

Interprofessional Impact



Kristin Le, a senior dental hygiene student at Old Dominion University, gives a dental screening to a young patient at the Virginia Beach Oceanfront Library.

ODU 'I-hear' initiative offers free health screenings in Virginia Beach

The Virginia Beach Oceanfront Area Library bustled with activity on a recent Thursday morning.

In addition to its usual visitors, faculty and students from Old Dominion University were on hand. Their objective: providing health-care assessments to those in need. Through an initiative a couple of years in the making, ODU collaborated with Virginia Beach

to create a multiple-win situation in a region of Hampton Roads that has fought fiercely to provide support for its homeless and underserved populations.

The project is called "I-hear," which stands for Interprofessional Health Education and Research. Its main objectives are to provide health screenings for those unable to afford them, give health sciences

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students experiences working in the community, create a space for those students to collaborate among their different disciplines and learn from each other, and open the door for research on how and where to engage those who have fallen through the health-care cracks in society.

ODU Provost Austin Agho began championing and supporting the idea about two years ago, as the College of Health Sciences' School of Nursing expanded to the Virginia Beach Higher Education Center off Princess Anne Road. It made sense that with the nursing program in the area that ODU expand its community engagement in Virginia Beach, he said.

"I anticipate that our faculty and students will continue to play a greater role in community efforts to address health disparities and improve access to primary care, dental and mental health services," he said.

Collaborations such as I-hear have made ODU among the relatively few institutions nationwide to receive a 2020 Community Engagement Classification from the Carnegie Foundation.

Renee Olander, associate vice president for regional higher education centers at ODU, has served as the maestro for the effort, collaborating with the library, city and several agencies to provide a good setting for the project.

"The key was to start small and manageable as we expanded our



College of Health Sciences' Sharon Stull, left, and Associate Professor Corrin Richels, from the Darden College of Education & Professional Studies, center, meet with students before a health fair in Virginia Beach.

footprint in this city," Olander said.

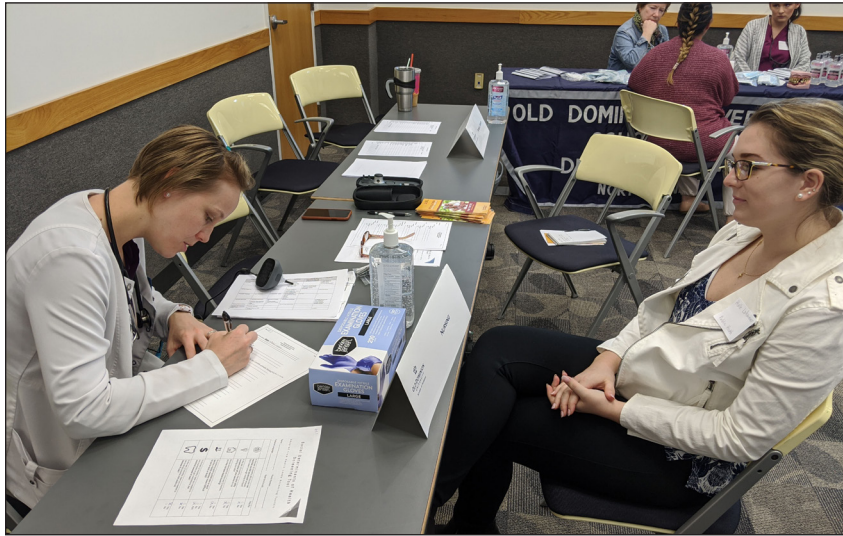
I-hear's first step has been to set up four health fairs for adults and children in collaboration with the PiN (People in Need) Foundation and PATH (Projects for Assistance in Transition from Homelessness) at the Virginia Beach library. PiN provides food, clothing, shelter and free medical care for the homeless or extremely poor. PATH is a federal, state and local partnership that assists adults with serious mental illness who are experiencing homelessness or who are at risk of becoming homeless.

The inaugural fair on Jan. 30 brought together students, faculty and health professionals from six disciplines: dental hygiene, nursing, human services, public health,

speech and language pathology, and mental health. The 5½-hour session resulted in 12 adults being seen, with four receiving dental care appointments and four getting mental health care appointments. The screenings are open to anyone.

Professor Carolyn Rutledge, from the School of Nursing, has been involved since the inception of the idea in 2017. She represents the College of Health Sciences and has helped coordinate different areas of care.

"This has been a university effort," she said. "The College of Education - speech and language pathology, clinical counseling and health services - have been involved as well in developing the **HEALTH, next page**



Nurse practitioner student Carrie Batchelder, left, performs a mock assessment on public health student Halle Lahammer in preparing for clients at the health fair.

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health-fair idea.”

Rutledge applauded the success of the first fair, saying there is a huge need for such programs, given that many of the homeless are often reluctant to engage with the health-care system.

“The needs are huge, especially in addressing the social determinants of health such as health literacy, transportation and access,” she said. “Our students must have experiences like this in order to truly understand the health-care crisis and how they can be an integral part in addressing it.”

