



Community Work and Learning

Fall 2021 Symposium

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Impact of Work:

Over the course of the semester I have been developing educational materials for patients. When patients come into the clinic to see their provider there is time while they are in the examination room between the nurse checking their vitals and the doctor doing the examination. During this time the People's Center has been developing videos for patients to watch so people can best utilize their time in the office. Videos that were done by previous interns were on gestational diabetes and signs of labor. I specifically worked with a midwife at the clinic to develop a video on contraceptive options for women. The video included what options were available, how long they lasted, what side effects to expect, and will in the future hopefully include an interview with a spiritual leader from the community. Throughout the semester I have also been developing brochures and handouts on contraceptives/birth control for the clinic as well. These brochures were meant for patients to take home with them and provide them with additional information on contraceptives and what to do if they wanted to start a contraceptive. The videos and brochures are very important because they educate patients on how to care for their own bodies and how to prevent pregnancy. It is vital that there is proper spacing between pregnancies for the health of the mother, so making these videos not only empowered patients to take control of their health, but also helped increase the health of mothers and taught the importance of child spacing.

Personal Growth:

When I began this internship at the beginning of the semester I was on a journey of trying to figure out what cultural competency looked like in healthcare (and still am) and after this semester I definitely have a better understanding of it. By working with the midwife at the clinic and talking with her about the patients she sees and her understanding of the community I finally saw in real life what it meant to be culturally competent. In my public health classes we spend a lot of time talking about what it means to be culturally competent, but I've never really experienced it in real life. Cultural competency is something I strive to achieve as a public health student, but I never truly understood what it looked like and how I could achieve it. This internship helped me see cultural competency in real life and showed me how I could be humble and work to better my own understanding of the diverse populations of the Twin Cities. The midwife I worked with had such a deep understanding of her patients, the common misconceptions held by the community, the barriers they face to care, and how to provide them with the best care possible. Seeing how she interacted with patients is how I would strive to be as a public health professional. Over the course of the semester I learned how much more I need to



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educate myself on culture and how as a public health student it is vital for me to understand the populations I am working with.

Career Impact:

I'm not very far into my education in the realm of public health and have no real idea of what kind of job I would want in the future. But, I do know that this internship has provided me with many skills such as video editing and cultural awareness that will help me in any job I take in the future. While making the video and brochures I learned how important it is to keep the reading level at around a 4th grade level so that anyone can understand the material. Most importantly though, I learned how important it is for patients to be seen and heard in the clinic. The staff at the clinic was the most diverse staff I have ever seen at a clinic and I think helped build trust between patient and provider, ensuring better patient outcomes. The vision of the People's Clinic is one I want to carry into whatever job I work in the years to come.