based program called the Reach and Teach program.

Significance: This project is important because educating the youth about public health issues will help them implement healthy practices. Englewood has the second highest rates of several STD/STI's in Bergen County (NJ Department of Health). A White House drug control update shows New Jersey is one of the top ten states for usage of cocaine among persons ages 12+. In addition, New Jersey has higher rates of heroin use/ death compared to any other substance and the heroin epidemic is growing. This project focuses on educating the youth about these substances, risky behaviors, and other health related risks so they may learn to protect themselves.

Method/Approach: This project will be conducted through presentations and education in the middle and high schools of Englewood. The steps that are involved include: using a well prepared/ relevant curriculum of health topics for the middle school; preparing interactive activities and educational information, using cafeteria outreach and partnering with local organizations to host events. This project will also utilize guest speakers and informational videos. The intern is responsible for creating educational materials for the cafeteria outreach and classrooms, teaching students about the public health issues. Additionally, the intern helps answer any questions that students may have and offer counseling services if they ask for it.

Outcomes: This project is based on a larger scope because it focuses on awareness of health prevention methods. The program also offers easy access to health educational materials to improve the quality of the youth's lives. It is imperative that education toward the youth population about various public health issues continues because of the youth's vulnerability to the increasing health risks that negatively affect everyone's lives.

Evaluation: Evaluations will be conducted using pre-tests and post-tests given to the youth participating in the Reach and Teach program. The tests consist of various questions on important health topics that the health educator will go through throughout the duration of the program. These evaluations will give feedback on the educators and help determine which methods and educational materials can be improved/continued to ensure that the program is effective.

Internship Abstract

Title: Pediatric ADHD Clinical Trial Recruitment Strategy

Name: Natasha Amaro

Preceptors: Kuntal Shastri, Head of Research Regulation; Igor Grossman, Senior Recruitment Coordinator; Dr. Jeffrey Apter, Supervising Physician

Agency: Princeton Medical Institute

Purpose: To create a successful clinical trial recruitment strategy to enroll eligible patients in a pediatric ADHD clinical trial.

Significance: Clinical trials are FDA approved research studies that explore the efficacy and safety of a medical strategy, treatment, or device in humans. Clinical trials are important because they advance medical knowledge and could help improve patient care in the future. An early and critical step of conducting a clinical trial is the recruitment of patients who meet the study's eligibility requirements. Enrollment is often competitive so, failure to recruit in a timely fashion can delay the study timeline goals, increase costs and could possibly cause the study program to discontinue at a particular site.

Method/Approach: Although this recruitment plan is aimed at parents, the main criteria for entering this study is that potential patients must be between the ages of 6 and 12 and clinically diagnosed with Attention Deficit/Hyperactive Disorder (ADHD). The recruitment plan focuses on recruitment in three different areas; pediatrician offices, elementary school counselors, and recreational fields/parks. Recruitment advertisement flyers and letters were created and then approved by the Institutional Review Board (IRB) and the pharmaceutical sponsor. These recruitment tools will be assessed for effectiveness until the end of my internship on December 1, 2015 although the end of the study enrolment is in December 2016.

Outcomes: There are two possible outcomes for this proposed recruitment strategy. The first outcome is that a potential patient gained information about the study and became interested in scheduling a consultation appointment. From there, the patient can either meet all the requirements and enter the study or, cannot enter the study because they do not meet all of the requirements. The other outcome is that there are no inquiries about the study and the expected amount of study patients is not reached. My personal goal was to schedule consultation appointments for two patients by December 1, 2015. During this time, there was only one inquiry about the study and this patient was ineligible to enroll in the study.

Evaluation: Effectiveness of the recruitment plan will be assessed by reviewing a section of patient paperwork designated to determine how patients received study information. The one patient that inquired about the study was informed through a pediatrician's office. Based on this data, recruiting through pediatricians' offices was the most effective method. A limitation to the data was that the data collection ended on December 1, 2015. It could be possible that the outcome from the recruitment effort was delayed because individuals might contact the office after end of data collection. Thus, these results could be an underestimate of the true value.

Internship Abstract

Title: Child and Maternity Health Clinic for Low-Income Families in Bridgewater, NJ

Name: Sandra Avellan

Preceptors: Chris Poulsen, Health Director, Bridgewater Township Health Department

Agency: Health Department and Community Services, Bridgewater

Purpose: Inform the Hispanic community of Bridgewater about child and maternity health clinic currently available for a lower cost.

Significance: Lack of health care impacts people's quality of life. Efforts made to reduce disparities in the healthcare system are significantly increasing with help from the Affordable Care Act. The Kaiser Family Foundation found that Hispanics, Blacks, American Indians/Natives, as well as low-income individuals are not covered by health insurance. According to Healthy People 2020, the lack of adequate health insurance is a problem because the uninsured people are more likely to die earlier and have a poor health status. This evidence showcases the importance of receiving health care. Furthermore, it highlights the health care disparities that exist in vulnerable populations.

Method/Approach: Research will be conducted using data from Bridgewater, NJ Census 2000, 2010, and 2013 as well as other sources available to the public. Analysis of this data will be conducted to find the most vulnerable population. Exploration of the site and programs offered at the Child and Maternity Health Clinic will be evaluated. After analyzing the site, programs, and data, a brochure will be created and distributed among the community to increase accessibility.

Outcomes: According to the Census 2000 the population of Bridgewater is 42,940. Bridgewater Census 2000 population by race percentage is: Blacks or African 2.2%, Asians 10.5%, and Hispanic or Latino 4.8%; Bridgewater Census 2010 population by race percentage is: Black or African 2.4%, Asian 17.8%, Hispanic or Latino 6.8%; Bridgewater Census 2013 population by race percentage is: Black or African 2.9%, Asian 18.5%, Hispanic or Latino 8.8%. Asian is the highest percentage followed by Hispanic or Latino while Black or African American has the lowest percent.

Evaluation: According to the data collected, the Asian population has considerably increased between 2000 and 2010, but the most recent Census suggested that it has leveled off. On the other hand, the data suggested that the Hispanic or Latino population has been increasing over time. This concluded that Hispanic or Latino are the target populations.

Internship Abstract

Title: Community Resource Guide

Name: Gabriella Dumbrique

Preceptors: Barry Smith, Founder & Executive Director; Ruth Loeffler, Education Director

Agency: Youth Empowerment Services

Purpose: Provide a list of community-based resources and social services agencies that best serve the needs of New Brunswick children and families. Residents will use this guide to get in touch with nearby businesses and organizations that will help to improve their quality of life.

Significance: Based on data collected in 2014 and 2015 by the US Census Bureau the median household income in New Brunswick is 44% less than the New Jersey average and 33.8% of these persons live below the poverty level (US Census Bureau, 2015). The most recent community needs assessment compiled by Saint Peter's University Hospital and Robert Wood Johnson University Hospital in 2012 revealed the specific needs of this community with health issues as the main challenge. Many of these issues such as lack of health insurance, domestic violence abuse, and adult and childhood obesity can be combated by access to the proper information and resources. A comprehensive, all-in-one social services guide will help raise awareness about community resources and provide New Brunswick residents with the proper information needed to seek help.

Methods/Approach: The process began with an exhaustive search for resources in several categories, including: food assistance, medical assistance, mental health assistance, legal services, and domestic violence support. The search was restricted geographically to only include businesses and organizations within the city of New Brunswick. These resources were consolidated into a single list separated by category and type of service. Another search was performed to gather information on government programs to assist families, as well as a search for the rights of tenants living in the state of New Jersey. This information combined with the previous list were published as both a print resource and a website.

Outcomes: A comprehensive community resource guide will provide New Brunswick residents with an easily accessible, full service list for all their needs. The guide will include everything from basic information such as addresses and phone numbers to printable forms and eligibility requirements for social services to ensure that each resident is equipped and well-informed. Finding the proper resources and seeking the most appropriate help will no longer be a stressful or difficult task.

Evaluation: Focus groups were conducted before beginning the guide to determine the specific needs of New Brunswick residents. A user feedback section and satisfaction survey are attached to the website in order for visitors to leave suggestions and comments. This information will be used to explore new ideas on how to improve the electronic guide. The usage of the online guide can be tracked using the number of hits or downloads on the website to determine the flow of new and returning visitors.

Internship Abstract

Title: Prevention Intervention Program: SIHLE (Sisters Informing Healing Living and Empowering)

Name: Gabrielle Jackson

Preceptors: Director of Community Organizing: Deloris Dockrey; Health Educator: Tyeisha Adams of Hyacinth AIDS Foundation

Agency: Hyacinth AIDS Foundation

Purpose: To evaluate the effectiveness of SIHLE (Sisters Informing Healing Living and Empowering), a prevention intervention aimed at reducing HIV sexual risk behavior among sexually active African-American female adolescents (ages 14 - 18).

Significance: HIV/AIDS continues to be a public health epidemic. According to the CDC, it is estimated that “1.1 million Americans are living with HIV, and 1 out of 5 people with HIV do not know they have it” [2]. Among this population, African-Americans are the racial/ethnic group most affected by HIV, with rates highest among Black women, especially Black female youths. “In 2010, Black female youths (ages 13 - 24), accounted for an estimated 70% (1,400 out of 11,770) of all new HIV infections among youth in the United States” [1]. They have higher rates of sexual risk behaviors, which is why it’s essential to promote HIV prevention interventions to slow the spread of the epidemic, by spreading awareness and enhancing knowledge about HIV prevention, transmission, and early HIV testing and treatment [3].

Method/Approach: SIHLE is designed for groups of 10-12 African-American female adolescents (ages 14-18). The program is a CDC-evidence based curriculum, emphasizing ethnic and gender pride, healthy attitudes, and relationships. As well as, increasing awareness about HIV and other STDs (sexually transmitted diseases), risk reduction strategies (i.e. condom use, reducing number of partners). SIHLE consists of four 3-hour sessions, two peer facilitators (ages 18-21) and one health educator in a community-based setting. The effectiveness of this program will be evaluated based on whether groups A (12 participants), and B (7 participants) achieved four objectives, measured by a pre-test administered before Session 1, a post-test administered after Session 4, and a follow-up administered three-six months after Session 4. The four objectives are: 1) increased knowledge of pregnancy prevention and STDs, risk reduction strategies, and perception of personal risk, 2) increase in enhanced communication, negotiation, and condom use skills, 3) increase in positive attitudes supportive of consistent condom use, and 4) increase intentions to reduce pregnancy risk and associated behaviors.

Outcomes: Both groups had identical percentages when it came to achieving all four objectives. An average of 88.3% of participants achieved objective 1, an average of 95.2% of participants achieved objective 2, an average of 70.5% of participants achieved objective 3, and an average of 91.3% of participants achieved objective 4.

Evaluation: Both groups achieved all four objectives, indicating SIHLE’s effectiveness to reduce sexual risk behaviors, pregnancy, and HIV and other STDs. As well as, increase participants’ knowledge about HIV prevention (i.e., positive condom attitudes, barriers), transmission, and early testing.

Internship Abstract

Title: NonProfit Organization Smile Bangladesh Program Assessment and Evaluation

Name: Jahanara Kabir

Preceptors: Christine Rozario, Administrative Assistant, Office of Global Health, Robert Wood Johnson Medical School

Agency: Robert Wood Johnson Medical School

Purpose: To assess the experience and volunteering motive of participants of the nonprofit medical organization Smile Bangladesh.

Significance: The small country of Bangladesh has over 300,000 children and adults with unrepaired cleft deformities. Although Bangladesh has one of the highest rate of cleft deformities, there are only 30 trained surgeons in the country that have the skills to perform such surgeries. Smile Bangladesh is a nonprofit organization that has traveled to impoverished regions in the country twice a year to perform free cleft surgeries since 2010. The goal is to develop methods to improve the organization.

Method/Approach: A questionnaire was developed using the Rutgers University survey tool Qualtrics. The survey will be used to better understand the overall impact as well as improvement methods for the organization. The questionnaire consists of 22 questions, which take on average 5-15 minutes to complete. The survey was comprised of multiple choice, open ended, and scaled questions. The questions asked participants their experiences before, during, and after the trip. The survey link was emailed to 48 medical professionals affiliated with the organization.. The team was comprised of surgeons, anesthesiologists, nurses, residents, and medical students. A subsequent email was administered a week after the initial email to garner more results.

Outcomes: Of the sample size cohort (n=48), 35 participants (73%) finished the survey assignment, 1 (2%) had an incomplete survey, and 12 (25%) were unresponsive. Of the participants that completed the survey, 24 (69%) identified as male, and 11 (31%) as female. When asked of their role, 8 individuals (24%) choose surgeon, 10 (30%) choose anesthesiologist, 3 (9%) choose nurse, 2 (6%) choose medical student, and 10 (30%) choose medical resident. 90% of participants indicated that their expectations closely matched their actual experiences, and 91% felt the trip was well organized. 65% indicated that the welcoming atmosphere and elevating experience exceeded expectations, and 59-73% concluded high patient load and disadvantaged populations matched expectations. Many individuals became involved with the organization due to a referral (40%) or considered it a worthy cause to join (31%). However this concludes that the organization must improve social media outreach in order to increase involvement.

Evaluation: Previous to the administration of the questionnaire, a test run was conducted that gathered feedback. After, the participants took the survey, they received a follow-up email, which thanked them for their assistance. The survey results will be used to make improvements for the organizations and the survey will be sustainable for continuous program evaluation.

Internship Abstract

Title: Implementation of IEP Direct
Name: Melisa Kolani
Preceptors: Marie Mormelo
Agency: Roselle Park Special Services Department

Purpose: To implement a new Individualized Education Plan (IEP) data system, IEP Direct, and determine its efficiency to reduce the complexity of Special Education programs and IEPs.

Significance: Individuals affected by mental, physical, and emotional health (i.e., learning disabilities, physical disabilities, and emotional distress) are in need of specialized education plans in order to maintain a healthy, prosperous learning experience and lifestyle. Disabilities, of all types, can cause trauma, stress, and eventual neglect of mainstream life if not treated early through appropriate specialized education programs. IEP Direct, the department's new IEP data system, is being used to input all student information and maintain compliance rates with the New Jersey Department of Education. By implementing this new system, Special Services hopes to achieve compliance with the state and increase personal time with the students.

Method/Approach: To determine if compliance is being achieved and if providers are satisfied with the system's efficiency, several reports are administered. To begin the process of reporting, student geographical information and all previous IEPs (individualized educational program) and evaluations must be rolled over into IEP Direct from the district's previous IEP implementation system. Once the student information is rolled over, the district can begin the process of inputting all current information into the new system. To keep track of efficiency, compliance, and provider satisfaction, reports are created off of IEP direct and personal provider satisfaction surveys are distributed and analyzed by the intern.

Outcomes: The district expects that IEP Direct will lessen the load of Special Education documentation so that the case managers, psychologists, learning disabilities teacher-consultants, teachers and therapists spend more time with their students. While expensive, the new data system can provide the district with better means of inputting student IEPs and keep the district in compliance with the state.

Evaluation: Evaluation of this project will be determined through the quarterly report from IEP Direct in December 2015 regarding its efficiency and user satisfaction. This project will also be evaluated on the approval from NJDOE (New Jersey Department of Education) in terms of its compliance with state requirements. If IEP Direct is satisfying the district's needs and maintaining its compliance, then the data system will remain in contract with Roselle Park Special Services.

Internship Abstract

Title: A Call For More Effective Cervical Cancer Screening Programs

Name: Vanessa Mathieu

Preceptor: Dr. Nancy Louis, Ph.D, MPAS, PA-C

Agency: University Hospital - Rutgers New Jersey Medical School (NJMS) S.A.V.E.
Mobile Cancer Screening Program for Women and Men

Purpose: To analyze the incidence rates of cervical cancer in Essex County and further implement new ways to increase cervical cancer screening.

Significance: Cervical cancer is a common type of cancer that affects many women. Each year, over 450 women in New Jersey and over 40 women in Essex County are diagnosed with invasive cervical cancer. Currently, there are many effective preventative measures such as Pap smear and HPV testing and there are many treatment options to combat cervical cancer. Additionally, in the state of New Jersey, free access is available for qualifying uninsured or underinsured women through the NJCEED (Cancer Education and Early Detection) Program. NJCEED offers funding to 23 agencies in NJ, two of which are located in Essex County, to provide free cervical cancer screening and diagnostic testing. Despite there being effective treatment and screening options, the state of New Jersey still ranks 24th in the nation for cervical cancer incidence and Essex County still ranks fourth in New Jersey with the highest incidence of cervical cancer. Because of this, it is important to detect the causes of high cervical cancer incidences in Essex County and seek ways to increase cervical cancer screenings in the high risk communities.

Method/Approach: Because African American and Hispanic women were identified as having the greatest risk and diagnosis for cervical cancer, further research will be conducted on different types of programs being offered by other institutions in order to increase outreach to those populations. Comparing the effective screening initiatives of other organizations will allow recommendations to be made to the S.A.V.E. program with the objective of further increasing the rate of cervical cancer screening. The recommendations that will be made will improve the existing practices by implementing other recruitment methods in order to reduce the incidence of cervical cancer.

Outcomes: This study will seek ways to reduce the risk of cervical cancer in African American and Hispanic women by recommending new initiatives that will result in the increase of cervical cancer screenings amongst this population.

Evaluation: An increase in the amount of high risk women being screened for cervical cancer through the S.A.V.E. program along with a decrease in the overall incidence rate of cervical cancer in Essex County will be used to evaluate this study.

Internship Abstract

Title: Underage Alcohol and Marijuana Consumption
Name: Manahal Mirza
Preceptors: Andrea Zapcic, Project Director; Jeff Brooks, Coalition Coordinator
Agency: Rahway Prevention Coalition

Purpose: To gather information regarding underage alcohol and marijuana use among the youth of the community via survey administration and data collection in the 7th, 9th, and 11th grades.

Significance: Rahway is the first Union County community to receive a five-year grant from the Office of National Drug Control Policy. The coalition has been funded with the goals of increasing collaboration and reducing drug and alcohol addiction among the youth. Underage alcohol and drug use is something that is prevalent in the youth of the Rahway community, and it is essential that usage is monitored so awareness can be raised accordingly.

Method/Approach: The Pride Survey was administered to the 7th, 9th, and 11th graders in the local middle and high schools. Prior to the survey administration, permission slips were sent home to parents to allow their students to participate in the anonymous survey. The areas covered in this anonymous student survey are demographics, past 30 day drug use, perception of risk, students' perception of parental and peer disapproval, age of first use, violence indicators, where and when students use drugs, school and community safety, and risk and protective factors. The drugs covered consist of cigarette/tobacco use, alcohol use, marijuana use, and prescription drug use. A total of 290 students were surveyed, from which 87 (30%) were 7th graders, 89 (30.7%) were 9th graders, and 114 (39.3%) were 11th graders.

Outcomes: Of the students who perceive cigarettes, alcohol, marijuana, and prescription drug use as moderate risk or great risk, 72.6% were 7th graders, 58.3% were 9th graders, and 49.5% were 11th graders. Of the students who perceive that their parents feel it is wrong or very wrong for students to use tobacco, alcohol, marijuana, or prescription drugs, 96.5% were 7th graders, 93.9% were 9th graders, and 82% were 11th graders. Of the students who perceive that their friends feel it is wrong or very wrong for students to use tobacco, alcohol, marijuana and prescription drugs, 90.2% were 7th graders, 65.9% were 9th graders, and only 42.7% were 11th graders. Of the students who perceive tobacco, alcohol, marijuana, and prescription drugs as fairly easy or very easy to get, 20.7% were 7th graders, 36.3% were 9th graders, and 53.4% were 11th graders. It was found that participation in such activities mostly took place over the weekend rather than weeknights or after school.

Evaluation: From the results, it was found that underage alcohol and drug use generally increased across the different grades, while the perception of parents and friends decreased.

Internship Abstract

Title: Soul of Hunger Podcast on the Reality of Food Insecurity

Name: Thi Trinh

Preceptors: Direct Supervisor: Amy Michael, Senior Program Administrator;
Project Supervisor: Lisa Pitz, Program Director of Advocacy, Outreach, and Education

Agency: AmeriCorps and The Collaborative Center for Community-Based Research and Service

Purpose: To create a podcast highlighting the daily struggles of people trying to provide for themselves and their families thereby educating the public and humanizing the issues of food insecurity.

Significance: As of 2014, more than 48 million Americans were food insecure and, of those, more than 47 million rely on the Supplemental Nutrition Assistance Program (SNAP), conventionally known as food stamps (USDA, 2014). This issue is so prevalent that some level of food insecurity exists in every single county of this country (Coleman-Jenson, Rabbit, Gregory, & Singh, 2014). New Brunswick specifically, reports that about 51% of families are affected. Despite recent efforts to change public perspective, there is still a stigma in receiving assistance and general unawareness regarding food insecurity. A podcast on these matters from different perspectives should decrease the negative attitudes and increase awareness.

Method/Approach: The podcast consists of two audio interviews. To shed light on the full issue, different people, varying in their involvement with food insecurity or reliance on external assistance like SNAP or soup kitchens, were chosen. The interviews were subsequently edited and compiled with the program Audacity. After getting the approval of the direct and project supervisors, the preliminary draft was then shown to a group of 10 people for a pretest of 5 opened-ended, quality-based questions. The constructive feedbacks were then used to modify the draft to finalize the podcast. A post-survey consisting of 5 content-based questions and Likert scaled answers accompanied the finished podcast to gauge the effectiveness of the project in humanizing the issues of food insecurity. The post-survey were given to a group of 10 college students.

Outcomes: The product of this project is a polished podcast that educates and decreases the stigma of food insecurity and SNAP reliance or other forms of assistance. High degrees of positive responses from the survey will indicate that the podcast was effective in increasing awareness and decreasing stigma.

