



SPARTAN PULSE

ISSUE 1 2020 SEPT

Presented by: MSU MPH Student Advisory Board

STUDENT ADVISORY BOARD

PURPOSE & VISION

by Pavneet Banga, MD, 2021 MPH Candidate

- Represent the student body by offering enrolled students the opportunity to serve on committees: MPH Curriculum committee, Accreditation Committee, MPH Stakeholders Committee.
- Increase student engagement through collaborative communication efforts such as student-led newsletter and Instagram.
- Build connections and communications between students, faculty, and alumni.
- Engage in dialogue around student needs and expectations related to the program and the field of public health.

JOIN SAB

- Invite a friend
- Faculty nominates students
- Email: msumph1855@gmail.com



How to apply: Fill out an application with basic demographic information and attach a current CV or a Resume.

Click the icon above to complete the survey to help us better serve the MSU MPH student community. Tell us about what you hope to gain from your practicum experience in the same survey. See Practicum Perspective section.

PUBLIC HEALTH IN THE NEWS: COVID-19 AND SERVICE TO THE COMMUNITY

by Connie Currier, DrPH, MPH

By March 2020, COVID-19 had thrown us all into a tailspin. While it didn't affect those of us in the MPH program, the rest of MSU immediately transitioned to online instruction. The State of Michigan and much of the country went into lockdown, with stay-at-home/shelter-in-place orders, and COVID-19 cases increasing rapidly. First in people's minds were personal protective equipment (PPE), adequacy of COVID-19 testing, food shortages (could you find toilet paper?) and hand sanitizer.

The Michigan Department of Health and Human Services (MDHHS) immediately initiated a healthcare provider hotline to enable providers around the state to obtain COVID-19 testing through the Michigan Bureau of Laboratories in Lansing, if patients met CDC criteria. Dr. Darline ElReda, MPH faculty and MDHHS contractor, put out a call for volunteers to participate on the hotline. Three MPH faculty and three MPH students volunteered, working over 400 hours between the end of March and the end of May when the hotline was in service. CDC criteria for testing eligibility changed four times during the outbreak, as private facilities made testing increasingly available to the public. By May, testing was available to anyone who exhibited symptoms of COVID-19 – very different from the criteria at the beginning of the outbreak.

Early days on the hotline were stressful. Melody Marzjarani, MPH student, recalls with emotion one of the first times she had to inform a provider that their patient didn't meet the criteria for priority COVID testing:

“Even though I was in the comfort of my own home, I felt the frustration of every provider on the other end of the line, the anticipation for the positive news that their patient would receive one of the few COVID-19 tests almost tangible; the sheer disappointment and sadness in having to tell the provider that a patient didn't qualify for priority testing left me emotionally drained by the end of a 2 minute phone call.”

The social justice mission of public health calls students and faculty to engage communities in ways that will address the health determinants and reduce health inequities. The hotline provided an opportunity for volunteers to serve the State of Michigan during a public health emergency, and highlights one of many ways that students and faculty can contribute their time and energy through community and professional service to improve the public's health. *For more information on how Michigan and MSU are responding to COVID-19 and how you can help, click on our LinkTree!*





PRACTICUM PERSPECTIVE

by Jennifer L. Thompson, BA, 2020 MPH Candidate

Congratulations to my fellow students who have successfully completed your coursework and are now beginning your practicums! For those of you early in the program, sometimes it may seem as though your practicum is a distant phase of your MPH journey. The reality is that it will be here before you know it. Because the practicum is such a seminal piece of the MPH program, we have decided to include a permanent feature in our newsletter, called Practicum Perspectives. The hope is that this section of the newsletter will help you to think about the practicum as you move through the program. Our intent is to provide you with insights about what types of practicums that your peers are undertaking and to give you a broader perspective about what options are available to you for a practicum.

Here are a few starting points to keep in mind :

- It is never too early to begin to think about what you would like to do for a practicum.
- Talk with your professors or professional mentor about practicum ideas or your interests
- Get familiar with the information, forms, and resources on the D2L Master of Public Health Student Community
- Reach out to the Practicum Coordinator and Culminating Experience Coordinator with questions

We also hope that you will provide us feedback and information about the types of articles you would like to see in Practicum Perspectives. To that end, please click the icon below to take our quick survey and let us know what you are hoping to gain from your practicum and what you anticipate needing in order to have a successful practicum experience.

