Training & Career Development Summer Opportunity in
Cardiovascular Health Disparities Research Projects

This program is a six-week trans-disciplinary collaboration across the Johns Hopkins University Schools of Public Health, Medicine, and Nursing to provide a 6-week summer experience for college undergraduate and pre-professional health students who are interested in health disparities related topics. The students will receive a broad exposure to public health and health disparities topics that impact Baltimore with a focus on cardiovascular health disparities.

The term of the 2012 program will be June 18\textsuperscript{th} thru July 27\textsuperscript{th}.

Candidates interested in applying should submit the form on the next page in addition to the following information to Ms. Joy Mays (jmays1@jhmi.edu), Training Core, Hopkins Center to Eliminate Cardiovascular Disparities, 2024 E. Monument Street, Suite 2-500, Baltimore, MD 21287:

1) Curriculum vitae (resumé) and list of any publications

2) Personal statement addressing background information relevant to your interest in health disparities, long-term career goals, and how our training program is seen as advancing these goals.

3) A letter of reference from an instructor and/or advisor familiar with your academic performance (for Undergraduate and Health Professional Student Summer Internship Applicants).

Deadline for Submission: March 23, 2012

Should you have any questions regarding the application process, please contact Ms. Mays via email or telephone at 410-614-2412.
2011-12 Summer Internship Application*

Name: ____________________________________________
Address: __________________________________________

Phone: ____________________________________________
E-mail: ____________________________________________
Department: ________________________________________
Mentor: ____________________________________________

Applying as:
□ Pre-doctoral Current School: ________________________
□ Post-doctoral Current fellowship program: ____________
□ Faculty Rank: ______________________________________

Degree program:
□ MD/PhD Current Training Program: __________________
□ MHS Current Training Program: _______________________
□ MPH Concentration: _________________________________
□ No Degree/Faculty Member

Potential Mentors:
Name: __________________________ email: ________________
Name: __________________________ email: ________________

Race/Ethnicity (Optional):
Mark one: □ Hispanic □ Non-Hispanic
Mark one: □ African American/Black □ American Indian □ Asian
□ Caucasian/White □ Pacific Islander

*Summer students are responsible for their own housing and transportation
JOHNS HOPKINS UNIVERSITY
Center to Eliminate Cardiovascular Health Disparities

Mission: To improve health and reduce/eliminate cardiovascular health disparities among Baltimoreans through innovations in patient/community education, clinical training, research and medical care

Goals of the Center:

- Establishing and collaborating with a community advisory board to guide the Center’s research and educational programs
- Conducting research to test programs to improve management and outcomes of hypertension
- Offering training to the next generation of researchers in cardiovascular disparities
- Providing educational resources to assure that the results of research are used to benefit the community
- Working with government officials to develop policies to reduce health disparities, long-term

Research: The Hopkins Center to Eliminate Cardiovascular Health Disparities is conducting three primary research studies as part of its initial five-year award.

1) Multi-method Quality Improvement Intervention to Reduce Hypertension Disparities
   - Settings: Six (6) community-based practices in Baltimore, Maryland
   - Interventions:
     - Blood pressure (BP) measurement training for clinicians and staff
     - Patient care management targeting dietary strategies and medication adherence
     - Clinician education using health information technology to deliver audit/feedback and patient-centered communication skills training
     - Outcomes: implementation rates, guideline-concordant care, racial disparities in blood pressure control, sustainability

2) Patient, Family and Community Intervention Study
   - Study participants: 200 African-American patients with uncontrolled hypertension and 200 family members/friends
   - Setting: Urban community primary care practice
   - Interventions:
     - Hypertension self-management and problem solving training for patients and family members
     - Training in shared decision-making for patients and family members
     - Community health worker support
   - Outcomes: Blood pressure control at one year, costs, sustainability

3) Nutritional Advice / Supplement (Dietary) Study
   - Participants/Setting: 180 African-American adults with controlled hypertension on medications, seen in community practices
   - Outcomes: Change in 24-hour ambulatory blood pressure at 8 weeks, glucose, insulin, uric acid, costs

Center Core Functions: The Center to Eliminate Cardiovascular Disease Health Disparities is led by Lisa A. Cooper, M.D. She is the Principal Investigator and has overall responsibility for the Center. In addition to the three research projects, the Center’s organizational model is based on three cores: an Administrative Core, a Training and Career Development Core, and a Shared Resources Core.
Introduction:
The Hopkins Center to Eliminate Cardiovascular Disparities is committed to train a new generation of scholars who are engaged in observational and interventional research to better understand causes and identify sustainable solutions to cardiovascular health disparities. To this end, the Center has established a Training Core that provides a curriculum and cadre of training opportunities for students, researchers and health professionals interested in and dedicated to reducing cardiovascular health and health outcomes disparities.

Levels of Summer Trainees:
Undergraduate; Pre-professional students.