Evaluation: The goal of the pretest is to measure the understandability and quality of the project. The finalized podcast is therefore dependent on the constructive feedback from pretesting 10 people. The results of the post survey may indicate the impact the podcast has on the public. Composed of 5 content-based questions that uses Likert scaling to determine degrees of negativity and positivity of the responses, the survey can be quantitatively analyzed. Thus, the success of the podcast in educating the public and humanizing the issues of food insecurity can be predicted.

Internship Abstract

Title: Monmouth County Regional Health Commission Workforce Development Plan

Name: Otilia Dos Santos

Preceptors: David Henry, Health Officer

Agency: Monmouth County Regional Health Commission

Purpose: Organize and construct a workforce development plan for MCRHC to present to the Public Health Accreditation Board (PHAB).

Significance: MCRHC is currently seeking accreditation to receive national recognition in order to enhance quality and performance within the health department. Accreditation allows for performance improvement opportunities including management, leadership and relationships within the community. Additional benefits of being an accredited health department include accountability to external stakeholders and competitiveness for funding opportunities. Essential to the accreditation process is creating a workforce development plan that illustrates the health department's overall mission, goals and the development of strategies for acquiring, developing and retaining staff. A well prepared public health workforce is the foundation of a healthy community.

Method/Approach: To gain a solid overview of the requirements, a PHAB online orientation was completed prior to constructing the workforce development plan in order to gain an in-depth understanding of the required standards and measures. Succeeding the orientation required thorough digestion and organization of department documents for information that supports PHAB requirements; including employee handbooks, meetings, practice standards, orientation and commission policy manuals. Following PHAB guidelines, all information gathered from these sources were neatly organized into multiple sections and included but not limited to agency and workforce profiles, training needs, competencies and education requirements. Obligatory examples and supporting documents were also gathered and then added to the appendix at the end of the document.

Outcomes: The workforce development plan is currently under review by the department's Health Officer and Accreditation Coordinator. Upon completion of the review the document will then be finalized and added to the remaining documents pending for PHAB approval. The workforce development plan will improve health outcomes of the communities served by enhancing the training, skills and performance of MCRHC's public health workers. It will also provide continuous quality improvement and performance management by strengthening internal and external partnerships and prioritizing community problems.

Evaluation: Upon approval from PHAB, MCRHC's Health Officer will be required to annually monitor its staff to ensure that the workforce development plan is being implemented. Management and employee self-assessment surveys, post-training program evaluation forms and the documentation of continuing education transcripts will serve as effective methods in maintaining a strong workforce.

Internship Abstract

Title: Extending Health Coaching Methods in Primary Care for Long-term Cancer Survivors

Name: Erica Sousa

Preceptors: Direct Supervisor: Shawna Hudson Ph.D., Director of Community Research; Project Supervisor: Denalee O'Malley Ph.D. LSW, Supervising Program Development Specialist

Agency: RWJMS Research Division Department of Family Medicine and Community Health

Purpose: To conduct a literature review on health coaching and ambulatory care in primary care in order to contribute to the Extended Cancer Education for Long-term Survivors (EXCELS) study.

Significance: There are an estimated 14.5 million cancer survivors who are at risk for premature aging and additional chronic disease. To improve their quality of life after cancer they must routinely receive treatment, which requires a proactive approach involving systematic planning, surveillance, and preventative care. Survivors need integrated tools and support to appropriately monitor their health and help them manage their interaction with their healthcare services. Unfortunately, there are not many relevant interventions that help provide this long-term support. To address this issue the Extended Cancer Education for Longer-term Survivors in Primary Care, also known as EXCELS, will be tested by supplementing a health coach. The goal of this literature review is to provide information on the effectiveness of health coaching methods and therefore contribute to the EXCELS study.

Method/Approach: A PubMed search of literature through November 2015 was performed. Articles were retrieved and reviewed to confirm their relevance. The EndNote X6 software was used to import all identified articles. Each abstract was individually reviewed for inclusion and categorized according to relevance to the research question. Articles that were not significant or irrelevant were discarded from the review.

Outcomes: A total of 336 abstracts were initially identified from the database research. After abstracts were reviewed, 30 full-text articles were reviewed of which 17 met inclusion criteria. Of the 30 articles 13 were excluded due to providing anticipated outcomes rather than completed results. An additional 5 articles were identified from the references of the included articles, therefore 22 were retained. Four areas of assessment were identified: structure, target group, outcomes, and facilitator.

Evaluation: This formative work will be included in a larger systemic analysis towards the development of a health coaching intervention for the EXCELS study. The major findings thus far found that there is sufficient evidence that health coaching may improve patient activation and health behaviors. This finding supports the need for more interactive health coaching methods to be implemented in primary care for long term cancer survivors as it has been proven successful for other target groups.

Internship Abstract

Title: The National Endurance Sports Summit

Name: Eitan Sufian

Preceptors: Joseph Benun, CEO and Founder

Agency: Team U, Inc.

Purpose: Fundraiser for global health issues that showcases how endurance sports can be used to improve one's self, one's community, and the world.

Significance: The event is a chance for athletes and people to come together for presentations, panels, and clinics on the transformative power of endurance sports--specifically on the potential to transform one's own life through health and empowerment, one's community by building camaraderie and inspiring others, and in the world, through fundraising and raising awareness for global health and poverty issues. Team U is partnered with Shoe4Africa who is building a children's hospital in Kenya. Organizations like Shoe4Africa depend on fundraising, grants, and other financial assistance. It is through events like this, and funds raised, that major projects can occur.

Method/Approach: Various authors, speakers, practitioners, athletes, and coaches around the country were invited to speak via calls and emails. The event had 25 speakers. Flights, hotels, and transportation were arranged. The event had five sponsors to help cover costs and donate promotional materials. Social and print media was used to promote the event and bring in attendees.

Outcomes: The event had nearly 100 people in attendance. Several events were in filled to capacity, including a panel live-streamed by Red Bull and publicized by them via twitter to an audience of over two million followers. An intimate community formed at the event consisting of attendees and speakers interacting. There was an atmosphere of openness and a shared goal of improving one's health and global health at the event.

Evaluation: Ultimately, the event grossed \$3,300 dollars for Team U. And overall, through its supporting work, Team U has successfully raised \$50,000 dollars for this hospital project. After the event, surveys were sent out to attendees via email to evaluate the event's success. Qualitative data was gather from the survey. Survey data is still being collected until January 1, 2016. The current data allows for the inference that attendees left the event inspired and with the knowledge on how to use endurance sports to change all aspects of their life. One attendee emailed Team U noting that the event was one of the best conferences he had gone to in 20 years. Attendees were also made aware of global health and poverty issues and how endurance sports can be used to help these issues through fundraising and raising awareness.

Internship Abstract

Title: Reducing Factors triggering Migraine through Prevention Methods

Name: Vi Nguyen

Preceptors: Medical Director: Susan Broner
Direct Supervisor: Bradford Goz

Agency: Manhattan Headache Center

Purpose: To analyze the main symptoms for migraine in a population and propose medical and at home remedies and prevention.

Significance: One out of four members in a US households have someone who is suffering with migraine every year. Over 12% of the population including children, teenagers, adults and elders are suffering from migraine. Migraine is most frequent during your productive years around ages 25 to 55. Migraines attack can lead to disability, interferes with going to work and school, disable the sufferer's ability to enjoy social activities and function in everyday life. Migraine is a severe intense throbbing pain on one side of the head, however, in 1/3 of attacks, both sides of the head are affected. These attacks are serious and last anywhere between 4 to 72 hours.

Method/Approach: First, I will select 100 patients profile at random on the Electronic Medical Record that is currently suffering from migraine attack. Every patient at the Manhattan Headache Center who is currently suffering from migraine will receive a diary. In the diary the patient will note when he or she incurs a migraine attack for the next two months. If an attack does occur, the patient can check off any of the following boxes on the diary that may have triggered the migraine attack. The choices will include: New routine (please state what), Stress, Food/Diet, Changes in Sleep Pattern, Work/School, Changes in Fragrance/Hair or Cosmetics Products, Travel, Medication, Changes in Environment, Physical/Sexual Factors, Drinks/Alcohol, Hormonal and Others. While some patient's migraine attacks are inherited through DNA, finding what triggers it can help reduce the patient's chance of getting an attack. The diary's purpose is to keep track of migraine attack and to see if there is any pattern between the patient's lifestyle and his or her migraine attack.

Outcomes: The expected outcome of this project is that many patients will most likely incur a migraine attack due to stress related issues, food, or hormonal changes. Although the age, family history and gender play an important aspect in the migraine attacks, many attacks can be prevented through lifestyle changes.

Evaluation: The evaluation will be based on how reliable the data provided by the patient's diary could help support the expected outcome or purpose a new finding. The patient could be in so much pain that he or she could forget to document what may have caused the migraine attack. It will be difficult to rule out whether some patient's migraine are due to family history because some patients may not have direct connection and information about their immediate family members.

Internship Abstract

Title: Risk factors of Glaucoma; The leading cause of blindness

Name: Avani Siddhapura

Preceptors: Dr. Desai, OD, Ocular Disease Specialist

Agency: Drs. Savoy, Siegel and Desai, Optometrists

Purpose: To analyze how risk factors such as diabetes and hypertension increases the rate of Glaucoma using Examwriter, a software used to collect and track data collected in clinic.

Significance: Glaucoma is a leading cause of blindness worldwide. Diabetes and hypertension have an increased risk of developing open-angle glaucoma. Researchers at the University of Michigan Kellogg Eye Center conducted a study on billing records of more than 2 million people from 2001 to 2007. They found that people with diabetes only had 35 percent increased risk of developing open angle glaucoma and people with hypertension alone had a 17 percent increased risk. For people with both diabetes and hypertension, there was a 48 percent risk of developing open angle glaucoma, which is the most common form of glaucoma in Unites States. To prevent people from developing glaucoma, new ways to manage the risk factors that increase the rate of glaucoma and make treatments more effective.

Method/Approach: The population of patients with hypertension and diabetes will be identified by collecting data from Examwriter through Drs. Savoy, Siegel and Desai's Optometrists. Once the population is identified, how the risk of glaucoma increases in patients within the practice with hypertension and diabetes will be analyzed. After analyzing the data, further researches will be done to get a better idea of how people with glaucoma can be treated in effective way to minimize the risk of blindness.

Outcomes: This patient assessment was conducted to figure out how diabetes and hypertension raises the risk of glaucoma. Of the sample size cohort (n=2241), 160 patients (7%) have glaucoma. Out of that, 58 (39%) patients have diabetes and 16 (11%) patients have hypertension. Total of (n=160, 7%) patients have glaucoma and out of those about half (n=74, 49%) have diabetes and hypertension.

Evaluation: Detecting glaucoma at early stages and managing the risk factors that increases the rate of glaucoma is an effective way to evaluate glaucoma g. Patients with hypertension and diabetes should be monitored to manage these risk factors that lowers the risk of progressing glaucoma. Estimating rates of progression can also help identify patients who are developing glaucoma in faster pace and as result developing visual disability during their life.

Internship Abstract

Title: Adverse Effects on Youth in Low Income Families

Name: Raza Ahmed

Preceptors: Barry Smith

Agency: Youth Empowerment Services

Purpose: To relay the importance of education to youth who come from low-income families, and thereby lower chances of future struggle/poverty.

Significance: youth from low- income families are more likely than their middle income/ high income youth counterparts to engage in risk behaviors. Nearly a third of youth from low-income families fail to acquire a high school degree, and only 10 percent go on to acquire a four year college. Furthermore, one in five youth from low-income families are charged with an adult crime by the age of 24. In the New Brunswick population there is a high prevalence of low-income families. In a study done in 2013, it was found that in New Brunswick 27% of the total residents live below the poverty level, as compared to the rest of the state, which is at 8.5%. Furthermore, residents with income below 50% of the poverty accounted for 14.3% of New Brunswick's population, as compared to 4.2% statewide. It is stated by the National Center for Children in Poverty that 86 percent of children with parents who have less than a high school degree, live in low-income families.

Method/Approach: Activities created that involve an educational background such as traveling to museums, science activities, career workshops, zoo's, and solving puzzles were to explain to them how education will help them become more aware about the world. A daily positive message was given every day to emphasize the importance of understanding that one can single handedly create an impact in the world through acquiring the right education. A session was created in which each kid writes on a slip something they consider a weakness, and then they shared what they did throughout the week to work on that weakness.

Outcomes: The intended outcome of this project is to make sure that the kids at Youth Empowerment Service understand the importance of education, the significance of time, and the impact that they can have on the world. By the end of the program, the kids felt driven towards accomplishing whatever they put their minds to, and understanding that it is necessary to fight your fears in order to create fulfilling opportunities in life.

Evaluation: A survey was provided for the kids at the end of camp that identifies their current and past perspective on education, facing one's fears, and fulfilling a purpose in life. In particular, answer to the question at the end of camp.

Internship Abstract

Title: Pedestrian and Bicycle Safety Committee Proposal for Point Pleasant Borough, NJ

Name: Kathleen Ebert

Preceptors: Charles Brown, Senior Research Specialist

Agency: Alan M. Voorhees Transportation Center

Purpose: To create a proposal for a Pedestrian and Bicycle Safety Committee to be formed in Point Pleasant Borough, NJ.

Significance: During a 5 year period between 2009 and 2013, Point Pleasant Borough, New Jersey reported 65 pedestrian and bicyclist injuries, and two fatalities (Plan4Safety, 2015). Point Pleasant currently does not have a Pedestrian and Bicycle Safety Committee. A well-formed committee will serve to advise the mayor and council on how to make the streets safer and more accommodating for pedestrians and bicyclists.

Method/Approach: This project is a proposal to the mayor and council of Point Pleasant Borough to appoint a Pedestrian and Bicycle Safety Committee. Research was carried out to discover the 12 existing Pedestrian and Bicycle Safety Committees in NJ. ArcGIS mapping software was used to map where the 12 committees are distributed in NJ. The Plan4Safety crash analysis database was then used to gather pertinent pedestrian and bicyclist injury and fatality data for each of those 12 cities. Crash statistics tables were generated from the Plan4Safety data. The 12 NJ cities with Pedestrian and Bicycle Safety Committees were analyzed and compared using parameters including their mission statements, organizational structure, current initiatives or programs, and how frequently they meet.

Outcomes: A proposal to the mayor and council of Point Pleasant Borough outlining the purpose, recommended organizational structure, and responsibilities of a Pedestrian and Bicycle Safety Committee for Point Pleasant Borough. From the proposal, a presentation will be made to the mayor and council at a date to be announced. The proposal and presentation will conceivably lead to a Pedestrian and Bicycle Safety Committee in Point Pleasant Borough, NJ.

Evaluation: The appointment of a Pedestrian and Bicycle Safety Committee by the mayor and council of Point Pleasant Borough, NJ. Furthermore, the information regarding Pedestrian and Bicycle Safety Committees can be used to further undeveloped committees, create and model new committees, and to provide committee data in one accessible place.

Internship Abstract

Title: Central Jersey High School Traffic Safety Challenge (#CJHSTSC)
Name: Neema Manappuram
Preceptors: Direct Supervisor: Diana Starace, Assisting Supervisor: Carol Lavitt
Agency: Robert Wood Johnson Trauma Services (Injury Prevention Program)

Purpose: To increase seat belt usage and improve safe driving conditions for teenagers through the “Central Jersey High School Traffic Safety Challenge” program.

Significance: Motor vehicle crashes are the leading cause of death and injury in teenagers and young adults. In New Jersey, over 30,000 motor vehicle crashes were reported involving 16-20 year old drivers in 2014. From 2004-2015, almost 400 NJ teen drivers/passengers were killed in crashes. Fortunately, these are preventable through a combination of strategies including effective prevention programs that focus on limiting distractions and improving seat belt usage amongst teenagers. This project aims to increase restraint use and improve safe driving practices among young drivers in Central New Jersey.

Method/Approach: The RWJ Injury Prevention Program provides presentations, information, and education for participating high schools. Volunteers from RWJ conduct seat belt observations before and after the program to assess impact on student behavior. Social marketing presentations are given to Students Against Destructive Decisions (SADD) chapters at participating high schools. Within the SADD chapters, challenge teams are formed and are responsible for improving their school’s statistics by using social marketing campaigns and social media. Challenge teams promote awareness by using banners, posters, contests, etc. in order to engage the student body to improve seat belt usage and safe driving habits within the high school.

Outcomes: At the end of program, the teen leaders from each high school compile their findings (seat belt observations, student/teacher surveys, contests, etc.) to be presented at an assembly to their respective student bodies. The two schools participating for 2015-2016 are Manalapan and St. Joseph’s. Since this is a yearlong program, only preliminary data is available. 114 students were observed at Manalapan HS. 11% of drivers did not wear seat belts, 3% used cell phones, 22% were distracted, and 14% of passengers did not wear seat belts. At St. Joseph’s, 81 students were observed. 15% of drivers did not wear seat belts, 4% used cell phones, 7% were distracted by passengers, and 22% of passengers did not wear seatbelts. Overwhelming data from previous years suggest that both high schools will increase restraint usage and decrease distractions while driving.

Evaluation: Pre and post program seatbelt and distraction observations are conducted at each high school. Volunteers observe students as they are leaving school at the end of the day. The observers document seat belt use for front-seat passengers, cell phone use, and other distractions demonstrated by the driver. Program participation in each high school is tracked through social media through the use of the hashtag #CJHSTSC on Instagram.

Internship Abstract

Title: Plan4Health: Healthy Home Literature for Trenton Youth

Name: Diana Siegel-Garcia

Preceptors: Direct, Project Supervisor: Dr. Jennifer Senick, Executive Director; Project Coordinator: Dr. Karen Lowrie, Associate Director; Project Coordinator: Dr. MaryAnn Sorensen Allacci, Research Project Coordinator

Agency: APA Plan4Health: Trenton Healthy Communities Initiative

Purpose: To adapt, develop, and further adult literature on healthy lifestyle habits within personal living spaces for a youth audience in an engaging, interactive format.

Significance: As of 2010, the city of Trenton's Department of Housing and Urban Development produced a five year plan outlining Trenton's needs towards improving decent housing, suitable living environments, and expanding economic opportunities. Energy efficiency was identified as the most critical unmet need. Low-income communities, but most especially low-income youth, are at the highest risk for lead poisoning due to approximately 95% of all residential structures potentially having lead based paint. Due to these preexisting risks, it is of the utmost importance to generate accessible and engaging healthy home literacy materials for the adults and youth of Trenton. The adapted literacy materials will contribute to APA's Plan4Health's Trenton Healthy Communities Initiative in addition to advising Trenton residents immediately.

Method/Approach: Further research on healthy home living, energy efficiency, and indoor air quality is necessary. Contributing the recent research to the preexisting materials, and then adapting all research into succinct, simple, and easy-to-navigate brochures for an adult audience will follow. The compiled adult literature will then be modified for a youth audience through Trenton youth drawings, short comic panels, and relevant interactive activities.

Outcomes: Two literature packets were developed on improving and maintaining healthy homes for an adult and youth audience. Both will be engaging and informative, however the youth literature brochures will be more interactive in either the form of games, coloring activities, drawing activities, short comic panels, and large print, easy to read text. Both literature packets will contribute towards the Trenton Healthy Communities Initiative as easily-accessible, online PDF literature suitable for personal printing.

Evaluation: To gauge effectiveness of the health literacy adaptation, a pre- and post-test will be administered to compare the original literature to the revised version. By questioning participants as to how much information they feel like they received and a few direct questions that refer to certain health literature concepts, the adult literature will be effectively evaluated. For the youth literature, a written and/or oral survey will be administered after the youth is given their healthy home literature packet (i.e. it will be encouraged that the youth's parents and/or guardians administer the survey with their child to get optimum results).

Internship Abstract

Title: Waste Collection Through Community Engagement

Name: Sarah Becker

Preceptors: Emily Dinan

Agency: TerraCycle, Inc.

Purpose: This project will focus on community engagement surrounded by the idea of recycling, waste elimination, and upcycling waste. Promote the collection of waste through brand partnerships. Engage communities, individuals, and businesses to recycle. Understand and meet gaps in recycling industry.

Significance: Keep hard to recycle waste out of landfills. Encourage waste collection through a point incentive program. Donate recycled gardens and playgrounds to communities

Method/Approach: Established waste collection boxes. One waste collection box for the Bear Naked brand was established at the Rutgers University Rockwall and was there for one month. Another collection box was placed in a fraternity at Rutgers and is for the collection of #6 rigid plastic cups for the TerraCycle Solo cup collection campaign. Also, four social media posts were worked on helped promote the efforts of TerraCycle and its brand partners. The use of social media and community engagement were important for this internship.

Outcomes: The outcomes will be measured by the amount of waste collected from each collection box and the social media reach associated with each post. Also, the number of community gardens and playground donations will be mentioned in this section.

Evaluation: The difficulties of the collection campaign and the continual promotion of waste collection will be discussed here. Also, the importance of TerraCycle and their mission to eliminate waste will be mentioned here.

Internship Abstract

Title: Turning Your Craft into Money

Name: Briana Gilchrist

Preceptors: Lyneir Richardson, Jasmine Cordero, Lutisha Vickerie

Agency: Rutgers Business School, Center for Urban Entrepreneurship and Economic Development (CUEED)

Purpose: To help small craft businesses in urban communities increase their revenue by incorporating a technology platform such as ETSY, a website that allows small craft businesses to set up an online store.