Stay tuned for our next newsletter where we will highlight some recent practicums!



"It's important to understand your patient outside of your office; their access to health resources, the community in which they reside, the safety of their home, their education, and more."

DUAL DEGREE STUDENT: MOLLY STERN

by Molly Stern, BS, 2023 DO/MPH Candidate

Name: Molly Stern

Year in MPH program: I am a dual-enrolled DO/MPH student. I'm going on year 4 out of 6.

Why I'm interested in pursuing a dual degree: I spent my gap year between undergrad and grad school working in a pediatric office. I learned that medicine is so much more than treating illness. It's about working together with your patients and their families to understand the big picture of their health. It's important to understand your patient outside of your office; their access to health resources, the community in which they reside, the safety of their home, their education, and more. The public health program has educated me on how to understand the social determinants of health and how to protect the health of individuals and communities.

Favorite part of the MPH program: I am currently enrolled in the practicum experience. I am working with public health professionals and clinicians on improving palliative care for those affected by COVID-19. I really enjoy meeting new people and learning how to work in a team that has representation from multiple disciplines.

What I hope to do with my DO/MPH Degrees: I hope to be a pediatrician and teach when I complete my training. I am interested in pediatrics because it provides the opportunity to follow patients from birth to early adulthood. I hope to instill healthy habits to prevent illness in my patients and families. I also want to educate students in medical school and/or graduate school about the importance of approaching healthcare through a wider lens.

Fun fact: I have a retired racing greyhound! He flunked out of racing and currently enjoys lounging on the couch.

MSU ALUMNI: WHAT'S THE 411 ON MSU MPH ALUMNI?

by Sharia Phillips, D. Ed

The MPH Program distributed a survey to all MPH Alumni who graduated from 2009 to 2019 and asked questions about employment and salary. The charts and table below show the responses from 176 participants.

Table 1: Employment Agency: Most Frequent Responses.

Employment Agency: Most Frequent Response

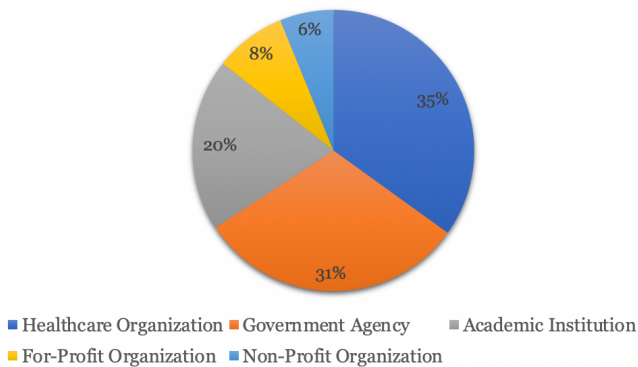


Table 2: Salary Ranges: Most Frequent Responses.

Reported Salary: Most Frequent Responses

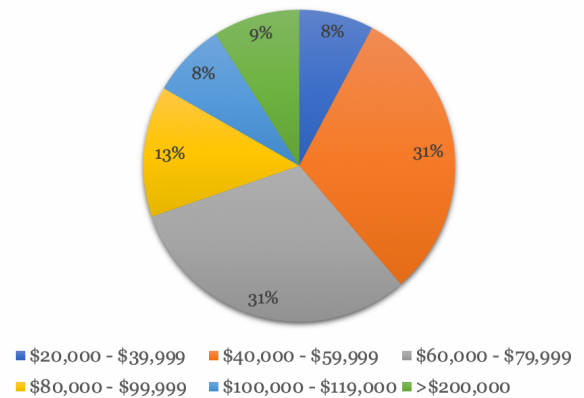


Table 3: Reported Salary Ranges Per Employment Agency.

Salary Range	Academic	Government	Health Care	For Profit	Non-Profit
Less than 20,000	1	1	0	0	0
20,000 – 39,999	5	2	0	0	1
40,000 – 59,999	13	14	12	0	4
60,000 – 79,999	6	14	16	3	3
80,000 – 99,999	2	9	3	4	0
100,000 – 199,999	0	4	10	4	0
Greater than 200,000	2	1	8	1	0

CAREER CORNER

by Abhishek Sharma, M.D., 2021 MPH Candidate

MSU Career Service Network:

Explore Career related resources and opportunities virtually.