Terms for Trainees:
The term for the Summer Program is six weeks: June 18th through July 27th (Please note that Health Professional Students may be required to extend this time based on their school’s requirements).

Applicant Eligibility:
Undergraduate Summer Program: Undergraduate students in good standing majoring in a health-related discipline at an institution of higher education.
Health Profession Student Summer Program: Students in good standing who have completed their first year of post-bachelor health profession education (medical, nursing, pharmacy, public health).

Requirements for Trainees:
Each level of training requires its own level of commitment, requirements and performance standards that are agreed upon by the trainee, mentor, and training core director. However, fundamental components will include the following:

1) Undergraduate Summer Program: The undergraduate training program is designed to give students a broad exposure to health disparities and health care disparities. The internship consists of weekly rotations at clinical, research and community based sites in and around Baltimore. At the end of the six-week rotation, the student will present a project on a topic related to the summer experience. They will also participate in the lecture series offered through the TL1 summer program for Hopkins medical students. The dates of the summer internship will be somewhat flexible but will generally span mid-June through mid-August. Summer students will be responsible for their own accommodations and transportation during the internship.

2) Health Profession Student Summer Program: Health profession students will have access to the same internship offerings as the undergraduate summer students and will be required to participate in at least one community-based and/or public health experience, one clinical activity, and one Community Advisory Board activity. They will be required to participate in the faculty journal club sessions and the TL1 summer program lecture series. In addition, they will work specifically with one of the Center Principal Investigators on one of the Center’s 3 core projects. Summer students will be responsible for their own accommodations and transportation during the internship.
Support for Trainees:

1) In addition to being assigned to a mentor, the trainees will be afforded the opportunity to work with the Center’s Community Advisory Board and learn from our State, local, and consumer partners.

2) Financial support for the summer program is detailed below:
   - Undergraduate Intern ($500 stipend)
   - Medical Student (May apply through the Dean’s Office for summer stipend)

Submission of Applications:

1) Any Trainee who wishes to participate in the Center’s activities must submit a completed application.

2) Completed application forms and required attachments are due to the Center by the date indicated for the particular training program.

3) Application deadlines are as follows: Summer Program (March 23rd).

4) Only complete applications that have been submitted with required attachments will be reviewed.

5) Exceptions to the deadline and submission requirements can only be made by the consensus of the Training Core Committee.

Application Requirements:

All applicants are required to submit #1 and #2; additional program-specific requirements are listed below:

1) Curriculum vitae and list of any publications

2) Personal statement addressing background information relevant to your interest in health disparities, long-term career goals, and how our training program is seen as advancing these goals.

3) For Undergraduate and Health Professional Student Summer Internship Applicants:
   a. A letter of reference from an instructor and/or advisor familiar with your academic performance
   b. Johns Hopkins medical students do not need to submit a letter of recommendation

Selection Process:

1) The Training Core Committee meets within two weeks of submission date to review and score applications.

2) For summer internships: Applicants will be offered internships based on the scores received from the Committee’s review.

3) For pre-doctoral, post-doctoral and faculty fellows: Those applicants whose submissions rank the highest will be invited for an interview before the Committee.
UNDERGRADUATE SUMMER PROGRAM CURRICULUM

Health Disparities Overview
Lisa Cooper

Epidemiology
Pete Miller, Sherita Hill Golden

Quality of Care/Diagnosis, Treatment, and Secondary Prevention
Hanan Aboumatar, Lisa Cooper

Health System Factors
Tony Boonyasai

Physician Factors
Lisa Cooper, Fred Brancati

Healthy Policy Level Factors
Ebony Boulware

Interventions/Translation
Lisa Cooper

Sociological Approach
Patti Ephraim

Community Based Participatory Research
David Levine, Lee Bone

UNDERGRADUATE SUMMER PROGRAM READING LIST


UNDERGRADUATE SUMMER PROGRAM GRADUATE STUDENT MENTORSHIP TOPICS

Weekly panel discussion with graduate students in the following programs: Health Policy and Management, Health Behavior and Society, Cardiovascular/Clinical Epidemiology, International Health, Biostatistics, Health Informatics, Medicine/Nursing, Mental Health, Environmental Health

1. Background info (undergraduate major, degrees, school, prior work experience)
2. What attracted you to a career in public health/medicine/nursing, and how did you first learn about this?
3. What is your motivation for addressing disparities? (if applicable)
4. How did you prepare for graduate/professional school? (exam prep, summer experiences, mentoring, networking, etc)
5. Describe life as a graduate/professional student.
6. What type of work/research do you currently conduct?
7. What are some specific types of careers in your field of interest?
8. What are some words of wisdom that have been valuable to you and/or tips you wish you had known as an undergraduate?