Significance: Arts and Crafts and Do-it-Yourself projects are becoming more popular than ever, many people are opting to turn their talents and creativity into additional sources of revenue for themselves. Etsy, a place to buy and sell all things handmade, is helping to facilitate this with an online platform. Etsy is a website that allows individuals to buy and sell their arts and crafts online. The Center for Urban Entrepreneurship and Economic Development (CUEED) has facilitated the training of ten local entrepreneurs to use Etsy to sell and distribute their crafts. If these small craft businesses profits has increased since the opening of their online store this will positively affect these local entrepreneurs. If this supplemental income continues to grow it can create more jobs; this can help to increase the annual income of these entrepreneurs.

Method/Approach: The Center for Urban Entrepreneurship and Economic Development (CUEED) has partnered with Etsy to help train residents of New Jersey, with small craft businesses to open an online shop; the first Etsy fellows have successfully completed and opened their online stores as of October 10, 2015. A questionnaire has been designed to begin tracking the success of these Etsy stores. The questionnaire will be used to determine if their revenue has increased or decreased, if their market reach has expanded, and if they can foresee the business becoming sustainable.

Outcomes: Upon the completion of the program each student was encouraged to monitor the change in sales and the geographic region the sales are coming from. Out of the students who completed the questionnaire 60 percent of them saw an increase in their sales, while the other 40 percent felt it was too soon to determine. Out of the 40 percent however, each student sales remained consistent. In addition to this there was no substantial change in the geographic location of the sales for the students. All students agree however that the program was useful and wished it could have been longer.

Evaluation: The program was successful in helping New Jersey residents open online businesses. The data collected is preliminary, having being collected only a month after opening their online store. The data did however show positive impacts on lives of the participants. Majority of the student's sales increased after opening their online store, of the students who sales did not increase, their sales remained consistent highlighting no negative implication of incorporating technology into their business. The data did not however show an increase in sales from people outside of New Jersey. A continued partnership with the Rutgers CUEED and Etsy can only serve as a benefit for residents in New Jersey.

Internship Abstract

Title: Safety Ambassador Program “Students Teaching Students”

Name: Denise Nunez

Preceptors: Diana Starace and Carol Lavitt

Agency: Robert Wood Johnson University Hospital Trauma and Injury Prevention Department

Purpose: To decrease unintentional childhood injuries and associated risky behaviors through cross-age education that focuses on improving safe behaviors in children and adolescents.

Significance: According to statistics provided by Safe Kids Worldwide, over nine million children were seen in emergency departments for nonfatal injuries in 2012. Sixty percent of unintentional injury hospitalizations for Middlesex County residents and residents’ statewide age 0 – 14, are caused by falls or are transportation related. In addition, 72% of unintentional injury hospitalizations for Middlesex County residents and residents statewide, age 5 – 9 years, are caused by falls or are transportation related (CDC 2010; NJ Center for Health Statistics 2010). Much as been done to reduce childhood mortality but this evidence suggests that more could be done to prevent unintentional nonfatal injuries.

Method/Approach: Twenty-one high schools in the Middlesex County area are participating in the 2015-2016 Safety Ambassador Program. Four safety topics were introduced during the Safety Summit in early October: falls prevention, safety in and around cars, wheeled sports/helmet safety and pedestrian safety. These topics were chosen based upon data from local and state injury reports. Pre and post tests were administered to the high school students to measure knowledge acquisition and retention. After the Summit, high school students (i.e. Safety Ambassadors) work in pairs, focusing their efforts on developing a lesson plan for one of the risk areas. All lessons include key safety messages for elementary school children and related prevention strategies. Elementary school students then take part in a pre and post safety knowledge surveys to determine knowledge acquisition. The result is statistically analyzed to determine if the students are more knowledgeable after the presentations.

Outcomes: In the 2014-2015 cohort there was a statistically significant increase in knowledge acquisition for high school students based upon the pre and post test. Results among elementary school students indicate an overall improvement in behavior and knowledge scores over time.

Evaluation: There are four levels of evaluation: a) pre and post safety knowledge scores for elementary school students, b) pre and post scores for high school student safety knowledge, c) high school student presentation evaluations over-time, and d) assessment of behavior specific responses in pre and post scores for elementary school students. Over the past year, the program has instituted a research component that aims to evaluate the impact of the Safety Ambassador Program on decreasing childhood injuries and increasing safe behaviors.

Internship Abstract

Title: Drinking Severity and Cardiovascular Recovery in Women Receiving Alcohol Dependence Treatment

Name: Richa Patel

Preceptors: Marsha Bates, Evgeny Vaschillo, Bronya Vaschillo, Jennifer Buckman

Agency: Rutgers, Center of Alcohol Studies, Cardiac Neuroscience Laboratory

Purpose: Analyze the relationship between alcohol drinking behavior and cardiovascular activity in women pre-, during- and post- cognitive behavioral treatment.

Significance: Chronic excessive alcohol use had been shown to impair the cardiovascular system (CVS). An integral component of this system is the baroreflex mechanism that supports physical and mental adaptation to stress. Studying the relationship between varying alcohol use behaviors and baroreflex sensitivity may provide information that can be used to individualize treatments and prevent relapse.

Method/Approach: Women between the ages of 25 and 62 years were recruited from an ongoing randomized clinical trial of 12-week cognitive behavioral therapy. The present study examined if there was a relationship between alcohol use behaviors and the women's baroreflex sensitivity (BRS). Alcohol use behavior was collected via self-report before, during, and after treatment. Participants underwent two assessments of cardiovascular functions. The first assessment session was completed before treatment ($n = 91$). The second session was completed after treatment ($n = 63$). Each session consisted of a baseline task and a slow breathing task paced at the resonance frequency of the CVS (6P task). The baseline task was a low-cognitive demand task. The 6P task required participants to breathe at a pace of six breaths per minute. Electrocardiogram, respiration, and beat-to-beat blood pressure data were collected using a PowerLab Acquisition System (ADInstruments, Colorado Springs, CO) and Finometer MIDI (Finapres, Amsterdam). Statistical analyses were performed using SAS 9.3. The data used in this study included data from a subset of participants whose data had been previously analyzed.

Outcomes: Participants were divided into two groups based on changes in BRS from pre- to post-treatment. The BRS+ group ($n = 35$) included participants with increased BRS and the BRS- group ($n = 26$) included participants with decreased or unchanged BRS. Regression analysis performed on the complete data set confirmed initial findings: 1) Frequency of drinking days pre-treatment negatively correlated with BRS. 2) A significantly greater decrease in the percent of heavy drinking days in the BRS+ group than the BRS- group after treatment. This supports the relationship between changes in baroreflex activity and drinking behavior. Analysis revealed a new finding: only the BRS+ group showed a significant negative association of drinking parameters with systolic blood pressure post-treatment.

Evaluation: Implications of the findings include use of the 6P breathing technique, which is known to have positive effects on baroreflex sensitivity and blood pressure control, to prevent relapse and preserve positive treatment effects.

Internship Abstract

Title: Educational Intervention on the Perceptions of Secondhand Smoke Among Young Adults
Name: Christina Samuel
Preceptors: Dr. Michael B. Steinberg, Director
Agency: Tobacco Dependence Program at Rutgers - Robert Wood Johnson Medical School

Purpose: To assess perceptions and improve understanding of secondhand smoke among young adults through an educational intervention.

Significance: Tobacco smoke contains more than 7,000 chemicals, around 70 of which are known to cause cancer. According to the World Health Organization, about 6 million people are killed from tobacco related causes each year making it one of the biggest public health issues around the globe. 600,000 of these deaths are caused by non-smokers being exposed to secondhand smoke. Secondhand smoke causes serious cardiovascular and respiratory disease in children and adults. It also causes sudden deaths in infants. Third-hand smoke or residual tobacco smoke can mix with particles in the air and potentially cause cancer as well. Therefore, it is of extreme importance to not only educate those who smoke but also those who are exposed to secondhand smoke on a regular basis.

Method/Approach: An education intervention designed to improve understanding of the risks of secondhand smoke among young adults was conducted using two approaches. In the first approach, 40 young adults in the US were given a pretest with 8 questions regarding tobacco use and secondhand smoke. Once the pretest survey was collected, a short educational presentation containing facts, myths and truths about secondhand smoke was presented. A posttest survey with another set of 8 questions was given at the end of the presentation. Similarly, in the second approach, 30 young adults in India were given a pretest, presentation and posttest. However, the pretest, presentation and posttest in the second approach were given using online resources. In total, there were 70 participants. All surveys were anonymous. Data from both these methods were collected and analyzed.

Outcomes: Of the cohort (n=70), 15 (21.4%) were male and 55 (78.5%) were female. 11 (15.7%) of those participants identified as white, 6 (8.5%) of them identified as black, 6 (8.5%) of them identified as Hispanic and 47 (67.2%) of them identified as Asian. 66 (95.6%) people said that they were nonsmokers while 3 (4.3%) people said that they were either current smokers or former smokers. 21 (30%) people said that they currently live with smokers or have lived with smokers in the past.

Evaluation: Almost all survey participants (n=68, 97.1%) said that they learned new information from the presentation on secondhand smoke. In the pretest, 39 (55.7%) people agreed that lung disease is not the only harmful illness caused by secondhand smoke. In the posttest, that number increased to 47 (67.1%) people. Similarly, only 13 (18.6%) participants agreed that separating smokers from nonsmokers and ventilating buildings were not effective ways of protecting nonsmokers from secondhand smoke. However, on the posttest, that number increased to 33 (47.1%) people. Large scale educational interventions on the hazardous effects of secondhand smoke may help change perceptions and possibly encourage smokers and nonsmokers to quit smoking and help smokers quit smoking, respectively.

Internship Abstract

Title: Educating Students on the Hazardous Conditions of Child Labor in Urban Areas Globally

Name: Misbah Shafiq

Preceptors: Derek G. Shendell, DEnv, MPH, Program Director

Agency: The Center for School and Community-Based Research and Education, Rutgers School of Public Health, New Jersey Safe Schools Program

Purpose: To educate Rutgers graduate and undergraduate students regarding safety and health hazards associated with child labor in urban areas globally, through three discussion-based film events.

Significance: More than 220 million children worldwide work or are forced to work as child laborers in hazardous conditions that can affect their health, education and growth. Child laborers work in many industries including mining, agriculture, manufacturing (clothes, etc.) and fishing in order to meet their family's daily needs. Their bodies are at risk for various illnesses and injuries due to the hazardous unsafe conditions they are required to work in such as working with harmful chemicals and in unstable buildings. The compensation for their labor is not enough so they are required to work long hours and give up their education in order to do so. The effects that labor has on these children is often unnoticed because child labor is not as common in the United States as it is globally.

Method/Approach: In order to educate Rutgers students about child labor in urban areas, discussion-based film screenings were planned for November 20, 23, and 30, 2015 at multiple locations on the Rutgers-New Brunswick campus. Films and short videos that reflected child labor in various industries were evaluated and chosen for three events. A set of discussion questions for each film was created in order to solicit responses. An evaluation form was created to obtain data and feedback. In order to organize this data, an Excel sheet was created to enter, re-code and analyze the data with minimum information bias and data entry error.

Outcomes: This project will aim to identify the areas of interest in child labor among Rutgers graduate and undergraduate students. This project also evaluated the effectiveness of the events on 73 students, of which 14 are male and 58 are female. Amongst Rutgers graduate and undergraduate students, the academic subject area of health is the most common area of interest, followed by social factors, sciences and political economy. Most students are interested in future discussion-based film screenings similar to what was done. Also among the six WHO regions, 34% of the students visited the Americas, while only 4% visited the Western Pacific. The overall discussion-based film screenings received a rating of 3.4 on a 4-point scale; the other evaluation questions received a 3.1-3.8 range of scores on a 4-point scale.

Evaluation: The success of the event was measured through the evaluation forms completed by each student at the conclusion of each event. According to the evaluation forms, the average rating of the events was "good" to "excellent." Future events during the team's 2015-2017 Global Urbanism grant will be altered according to these outcomes to fit the needs of the attendees.

Internship Abstract

Title: Summary Evaluation Data
Name: Priscilla Twumasi
Preceptors: Direct Supervisor: Laura F. Rothschild, PsyD; Project Coordinator: Noelle Jensen
Agency: Education In Training, Center of Alcohol Studies

Purpose: To assess the quality of training provided to addiction professionals and make recommendations on improvements as required.

Significance: The topic of addiction is very important but sometimes ignored and this makes it hard to help people with addiction problems. There are some addiction counselors who help mostly based on their personal struggles but do not have education to handle different types of addiction. Using post-test surveys, an assessment of the quality of training programs based on core learning objectives is critical.

Method/Approach: There are surveys given at the end of every seminar by the instructors and some of the questions are the same for everyone while some change based on the topic of the seminar. The survey questions are based on the learning objectives originally agreed upon by the Center and the instructor. These surveys are then recorded into the qualtrics system and are then downloaded into SPSS format to calculate the means. The goal is to have every mean between 4.50 and 5.00 with 5.00 being the highest possible. When the mean is close to 5.00 or equal to 5.00, attendees were very satisfied with the seminar and the instructor. Two of the most common questions asked are what the students think of the instructor's knowledge and level of expertise and also if they intend to use what they learned at the seminars in their everyday professional lives.

Outcomes: Two of the surveys with the highest mean scores had comments such as, "The professor had us do activities that will help us later on in our counseling sessions", "The instructor used a movie to explain how we can detect a problem and how to resolve it". There were other surveys with means over 4.50 but not close to 5.00 and some of the concerns that were listed were, "The trainer excels at Motivational Interviewing- wish there had been more time on MI instruction, the afternoon session felt a little rushed. Perhaps it is best to do SBIRT and MI as separate sessions", "More role playing would be good, more discussion of CT and REBT".

Evaluation: Within the survey is an opportunity for the student to offer both positive and negative feedback. With this information changes can be made to future seminars in order to better meet the needs of professionals in the field.

Internship Abstract

Title: Let's Be Honest, You're Stressed
Name: Jessie Davis
Preceptors: Mark Cruz
Agency: H.O.P.E. (Health Outreach Promotion and Education)

Purpose: To identify the perceived barriers to the utilization of mental health services for African American college students

Significance: The underutilization of mental health services is a problem across demographics throughout the United States. According to the surgeon general report, $\frac{2}{3}$ of all people with a diagnosable mental disorder do not seek treatment. However, African Americans utilize mental health services $\frac{1}{2}$ as often as the white counterparts. Additionally, when they do seek care, it is from nontraditional sources. Concurrently, the prevalence of mental health disorders is greatest among emerging adults (ages 16-24 years) because they have the highest susceptibility and a strong reluctance to seek help. Approximately 18- 24% of young people with high levels of depression or anxiety seek professional help. The goal of this research to combat the stigma and myths perceived by this population and increase the number African American students who utilize mental health services.

Method/Approach:

Population data were collected through survey distribution. Participants were asked 15 questions that sought to capture demographics, feelings of stress and anxiety, help seeking behavior, and perceptions of mental health services. The survey was limited to 15 question 4 of which captured demographic to encourage participants to reflect and answer honestly. The survey was administered to 75 Rutgers, The State University of New Jersey undergraduate students during class sessions, organizational meetings, during class turnover in the campus student center, and online via a live link. There was no discriminatory factors for survey administration. After survey completion participants receive a verbal explanation of on campus resources for stress and anxiety and were told there was no follow up.

Outcomes:

Though students are reporting high levels of stress and anxiety, there is a low incidence of students who have sought out CAPS. Students reported a willingness to seek professional care for symptoms of stress and anxiety. Students also reported the utilization of non-traditional methods to manage stress.

Evaluation:

In response to the results of the survey results a one page informational handout was created to combat myths, educate target population on the identifiers of unhealthy experiences of stress and, orient target population with on campus resources as well as self-help tips. Handout will be distributed to student organizations, residence halls, and campus centers on the Rutgers University, New Brunswick campus.

Internship Abstract

Title: Assessment of alcohol education and prevention strategies at Rutgers University

Name: Avneet Singh

Preceptors: Dr. Francesca Maresca

Agency: H.O.P.E., Rutgers University

Purpose: To assess the effectiveness of AlcoholEdu, the current interventions being used to address alcohol use at Rutgers University, and to determine trends in alcohol related behaviors.

Significance: There are many problems that college students face from tuition spikes to not having enough money while in their collegiate career. A problem that is overlooked many times is alcohol use in college students. According to TheGuardian, "Drinking, not fees, is the biggest problem at universities which should cause much alarm. Each year 1,825 students between the ages of 18-24 die from alcohol related unintentional injuries and as many as 600,000 sustain injuries under the influence of alcohol. Many universities have prevention programs and educational classes for first year students and transfer students aimed at helping them make better choices when it comes to alcohol consumption. Improvement of alcohol prevention and education programs will help lower these death and injury rates, while also teaching students safe drinking techniques more effectively.

Method/Approach: Data from AlcoholEdu surveys and the American College Health Association- National College Health Assessment are being used to analyze responses from Rutgers University students. The data from these assessments are extracted to analyze the trends in first year and transfer students at Rutgers University. Questions are posed that ask for the individual students to express their thoughts and satisfaction on university prevention programs and educational classes pertaining to alcohol usage. The data is put into visuals which are more easily reviewable and significant trends are followed to see what can be improved upon.

Outcomes: Students at Rutgers University will be more knowledgeable when making decisions pertaining to alcohol usage. With the intervention programs being assessed the students are now better prepared to practice safe drinking, while at the same time being able to help others make better decisions as well. New interventions are going to be placed in order to increase the effectiveness of the AlcoholEdu programs and to keep the positive change in drinking habits amongst students.

Evaluation: In order to test the evaluation of this research we would rely on the next set of data bases for the following year from The American College health Association- National College Health Assessment. From the new data for the following year, we can compare the trends and see if there has been a positive correlation from the changes made in the prevention and education programs for alcohol studies. The student population will also be monitored and incidents pertaining to abuse of alcohol usage will be tracked, and then compared to previous years.

Internship Abstract

Title: The Influence of Exercise on Student's Stress Level

Name: Vanessa Otto

Preceptors: Direct Supervisor: Mark Cruz

Agency: Health Outreach Promotion and Education (HOPE)

Purpose: To investigate the variables and factors affecting stress levels among students and to implement an exercise routine that is concurrent with the American Heart Association (AHA) or the American College of Sports Medicine (ACSM) guidelines.

Significance: 85% of college students report experiencing stress daily. A college stress and mental health poll, done by mtvU Associated Press in 2009 found that academic concerns are largely the main contributors of stress among students. Only 40% of college students participate in any exercise on a weekly basis. The benefits from exercise include mood enhancement (Blumenthal et. al) and improvement in focus, concentration, and memory (according to the American International University).

Method/Approach: The relationship between these variables was investigated by conducting a multiple choice survey among Rutgers University students. The survey consisted of five demographic questions and fifteen variable related questions. The survey was completed by 95 students. The survey also included questions about the student's level of engagement in physical activity and other potential stressors. A second survey, completed by 91 students and consisting of three questions was then created, with the purpose of determining how many minutes the participants are willing to exercise daily (60, 30, or 15 minutes). With this information, students can choose to follow an exercise routine that is most appropriate for them. Both surveys were distributed to students from the different Rutgers-New Brunswick campuses.

Outcomes: According to the results of the survey, students claimed to experience stress for multiple reasons. Out of the sample (95), composed of 43 males and 52 females, 79% exercise in general and 65% exercise according to the AHA recommended guidelines. 64% of the respondents that do not exercise claim it is due to lack of time. 78% claim they feel anxious, tense, or worrisome at some point during the day. 83% of the respondents participate in activity to help them cope with stress; 81% of the respondents consider that behavior to be beneficial in reducing stress and 79% of the respondents consider that behavior healthy. 79% of the surveyed students exercise and 44% of the surveyed students say that the reason they exercise is to expend stress.

Evaluation: According to the results from the second survey, 97% of the students are willing to exercise 15 minutes a day and 85% are willing to commit 30 minutes. It is possible for these students to meet a healthier criteria, if not the ACSM or AHA criteria. From these results, a variation of exercise routines will be created and a 15 minute short video is planned to be filmed in the future to demonstrate these routines by active Rutgers students.

Internship Abstract

Title: Significant Pain Reduction Associated with Fluoroscopic Percutaneous Lumbar Facet Joint Synovial Cyst Ruptures: A Retrospective Study

Name: Alexa Mae Sangalang

Preceptors: Site Supervisor: Ronald D. Karnaugh, MD
Project Supervisor: Dona Schneider, PhD, MPH

Agency: JFK Medical Center, Edison, NJ

Purpose: To evaluate the efficacy of fluoroscopically-guided, percutaneous lumbar facet joint synovial cyst rupture for symptom relief using four outcome measures: post intervention pain reduction, patient satisfaction, the need for repeat ruptures, and the need for surgical cyst excision.

Significance: Lumbar facet joint synovial cysts are a source of low back pain, lower extremity radiculopathy, and neurogenic claudication. Current literature indicates that surgery remains the preferred option of treatment for lumbar facet joint synovial cysts. To date, reports of minimally invasive techniques have yielded inconsistent results.

Method/Approach: Chart review yielded 31 patients who underwent percutaneous lumbar facet joint synovial cyst rupture by a sole physiatrist at the JFK Mediplex Surgery Center between 2011 and 2015. Patients subsequently received a follow-up examination and were contacted by telephone to assess their post-procedure pain level on a visual-analog scale. If a patient did not have a successful outcome, repeated cyst rupture or surgical intervention was performed.

Outcomes: The patients (55% male, 45% female) ranged in age from 35-81 years and 74% (n=23) required no further treatment after the initial cyst rupture. Of the 8 (36%) remaining patients who had a facet cyst recurrence, 6 (75%) patients underwent repeat cyst rupture with complete relief; the other 2 (25%) underwent surgical intervention.