The MSU Career Service Network is a one-stop virtual shop for most of your career search needs. There are tools available to set your career goals depending on your level of education, interest groups and affiliations. They host a wide variety of resources to help you with writing a resume, researching jobs, and expanding your networking opportunities. *Click the MSU logo below for more information.*

American Public Health Association Professional Development:

Explore Internship and Fellowship opportunities and key dates.

The APHA Professional Development section is a valuable resource to be on the lookout for year round opportunities to gain hands-on work experience in the field of public health. They have unpaid internship opportunities for undergraduate and graduate student as well as paid fellowships to engage in public health practice. *Click the APHA logo below for more information.*

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STUDENT HIGHLIGHT: SARAH STACKLEY

by Melody Marzjarani, BS, 2020 MPH Candidate



“Public Health means improving community resources to allow for health equity”

Educational & professional background: Sarah is a second-semester MPH student with a background in social justice and healthcare support. For the past 3 years, she has worked with HealthCare for the Homeless, an extension of the Public Health Department in Hennepin County, Minnesota.

Why MPH? Even though she had many key public health skills, she decided to pursue an MPH to expand her knowledge on public health to become better prepared for how client services at HealthCare for the Homeless can be improved.

“Become involved in your community. Public health jobs are diverse and having experience can improve the ability to apply theory to real life.”

An impactful experience: An impactful experience for Sarah was during spring 2020, when the Minnesota Department of Health announced an HIV outbreak among injection drug users experiencing homelessness. Sarah brought light to this issue by writing an Op Ed for the *Star Tribune* newspaper in Minneapolis. In raising awareness for the need for accessible clean needles in Hennepin County, she spurred changes that prompted Health Care for the Homeless to distribute clean needle kits.

Sarah continues to serve as a model public health professional in her community. In the aftermath of George Floyd’s murder when the entire Minneapolis community was facing extreme despair, Sarah leapt into action to help—working closely with a group to negotiate the use of a hotel to house people experiencing homelessness during the riots. This Sanctuary Hotel has protected individuals from the effects of the riots.

What’s Next for Sarah? As an active symbol of what it means to be a public health professional, we had to ask her, *what’s next for you?* To which she responded, “I would like to introduce more progressive Public Health policies into Hennepin County, such as Safe Injection Sites.”

Advice for current/future MPH students? Sarah emphasizes the importance of being involved, as, “public health jobs are diverse and having experience can improve the ability to apply theory to real life.”

To read Sarah’ Op Ed or quote in the Star Tribune or donate to Minneapolis Sanctuary Hotel, click on our LinkTree!

MENTAL HEALTH RESOURCES



Counseling and Psychiatric Services (CAPS) offers registered MSU students (undergraduate and graduate) assistance with a wide range of concerns, including depression, anxiety, homesickness, issues with adjustment, acculturation, or relationships, LBGTQ concerns, trauma, eating or body image, and other personal mental health issues. If you are an MSU student, the following options are available to you:

- If you have not previously been to CAPS (or are not currently in our care) and would like to talk with a counselor, please complete this brief survey to get started https://msu.co1.qualtrics.com/jfe/form/SV_9GNsDVC3VlH3wnr
- If you are in crisis, call us at 517-355-8270, press “1” after the prompt to speak with a crisis counselor 24/7
- If you have any other questions or need to reschedule your appointment, please email us at caps@msu.edu or call us at 517-355-8270 and press “3” to leave a message at the prompt.
- For more information about CAPS services at this time please visit <https://caps.msu.edu>

Employee Assistance Program (EAP) is a confidential counseling service provided at no cost to MSU faculty, staff, retirees, graduate student employees, and their benefits eligible family members (partners, spouses, and children). To make an appointment to meet with an EAP counselor, contact them by sending an email to eap@msu.edu, or call 517-355-4506, Monday through Friday between 8:00am and 4:30pm. We would be happy to answer any questions about the program and our ability to assist you with your concerns. For more information, feel free to contact the EAP, or visit their website at <http://eap.msu.edu>

