

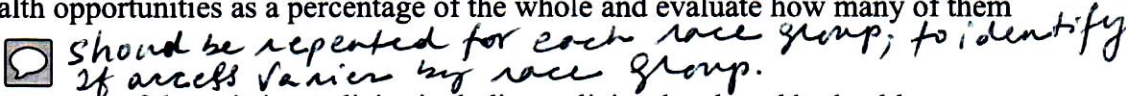
## How the experience will help me in my future goals

I believe that the experience in gained in my practicum will help me in my future career since I learned important concepts on pediatrics on how to deal with children and adolescents. In addition, in the internship, I also learned how to actively educate parents on the importance of immunization something I think will be of great value when I begin to practice medicine.

## What I hope to learn from this internship

Consequently, I hope to achieve key five competencies as per this experience that will improve my professional expertise. The five competencies I would like to have are aligned with the public health competencies and are as described below;

**CEPH Prescribed Chosen Competency 1:** Discuss the means by which structural bias, social inequities, and racism undermine health and create challenges for achieving health equity at the organizational, community and societal levels.

**Activity 1:** Analyze how many people of the 1 million Montgomery county residents have been able to access health opportunities as a percentage of the whole and evaluate how many of them have insurance. 

**Activity 2:** Explore some of the existing policies including policies developed by health institutions in the Montgomery area that may have limited populations from accessing medical insurance and medical care.

**CEPH Prescribed Chosen Competency 2:** Assess population needs, assets and capacities that affect the communities' health.

**Activity 1:** Conduct a study of all the patients who visit the institution to determine the most common ailments and evaluate the cost incurred by each patient on each treatment.

**Activity 2:** Review funding sources to determine who is affected by these sources and able to access care. Will then compare population groups within the community to determine if some have more/less access than others.

**CEPH Prescribed Chosen Competency 3:** Design a population-based policy, program or project intervention.

**Activity 1:** work with local governments and non-governmental in order to identify clinics that can be used by those without insurance (for example Montgomery County Clinic).

**Activity 2:** Evaluate who is using free mobile clinics, how they are being accessed and when.

**CEPH Prescribed Chosen Competency 4:** Apply principles of leadership, governance, and management, which include creating a vision, empowering others, fostering collaboration and decision making.

**Activity 1:** Solicit for views from all the members of the staff on their views on how the organization can help drive better health care outcomes among people within the community who are uninsured or are not covered by government programs such as Medicaid.

**Activity 2:** Propose/create a workshop session to stress on the importance of leadership, capacity building, openness and transparent communication in the workplace and focus on how these outcomes can be utilized to increase health access to members of the community.

**CEPH Prescribed Chosen Competency 5:** Communicate audience appropriate public health content, both in writing and through oral presentation

**Activity 1:** Come up with appropriate visual aids that can help reach all population groups served by the clinic to the age groups especially those who may be challenged by the medical language.

**Activity 2:** Hold meetings with key people within the institution to share project findings.