Evaluation: Fluoroscopically-guided, percutaneous lumbar facet joint synovial cyst rupture was effective for this population. Post-procedure pain levels for this minimally invasive procedure were significantly reduced from 2-10 points (mean=8 points, Wilcoxon $p < 0.0001$) for three-quarters of patients.

Internship Abstract

Title: Substance Abuse Prevention Program for High School Students- *#DrugCode*

Name: Lindsey Little

Preceptors: Leslie Terjesen, Public Information Officer

Agency: Ocean County Health Department

Purpose: Evaluate the effectiveness of *#DrugCode*, an evidence-based substance abuse prevention program that is implemented into sophomore health classes to educate about the dangers of alcohol, marijuana, and prescription drug abuse.

Significance: Substance abuse prevention is critical in order to help Ocean County move towards resolving the present heroin epidemic. According to Ocean County's Needs Assessment Plan, the county's heroin epidemic began in 2013 when the number of deaths due to heroin and other opiate overdoses rose to 113. As this problem continued, police officers and paramedics began to carry Narcan, an antidote that reverses the effects of heroin. Even with this system in place, the deaths due to heroin in 2014 hovered around the same number. Heroin addictions often stem from prescription drug abuse, and *#DrugCode* educates high school students about the aspects of alcohol, marijuana, and prescription drugs that may play a role in this type of progression.

Method/Approach: The Ocean County Health Department teaches *#DrugCode* to sophomores throughout Ocean County. On the first day, a pre-test is distributed to the students asking questions on the three subjects to collect and analyze their prior knowledge of the topics. The program continues over a period of three days to educate students on the dangers of alcohol, marijuana, and prescription drugs. Scientific data is used to debunk the common myths that teenagers have about these subjects such as: "prescription drugs aren't dangerous if they're from a doctor" and "marijuana isn't addictive."

Outcomes: A random sample of pre and post-tests (n=30) were used to analyze the effectiveness of the program per the post test. There was a 29% (n=28) increase in students that identified alcohol as a drug, 16.6% (n=29) increase in students agreeing that marijuana can lead to prescription drug abuse, 20% (n=29) increase in students stating marijuana is addictive, 20% (n=29) increase in students saying that it's not safe to drive while under the influence of marijuana, 6.7% (n=28) decrease in students stating that prescription drugs are addictive, and a 3.3% (n=30) increase in students stating that using prescription drugs without a prescription is illegal. There was a 40% (n=28) increase in students who think prescription drugs are a significant problem in Ocean County, as well as a 10% (n=26) increase for marijuana, 10% (n=26) increase for heroin, and 20% (n=21) increase for alcohol.

Evaluation: Out of the 30 responses, there was a significant increase in correct answers from the pre-test to the post test for all of the questions except for the question that asks student if they think that prescription drugs are addictive, which showed a 6.7% decrease. There is sufficient evidence to conclude that this program has changed students' opinions on some of the common misconceptions about alcohol and marijuana and made them aware of the dangers of prescription drug abuse.

Internship Abstract

Title: Nutrition Program

Name: Epiphania Njoku

Preceptors: Mel O’Neal, Branch Director; Shavonda (Shoni) Hickman, Assistant Outreach Director.

Agency: YMCA of Western Monmouth County- Freehold Borough Community Center.

Purpose: To educate and inform elementary school students around the Freehold Borough area of the importance of making healthier food choices through weekly lessons.

Significance: Childhood obesity in children and adolescents has tripled in the last 30 years according to the Center for Disease and Prevention. The percentage of children 6-11 years in the United States who were obese has increased from 7% in 1980 to 18% in 2012. And adolescents 12-19 went from 5% to nearly 21% in the same time period. This is a huge jump especially for these population. Following this increase, there is chance for this population to age with multiple preventable diseases. According to CDC website, overweight and obesity are a result of “caloric imbalance”-too few calories expended for the amount of calories consumed- and are affected by various genetic, behavioral, and environmental factors”. The focus of the internship was on the behavioral factors that contribute to childhood obesity. A healthy lifestyle habits, including healthy eating and physical activity can lower the risk of becoming obese and developing related problems.

Method/Approach: The Nutrition Program titled “Making Healthier Food Choices” implemented at the Freehold Borough Community Center was held as a 1 hour weekly lesson with around 24 students ranging from 1st graders to 6th graders for a total of 10 weeks. Each week PowerPoint slides were made focusing on a particular topic. For example, the first lesson was an introduction to the *MyPlate Logo* where the students were introduced to what a healthy meal plate looks like. Food samples were brought in to further introduce students to healthier foods options and ways to prepare them. One particular lesson focused on fast food and how one can still make a healthier food options while eating out.

Outcomes: To check the effectiveness of the program, students were asked to keep a weekly food diary. By the end of the week, there was a noticeable change in healthier foods being consumed by the students. Furthermore, students were more knowledgeable on why eating healthy is important and which foods give the most nutrients to the body. Most importantly, the program gave the students an opportunity to gain insightful information and learn good eating habits that would go a long way.

Evaluation: To evaluate the progress of the program, students were given worksheets at times to gage their understanding of the information. A food diary was also kept to note the changes in eating habit.

Internship Abstract

Title: Implementing Good Health and Physical Activity

Name: Katrina Dumicic

Preceptors: Laura Eppinger, 4-H Program Associate

Agency: New Brunswick 4-H

Purpose: Providing lessons of good health and physical activity to implement leadership among the youth and viewing how they have grow from the beginning to the end of the curriculum.

Significance: There is a significant increase in overweight and obese people that should be addressed when young. While working from the Cornell University *Choose Health: Food, Fun and Fitness* curriculum, the students are exposed six lessons containing healthy ways of living and the facts of the benefits from each lesson. The youth are educated on the grams and percentages of nutrition labels in detail, how much their calcium intake should consist of, making their plate half fruits and vegetables, making sure half the grains they eat are whole, and much more. They are also informed of the foods that are healthy and nutritious. The youth, ranging from grades 2 to 6, will be the ones to obtain the information of physical activity and how it can be done playing sports, with friends or around the house doing chores. Another important exercise done with the students is to physically show them how much sugar soda contains and the amount of fat certain foods contain from fast food restaurants.

Method/Approach: New Brunswick 4-H works based off a curriculum from the Cornell University Cooperative Extension, *Choose Health: Food, Fun, and Fitness*, and these six lessons will help shape the lives and better inform the youth, specifically from ages 8 to 12. This program does not come with pre or post tests, therefore, when teaching this program on a six-week basis, at the final week, there is an assessment done by the volunteer leader on the students evaluating their improvements as a group.

Outcomes: The lessons are used to promote good health and living among the youth and to spread that information to their parents/guardians. Since these lessons are for a younger basis of youth, there is only an evaluation of the students by the volunteer or club leader, "New Brunswick 4-H Adult Volunteer Observational Assessment," based on the group's performance.

Evaluation: When working with students this young from this specific curriculum, 4-H has a post observational assessment specifically for club leaders so they can write their own assessment on the youth and view the ways they have improved. When looking at the youth and writing their observation post lessons, the youth demonstrate excellent group organization compared to when they first started, they have improved the way their talk about their ideas and opinions as well as asking the volunteer leader questions when needed. The students have also have improved significantly in working together as a group to make smart decisions and to work toward a conclusion. The students have improved significantly when making smart decisions from discussing topics amongst the group together.

Internship Abstract

Title: The Impact of Prevention & Empowerment

Name: Rhea Grace Dionora

Preceptors: Ms. Dominique Garrett

Agency: Bayway Family Success Center

Purpose: To empower families in low-income area of Elizabeth, NJ, by providing multiple family strengthening techniques and opportunities to build resilience within the family and be able to serve as an example to their community.

Significance: Family Success Centers are community-based, family-centered neighborhood gathering places where community residents can go for family support, information, and services. They serve families in safe and supportive home-like environments designed to strengthen the family unit, build relationships, enrich lives of the community members, and make families and neighborhoods stronger.

Method/Approach: With overarching goal of preventing child maltreatment, Family Success Centers aim to empower families as leaders within the household and community. Support families as a team with utmost respect. Help families identify and build on their own strengths. Assist families in getting needed services such as utility assistance and food stamps. And lastly, offer programs for people of all backgrounds and languages. Family Success Centers offer primary and secondary prevention services and gives services through 5 protective factors: 1) knowledge of child development, 2) social connections, 3) parental resilience, 4) concrete support, and the 5) child's social and emotional intelligence.

Outcomes: Families are encouraged to attend programs and events that strengthen the family setting, and therefore to have the best participation an incentive of gift certificates and dinners are provided during events. Attendance is crucial to the continued financial support given by the state to go forth with programs. Staff is trained with specific guidelines to optimize the success with families. However, due to the preventative aspect, indefinite numbers and data are difficult to distinguish.

Evaluation: Scheduling appointments and targeting the needs specific to the area of Elizabeth, New Jersey, will ensure participation from families. Also, reminders, flyers, calls, and a welcoming atmosphere will increase awareness of the Family Success Center throughout the surrounding neighborhoods. The center acts as a second home to these families in their deficit.

Internship Abstract

Title: Successful Recruitment and Enrollment of Patients into a Research Study

Name: Sabrina Luisi

Preceptors: Anne DeToro, RN, BS, CCRC, Clinical Research Coordinator; Diane Russomanno, M.Ed, Clinical Research Coordinator

Agency: Meridian Health - Jersey Shore University Medical Center

Purpose: Recruit eligible subjects and consent them for a comparative blood pressure study.

Significance: MDMouse is a home blood pressure monitor that also functions as a computer mouse and has the ability to send data to the patient's doctor through an application. Last year a study at Jersey Shore University Medical Center was done comparing the MDMouse to a hospital sphygmomanometer. It showed that MDMouse was inaccurate. A new study was conducted to compare the MDMouse to an at home blood pressure device (Omron 3 series).

Method/Approach: In preparation for the MDMouse study the student amended the original protocol, information sheet, patient recruitment flyer, source documents, and questionnaires. The next step was submission to Meridian Health Institutional Review Board (IRB). Once approval was received from the IRB, the study team was able to recruit up to 150 staff volunteers from Jersey Shore University Medical Center. The student and preceptor held recruitment sessions. At the completion of the recruitment sessions 131 subjects were signed up. They then met with the subjects at their scheduled appointments and took right and left blood pressure readings using the two devices and had the subjects complete a brief questionnaire.

Outcomes: 104 subjects participated in the MDMouse study, of that 103 were successfully enrolled and 1 subject was a screen failure due to inability to collect blood pressure readings with the MDMouse.

Evaluation: In order to evaluate the study, a quantifiable enrollment goal was set at 100 subjects. 131 subjects signed up for appointments. However, the total number of subjects who participated in the study was 104. Therefore, the enrollment goal was successfully met. There were 27 subjects who volunteered but were unable to keep their appointment due to scheduling conflicts. No subject who agreed to participate declined for any other reason.

Internship Abstract

Title: Patient Satisfaction Assessment
Name: Modupe Akinmade
Preceptors: Direct Supervisor and Office Manager: Miluska Villanueva
Agency: The Eye Health Group

Purpose: To analyze patient satisfaction rates and propose practical interventions to improve the overall patient experience in the office.

Significance: In healthcare, patient satisfaction is an important subject to health professionals and policymakers. It determines healthcare quality and can be an indicator of morbidity/mortality. Since patient outcomes are directly linked to patient satisfaction scores, it is important that the scores are relatively high. Having a steady rate of patients is essential for a healthcare business and analyzing patient satisfaction can aid this. Patient-doctor and patient-staff interventions will improve patient satisfaction and further lead to better patient outcomes.

Method/Approach: To conduct the project, patient satisfaction surveys were administered to patients who were willing to complete it. (As a limitation, this is noted so that readers are aware that the results cannot be fully conclusive). The surveys were given after eye exams were completed. Patients were instructed to drop the results in a box so that confidentiality would be in place. This way, the patients were more willing to be completely honest. The survey consisted of ten questions worth ten points each so that each survey could have a possibility of 100 points total.

Outcomes: At the end of the project, overall patient satisfaction will be analyzed for the Eye Health Group. An average score on a scale from one to one hundred will be determined from all surveys completed. This will give an estimate of how satisfied Eye Health Group patients are with the office. Using feedback from the surveys, specific areas of improvement will be determined and focused on when creating intervention plans.

Evaluation: After intervention strategies have been implemented, post-tests will be administered to patients. There will be a special focus on follow-up patients who took the first survey, and the results from these surveys will be compared with the initial results. If there is an increase in patient satisfaction, it will be a sign that the intervention methods are working.

Internship Abstract

Title: Epidural PCA vs. Spinal Duramorph: Which Would You Choose?
Name: Harveen Kaur
Preceptors: Dr. Shaul Cohen, Obstetric Anesthesiologist, Dr. John Choi, Internship Supervisor.
Agency: Robert Wood Johnson University Hospital, Department of Anesthesiology

Purpose: To compare the effectiveness of two forms of pain control: the injection of morphine directly into the Dura layer of the Spinal column and patient controlled analgesia, or the PCA Pump.

Significance: Anesthetics have been used for years in medicine to provide comfort to patients by reducing pain during and after surgical procedures. Each year, there are about 3,932,181 births that occur where anesthetics are used. Two forms of pain control used in obstetrics are spinal duramorph and epidural PCA. This study tests these two different treatment options in their effectiveness to lessen pain and other side effects that occur post-cesarean section.

Method/Approach: A retrospective survey was created by the doctor and his staff to assess the patient's level of pain post-surgery. This study will consist of 180 patients of several different ages. Research staff went to patients' rooms 6, 12, 24, and 48 hours after patients underwent a C-section. Questions that were asked from a scale of 1-10 (1 being least and 10 being the worst) included pain level, nausea, pruritus (severe itching) and satisfaction with surgical procedure. The two groups that were surveyed were women who underwent spinal duramorph anesthesia and women who underwent epidural PCA anesthesia. Data from these two groups were put into a spreadsheet, analyzed and compared.

Outcomes: Out of the 52 patients surveyed 6 and 12 hours post-surgery, majority underwent spinal duramorph. The overall analysis of data is still ongoing since there are several patients that are monitored every 6, 12, 24, and 48 hours. As of now, pain scores at both rest and with coughing seemed to be higher in group 2 (epidural PCA: 3.33) on average than for group 1 (spinal duramorph: 1.89) in patients 6 hours after Cesarean. Group 2 also showed more frequent incidences of pruritus. The overall satisfactions with the anesthetics post-surgery were similar. After 12 hours post-surgery, the pain score at rest was similar for both groups (group 1: 3.7 & group 2: 3.85) but slightly higher in coughing for group 1 (6.1 & group 2 was 5.29). The incidence of pruritus was higher in group 1 yet the overall satisfaction scores stayed similar for both groups.

Evaluation: It seems as if Group 1 is more effective at controlling pain but that is not a conclusive analysis since the results from 24 and 48 hours are still being reviewed. However, by looking at the mean and standard deviation for overall satisfaction, it can be concluded that more individuals were satisfied with spinal duramorph than the standard epidural PCA for both 6 and 12 hour post labor. Also, it can be seen that the side effect profile incidence (pain at rest, cough, and itching) were similar for both groups regardless of anesthetic given. Overall, both treatments look as if they could potentially be extremely effective, though the duramorph may provide slightly better pain management in the early part of treatment.

Internship Abstract

Title: Focus Groups for Parents of Color with Children with Autism

Name: Lisa Ankrah

Preceptors: Dr. Caroline Coffield, Interdisciplinary Training Coordinator and Coordinator of Autism-Related Services

Agency: Boggs Center on Developmental Disabilities, Rutgers Robert Wood Johnson Medical School

Purpose: To assess the types of experiences that parents of autistic children of color have in seeking diagnosis, treatment, and medical care for their children.

Significance: The research literature does not adequately discuss the experiences of autistic people of color. African-American parents of children with autism report difficulty finding information on autistic people of color and resources designed for their communities (Gourdine et. al., 2011). South Asian-American parents of children with autism lack information on their children's rights and accommodation/service options and face problems accessing information from outside their communities (Jegatheesan et. al., 2010). Lack of culturally sensitive information on autism thus prevents people with autism from diverse backgrounds from utilizing resources that allow them to live healthy lives. By conducting focus groups involving these populations, the Boggs Center will provide information that can be used to facilitate diagnosis and access to services.

Method/Approach: A literature review about autism in African-American and South Asian-American communities, as well as health disparities in these communities, was conducted to gauge the amount of information available to these communities and obstacles to obtaining services for autism. Focus group questions were created based on the results of this review. Two focus groups, one for African-American parents of children with autism and one for South Asian-American parents of children with autism, were held. Each group contained four to six participants, whose responses to questions about their perceptions of autism, where they access information about autism, their perceptions about a "good doctor", and obstacles to accessing services were collected.

Outcomes: The Boggs Center will receive information on the experiences of these families in getting a diagnosis and accessing services for their children, as well as their perceptions of a good doctor. This information will be used to develop future Boggs Center programs and services, including training sessions for future healthcare professionals and interdisciplinary trainees. These professionals and trainees will use the information and skills gained to provide community services to all patients, including individuals with autism from diverse backgrounds. Existing services may be modified based on information learned. This information may also serve as a starting point for future research involving autistic people of color, adding to the research base.

Evaluation: The number of people who participate in the focus groups--at least four must participate in each group--and the richness of information learned through the focus group process will speak to the effectiveness of this methodology.

Internship Abstract

Title: Analysis of Pride Survey Questionnaires

Name: Maeda Saboor

Preceptors: Ezra Helfand, Helen Varvi

Agency: Wellspring Center for Prevention

Purpose: To collect and analyze data from the Pride Survey Questionnaires and address the issue of increase in marijuana use throughout the youth of Middlesex County.

Significance: According to the NIH's National Institute on Drug Abuse one of the most important ways to assess the level of risk of youth engaging in drug abuse is to collect data on the risk and protective factors throughout the community and identify prevention efforts to address the problem. The Pride Survey Questionnaires were given to high school and middle school students throughout Middlesex County indicate an increase in marijuana use from 2012 to 2014. As the use of marijuana goes up amongst teens in the area, the perception of risk of using the drug has gone down. This data provides enough evidence to the community as well as Wellspring Prevention Center, to address the problem and create specific programs that target schools for specific substance use problems.

Method/Approach: A descriptive study of the local communities in Middlesex County, including a survey that asks participants (students in this case) which of the four main substances (alcohol, marijuana, prescription drugs and cigarettes,) they use the most. As well as identifying the use of these drugs throughout the community, the survey assesses risk and protective factors by asking questions such as "How much do you think people risk harming themselves physically for in other ways if they...smoke one or more pack of cigarettes per day...?" Students then respond with Likert scale answers such as "no risk, slight risk, moderate risk, great risk".

Outcomes: One of the main substances of concern was marijuana due to the spike in usage as well as lowering of perception of risk among students. In the survey conducted in 2012-13, of responding students (n=3,254) 4.6 percent answered that they have used marijuana within the past thirty days. The survey conducted the following year (2014-15) reported that of the total students (n=1,283) 11.6 percent of students answered that they have used marijuana within the past thirty days - a 150 percent increase. Many other questions asked in the survey map out an increase in usage, and decrease in risk or association of a specific substance with a specific age group throughout the time period. This analysis will provide a clear picture as to what programs are appropriate to administer by the agency for each school district or community.

Evaluation: Final evaluation will include comparison report for Middlesex County from 2012 to 2014. This updated data, specifically marijuana use, will be a part of the Coalition for Healthy Communities' 2016 Strategic Plan. Lastly, implementing the Life Skills Training program and using the Evidence Based practice website to incorporate appropriate programs.

Internship Abstract

Title: Improving Intervention Adherence Rates Amongst Individuals with Osteoarthritis

Name: Ramin Ahdoot

Preceptors: Dr. Jerod Stapleton

Agency: Rutgers Cancer Institute of New Jersey

Purpose: To systematically gather and interpret empirical research that relates the Common Sense Model to treatment of chronic disease. Also, to propose a modified motivational intervention to improve physical therapy compliance and adherence rates amongst individuals with Osteoarthritis.

Significance: Arthritis is defined as an inflammation of the joints in the body, and is the most frequent cause of disability in the United States (Oxford). Current estimates suggest that Arthritis incidence will rise to 67 million by 2030, of which most cases will develop a form of Osteoarthritis. Individuals with Osteoarthritis tend to minimize movement in order to reduce risk of pain (Hughes). As such, the condition is associated with both reduced lower extremity strength and reduced aerobic functioning. Within regard to physical therapy, approximately 45–60% of individuals inflicted with arthritis that begin a rehabilitation program fail to maintain exercise behaviors (Gyurcsik). The Common Sense Model acts as a means of unraveling a patient's mental motivations and triggers for the purpose of incrementally rewiring physical habits. Unraveling the cognitive and affective mechanisms are vital to ensuring that a patient's efforts feel reinforced, and ultimately improve intervention adherence rates.

Method/Approach: Article analysis and research interpretation skills were emphasized in order to efficiently produce short summaries of relevant literature. Articles pertaining to experimental design and health theory were incorporated as initial study objectives. In addition, a literature search was conducted utilizing archival data and library databases for the purpose of identifying behavioral interventions developed for individuals with Osteoarthritis

Outcomes: Summaries of the research studies are produced, and insights from the studies are identified for potential utilization in interventions for osteoarthritis. A modified intervention is proposed with the intent to improve adherence to physical therapy among patients. Intervention techniques and target constructs are presented in a chart for reference.

Evaluation: As the proposed model has not been conducted in an experimental setting, the interaction of outlying variables may result in an unexpected outcome. Another potential limitation is the focus on one health theory and selected interventions.