Registered nurse and nurse practitioner student Carrie Batchelder provided social determinants of health assessments to clients at the fair.

“I had not participated in a program like that before,” she said, adding that it was her first time working with the homeless or those transitioning from Medicaid to Medicare. “I found it to be a great learning experience.”

Associate Professor Jeffry Moe, with ODU’s Department of Counseling & Human Services, represents the counseling program in the College of Education & Professional Studies and also spoke to the mental health components during planning for the project. The experience has been eye-opening, he said.

“I’ve really enjoyed working with representatives

from the other clinical training-oriented programs,” he said. “I’ve learned about their professions and capabilities, and I know they’ve appreciated learning about the role of counselors in health care.”

Community-based research is lecturer Sharon Stull’s expertise at ODU’s School of Dental Hygiene. She enlisted about 10 of her students to participate in the series of health fairs.

“What first comes to mind in health equity issues are the barriers of transportation and cost. Therefore, I feel the true value of these health-screening events is that we come to those who are experiencing multiple barriers to health care,” she said.

Libraries, over time, have been found to be safe havens for the homeless - places where they can find shelter, warmth during cold weather and resources. The I-hear effort has tapped into this institution.

“We must go where those in need of our services are and the library is one place where the homeless go to stay warm and have access to computers,” Rutledge said. “Libraries also have the space that is needed.”

Two other screening sessions were held Feb. 11, and Feb. 13. A fourth session is scheduled for April 16, from 10 a.m. to 3:30 p.m. at the library, 700 Virginia Beach Blvd.

See the WAVY.com coverage with this link:

<https://www.wavy.com/video/free-health-screenings-at-odu/4325641/>

MPH students form student association

By Irvin B. Harrell

For 25 years, Old Dominion University and Eastern Virginia Medical School have collaborated on a Masters of Public Health (MPH) program. However, in 2019 the College of Health Sciences decided to launch its own program.

The new MPH program has been well received, attracting an initial cohort of more than 60 students. Priyanka Patel was one of them.

Patel, 32, from the western part of India, came to the U.S. 13 years ago to study. She received her first master's degree in food science from Alabama A&M and worked as a food scientist before coming to ODU to seek a public health degree.

Patel and some of her fellow students felt that there was something missing for students in the program. There was a missed opportunity to be active in the community, help people, forge bonds between students, and establish pillars for future students in the program.

So the students created a Public Health Student Association (PHSA), dedicated to providing opportunities outside the classroom to volunteer locally, "learn about diverse populations, identify important health and safety outcomes, develop leadership skills, and learn from experienced public health professionals in the field."



From left, PHSA secretary Hira Nadeem, MPH Practicum Director Stephanie Ewers, and PHSA president Priyanka Patel participate in the I-hear project in Virginia Beach.

The group has seven board members as well as 33 members and counting.

"We are still recruiting undergraduates," Patel said. "We recruit by emails first, then through undergraduate faculty."

Since forming, the PHSA has been active all over Hampton Roads. It has worked with the Foodbank of Southeastern Virginia and the Eastern Shore in quality assurance and food distribution. It has worked with Habitat for Humanity on a restoration project in Norfolk and a construction project in Suffolk. Members also have participated in the Interdisciplinary Health Education and Research

(I-hear) project in Virginia Beach, providing health screenings at a local library.

Hira Nadeem, secretary of the association, brags about her "fantastic team of hardworking classmates." It was slow going at first, she says, but once the student group ironed out a few wrinkles in the fall, things were off and running.

"The first semester was shaky with ironing out the details for successful fundraisers, recruiting, hosting general meetings, and spreading the word about our organization," she said. "However, I know ... we will create an excel-

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lent foundation for the next round of leaders and members. “

One of the main goals of the PHSA are to provide a platform for students where they can get experiences in the communities and get exposure to public health issues.

“We have a practicum, so while getting these experiences we also get to network with organizations and work on future projects with them,” Patel said. “This networking can be a steppingstone to an internship.”

Also in the works are fundraisers, T-shirt sales, mentorship opportunities, and expanding the associations reach beyond public health students, to those in programs such as human services, computer science, and biology. The PHSA plans to partner with other campus student groups to expand its volunteer opportunities, too.

“The smallest activities and gestures can help an organization to aid the community,” Nadeem said. “For example, I have completed quality assurance at the Food Bank, which ensures no damaged goods reach the public and make people sick.”

Patel says she never imagined that she could use her food science knowledge for the public good instead of for the benefit of a company. As a food scientist, she worked at Mondelez International, a multinational confectionery, food, holding and beverage company. There she worked on product development for such items as Trident gum and Swedish fish. The main concern in that industry was making these items more palatable. Public health is a different story, she says.

“When you are in public health, you think of dental issues, awareness, how people are taking and consuming your product, is it good for them or not,” she said.



Top and above, the PHSA works with Habitat for Humanity



From left, MPH students Indra Jagdeo, Priyanka Patel, and Hira Nadeem attend the American Food and Nutrition Professionals Conference at Sysco in Suffolk on Oct. 24, 2019.