Internship Abstract

Title: The Impact of Magnet Recognition in a Hospital Setting

Name: Paige Ahearn

Preceptors: Margaret Drozd, MSN, RN, APRN-BC, CMHS Director, and Tara Gunthner, BSN, RN-BC, Staff Nurse

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

Purpose: To educate students about the American Nurses Credentialing Center Magnet Recognition Model with a focus on Saint Peter's University Hospital (SPUH) model and its effect on patient outcomes.

Significance: Saint Peter's University Hospital has been designated as a Magnet hospital by the American Nurses Credentialing Center of the American Nurses Association (ANCC) for 2011-2014, making Saint Peter's one of only six hospitals in the world to receive this designation for four consecutive terms. The 2014 application is SPUH's fifth ANCC Magnet recognition proposal. Magnet recognition is the highest honor for nursing service excellence that a hospital can receive. This distinguished award is granted to hospitals that deliver an extraordinary level of patient care, meet high levels of nursing excellence, establish an environment that encourages nurses to pursue their professional development and emphasizes collaborative teamwork (Tinkham, 2013). The award comes after the successful completion of an extensive questionnaire by the hospital and a three day on-site evaluation of nursing services.

Method/Approach: Unlike other Magnet models, the center of the SPUH Professional Practice Model is quality and safety. Magnet and SPUH Professional Practice Models were reviewed to assess quality care. Interviewed key stakeholders such as Quality Assurance Coordinator, and an RN Magnet Champion. Reviewed results from the SPUH 2013 National Database of Nurse Quality (NDNQI) survey and compared them to national averages. Researched information on the Magnet application process as well as reviewed SPUH monthly Magnet minutes.

Outcomes: Research findings indicated that the SPUH Professional Practice Model and Magnet Accreditation allows for increased nurse leadership and autonomy, use of evidence based practices, research and collaboration among the healthcare team, and improved patient outcomes. The support from SPUH administration with a concentration on these components is attributable to the hospital's increased nursing retention and nurse satisfaction levels.

Evaluation: The results of the 2013 SPUH NDNQI survey indicated that there was a 90% response rate from all the registered nurses for each department, well above the national response rate of 70%. From those results, SPUH surpassed the national benchmark in nurse participation in hospital affairs, nursing foundations for quality of care, collegial nurse-physician relations, and the overall mean score. In order to instill leadership and autonomy among the nursing staff, a clinical ladder is used which allows for professional advancement. SPUH motivates and empowers their nurses to further their education through tuition reimbursement. SPUH was awarded an A rating for safety from the Leapfrog Hospital Safety Score in the Fall of 2015 for the third time. It is because of all these achievements that SPUH has received the Magnet Award for almost eighteen years.

Internship Abstract

Title: Healing through Chiropractic Care
Name: Kassandra Galarza
Preceptors: Dr. Joseph Bryson
Agency: The Center for Joint and Spine Relief

Purpose: To assess the effectiveness of chiropractic intervention on patients who have come to the Center for Joint and Spine Relief seeking treatment for pain.

Significance: Chronic pain affects many people and in a plethora of ways. This pain can be unbearable and often limits individuals in their daily lives. Simple tasks such as walking become a challenge and sometimes the result is impediment of necessary activities, such as attending work. Many times the suggested remedy is Chiropractic Treatment. These services work to return the body's balance and/or control the pain by focusing on the musculoskeletal system and nervous system. Those who come to The Center for Joint and Spine Relief seek this result.

Method/Approach: It is essential to receive feedback from the source. This is done by using a case study of patients at The Center for Joint and Spine Relief. Evaluation forms are distributed to patients when they come to the office. Their VAS (Visual Analog Scale) for each body part and any comments/conditions they have, are documented. Each symptom is individually analyzed and then examined with all other symptoms to analyze the overall symptom reduction of the individual. All patients are compiled together to analyze the percentile for which most patients fall into.

Outcomes: This assessment will identify the percentage of individuals who improved because of Chiropractic treatment. A visual chart will depict the symptom reduction rate among the patients. This depiction will exemplify the types of progression that could be seen when seeking treatment at this practice.

Evaluation: The frequency of patient's symptoms can drastically influence the determination of their progression. There could be improvement if frequency declined even if a patient reported the same intensity on the VAS as previously. Although a new self-evaluation form, that includes the frequency of the symptoms, was implemented, patients continue to leave this section empty. In order to combat this issue one can advocate to the patients the importance of filling out all information on forms.

Internship Abstract

Title: Clinical Trial Subject Database Registry

Name: Gabrielle Griffin

Preceptors: Dr. Jeffrey Apter, Primary Investigator, Kuntal Shastri, Clinical Operations Manager.

Agency: Princeton Medical Institute

Purpose: To register as many research subjects at the Princeton clinical site as possible in order to add to the database and reduce duplicity in trial registrations.

Significance: Duplicity within clinical trials, especially in those that test drugs that affect the central nervous system, is a serious issue. Professional study subjects likely contribute to the failure of many clinical trials for CNS drugs (Shovitz, 2013, pg. 20). One important goal of clinical trials is to protect subjects and future users of investigational products. When subjects register for multiple trials not only do they put themselves at risk for overdose or adverse drug interactions. Because clinical research sites in close proximity to each other are often in competition for the same studies and the same subject pools, they do not often communicate or share information. This makes duplicity among registered participants much easier. Universal databases like the one that CTS created makes communication between sites easier and reduces duplicity.

Method/Approach: Princeton Medical Institute was already registered for and had access to the CTS database at the time of this project. However, very few subjects at the site were registered at the time. In order for registry to occur, subjects had to read an IRB approved ICF that detailed what information would be collected (last 4 digits of their social security number, height, weight, age, date of birth, and driver's license number) and how it would be used. If they consented after this process was explained they were added to the CTS registry. Consent must be given freely and as result no penalties were assigned for non-compliance with the request for this information.

Outcomes: Princeton Medical Institute had no comprehensive list of active study participants, but subjects whose trial required them to come in more than once a month were more likely to be given the ICF by the receptionist. As a result the sample size was n=11. 36.4% of participants refused to comply with the informed consent. Some gave reasons such as the information being collected was too personal or specific for them to feel comfortable having it in an online database.

Evaluation: The rates of compliance and non-compliance determined the success rate of this project. The non-compliance rate was still slightly higher for patients who were given the ICF by the receptionist, 57% vs. the overall non-compliance rate of 36.4%. it is recommended that the topic of the registry be broached during the patient visit by their study coordinator because of the rapport that already exists between the coordinator and patient.

Internship Abstract

Title: Evaluation of Horizon BCBSNJ's Journey to Health
Name: Darlice Rocha
Preceptors: Rhonda Robinson, Director of Healthcare Management Administration
Agency: Horizon Blue Cross Blue Shield of New Jersey

Purpose: To analyze and evaluate the company's employee health program, Journey to Health (JTH), through an electronic survey, and propose recommendations based on survey results.

Significance: Every year, over 3,000 Horizon BCBSNJ employees participate in JTH, the company's integrated health and wellness program that offers the tools, resources and proactive support for employees desiring to lead healthier lives. Horizon provides employees with a staffed gym, a registered dietitian and wellness coach on site (Newark office only), as well as Virgin Pulse pedometers and the health challenges supported by the aforementioned staff. Although these resources are growing in corporate America, with studies conducted by the Rand Corporation, "Work Wellness Programs Study," concluding that over half of companies that employ over 50 people have employee health programs, these programs are poorly studied. In an effort to control healthcare costs and assist Horizon employees on their journey to a healthier life, it is essential that the program as a whole be studied to determine what the employees find useful, or helpful on their journey. This way, recommendations can be made to improve the program, and hopefully participating employees' health.

Method/Approach: The Journey to Health year begins every October, with participating employees required to attend a health clinic to assess their health and set goals for the year. With the help of the Marketing Research team, a survey was developed for employees that have previously participated in JTH. The survey is meant to gauge the employee's involvement in the program, while allowing for feedback on the parts of the program the employee participates in. Two sites will be administered the survey, Penn Plaza (HQ) and West Trenton (Governmental Programs), on two different dates, November 25th and November 18th, respectively. It is expected that the sample will compose of 25 employees at each site. Once results are collected, the analysis and recommendation of the data will begin.

Outcomes: At the end of the evaluation, the survey will yield an overall sense of what the employees know of the program. If they do not know (an) aspect(s), how can advertisements be improved, and incentives to provide for participating employees. These results will allow for at least 3 recommendations on improving JTH.

Evaluation: In order to test if my evaluation and recommendations are useful, a post-survey will be created to measure employee level satisfaction on an implemented change to the program. This will take place 6 months from the original date of the first survey, so long as the participant allows further contacted after the initial survey.

Internship Abstract

Title: Continuous Quality Control Assessment for New Jersey Primary Care Association (NJPCA) Programs

Name: Kwasi Oppong-Manu

Preceptor: Michelle Michel

Agency: New Jersey Primary Care Association

Purpose: To evaluate the efficacy of NJPCA training and technical assistance programs for federally qualified health center (FQHC) staff by utilizing continuous quality control.

Significance: NJPCA relies on evaluation statistics from events the company organizes as a form of continuous quality control to ensure the efficacy of their programs. In addition, NJPCA depends on these evaluation statistics to obtain approval for grants the organization applies for. As such, collecting and analyzing evaluations from attendees of NJPCA programs is a necessary element in federal grant submissions and for the overall improvement of the company's events and programs.

Method/Approach: In the evaluation forms distributed during programs, attendees are asked to evaluate the speakers of the program as well as the program as a whole. Those who participated in the ICD-10 training sessions were asked to rate their overall experience at the event on a scale of "1" to "5." Attendees of the annual conference were asked to "score" the sessions they attended ("low," "medium," or "high"). After these events, evaluation form results were recorded into excel spreadsheets and these responses are taken into account to make eventual improvements in NJPCA programs.

Outcomes: 84 attendees of the ICD-10 training were asked to rate their experience at the program on a scale of "1" to "5", with 85.71% of individuals rating the program a "5", 13.10% rating it a "4", and 1.19% rating the program a "3." Of the 141 responses from the annual conference, 80.85% rated their overall experience "high," 19.15% of attendees gave the conference sessions a "medium" score.

Evaluation: As can be seen by the data above, it is apparent that the majority of the individuals that attended these NJPCA programs were satisfied with the specific program they attended. Of the 84 responses taken from the ICD-10 training, 85.71% of the individuals rated their experience a "5" out of "5." In addition, of the 141 responses taken from the annual conference, 80.85% scored their overall experiences "high." Although NJPCA continually strives to make improvements in its events and programs, these evaluation results reflect positively on NJPCA's ability to offer timely and useful training and technical assistance programs to FQHC members.

Internship Abstract

Title: Inpatient Directory at Saint Peter's University Hospital

Name: Kashif Khan

Preceptors: B.J. Welsh

Agency: Saint Peter's University Hospital

Purpose: To implement improvements to the inpatient directory during the inpatient registration process at Saint Peter's University Hospital.

Significance: This Project is important because it helps ensure patient confidentiality in a hospital setting. HIPAA regulates the health care privacy of individuals in health care organizations requiring providers to develop and distribute a notice that provides a clear explanation of rights and practices. Saint Peter's University Hospital has such a notice, which is intended to focus individuals on privacy issues and concerns. The inpatients process seems to have a bit of a confusion between the admissions office and what the Assistant Nurse Managers have to formally tell the inpatients about the inpatient directory. Each inpatient is given a welcome folder that introduces patients to various hospital protocols and guidelines. This welcome folder lacks the discussion of the inpatient directory and how patients can utilize it to their advantage. There is no formal script that the employees or patients can utilize; with the implementation of a formal script, patients can now understand who can contact them or know about their location at the hospital. HIPAA violations can get costly ranging anywhere from \$100 to \$50,000 for a first time offense.

Method/Approach: The expected outcome of this process or method is to make sure that patients are informed of their privacy rights relative to the inpatient directory. During the registration process the patient should have a discrete opportunity to learn about the inpatient directory. In the registration process there should be an educational process for the patient, so he/she is aware of the inpatient directory. This was tackled by looking over the entire inpatient admissions process for several patients. Interviews were conducted with various Nurse Managers (oncology, metabolic, adult renal care) in specific units about the process after registration. This led to the implementation of a formal script for ANMs, so they can educate and explain the inpatient directory to their respective patients.

Outcomes: The staff at Saint Peter's Hospital wants to make sure that all the inpatients are fully aware of their rights and regulations. The implementation of a formal script for ANMs to use along with a written pamphlet for patients to review the inpatient directory will help even more with confidentiality. The outcome will be an increase of awareness by patients of their right to privacy of healthcare information.

Evaluation: A method to evaluate and track the progress of this implementation is check off and mark that patients have read the HIPAA information along with a signed consent about how they want to proceed with their listing in the directory.

Internship Abstract

Title: Developing an Educational and Interactive Program to Promote Health Behaviors in Children

Name: Ishani Amin

Preceptors: Margaret Drozd, MSN, RN, APRN-BC, Director of Community Mobile Health Services; Zachary Taylor, Med, CHES, Coordinator, Community Health Consortium of Central Jersey, Tara Gunthner, BSN, RN-BC, Internship supervisor and Staff Nurse

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

Purpose: To create an effective after-school program that educates youth about healthy eating and physical activity by using researched programs in order to prevent childhood obesity and chronic diseases.

Significance: The Community Health Needs Assessment for Middlesex and Somerset* Counties of 2012 was used to create the Community Health Improvement Plan which recognized and outlined major priority areas that need to be improved. One area that was identified was increasing healthy behaviors, specifically in children. Healthy behaviors include healthy eating and physical activity. Development and implementation of an interactive program that teaches children how to eat healthy and take part in physical activity will help them live healthier lifestyles. The New Jersey Supplemental Nutrition Assistance Program-Education (NJ SNAP-Ed) and Coordinated Approach to Child Health (CATCH) are both effective, evidence-based programs that help children live healthier lives.

Method/Approach: Several components were taken into consideration when developing an after school program for the Spotswood school district. Spotswood wants to implement a program that would help the kids live a healthier lifestyle. CATCH and SNAP-Ed programs are evidence based programs and were chosen to be taught in the after school curriculum. In order to move forward with incorporating these programs, committee members had to meet to work out logistics by setting meetings, meeting with the school districts, and ensuring that this is the best route to take to move forward with this program.

Outcomes: The CATCH program will train teachers from the Spotswood school district about the CATCH curriculum. These trained teachers will then implement and teach the CATCH program to the students. To implement the SNAP-Ed program, SNAP-Ed had to train members of the Regional Chronic Disease Coalition of Middlesex and Union, and they will come into the school to educate the students. Now, the teachers from Spotswood will be taught the CATCH curriculum and the members from the Regional Chronic Disease Coalition of Middlesex and Union will be taught the SNAP-Ed curriculum.

Evaluation: Both SNAP-Ed and the CATCH curriculums have seen many positive outcomes in practice. To evaluate the effectiveness of both programs in Spotswood, a survey will be given to determine if the students are implementing what they have been taught. The teachers will also be surveyed in order to see if they think this program implementation is effective.

*Refers to the southeast section of Somerset County

Internship Abstract

Title: Overt Hand Hygiene Program
Name: Meghan Slattery
Preceptors: Marissa McMeen, Amanda Melendez, Rachel Sorokin, MD
Agency: Thomas Jefferson University Hospital

Purpose: To observe in-patient hand hygiene patterns and provide direct feedback, both positive and negative, to healthcare workers in the clinical setting.

Significance: Hospitalized patients are in a compromised state and at higher risk of acquiring or transferring infection. Hand hygiene is the best method of preventing transmission of infections in health care, but compliance is usually suboptimal (Chou et al., 2010). Improving compliance in hand hygiene will prevent infection transmission, reduce further complications to a patient's health, shorten their length of stay, and improve patient safety and quality of care overall.

Method/Approach: Data will be collected using a RedCap survey. The survey will be anonymous and only the geographic unit where the observation occurred will be included. The surveys will be conducted by the hand hygiene observers who will walk around the hospital floor and observe all staff members as they interact with patients and anything that could ultimately have contact with a patient. The observers will record all the steps taken by the staff member in regards to their own hand hygiene and record it on their iPad using the RedCap survey format. After the observer has completed entering the data into the iPad, he or she will approach the staff member that they just observed and provide feedback either positive or negative about their performance and perhaps suggest alternatives for improving performance

Outcomes: This project is intended to improve quality and patient safety at Thomas Jefferson University Hospital. Collecting the data through the hand hygiene observational surveys will provide a method to gather data and provide constructive instructions to specific department heads so that they can provide further education to their staff in addition to the direct feedback given by hand washing observers. This data will show specific units of the hospital and their compliance, or non-compliance, with proper hand hygiene practices. This data will allow us to identify areas in the hospital that need improvement and specific attention, in order to reduce hospital acquired infections and stimulate healthcare workers awareness.

Evaluation: In order to evaluate the success of this project the Infection Control department will compare the monthly data, collected through the RedCap Survey, to see whether or not the specific units of the hospital are engaging with the protocols and following the necessary steps of prevention. Each unit will be notified of their compliance by a letter to the nurse manager who will be informed how their cooperation compares with other nursing units within the hospital, in the hopes of inspiring them to progress.

Internship Abstract

Title: Reducing Infant Mortality Disparities through Preconception Education

Name: Keerthana Hirudayakanth

Preceptors: Velva Dawson, Deputy Director

Agency: Central Jersey Family Health Consortium

Purpose: To raise awareness about health disparities in infant mortality and promote health before conception among college students.

Significance: Health prior to conception, or preconception health, has an impact in birth outcomes and maternal and child health. There is a significant gap in birth outcomes among different racial groups despite current efforts to reduce health disparities. In New Jersey, trend data from 2000-2011 indicates that African Americans are more than 3 times more likely to experience infant mortality than Whites. The Office of Minority health started a campaign titled " *A Healthy Baby Begins with You*, in 2007 to address nationwide issues in infant mortality. This campaign targets health disparities among the African American community and aims to combat its disproportionately high rates of infant death. One of the campaign goals includes spreading preconception health messages and training minority college students as health ambassadors.

Method/Approach: A minority health initiative was piloted in Rutgers University to conduct a training session regarding peer education on preconception health to minority and health-related organizations on campus. Necessary informational documents were created and compiled into a training packet for students. Marketing materials were designed to promote the Preconception Peer Educator (PPE) Training in Raritan Valley Community College and CJFHC's initiatives for college students.

Outcomes: A training packet of materials to facilitate college workshops was created, which contain promotional flyers, information sheets, and contact information for minority and health-related groups at Rutgers University. The promotional flyer for the Raritan Valley Community College was successful in attracting students to participate in the Pre-Conception Peer Educator Training. The marketing materials were approved and sent out to 15 university departments and organizations to advertise the agency's programs for college students.

Evaluation: A continuation of these efforts through follow-up discussions, additional presentations, and social media campaigns will increase awareness among a larger student body. The training packet created will serve as a model for future university programs on preconception education. The marketing materials can be used to further promote CJFHC's efforts among university departments/organizations.

Internship Abstract

Title: Admission & Discharge Assignment Standardization
Name: Nezar Ahmed
Preceptors: Michael Antoniadis, Kathleen Emerick, Dr. Rajiv Arya, Michael Piagentini,
Agency: Robert Wood Johnson University Hospital

Purpose: Improve data reliability between RWJUH system sources to ensure patient source and discharge disposition is accurate.

Significance: Lack of care coordination during transitions from one setting to another results in poorer outcomes and increased readmission rates. Approximately 20% of Medicare patients discharged from acute-care hospitals are referred to skilled nursing facilities, highlighting the importance of developing working relationships with SNF partners. Currently, there is no consistent process to track where patients are discharged and where, if readmitted, they return from. The admission and discharge of transfer patients within the RWJUH-NB hospital is not a uniform process. In order to ensure accurate and consistent transfer facility data, the current system must be optimized to improve the validity of the data that is entered by all departments that accept and discharge transfer patients.

Method/Approach: In order to ensure the validity of the data, the first step was to analyze how different departments throughout the hospital are entering patient information. The next step was observing how transfer data for discharges is entered. After those observations the next step was to develop a standard system for data entry. When there are discrepancies in the entry of data, inconsistencies arise and all that is left is large amounts of data and billing that is unassignable.

Outcomes: Currently there is a large amount of revenue that is unassignable. If this number is to be reduced, the participants in this process must identify and standardize tables used for admission and discharge of transfer patients such as source of admission, discharge status codes and discharge location. Department directors must ensure consistency amongst tables in different departments, develop processes to regularly update Universal Dictionary and develop a Universal Transfer Form. Out of 478 Medicare patients transferred from RWJ to a SNF, the EPSi to MSSP match-rate was 79.14%.

Evaluation: Through this project we hope to see a significant reduction in the amount of unassignable revenue and an increase in standardization of transfer patient data. Monitoring of data entered to assure standardization is how we will evaluate our project. Comparison of data pre and post-implementation of standardization will allow us to determine the success of our project. The healthcare industry is undergoing a major transformation since the introduction of the Affordable Care Act. Providers are responsible for the health of their respective communities and will be penalized for not hitting quality metrics laid out by the federal government. One way to monitor high-risk patients and ensure that they stay healthy and out of the hospital is to guide those patients through the continuum of care with partnerships or acquisitions with/of outpatient and long-term care settings.

Internship Abstract

Title: Reproductive Education for Recently Resettled Refugee Arabic Women

Name: Valentina Ballesteros

Preceptors: Jessica Dalpe, LSW, Intensive Services Social Worker

Agency: Refugee Resettlement Agency

Purpose: To educate recently resettled refugee women on the reproductive rights offered in this country and their surrounding areas by creating focus groups and conducting surveys.

Significance: Improving maternal health was one of the 10 Millennium Goals created by the United Nations and the World Health Organization. Although progress has been made, the targets were not reached, due to the inaccessibility many women around the world have to proper sexual education and reproductive services. According to the United Nations, some 140 million women who are married or in union say they would like to avoid or delay pregnancy, but do not have access to voluntary family planning. Education is key, the risk of maternal death is 2.7 times higher for women that have had no education compared to those women who have had 6 or more years of education. Therefore, it is essential to educate women on their reproductive health in order to decrease the likelihood of maternal death. The majority of the refugee in women in this sample come from Iraq and Syria, countries with low levels of reproductive health accessibility. It is important to educate these women on the plethora of options offered here in the United States and understand what they lacked accessibility to back in their own country.

Method/Approach: The agency initiated focus groups for Arabic women in hopes that they will be able to talk about some of their pressing issues without the presence of their husbands and with more comfort. A small sample size of 5 Arabic refugee women, ranging from ages 36-42 were surveyed and asked about access to several reproductive health facilities and contraceptives. The survey broke down the questions into accessibility back in their home country and now that they are residing in the United States. The purpose is to capture the difference in availability in reproductive resources and will then be used as a parameter to guide future conversations about sex education. Because sex is still very stigmatized in Arabic cultures the anonymous surveys were a good initial measure.

Outcomes: Due to the minuscule sample size no significant findings were found. It seems that although some of the women used no birth control at all, others had access to different types of contraception such as IUDs and birth control pills back in their home country. The only question that had a slight significance, was the abortion question. All but two women did not know where they would get an abortion back in their home country but the whole group understood that there were health clinics here in the US that provided those services.

Limitations: The population is very specific and therefore has a very small sample. Due to short timing, information about the actual educational aspect of the study will not be presented.

Internship Abstract

Title: Combating the Sudden Boom of E-cigarette and E-hookah usage Among Young Adults

Name: Anita Thomas

Preceptors: Ezra Helfand, Executive Director; Helen Varvi, Deputy Director

Agency: Wellspring Center for Prevention

Purpose: To analyze the trends of e-cigarette and e-hookah usage among young adults in Middlesex County and identify a comprehensive policy that could be used as a template for other schools

Significance: Recent national surveys show that use of e-cigarettes and e-hookahs has rapidly increased. Current e-cigarette use among middle and high school students has tripled from 2013 to 2014, according to data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products (CTP) in a recent Morbidity and Mortality Weekly Report (MMWR). The increase in e-cigarette and e-hookah usage could lead to addiction to nicotine especially since usage is occurring at a young age. Evidence indicates students are not being educated about the dangers of using e-cigarettes and hookahs. Evidence-based prevention and new policy in schools of Middlesex County could decrease the number of youth users of these products.

Method/Approach: Data analysis of multiple surveys was used. Data obtained from regional and local surveys such as the Middlesex Pride Survey was assessed for trends in e-cigarette and e-hookah usage. Data for various middle and high schools in Middlesex County were obtained from Middlesex Pride Surveys. This data was compared with national trends from the National Youth Tobacco Survey. Moreover, in order to suggest better policies for e-cigarette usage, current policies that address this were researched. A workshop was developed to educate students as well. Some of the policies or regulations found to be effective included Clean Indoor Air Act, as well as various school policies on tobacco and smoking currently applied by other schools, and municipal ordinances regarding density or licensing/regulating of tobacco selling outlets.

Outcomes: National trends showed that current e-cig usage among high school students increased from 4.5 percent in 2013 to 13.4 percent in 2014, rising from approximately 660,000 to 2 million students. In Middlesex County, of students surveyed (n=1283) from grades 8th, 10th and 12th, 15.3 percent reported using e-cigarettes or e-hookahs within the past 30 days. Most of the students believed there was only a slight risk in using these products. Although e-cig and e-hookah has increased, the perception of risk of using these products is relatively low. To educate them on this matter a one-hour workshop will be presented at the Young Women's Conference (YWC) on December 1.

Evaluation: Review of Middlesex County High School e-cig policies resulted in the identification of Edison High School's policy as a model policy. Evaluations given out at the YWC workshop showed an increase in knowledge about the dangers of e-cigs and hookah. Comments included ideas of spreading information to friends and staying away from these products. Students scored the workshop as 5 out of 5.

Internship Abstract

Title: SharePoint Initiatives Database Library (SPIDL)
Name: Jasmine Vickers
Preceptors: Andrea Gelzer, Senior Vice President Corporate Medical Officer; Karen Michael, Vice President Corporate Medical Management; Direct Supervisor: David Keleti, Clinical Outcomes Management
Agency: AmeriHealth Caritas Family of Companies

Purpose: SPIDL will serve as a portal to access all initiatives performed within all Lines of Business (LOBs) in the AmeriHealth Caritas Family of Companies.

Significance: As a Medicaid managed care organization, AmeriHealth Caritas Family of Companies, conducts hundreds of member-based initiatives targeting the 6.6 million members across 15 states. Initiatives are used to provide additional health care solutions to remove barriers that members face. For example, the Healthy Hoops initiative, first introduced in 2003, has helped over 10,000 children to date through hands-on asthma education, education workshops, asthma spirometry and other health screenings, nutrition education, and basketball clinics taught by local basketball legends. Like other initiatives, the successful outcomes of Healthy Hoops were not necessarily directly available for associates from all LOBs to observe. SPIDL will assist in filtering information on various initiatives so that outcome data are more readily available to associates via an internal SharePoint website.

Method/Approach: Data on member-based initiatives were collected from 2007 to the present. These data were then extrapolated into different subdivisions such as “Name of Initiative”, “Initiative Objectives”, “Summary/Outcomes”, etc. An internal SharePoint website has been created named SharePoint Initiatives Database Library. Each initiative was entered into an online template form with the appropriate field headings for new initiatives. Relevant attachments, such as abstracts or newspaper articles, were appended to the relevant initiative entry.

Outcomes: SPIDL offers the following functionalities to an associate:

1. finding a list of relevant initiatives, as well as content— including initiative information and the latest outcome data— enterprise-wide to complete various corporate deliverables
2. Developing a publication plan by determining which initiatives are promising for publication and/or are expected to generate data during a specified future time period
3. Identifying and recommending initiatives that are suitable for implementation in other LOBs based on their specific circumstances and challenges

Evaluation: Once the SharePoint site is fully operational, the SPIDL website administrator will update relevant outcomes data. Additionally, the SPIDL website administrator will monitor the integrity of the site and respond to any feedback related to the website at least monthly. Further feedback will be collected and compiled for review.

Internship Abstract

Title: Fibromyalgia Patient Survey

Name: Brigid Parker

Preceptors: Dr. Carol Cote, PT, CCTT, CODN, CMTPT, President and Director of NJPTA; John Vicchio, PT, CCTT; Kathryn Haskins PT, DPT, OCS, CMTPT; Kim Nolan, PT; Polixeni Katsaros, PT, DPT

Agency: North Jersey Physical Therapy Associates

Purpose: To conduct a brief public opinion survey of patients that attend North Jersey Physical Therapy Associates, specifically with focus on those who suffer from fibromyalgia, regarding services rendered, and provide information about the organization and providers that deliver health care.

Significance: According to the Center of Disease Control, fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, tenderness in localized areas, and often psychological distress. According to The American College of Rheumatology (ACR) diagnosis is based on a Widespread Pain Index (WPI) less than or equal to 7 and a symptom severity scale (SS) less than or equal to 5; or a WPI 3-6 and SS less than or equal to 9. Even though most people who suffer fibromyalgia are woman, both men and women who suffer attend North Jersey Physical Therapy Associates. Long short, people that suffer from fibromyalgia suffer from chronic pain and need to find release. Some attend physical therapy to see if they can find methods to relieve symptoms of pain and stiffness in everyday life. This survey will attract the fibromyalgia population and aid the local population in choosing a physical therapy establishment to attend.

Method/Approach: A variety of patients suffering from fibromyalgia needs to be identified. Variety in age, gender, severity of fibromyalgia and primary physical therapist must be included. Once the patient cohort is established, an autonomous survey needs to be created and distributed. Questions on the services rendered at North Jersey Physical Therapy Associates, information and questions specifically regarding fibromyalgia care, questions on the different kinds of delivery care are to be included. After the survey is provided, and data collected, the results will be presented in a statistical analysis.

Outcomes: At the end of the project the results of the survey will be presented. Bar graph results will represent a visual presentation, whereas statistical findings will represent the mathematical side of the findings.

Evaluation: Evaluation of the fibromyalgia focused survey can be done with pre tests of the survey, before the actual survey is conducted. Long term, more fibromyalgia patients come to North Jersey Physical Therapy Associates for services.

Internship Abstract

Title: Impact of Customer Service on Laboratory Patient Service Center's Survey Outcomes

Name: Yunwoo Chung

Preceptors: Direct Supervisor: Karen Shepherd, the Director of Laboratory Outreach;
Business Development Supervisor: Felecia Clark, the Business Liaison

Agency: Robert Wood Johnson University Hospital Laboratory Outreach Department

Purpose: To increase patient satisfaction survey outcomes in Robert Wood Johnson University Hospital's Laboratory patient service centers through improved customer services and assessment methods.

Significance: From 2014's baseline survey analysis, the Laboratory Outreach Department had total of 323 surveys returned from seven different patient service centers. In the first three quarters of 2015, the newly added patient service centers raised the number of responses to 494 responses. However, some centers still appeared low in number of survey responses with fluctuation in number. A customer focus strategy and improved customer service will enhance three areas: 1) a standardized survey script, 2) increase in the survey responses, 3) increase in the patient satisfaction. Customer focused strategy will change the quality of healthcare.

Method/Approach: A cross-sectional approach was used in the study, a snapshot of yearly survey outcomes at different locations of patient service centers in 2014 and three quarterly outcomes of 2015. The represented subsets were eight different patient centers in central New Jersey. Additionally, site observations were made at three different patient service centers in New Brunswick. After data analysis, Six Sigma Lean Process Method was used which includes Process mapping, fishbone analysis, and quadrant priority matrix to identify and assess the current survey method. In October, newly designed URL, surveys and posters were implemented in four patient centers in New Brunswick.

Outcomes: The first three quarters of 2015 had total of 494 responses. Newly added sites such as Hillsborough patient center (23%) and Branchburg patient center (28%) had the most responses among eight sites. Cancer Institute of New Jersey (3%) still remained at the lowest response rate. Despite the implementation of newly designed URL, surveys and posters in the beginning of fourth quarter, October (33) and November (29) 2015's survey responses still remained below average (55). Projected calculation for December 2015 is 82 responses, which leads to projected total of 638 survey responses in 2015. However, the projection is limited due to lack of trend shown in 2014 and 2015's graph analysis.

Evaluation: Although 96% of patients responded that they were satisfied with the customer service in 2014, Cancer Institute of New Jersey (71%) and New Brunswick's Plum Street Patient Center (73%) had the lowest patient satisfaction scores. In first three quarters of 2015 (97%), there was only 1 % increase in patient satisfaction. To further improve, redesigning of surveys, shortening the online survey URL, relocation of a survey box, and standardization of customer in-service script will help each patient center to standardize the customer service system and improve the patient satisfaction survey responses and scores.

Internship Abstract

Title: Mobilization of the Take-Action Kits for the 16 Days Campaign
Name: Krishna Patel
Preceptors: Zarin Hamid (Gender-Based Violence Program Coordinator)
Agency: 16 Days Campaign Against Gender Based Violence, Center for Women's Global Leadership

Purpose: To assess the approach of participating organizations for the mobilization of take-action kits during the 16 Days Campaign

Significance: The 16 Days of activism against gender-based violence campaign broadens the focus of human rights' issues within the political and social construct through outreach, promotion, and education of human rights. The campaign highlights the intersections of gender-based violence, lack of access to, and safety of education and educational settings, with focus on militarism. This focus is broadened through emphasis on economic and social rights, unsafe educational settings, and ending gender-based violence in conflict prone zones. Additionally, the campaign's outreach is measured through the mobilization of the take-action kits (TAKs). These take-action kits contain information needed to carry out structured events for the 16 days campaign initiatives and are monitored throughout the campaign with Google alerts tool, submissions on the events calendar, and other direct contact requests.

Method/Approach: To increase involvement following steps were taken. 1) Take-Action Kits (TAKs) were developed and translated into multiple languages. 2) Interested organizations were urged to register their 16 Days of Activism event. 3) Information was recorded and categorized on daily basis in the Data Archive. 4) Twitter "Teach-In" sessions were scheduled to maximize the impact through social media. 5) Google Alerts tool was used to monitor the mobilization of events pertaining to 16 Days of Activism over the globe.

Outcomes: Within the Events Calendar submissions (n= 37), 17 event submissions (46%) of events were related to General Gender-Based Violence (GBV); among the different initiatives for these events (n= 37), 24 (65%) were equally divided between community mobilization and information sharing and coalition building approximately (n= 12, 32%) each. Comparatively, Google Alert monitoring (n = 105), 53 Google Alerts (50%) were related to General GBV with the focus on community mobilization (initiative type)(n=105), 33 (36%). Cross-region analyses (Google Alerts), depicted that (n=105), 56 (53%) of the overall mobilization was contributed from the Sub-Saharan region.

Evaluation: Majority engagement in the sector of General GBV with the focus on community mobilization showcases a) the global priority to address the gender-based violence in general b) to maximize engagement through community mobilization.

Limitations: The data used to evaluate this is tentative as of November 18, 2015, overall outcomes and evaluation will not be completed till January 2016 after the 16 Days Campaign, which ends on December 10, 2015.

Internship Abstract

Title: Cultural Competency and Compliance to Postpartum Care

Name: Nisa Haider

Preceptors: Laurie Navin, Director of Program Services; Kristen Henry, Associate Director of Program Services

Agency: March of Dimes

Purpose: To better understand how to increase postpartum visit rates; what factors affect compliance to postpartum care (PPC); and how to educate providers on cultural competency.

Significance: Socio-demographics play a vital role in the utilization of postpartum care. Studies indicate that women with less than a high school education, are under twenty-six years old, and/or have household income less than \$20,000 are significantly less-likely to utilize postpartum care, (DiBari et al., 2014). Such factors indicate overall disparities in care and require responsiveness to advance the quality of healthcare across socioeconomic and demographic boundaries, (DiBari et al., 2014). Health disparities due to socioeconomic disadvantages can in part be created by the lack of cultural competency and can lead to barriers in diagnosis, treatment, and follow ups, (Anderson et al.).

Method/Approach: The Collaborative Improvement and Innovation Network to Reduce Infant Mortality (CoIIN) and the Health Resources and Services Administration's (HRSA) constructed site teams with 12 community partners from New Jersey. Together these site teams developed and facilitated six focus groups for the major racial/ethnic groups in New Jersey, (i.e. African-American, Latino, Hispanic, Caucasian), using the "Plan, Do, Study, Act" model. Research was conducted on prior information on PPC to develop hypotheses and to see if it was consistent throughout the state of NJ. A demographic form was developed to obtain aggregate data and focus group question were developed to solicit responses about PPC and to disseminate its benefits.

Outcomes: Research done prior to the focus groups indicated that major factors affecting postpartum care include; racism, access (coverage, transportation, etc.), and socioeconomic status (SES). Focus groups suggested that major issues surrounding PPC were the misunderstanding of and a general negative feeling towards PPC. Through the data gathered from the focus groups a literature review and presentation will be developed for providers to better understand the factors affecting PPC.

Evaluation: The cultural competency program will offer community workers training in NJ on PPC and benefits, expand beyond prenatal care education, to help increase the connection women have with their health care provider and to better communicate/understand the value of the PPC. Women attending focus groups received an evaluation form at the beginning of each session to better understand their concerns and the demographics of each group. Webinars were held with site team members to evaluate the data received and to better formulate recommendations on PPC.

Work Cited: https://docs.google.com/document/d/1DEXy7qK9J-tTpDdQIrDFtTIWjrj0YpsyD4uaRL_WUCbY/edit?usp=sharing

Internship Abstract

Title: Creating Craft Kit and Activity Policy Guidelines

Name: Anjali Patel

Preceptors: Lauren Valletutti, Program Fellow

Agency: Project Sunshine

Purpose: To create and clearly define policy guidelines of what items are and are not allowed in the hospital for staff and interns to follow when creating and implementing new craft kits and activities.

Significance: Project Sunshine aims to help children and teens alleviate their anxiety and help instill in them the courage and coping skills that are necessary to confront the procedures that lie ahead for them. One of Project Sunshine's major programs is the Creative Arts and Crafts program. This program provides fun and creative activities that allows children and teens of all ages to foster their imagination and self-expression within the healthcare environment. Two aspects of this program include craft kits and activities. These kits and activities contain various age appropriate crafts and puzzles that bring joy and relief to children and teens. The completed crafts can serve as a way to personalize and beautify their hospital environments. It is important to create a policy guideline in regards to new craft kits and activities as certain materials may not be allowed in hospitals and healthcare facilities for safety and/or medical reasons.

Method/Approach: In order to create a set of policy guidelines, research will be conducted by carefully combing through various hospital policies and guidelines to ascertain what materials and objects can be brought into a hospital or healthcare facility. The guidelines will be written after analyzing the research and determining what materials and objects are allowed into the pediatric floor of a hospital or healthcare facility.

Outcomes: The outcome of this project will be a carefully crafted and easily understandable policy guideline that can be used in the future by both staff and interns when designing new craft kits and activities. The completed policy guideline will aide in the creation of unique craft kits and activities that adhere to hospital policy and are safe for children and teens to use.

Evaluation: After the policy guideline is created and approved, it will be given to all staff and interns. The guideline will then be reviewed by staff and interns. A satisfaction survey will be conducted and feedback will be provided in order to determine whether or not any changes need to be made and if it will be successfully used.

Internship Abstract

Title: Middlesex Greenway Western Extension
Name: Brendan Torres
Preceptors: Mirah Becker, Director of Comprehensive Planning; Nicholas Tufaro, Principal Planner
Agency: Middlesex County Office of Planning

Purpose: To assist in gathering and mapping data to develop a conceptual design of a western extension for the Middlesex Greenway.

Significance: The Middlesex Greenway serves a critical purpose as a mixed use trail within the municipalities of Metuchen, Edison and Woodbridge, offering residents a space to relax and exercise, all within close distance of some of the state's busiest roadways. A western expansion into western Metuchen, Edison and South Plainfield is under consideration. An extension will allow new populations opportunities for exercise and socialization. Research and field work must be conducted to begin the process of the extension. An assessment of conditions and usage of the current Greenway has to be evaluated to gather results to configure a compatible design for the extension. Issues involving lack of seating, drainage and access are being analyzed to strengthen the eventual western extension.

Method/Approach: Analysis was divided into smaller tasks. First the original goals of the Greenway were analyzed to note the progress of such goals. Next research regarding land use, parcel ownership and demographics was conducted to better understand the social and economic condition of land near the Greenway, as well as the extension area. Research was then displayed graphically using ArcGIS. GIS maps based on original research were created that will assist in contributing to a future design of the extension. Additionally photographic field work has provided evidence of current conditions and usage along the Greenway. Photographic field work has also noted critical physical conditions in the study area that may complicate a western extension, mainly the route which multiple streams run through.

Outcomes: Research has provided crucial information that will impact the eventual design of the western expansion. Existing problems such as lack of benches, poor drainage and debris on the Greenway have been documented. Maps were produced allowing for a better understanding of conditions that will impact design and usage of the western extension. Maps can be used to advocate through public policy for physical changes along the Greenway, such as the construction of benches in areas immediately adjacent to seniors to more effectively serve Greenway users. It is likely that this project will be presented to the Board of Chosen Freeholders for input and possible funding.

Evaluation: The physical extension of the Greenway can serve as a way to measure the significance of research conducted. If created maps have an impact on the layout of the extension or lead to changes along the existing Greenway, they can be considered to have been implemented correctly. Community surveys can gauge community satisfaction, and the impact that improvements have upon usage of Greenway.

Internship Abstract

Title: ReachHR Motivation Mechanism Study
Name: Bingting Wei
Preceptors: Direct Supervisor: Ann, An, Director of HR Department
Agency: ReachHR Company, Guangzhou, China

Purpose: To explore what is necessary to motivate company employees through information collection and questionnaire investigation, and propose countermeasures to attract and retain talents.

Significance: ReachHR Company has 86 employees; all are knowledge workers that receive higher education. From Jan, 2014 to Jan, 2015, at least 3 employees leave the company every month. In the global knowledge-based economy, human capital is one of the important resource elements in a company. The competition between businesses is often a competition for talent. Loss of key personnel is an invisible loss of company's asset. In order to attract, motivate and retain talents, a company must have a systematic and scientific HR management system, in which motivation mechanisms significantly affects employees. A motivation mechanism that is coordinated with business strategy and HR strategy can be a competitive advantage for the company, because a good motivation system can help reduce company's turnover rate and facilitate employees to increase work efficiency by satisfying their needs.

Method/Approach: A questionnaire about employee's satisfaction with work and rewards was made to collect data from 4 different levels employees within ReachHR, including financial and administrative personnel, entry-level business personnel, senior business personnel and executives. Collected data from questionnaire was stored in spreadsheet and analyzed through Excel. Interviews were also made with 8 persons to further explore their needs, and records were analyzed with supervisor. After combining analyses from both the questionnaire and the interviews, proposed countermeasures about how to improve the motivation mechanism based on employees' needs were developed. The same questionnaire will be conducted after intervention to test the viability.

Outcomes: Of the sample employees (39), 49% employees feel unfair and very unfair about their pay based on their efforts; 61% employees believe the compensation system is not appealing; 61% employees think their jobs are ordinary; 17% employees dislike their jobs and; 54% employees deem the benefit system to be incomplete and unreasonable. Young employees indicate a need to develop skills and competencies while senior employees focus on their reputation. As a result of this analysis, countermeasures designed to rebuild pay structure based on 3Ps (person, position, performance), a flexible benefit program and job rotation were proposed.