Faculty members present at Winter Weekend

This year four School of Dental Hygiene faculty presented two live continuing education webinars as a part of the school's 2020 Winter Weekend event, which was held Feb. 29-March 1 at the Sheraton Oceanfront Hotel in Virginia Beach. The event was a collaboration of the school with the School of Continuing Education and Professional Development.

For the first time, the webinars were part of the weekend and were given using Old Dominion University's Zoom technology. Faculty

presented the courses live via Zoom with interaction of attendees throughout the course.

"It went so well that we hope to continue this for future winter weekends and create the course recordings as individual modules for dental professionals to take for credit that were not part of the winter weekend," said Ann Bruhn, chair of the School of Nursing.

Here's the list of the full course citations:

- Bruhn, A., Newcomb, T., (All Presented). "Disaster Victim

Identification and the Role of the Dental Hygienist." Invited Live Webinar Presentation. 2020 Old Dominion University Continuing Education Winter Weekend. Virginia Beach, Virginia. Feb. 24, 2020.

- Suedbeck, J., Ludwig, E., (All Presented). "Managing Bias in Dental Hygiene Practice." Invited Live Webinar Presentation. 2020 Old Dominion University Continuing Education Winter Weekend. Virginia Beach, Virginia. Feb. 17, 2020.

Winter Weekend brings smiles



Above, Chair Ann Bruhn with faculty member Jessica Suedbeck.



Global community needs proactive stance on viruses

During the Zika virus outbreak in 2016, we published a piece titled “Meet the new virus; same as the old virus.” Now, the world faces a newer version of an old virus.

The coronavirus in humans was first identified in the mid-1960s. However, over time as this disease is transmitted from animal to human, it has evolved into new strains such as:

- Severe Acute Respiratory Syndrome (SARS), a 2003 pandemic that killed nearly 800.
- Middle East Respiratory Syndrome (MERS), a virus identified in 2012 that killed more than 800.
- And now Wuhan’s Novel Coronavirus (nCoV), which as of Feb. 23 had infected more than 78,000 and killed more than 2,400.

To avoid deaths, human injury and the associated economic impact, the world needs more proactive measures.

There are three critical parts in any outbreak: detection (identification, surveillance systems and monitoring), prevention and treatment. Prevention requires that we always practice infection-control measures — not just in times of crisis. These measures include health education, hygiene, food safety, animal health, waste disposal, early detection and developing and maintaining infection prevention policies and procedures.

Additionally, further research



Akpinar-Elci



Mishoe

and investments are essential to developing new vaccines. Vaccine development is an expensive and long process. But these investments are worth it as future outbreaks with evolving strains are sure to arise. Aggressively developing vaccines, practicing infection controls daily and implementing quarantines during early detection are key global strategies during outbreaks.

Infection occurrence can vary depending on the type of virus. For example, measles is highly contagious, whereas some viruses are not. Precaution is the key to prevent transmission of viruses from human to human and from animal to human.

Based on the last coronavirus outbreaks, the World Health Organization and CDC suggest that transmission of nCoV can be similar. The virus is not transmitted from objects or surfaces, only from human-to-human contact. Common symptoms include fever, cough and shortness of breath. Severe cases characterized by kidney failure and pneumonia can lead to death.

Since a complete clinical

picture concerning a novel virus is not known, precaution is the best protection. In the absence of a vaccine, it is extremely important to take the following steps to prevent infection:

- Frequent hand washing with hot water and soap.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid shaking hands.
- Avoid close contact with people suffering from acute respiratory infections.
- Avoid unprotected contact with farm or wild animals.
- Cover your sneezes and coughs and regularly disinfect the touched surface or objects.
- Wash and thoroughly cook raw meat before consumption.
- Avoid eating raw fish and seafood (if you do not know the source).
- If you have pets, wash your hands often.
- Wash hands carefully after visiting farms, petting zoos, markets, barns and agricultural fairs.
- Avoid contact with sick persons or animals.

The outbreak of new infections

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SCHOOL OF NURSING

School, CHKD plan Culture of Safety presentation

The School of Nursing, in partnership with Children's Hospital of the King's Daughters, is hosting the 11th annual Culture of Safety presentation.

This year's presentation will be held Thursday, March 5 at 2 p.m. in the Hampton-Newport News room of Webb Center.

The guest speaker this year is Rosemary Gibson, the award-winning author, inspirational speaker, advisor to organizations that advance the public's interest in health care and, Senior Advisor at The Hastings Center, the world's first bioethics research institute.



Rosemary Gibson

EDITORIAL

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is always a significant public health concern. Like many emerging diseases, the economic impact of nCoV will be large. Current projections indicate that this outbreak could cost China's economy \$60 billion.

Future outbreaks are sure to happen and pose great risks again. But have we learned anything? Or will we take steps in the future to stem this deadly cycle of

disease? Prevention and proactivity are the keys to the future.

***Dr. Muge Akpinar-Elci** is professor and chair of the Community & Environmental Health Department and director of the Center for Global Health at Old Dominion University. **Dr. Shelley Mishoe** is a professor in the Community & Environmental Health Department at ODU.*

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