Evaluation: The project can be evaluated by pre-then-post questionnaires. Same questionnaire distributed during the project can be conducted after the implementation of proposed intervention. Comparison of the data from pre and post questionnaires will indicate the effectiveness of the project.

Internship Abstract

Title: The Business of E-bank
Name: Yiran Xu
Preceptors: Baitao Liu, Sub-bank president, Shuang Liao, The Superior of the Business of E-bank
Agency: The Nanshan Sub-bank of China Citic Bank

Purpose: To help bank customers to use E-bank and to increase the number of E-bank users.

Significance: In 2011, the entire transaction scale of E-Business in China reached seven trillion, with year-on-year growth of 46.4%. In addition, compared with 2010, the entire transaction scale of E-bank in China increases by 43%. The advantages of E-bank are obvious: decreasing the operation and service costs and creating huge profits; no limitations in time and space, so it can enlarge its business work; resources of both bank and customers are saved and finally the speed of capital flow and decrease the loss of cash in transit can be made.

Method/Approach: First, a group was organized to take charge of the business of E-bank, with duties including business development and operation management. Once a bank positions the business of E-bank appropriately, it can extend the products of bank by using the tool of Internet. Then, improvements to online banking services and expansion to “personalization of E-bank” can be launched. Finally, building a user-direct system, application program and strategy can be developed when users can achieve self-service, products selection and decision support. The first step was to collect information on the consuming habits and the desired service of the customers.

Outcomes: By using the advanced methods, such as DS, SET and SSL, the team can ensure the security of customer’s information and decrease the danger of hackers. Customers will be satisfied with the service of E-bank, because it is fast, simple and safe. In addition, the team strengthens the regulation of the E-bank of China Citic Bank, reviewing the information of the customers and affirming that they are reliable.

Evaluation: The department of the business of E-bank creates a questionnaire for both customers and the employees in bank to answer. According to the answers, 90% of employees believe the actions are beneficial to increase the E-bank users. 80% of the customers are satisfied with the private security of online services.

Internship Abstract

Title: Guiding New Yorkers on Tenants' Rights (tentative)

Name: Chelsea Andino

Preceptors: Anna Pycior, Chief of Staff. Andrew Hendrickson, Director of Community Affairs.

Agency: The Office of New York Assemblymember Brian Kavanagh of the 74th Assembly District

Purpose: To provide an effective and comprehensive method of understanding tenant laws in the State of New York.

Significance: New York City tenants face many difficulties, as a shortage in housing is becoming more visible in the city, renters are challenged in maintaining their homes. In 2014, there were 28,820 families and individuals evicted from their homes and the numbers have varied throughout the years. Evictions contribute to homelessness, where 60,000 people currently live within the New York City shelter system, further escalating the growing housing problem in the city. About 90% of tenants who face eviction attempt to navigate the laws and codes of their city in order to maintain their residences. Many tenants are unaware of their rights and in order to help them in the process of keeping their homes, more enticing and engaging resources should be provided for tenants in New York.

Method/Approach: New York State Attorney General Eric T. Schneiderman provides a comprehensive 36-page guide to tenants' rights in New York. Using the guide as a focal point for this project, each section specializes in different areas of housing, sections such as types of housing, leases, rent, utility services, repairs, and tenants' personal protections. The guide is reviewed and scanned for important material to take out and include in the newly created compressed booklet of tenants' rights. This will include highlighting and constantly analyzing the original guide in order to assure that no important information is excluded in the new booklet.

Outcomes: The purpose of this newly composed booklet is to raise awareness and prevent any abuse towards tenants when housing problems suddenly arise. Constituents who pass through the office will be able to obtain a free copy and internalize some of the dense complicated laws in a simpler way. The booklet will hopefully serve as useful resource for constituents of all ages and divert any housing complications that may spring in the future.

Evaluation: Apart from the constant consultation with staff members in the office, one approach to evaluate the successfulness of the project is to survey constituents about the proposed new booklet. This will include asking incoming constituents if they would approve of a booklet that summarizes tenants' rights in New York City and outside.

Internship Abstract

Title: Asbury Park Waterfront Redevelopment Height Study

Name: Ahmed Bahgat

Preceptors: Asbury Park Director of Planning, Michele Alonso

Agency: The City of Asbury Park

Purpose: To virtually simulate street views and landscapes according to the proposed heights featured in the Asbury Park Waterfront Redevelopment plan in order to demonstrate the effects of these heights on the current streetscape.

Significance: In recent years, the City of Asbury Park has worked extensively towards redeveloping the city's historic, and growingly vibrant waterfront. Over the years, as land ownership and government changed, the Waterfront Redevelopment Plan has been amended with the latest version being created in 2011. In this plan, which includes over 56 acres of land, various building heights are proposed but only shown on two dimensional maps with no mention of existing heights and context. This lack of clarity in height proposals has concerned city residents and government officials alike. The creation of this height study will provide a clear, scaled representation of possible future development in Asbury Park to be presented to the City Council, developers, and the Planning Director.

Method/Approach: In order to create the height study, 3D models were rendered in SketchUp, and exported to Google Earth as .kmz files in order to accurately, and clearly present the final product. In SketchUp, the geolocation tool was used to create a location-accurate template of Asbury Park, using satellite imagery. Using the conversion of 10.83 feet per story, 3D models of the proposed building heights, represented in full lot coverage, were accurately created, measured, and labeled. Next, the heights and shapes of existing structures were rendered into the same SketchUp template, allowing for contextual analysis of the proposed heights. Additionally, generic models of single family homes, trees, other structures were imported into the study to create a more comprehensive context. Finally after the renderings were completed, the files were exported to Google Earth for the final presentation.

Outcomes: Once the files were transferred to Google Earth, it was much easier to navigate the rendered city scape, allowing viewers to observe the study in numerous perspectives, even comparing the proposed heights to current development at the ground level. In a meeting with the Deputy Mayor, Director of Planning, and the two representatives from the developing company, the final height study was presented and discussed as a part of negotiations between the city government, and the developers.

Evaluation: The presentation of the height study sparked various discussion and questions between the government and the developers. By adding a new perspective to the existing plans, the negotiation process between the municipal government and the developer has reached a new milestone. Future additions to the study, as well as the creation of similar models will be used by both groups to aide in the continuous planning and development of Asbury Park.

Internship Abstract

Title: A Redevelopment Plan for Mantau Neighborhood, Pennsylvania
Name: Trapa Barua
Preceptors: Juan Ayala, Principal; Mouli Luo & Ioanna Tsoulou, Design Associates
Agency: GRID Design Studios

Purpose: To design a neighborhood master plan to encourage activity and increased public health.

Significance: The Better Philadelphia Challenge was designed to bring awareness to the poor living conditions of the Mantau neighborhood in Philadelphia and to draw the attention of professionals, students and faculty to this growing problem. Mantau is located 3 miles from Center City. The neighborhood is uniquely demarcated by the Amtrak rail yard from the North and East. Lancaster Avenue, the major avenue of commerce is located to the West. Major employers such as the University of Pennsylvania, Drexel University, The Philadelphia Zoo and the 30th Street Station surround Mantau. Mantau was fully developed by the 1900's and in recent decades has struggled with upholding a positive image. There has been a history of violence and drugs infiltration within the neighborhood. Currently, the neighborhood community has taken control over the physical quality by cleaning and taking care of the vacant lots. The neighborhood community is looking to find ways in which it can improve its quality of life and re-establish its role with the surrounding communities and region.

Method/Approach: Analysis techniques include creating a land use map, site reconnaissance, field observation and evaluating parcel data from GIS. Research on Mantau's comprehensive plan and phone interviews with community based organizations were also conducted.

Outcomes: Our team focused on three important planning goals: Health + Activity, the Grand Vision (Site Plan) and the Small Scale. Health will be encouraged by increasing safety by adding street lights which will increase walking and biking. A greenway, small parks, a garden and a farm will be created to further increase public health efforts. When planning, neighborhood planners should integrate new developments with what architectural character is present. The architectural continuity in Mantau suffers from mismatched redeveloped two story buildings, which is not compatible with the present architectural character present there. The Mantau demographic has a large number of senior citizens as well as single mothers. Forming compact development, creating single-family households as well as accessible housing stock will be a priority in this master plan.

Evaluation: Surrounding the Mantau neighborhood, all new developments are being built more near Drexel University, which shows a disparity in where investment is going in the area. Mantau consists of churches, highway access, community-based organizations in the surrounding area, and public murals that depict its history. Some challenges include, the overall vacant lands, lack of housing stock for the major single family households, community appearance, lack of school facilities, distance from retail opportunities, lack of grocery stores, lack of street lighting, mobilized effective place making and aesthetic disturbances caused by the AMTRAK railroad.

Internship Abstract

Title: Stranded Real Estate Assets: Changing Economy Changing Land Use

Name: Brett Harris

Preceptors: Ann Brady, Executive Director; Lisa Cintron, Planner; Sam Brookham, Assistant Planner

Agency: PlanSmart NJ

Purpose: Collecting and researching data about vacant office and retail buildings throughout New Jersey as a part of PlanSmart NJ's Stranded Real Estate Assets Project, which will be compiled into a guidebook outlining the definition of a Stranded Asset and how to remediate one.

Significance: In New Jersey, and across the nation, sprawl developments are becoming more vacant which drastically affects the tax revenues of local municipalities. *The Sprawl Repair Manual* by Galina Tachieva discusses the negative impacts of sprawl development, notably in office complexes and retail strip malls. PlanSmart NJ's Stranded Real Estate Assets Project is significant because it identifies the problem of vacancy within these buildings and aims to create a solution. The research conducted identifies which municipalities in New Jersey are losing tax revenue because of their abandoned office and retail buildings. Converting Stranded Assets into working buildings encourages economic growth in municipalities which creates jobs and increases the tax revenue.

Method/Approach: The PlanSmart NJ staff will put together a guidebook in which the process for converting Stranded Assets into economics drivers of community will be outlined. Brett is working on pieces of a larger picture, mostly in data collection for the vacant buildings. Specifically he has worked on collecting master plans, zoning codes, zoning maps, redevelopment plans, and tax data for municipalities across New Jersey. This data sets up an important background for municipalities and it allows one to see the significant impact a stranded asset has. The guidebook will define the criteria for a Stranded Asset and guide municipalities on how to fix them. For the guidebook PlanSmart NJ will work closely with a select few municipalities in New Jersey on case studies where the stranded asset will be rehabilitated into a usable space for the community. The case study will serve as a precedent for how a stranded asset should be identified and repurposed.

Outcomes: The outcome of the work is mostly qualitative in nature. The guidebook will serve as a guideline for other municipalities to rehabilitate their vacant buildings. Some quantitative data has been found in the preliminary studies, such as there are 208 retail stranded assets sites in New Jersey that have failed or are failing. The definition for failed is greater than 40% vacant and the definition for failing is 20%-40%. These buildings have resulted in 7 million sq. ft. vacant retail space. Nationally 7.6% of retail spaces can be classified as failed while in New Jersey it is only 5.2%. Piscataway property tax rates for the stranded assets have cut nearly in half which resulted in a total of \$3 million missing from the tax revenue.

Evaluation: Evaluation of the entire project may not be available relatively soon because the guidebook will take time, but evaluation of the preliminary stages is possible. The success of the project can be evaluated by the steering committee which has been assigned to guide the Stranded Asset project. Also success can be measured in how receptive the governments are when it comes to adopting Stranded Asset principles.

Internship Abstract

Title: A Case Study: Permanent Housing Initiatives in the United States and in the Netherlands

Name: Rachel Kim

Preceptors: Dr. Andrea Hetling, Rutgers University Associate Professor of Public Policy

Agency: Bloustein School of Policy & Planning

Purpose: To conduct a comparative case study of permanent housing initiatives in the Netherlands. This comparative case study examines approaches to developing policy aimed at creating permanent housing solutions for intimate partner violence (IPV) survivors and serves to inform US strategies.

Significance: This case study examines the Netherlands policy and program responses to homelessness amongst survivors of IPV. The project evaluates the differences and similarities between the Netherlands' approach towards homelessness as well as its relation to, or lack thereof, to intimate partner violence and that of the United States. Recently, permanent housing models have been implemented in the United States as a solution for intimate partner violence survivors. In order to refine the development of permanent housing for IPV survivors, a study of public housing in other countries would be beneficial. The Netherlands is a unique case because it focuses more on providing financial help by the Unemployment Benefit (WW) and Work and Social Assistance Act (WWB) and then providing regulated rental housing for lower income persons/families. With social policies that provide social services and basic income, many homeless are able to rent from the regulated housing market. Further, the Netherlands recently implemented a G4 Homelessness Action Plan and Housing First Europe program in order to combat and prevent homelessness. The Netherlands is a global leader in social housing with approximately 40% of Dutch households renting from social housing providers.

Method/Approach: To conduct this study, the intern researched housing policy, active programs and nonprofits, and various policy reviews of the Netherlands and compared them to those of the U.S. Regarding the United States, she reviewed the "2009 HEARTH Act (Homeless Emergency Assistance and Rapid Transition to Housing)", the New Destiny Housing Program, the Women Aware Permanent Housing Program, and other related policy/program reviews. For the Netherlands, she reviewed "2002 Private Violence, Public Matter", "2008 The Next Phase, Policy Plan on Domestic Violence", "2006-2013 G4 Homelessness Action Plan", "Housing First Europe (HFE)" and other related policy reviews.

Outcomes: At the end of the study, a final comparative case study document will describe the information gathered and make critical comparisons.

Evaluation: The larger project will use the outcomes of the case study to inform next steps, which many include field work in the Netherlands.

Internship Abstract

Title: Somerset County Municipal Green Team Assistance Program

Name: Elizabeth Murray

Preceptors: Tara Kenyon, Principal Planner and Laurette Kratina, Chief Strategic Planner

Agency: Somerset County Planning Division

Purpose: To assist Bound Brook in gaining registration within the Sustainable Jersey initiative by adopting sustainability actions plans for their towns.

Significance: Bound Brook needs assistance in gaining their registration for Sustainable Jersey in order to be able to have a Sustainable Jersey certification in the future. In conjunction with RideWise, the work being completed during this internship will provide assistance and guidance towards their Sustainable Jersey goals.

Method/Approach: Bound Brook's Master Plan, Re-Examination Plan, SID Ordinance, General Ordinances, Downtown Urban Design Plan, and Urban Land Institute (ULI) Advisory Services Panel Report has been examined order to extract action plans to use towards their registration application. Tasks that will include justifying the incorporation of a Sustainability Planning Element in Bound Brook's Master Plan reexamination process, creating a Community Survey to involve the public in the Mater Plan re-examination and sustainability planning process, developing a Hub Assistance work plan. The Hub Assistance work plan will involve itemizing current goals, activities, responsibilities, timelines and outcome of the Hub Assistance Program and circulate the team for feedback.

Outcomes: An updated version of their completed actions will be created on an excel spreadsheet allowing actions to be tracked and updated in the future. Deliverables from this project will include Sustainability Planning and Master Plan Re-examination, a survey significance write-up for Public Engagement in Community Planning, a Hub Assistance Program Work Plan, and an updated Sustainable Jersey registration/certification spread sheet on Microsoft Excel.

Evaluation: The success of my deliverables will be evaluated by the numbers of points I am able to assist Bound Brook in gaining towards their certification. Effectively obtaining enough points to award the municipality a Sustainable Jersey registration will be one tool in evaluating the outcomes of the work completed during this internship. Also, a satisfaction survey will be distributed to the planning board of Bound Brook to assess the work completed. Qualifications for satisfaction will include the success of each deliverable completed.

Internship Abstract

Title: Rutgers Fred Hill Complex

Name: Reed Shuttle

Preceptors: Doug Kokoskie, Sr. Associate Athletic Director Facilities, Events, and Operations;
Kelsey Peretti, Coordinator of Facilities and Events.

Agency: Rutgers University Intercollegiate Athletics

Purpose: To support the project team in the completion of the proposal, bidding contracts, and site plans for the Fred Hill Complex building.

Significance: Rutgers University, a large public university located in central New Jersey is competing in the Big 10 athletic conference. The Big 10, one of the best collegiate conferences in the nation, is highly competitive and brings in a lot of revenue for the school. The Fred Hill Hitting Facility will be the first new athletic building since 2008. This new building will give Rutgers baseball and softball teams a place to practice in in climate weather. The facility will give the teams a place to practice in the fall and winter when it is too cold to practice outside. This will ideally level the playing field between Rutgers and southern schools, who can practice outside all year.

Methods/Approach: The building master plan consists of multiple different parts. The building proposal consists of Program Objectives, Technical Requirements, Basis of Design, Geotechnical Study, and Site Drawings. The proposed building was completed using best practices methods. We conducted research by to compare building designs to see which would work best as well as what building materials should be used. The study also used Site Maps and Land Use Maps to keep within building codes. We then had to review all designs with code. Meetings were held to figure out all necessary adjustments and provisions to the proposal including geotechnical requirements such as field investigation and lab testing. Project team reviewed all of this information so that it could be sent out to start the project.

Outcomes: The proposal was completed and sent to bid for the general contractors. The plan is for the building to have artificial turf inside with batting cages as well as a full baseball and softball infield. These plans were made due to the research done by the project team including myself. This structure will be a prefabricated fabric structure with support. The building will have 2 commercial sized garage doors to allow equipment to enter and exit easily. The building will have heating and electric to allow for a controlled climate during the winter. According to the site plans the building location was moved to a different location closer to the RAC building which is in code with the minimum distance for bathrooms. This change to the site plan saved costs that made the project date sooner. This will increase the length the athletes will have to practice.

Evaluation: The plan went through proof reads several times and revised continuously by all parties involved. This proposal was made so that the contractor can bid appropriately and has the ability to make changes with the project team's agreement. The plan included design features by both the Softball and Baseball Staff to fit both the teams' needs. Once the general contractor bid finalizes they will start the building process where further evaluation will take place.

Internship Abstract

Title: The Protection of Local Tourist Attractions

Name: Xin Huang

Preceptors: Intern Supervisor, Ling Yang, Secretary General of Qin Huangdao Local Travel Association. Project Manager, Junfeng Li, Vice President of Qin Huangdao Local Travel Association.

Agency: Qin Huangdao Local Travel Association

Purpose: To educate tourists and local residents on protecting free local tourist attractions and raise the public awareness about how improper behaviors can cause serious damage to natural beauty sites.

Significance: Qin Huangdao is a famous tourism city in North China and most of its scenic spots are open to the public for free. But each year, according to the Qin Huangdao Local Government Report from 2008 to 2012, more than 80% of scenic spots suffer different degrees of damages. Besides providing regular funds to maintain these free scenic spots, the local government has to spend around 20 million RMB to fix man-made damages, which causes a huge financial press for the local government. In order to save these unnecessary expenditures, relevant laws should be established and improved, which will effectively control inappropriate behaviors of tourists at scenic spots. It is also necessary to educate the public about how their small improper behaviors cause serious damage to these tourist attractions.

Method/Approach: In order to carry out this project, the following steps are necessary. First, do research on relevant national policies and national laws to find criteria and supports. Second, have brainstorming activities to come up with new solutions. Third, write the project proposal and revise it through the discussion during weekly meetings. Finally, take actions according to the project proposal. Surveys and petitions will be handed out at the end of each workshop at schools and companies, or in the process of events at tourist attractions as well. Major responsibilities include taking notes and doing presentations on the weekly meetings, writing a part of the project proposal and doing revision several times, assisting the main speaker during workshops at schools and universities, and setting the table at tourist attractions and answering questions from people.

Outcomes: 3,168 petitions were received and 5,247 surveys were sent out during the one month propaganda project, which shows the support from the public to have a better protection of free scenic spots. All these materials will be sent to the local government to let them know the necessity and importance of establishing and improving laws.

Evaluation: After each activity, the relevant coordinator will writes an evaluation form to show the overall quality of each activity. Coordinators will also give presentations on weekly meetings.

Internship Abstract

Title: Corporate Customer Satisfaction of E-bank Services Survey

Name: Jianzhang Lin

Preceptors: Direct supervisor: Jingbiao Zhang, associate manager of Distribution Management Department; Project supervisor: Qingsheng Wang, general manager of Distribution Management Department

Agency: Bank of China, Shantou Branch, Distribution Management Department

Purpose: To collect and analyze data about E-bank customer satisfaction and propose interventions to improve the E-bank services and attract more customers to use E-bank in Bank of China.

Significance: In recent years, most Chinese commercial banks have adopted e-bank business model using a new technology driven approach to e-banking. E-bank offers bank products and management innovation through internet links called E-channels. The development of E-bank business brings new challenges to managing customers' relations, and maintaining and improving customers' trust and confidence in the Bank of China. There is strong competition among the various branches of the Bank of China so finding ways to improve customer satisfaction can attract more customers and provides a competitive position for the Shantou Branch among other commercial banks.

Method: A phone survey was conducted with 100 corporate customers for all companies that have e-bank accounts with Bank of China. A questionnaire with 10 Likert scale customer satisfaction and open ended questions was developed and implemented to collect the data from the Bank of China's corporate customers. A 100% response rate was achieved. After collecting the data, Excel and SPSS were used to analyze the findings. Based on this analysis, an intervention about how to improve the E-bank customer services was development so as to attract more customers.

Outcomes: Of the sample companies, 40 companies managers showed satisfaction with the current services of E-bank in Bank of China, 46 companies managers said the services are fine but still need to improve, 14 companies managers showed dissatisfaction to the E-bank in Bank of China. Among 50 middle and small companies in the sample, more than half one showed satisfaction with services of E-bank products. Among 50 big companies in the sample, only about near one third showed satisfaction with the E-bank products. Among the companies which are dissatisfaction with the services of E-bank, nearly 90 % suggest that it should become more convenient to open an E-bank account, which means distribution should shorten the time to evaluate the qualification of company. More than 50 % emphasize the safety issue of E-bank products. The issue about the maximization money transaction of E-bank is also raised by most of the sample company's customers.

Evaluation: Overall improvement in the number of customers in the Shantou Branch and better ranking among other banks for overall service will be monitored to evaluate the success of this survey.

Internship Abstract

Title: Master Plan for the Chinese Han Court Park in Yun County
Name: Dongzhe Tao
Preceptors: Lu Li, Design Director; Xiaohui Li, Associate Director of Yun County Program
Agency: Huazhong Agricultural University Urban & Rural Planning and Design Institute

Purpose: Designing and producing a master plan of an ecological park in Yun County to enhance the district's tourism and improve its landscape

Significance: Yun County, Hubei, China is located on the boundary area of three provinces in the central China district. The intended planning site of the new city is in Liubei Town under Yun County. Liubei Town largely relies on agriculture and sits on hilly areas. The scenery of the site is being affected negatively by agriculture activities. Moreover, the agriculture methods used by current residents could be made more efficient and ecological-friendly. Introducing an agricultural park concept provides a chance to improve agricultural facilities and make equipment use more efficient. In addition, it could improve the overall environment of the site, encourage tourism and bring more revenue.

Method/Approach: The process for developing the Master Plan for the Chinese Han Court consists of the following parts. First several case reviews were conducted. Some similar design projects, both at home and abroad, were reviewed. Meanwhile, a site analysis that includes creating GIS maps, land use maps and base maps was done. The analysis was divided into 2 main parts: one part is natural attributes including geography, temperature, etc.; the other part is artificial attributes including policy, surrounding area's residents' opinions, and so on. The conclusion of the site analysis was organized in the form of a SWOT analysis. Second, several interviews and conferences were held between the project team and clients to improve the results of site analysis. Third, fieldwork was conducted twice; Fourth, hand draw plans were generated and revised to digital version via Autocad CAD, Photoshop CC and other software.

Outcomes: The master plan was made into a booklet and sent to the client. In general, the plan divides the prospective agricultural park into 5 main parts: residential area, comprehensive service area, ecological-friendly agricultural area, scenery-appreciation and recreation park area, and holiday village area. Each part contains its own detailed plans including landscape, land use, plantation, storm water solution, transportation & circulation and so forth. The overall style of the park intends to simulate traditional Chinese gardens. Moreover, the master plan aims at increasing the amount of green space coverage.

Evaluation: The master plan went through proof reads several times by the team and many mistakes were revised. Also, the plan was revised according to the clients' opinions. The team relocated the place set for residential area because the former design underestimated area required by residents who currently live on the site. Further evaluations will keep being conducted.

Internship Abstract

Title: Program of Employee Welfare Development

Name: Zimu Wang

Preceptors: Direct Supervisor: David Shen, Vice Director of Recruitment; Project Supervisor:Chao Sun, Recruiting Generalist; Xuewan Fang, Benefit Specialist;

Agency: China United Network Communication Group, Guangzhou Branch, China

Purpose: Develop and improve current employees' medication benefits and adequate retirees' healthcare pension coverage to facilitate productivity and loyalty of employees.

Significance: China United Network Communications Group Co.,Ltd ("China Unicom") was officially established on 6 January 2009 on the basis of the merger of former China Netcom and former China Unicom. It has subsidiaries in 31 provinces (autonomous regions and municipalities) across China and many countries and regions around the world. It is the only Chinese telecom operator listed on the stock exchanges in New York, Hong Kong and Shanghai. As a state-owned giant group, China Unicom now has approximately 320,000 employees. However, from 2009 to 2014, employment decreased from 320,000 to 230,000. Good compensation and benefits are important aspects that reflect a company's care and solicitude for employees and can facilitate personnel's loyalty and incentives to work. As a result, China Unicom developed wider benefit coverage including medication coverage and retirement pension plans for employees.

Method/Approach: Improvements in benefits focused on medication and healthcare. First, the family background is investigated, which collects employee's information on family members and medical treatment history. Second, several benefit plans are customized for employees who are in different conditions: special benefits coverage for pregnant employees and child and spouse medical reimbursement were offered. Third, an independent healthcare plan was improved for retirees. The Company also arranges annual medical examinations for retirees and co-pay follow-up medical expenses if significant diseases are diagnosed. Forth, one-on-one interviews are conducted after retirees' medical examination to collect feedback on retirement health care coverage.

Outcomes: In this benefit development program, over 2000 employees were covered in China Unicom Guangzhou Branch, 10 pregnant women received special coverage, and more than 60 new retirees took medical examinations and only 2 retirees reported discontentment about retirees' coverage. Employees were overall satisfied with benefits coverage, but more detailed evaluation is needed to get more specific analysis of this development plan.

Evaluation: Besides an interview of retirees, a general survey should be distributed to all employees to collect feedback after implementation of this program in second quarter. Questionnaires about attitude toward HR operation policy could also conduct to collect meaningful and feasible suggestions from employees. Last, a comparison analysis of personnel attitude between pre and post benefits program could be conducted to test the effectiveness of this benefits program in increasing employees' retention.

Internship Abstract

Title: Employee Training and Corporate University Program
Name: Yi Yang
Preceptors: Direct Supervisor: Guochun, Xie, Intern Supervisor of Employee Training Center
Agency: China Railway Engineering Corporation

Purpose: Design and provide high quality internal training programs to efficiently manage diverse workforce and support the establishment of CREC Corporate University.

Significance: Faced with growing international business, employee training and development are key factors in achieving CREC's business strategies, utilizing its human capital, enhancing performance and productivity and providing high efficiency in employee management. With the increasing needs of global talent acquisition and oversea business, new methods need to be introduced in training programs to manage a more diverse internal workforce and support its long-term goal of establishing a Corporate University in CREC.

Method/Approach: Based on the Instructional System Design (ISD), the ADDIE model was used to improve employee training and development and transfer the CREC Employee Training Center into a world-class corporate university. Steps included: analyze current data in training center to prepare and present a full diagnostic report of CREC's current condition of organizational learning; develop and implement hard and digital versions of employees questionnaires to conduct needs assessment and ensure employees' readiness for training; identify talents to build a strategic team to execute new trainings and plans; conduct structured and in-depth interviews with VP of Human Resources and senior managers in training center to design and develop the organizational learning blueprint.

Outcomes: Data analysis show that CREC Employee Training Center is on the third level among five levels of corporate learning institutions and over 50% percent of trainers are internal employees who are experts in their job related fields but do not have enough experiences in conducting training lessons and teaching skills. Based on the data from surveys and interviews, the solutions included: Provide diverse training methods; encourage in-class participation and team project; use various performance assessment methods rather than only exams and tests; provide opportunities for trainees to successful transfer what they have learned during the training to their jobs.

Evaluation:

Keep sending out and collecting questionnaires to employees to provide more valid and reliable sample data for future analysis. Design new questionnaires for middle level and high level managers in the training center and other departments. Invite learning technologists to help evaluate the new program. Conduct survey to evaluate the facilities and infrastructure that have been used in the program.

Internship Abstract

Title: Shanghai Loving Mummy Cabins Project

Name: LiuJun Ye

Preceptors: Direct Supervisor: Even Chen, Vice director of Sales Department;
Project Supervisor: Eddie Yuan, Director of Marketing Department

Agency: China International Intellectech Corporation, Shanghai

Purpose: To collect and edit project relative materials and make presentations for Shanghai government and Wyeth Co. to promote cooperation.

Significance: In Shanghai, women comprise nearly 48.3% of the population and 67.5% of them are working. In addition, a large number of women are pregnant while they are still working. Moreover, based on the culture factor, women in China are very restrained in marriage, pregnant, and nursing babies. However, it is rare to find suitable and proper places in their work sites for these women employees to breastfeed their babies. Therefore, it is necessary to build a private and comfortable area for them to feed their babies.

Method/Approach: In order to help these women with breast feed babies, the China International Intellectech Corporation worked with the Shanghai Government and Wyeth Co. to create the *Loving Mummy Cabins* project to build special cabins in companies, economic parks, and some public places to let women have privacy during breast feeding. There will be nearly 1000 cabins built in all districts of Shanghai in the next 3 years. The government will set up detailed regulations and policies for this project and sign a specific contract with Wyeth Co. and CIIC Shanghai to work together. Through the policies, the government will have experts to help plan and build cabins in different areas. Helping CIIC to prepare relative materials and edit every video and report about this program contributed to the success of the project. In this big picture, I have to assistant CIIC representatives to collect relative materials and keep records for every important meeting with the government and Wyeth Co.

Outcomes: Reports in both Chinese and English Version were created. Videos, photos and information for major events were arranged and edited. Also minutes of every meeting were completed and teammates were informed of important information. So far, this project helped more than 20 companies to set up cabins in their workplaces and 5 districts of Shanghai already had cabins. Almost 800 cabins were established and have good feedback.

Evaluation: In order to evaluate the project, a process evaluation form will be built for teammates to get feedback. A survey of the loving mummy cabins for cabins will be created and provided women employees who used the cabins.

Internship Abstract

Title: Program of fans-oriented marketing strategy

Name: Cenwei Zhang

Preceptors: Direct Supervisor, Team leader: Xianjun Fan

Agency: China Unions Music Operation Center

Purpose: Establishing cooperation with the fan groups of celebrities for China Union Music Operation Center (CUMOC) to target them as loyal customers and promote the brand attention.

Significance: The music market is deepening its relationships with the telecommunication market through use of mobile devices and the trend is expected to grow in the future. CUMOC hopes to take advantage of the thriving music market and also promote the brand of CUC throughout music business. Seeing the strong purchase power of the fans, CUMOC created a fan-oriented marketing strategy to target these groups as their critical clients. Maintaining good relationships and cooperation with fans groups is a critical loop to marketing music products and generating revenue.

Method/Approach: To establish long-term relationships with fan groups, CUMOC was focusing on three major strategies. Firstly, it hosts joint concerts, fans meeting and other events for artists and provides free chances for fans groups to take part in. Secondly, it creates its own public communication channel between fans groups and CUMOC in social media platforms Weibo and Baidu Tieba, as well as social software such as Wechat and QQ. Thirdly, it signs contracts with fan groups, providing them with benefits such as free concert tickets and albums and ask them to help running the communicative channels and advertise CUMOC in returns.

Outcomes: CUMOC successfully carried out four online events including lottery draws for concert tickets and online chats with artists in the social media platform and offline events such as concerts, fans meetings and fans parties. Also CUMOC signed contracts with five groups of Chinese singers. CUMOC successfully generated more than 50,000 fans to the official social media platform in Weibo and 200,000 followers in its official Wechat platform. Under the fans-orientated marketing strategy, CUMOC doubled its business income in three years from 2.5 billion Yuan in 2012 to 5.0 billion Yuan in 2015.

Evaluation: Firstly, CUMOC lacks human resources to run its communication channel, but the running of the channel is hard to control if the operation is entrusted to fan groups. Secondly, CUMOC finds it hard to deepen the cooperation relationships with fans groups because it cannot afford on-going events in a regular period for every fan group. Focus groups or fan group surveys will be used to determine what other steps might be developed to deepen and maintain the relationships with fan groups.

Internship Abstract

Title: Identity Modification of the Suburban Residents in Southern China under Urban Massive Urban Transformation

Name: Siyang Ni

Preceptors: Dr. Mi Shih, Professor at Edward J. Bloustein School of Planning and Public Policy

Agency: Edward J. Bloustein School of Planning and Public Policy, Rutgers University

Purpose: Analyze and study how the massive urban transformation in China influences the social identity of suburban residents who are accustomed to their rural identity under China's urban-rural division social system.

Significance: China is undergoing the world's most transformative and rapid urbanization. On June 15, 2013, China's national government released "a sweeping plan to move 250 million rural residents into newly constructed cities and towns over the next dozen years". While the expanded urbanization accelerates modernization and industrialization in China, it also brings complex challenges to those "edge residents" who live in the suburban areas that were rural areas. This project researches and analyzes how the social identity of those "edge residents" is affected by the massive transformation using the identity theory and social exchange theory. Urbanization is not only a process of building skyscrapers and moving people in, it is also a process of creating a social system and integrating more people into the system both physically and psychologically. Therefore, studying the identity modification of the suburban residents will help people establish understanding of how the "urbanization of area" is different from the "urbanization of people", and ultimately promotes the quality of urbanization in China.

Method/Approach: The research project applies a case study method to analyze the impact of urbanization on the "edge residents" in the entire China. The city of Guangzhou is most likely to be qualified to represent the whole China but also on a manageable scale. The project

- Analyzes the data related to urbanization published in the Guangzhou Statistical yearbooks,
- Reviews existed researches on urbanization, identity theory, and social exchange theory
- Analyzes government published documents.

Outcomes: The expected outcome of this study is to identify and assess the how the social process of massive urbanization initiated by the authority in China might influence the identity of new city dwellers who were rural residents. By drawing out a theoretical process of how the identity of the new city dwellers change and evolve, the research hopes to provide a new look on how urbanization is a dimidiate process that includes the urbanization of landscape and the urbanization of people. The research also hopes to draw attention to how the modification of their identity becomes a factor in motivating the new city dwellers' to form a unified organizational behavior in reaction to the government-led urbanization over which they have limited or no control.

Evaluation: The evaluation will be focus on:

- Are the data and references reliable and support the result?
- Is the research method appropriate?
- Is the result innovative and meaningful?
- Whether the thesis qualified for publishing?

Internship Abstract

Title: Need Assessment Project of Credit/Debit-Fare Card

Name: Yanting Pan

Preceptors: Lili Wang, Manager of Product Development; Haiming Huang, Director of Product Research; Li Dai, Project Leader

Agency: China Construction Bank

Purpose: To analyze the feasibility to launch a new credit/debit-fare card for Guangzhou metro users through an investigation of the demographic characters of metro users and success of Combo Card in Mumbai.

Significance: 40% of Guangzhou citizens rely on the metro to travel in daily life. It carries 6.3 million passengers each day on average. However, the current ticket types are not user-friendly, which renders a delay to miss the next ride if passengers need to buy single journey ticket or replenish a fare card. In one sample station, Tiyu Center, at rush hours, there are on average 10 passengers waiting in line to buy single journey tickets in front of each purchase machine per minute. This costs on average 11 minutes per passenger to complete the ticket purchase. Besides, those passengers who use Yang Cheng Tong fare card spend on average up to 9 minutes to replenish the fare card. The Yang Cheng Tong fare card is a contactless smartcard, which means that if it is lost, passengers cannot get the previous money back in a reissued fare card.

Method/Approach: 50 sample stations in Line 1, 2, 3, 5 and 8 were selected at three different times (non-rush hours in a weekday, rush hours in a weekday, and weekend) to investigate the times, travel purposes, ages, vocations, fare cost, satisfaction towards current ticket types of metro users. After collecting the data, SPSS was used to analyze each measurement. P-values were used to test the observed sample results. Some outstanding data show: 1) average travel times are 231.83 per passenger per year. 2) 85% passengers range from 25 to 45 years old. 94.1% of these people have jobs with wages between 36 thousands and 150 thousands. 3) 86.5% passengers express their willingness to use more convenient fare cards if launched. In addition to the analysis report, a case study of Combo Card in Mumbai was completed.

Outcomes: The analysis report shows there is a huge market for the new combined credit/debit-fare card. The new credit or debit card includes a separate fare account that automatically replenishes when the balance is equal to or less than certain amount based on setting of user. The reloaded expenditure will be deducted from the bank account that are linked to the credit or debit card at the back end.

Evaluation: The acceptance and popularity of the project can be evaluated through calculating the number of new clients and those who drop out during the first three months. Satisfaction surveys with money rewards are also sent out to new clients for feedback and improvements.

Internship Abstract

Title: Compiling the Catalog of Chinese Ancient Jade Ware

Name: Jungyu Pan

Preceptors: Direct Supervisor and Project Supervisor: Jing Huang, Director of Department of Collection Management, Connoisseur of Guangdong Museum

Agency: Guangdong Museum

Purpose: To organize the patterns, data and information of selected Chinese jade ware and to establish a catalog of the collections, raising public awareness of heritage protection.

Significance: Jade ware is considered to be the most representative of Chinese cultural heritage. However, there are challenges in its protection, since fewer citizens today realize its significance or have basic knowledge of jade ware. Moreover, monetary rather than cultural value of jade ware is excessively emphasized, which is not beneficial to its protection in the long run. As a public agency providing cultural and educational service, Guangdong Museum is willing to offer professional help in establishing such catalog, which draws public attention to importance of jade and its heritage protection.

Method/Approach: 1) 180 visitors were interviewed. In terms of content, 62 (34%) were interested in jade ware of "the Spring and Autumn and Warring States periods", 57 (32%) were interested in that of Han Dynasty, and 36 (20%) were interested in that of Qing Dynasty. In terms of styles, 81 (45%) liked prominent place for pictures from various perspectives, and 64 (36%) proved the necessity of displaying detailed patterns by rubbings. Only 35 (19%) would like to read exhaustive literal introduction. 2) Experts provided technical support for organizing the content in correct chronological order and training apprentices to make rubbings. 3) Inputting and typesetting were done.

Outcomes: The final draft of catalog was finished, including photographic pictures, images of rubbings, and concise background information of totally 210 pieces of Chinese ancient jade ware. Submit the catalog to government censor after internal evaluation below was done. So far, the publication is still under censorship review.

Evaluation: One hundred visitors were given sample booklets and asked to fill out the questionnaires. According to the main question, 44 (44%) showed strong interests and were willing to obtain a formal published one; 38 (38%) found it generally interested, and the rest showed little or no interested. Preliminarily, the catalog was successful in attracting readers' attention, and it predictable that it is able to exert stronger influence on public awareness of heritage protection soon.

Internship Abstract

Title: Health Barriers in the Roma Women Community of Thessaloniki

Name: Megan Yuan

Preceptors: Direct Supervisor: David Wisner, Executive Director of the Dukakis Center; Project Mentors: Ruth Sutton and Maria Patsarika

Agency: The Dukakis Center for Public and Humanitarian Services

Purpose: To identify barriers to healthcare access in Roma women communities in Thessaloniki, and to propose an educational intervention that will support Roma women's knowledge on healthcare and healthcare access.

Significance: The Roma community in Europe is considered one of the most major ethnic minorities in the world, characterized by a nomadic lifestyle, social exclusion, and poverty. Ioanna Petraki's "Health Status of Roma People" (2012) writes that altogether, the Roma have shown greater prevalence of health issues such as communicable diseases, low birth rate, malnutrition, and preventable injuries. The Roma community in Thessaloniki, Greece, is no exception. Existing research, such as EUMC's "Breaking the barriers – Romani Women and Access to Public Health Care" (2003), has described Roma women as particularly vulnerable due to socio-economic cultural barriers, oppression, illiteracy, and rigid gender roles in the community. The report also suggests that they are often the health mediators for their own families, so it is particularly important that they are given health education on caring for themselves as well as their families. According to one of the European Union's reports called "Health and the Roma Community, analysis of the situation in Europe" (2009), several examples of Roma women's health disparities include: lack of knowledge about pap and mammography screening, limited visits to the gynecologist, limited use of contraception, and high prevalence of miscarriage. In light of these existing findings, there is worth in investigating the causes of these issues, exploring the contexts in which they occur, and identifying the specific health barriers of Thessaloniki's Roma women so that the Dukakis Center, as well as other parties interested in improving Roma health, can utilize this knowledge to improve health interventions in Thessaloniki.

Method/Approach: Research was based on open-ended interviews conducted with 6 Roma women from the Agia Sofia settlement aged 35 to 70, a focus group of 4 teen girls from the Roma community of Dendropotamos, aged 14 to 15, and overall observational research that added valuable contextual and background data. Interviews were conducted with the help of the Roma community's gatekeeper, who was an interpreter and mediator between the interviewer and participants. Due to the intermediary and interpretive nature of the interviews, questions were often rephrased, repeated and simplified, thus impacting the data received. This participative approach allowed participants to identify their own salient issues, as well as helped to contextualize their health issues into broader social problems. Questions of both the interviews and the focus group focused on 3 categories: 1. the female gender role, 2. doctor-patient interaction, 3. pregnancy and motherhood. The responses of the participants were analyzed and specific barriers were categorized.

Outcomes: From anecdotal and observational data, specific health barriers of the Roma women were identified and categorized: 1. illiteracy, 2. language and communication, 3. transportation, 4. financial issues, 5. discrimination, and 6. generational and cultural norms. Though discrimination from the Greek healthcare system was a common theme, differences were clearly seen from the disparity in education

levels and degree of social integration; the women of Agia Sofia, who are unregistered and illiterate, encountered far more health barriers and communication issues than the girls of Dendropotamos, who are registered citizens and literate. Furthermore, 5 of 6 women in the Agia Sofia settlement mentioned that doctors did not advise them on diet and lifestyle changes during pregnancy, and 4 of 6 women mentioned that they did not change their diets during their pregnancies.

Evaluation: 5 of 6 women interviewed responded that an educational pamphlet about lifestyle change and diet behaviors during pregnancy would be helpful to them. A pamphlet with pictures rather than words, given their illiteracy, will serve as an educational tool for the Roma women of Agia Sofia. A mentoring program between the girls of Dendropotamos and the girls of Agia Sofia will be suggested to interested parties as a possible intervention plan to alleviate the effects of illiteracy and promote future social integration.