2011 Panelists (Used as an example only):

Panel #1: Thursday, June 23, 2011 2:00-3:00PM (Nursing/Epidemiology)
1. Priscilla Auguste, RN MHS (Nursing/CVD Epidemiology)
2. Chandra Jackson, MS PhD Candidate (CVD Epidemiology)
3. Andy Menke, PhD (Epidemiology)
4. Tam Nguyen, RN MSN/MPH PhD Candidate (Nursing)
5. Rosemay Remigio-Baker, PhD Candidate (CVD Epidemiology)

Panel #2: Thursday, June 30, 2011 2:00-3:00PM (Health Policy/Health Behavior/Pop Fam/CBPR)
1. Caryn Bell, PhD Student (Health Behavior)
2. Natasha Brown, PhD (Health Behavior/Qualitative Research Methods)
3. Jess Holzer, PhD Candidate (Health Policy/Bioethics/CBPR/Qualitative Research Methods)
4. Erin Murphy, PhD Candidate (Health Policy-Health Services Research)
5. Geraldine Pierre, PhD Student (Health Policy-Health Services Research)
6. Nanlesta Pilgrim, PhD (Population, Family, and Reproductive Health)
7. Tanjala Purnell, MPH PhD Candidate (Health Policy-Health Services Research)
8. Chidinma Ibe -- PhD (HBS)

Panel #3: Thursday, July 7, 2011 2:00-3:00PM (Medicine/Public Health)
1. Nadine Finigan, PhD (Health Behavior/CBPR/Qualitative Research Methods)
2. Lori Grover, MD (Ophthalmology), PhD Candidate (Health Policy)
3. Jessie Kimbrough-Sugick, MD MPH
4. Kuni Matsushita, MD PhD (Epidemiology)
5. Adam J. Milam, PhD Candidate (Mental Health) and 1st Year Medical Student
6. Letitia Wright, MD MPH
UNDERGRADUATE TRAINEE FINAL PROJECT:

10-15 minute presentation (10-12 slides) on either:

1) One of the student’s field experiences and how the activity that the student participated in or the problem that it addresses impacts public health in Baltimore

2) Using one of the Center’s 3 research studies or aspects as a starting point, discuss how it could be implemented as a public health initiative that would improve health outcomes for Baltimore’s minority populations.

A general outline for the presentation would include:

1) Significance/Population health impact of the problem
2) The degree to which disparities exist in the problem – by race and socioeconomic status;
3) Potential contributors/explanatory factors (individual, family, organizational, community, and policy levels)
4) Engaging stakeholders – who and why
5) Potential intervention strategy or research question to be answered

The student can also incorporate what he/she learned from the TL1 noon conferences and their discussions with their mentor. Contacting the reference librarians at the Welch Library for help with getting references for the presentation is strongly encouraged.
TL1 Summer Program Research Conference Topics

The short-term experience includes 8 weeks of working with a clinical researcher and his/her team on a project during the summer. We have targeted this experience to students at the end of their first year in medical school. In addition to participating in an ongoing research project with their mentor, these medical students attend a weekly seminar series that we have designed to address clinical research topics which are not covered in their first year required Clinical Epidemiology Course. During the first seminar session, students complete a self-assessment tool so that we may evaluate their needs and goals. Students present their research questions for review and feedback. We also created a reading list for the students from the textbook Designing Clinical Research by Stephen B. Hulley and Steven R. Cummings et al. The students present their research projects based on assigned chapters from this textbook. The experience concludes with the students retaking the self-assessment tool so that we may track the students’ progress. Selected topics are as follows:

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<thead>
<tr>
<th>Topic</th>
<th>1</th>
<th>Questionnaires</th>
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<td>Analyses</td>
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<td>Medical records abstraction</td>
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<td>Nested case-control</td>
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<td>Designing a cohort study or medical record abstraction</td>
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<td>Instruments, designing surveys</td>
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<td>4</td>
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<td>Existing databases</td>
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<td>Analysis - pre-existing database</td>
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<td>5</td>
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<td>Other study designs topic or qualitative data analysis using &quot;grounded theory&quot; and &quot;constant comparative method</td>
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<td>Cohort Studies and Other Study Designs</td>
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<td>6</td>
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<td>Using existing databases</td>
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<td>Sample size and power or Analyses or cohort studies</td>
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# SUMMARY OF UNDERGRADUATE SUMMER INTERNSHIP PROGRAM OFFERINGS (6-WEEK PROGRAM)

## SAMPLE SCHEDULE

<table>
<thead>
<tr>
<th>Week</th>
<th>Activities</th>
<th>Site(s)</th>
<th>Primary Supervisor</th>
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| #1   | A) Orientation, Introductions (on-site and off-site), HIPAA Training, etc.  
     B) Overview of P50 Projects/Studies | Multiple | Richard Matens (JHU)  
                    Center PIs |
| #2   | A) BMS Community Health Worker Experience  
     B) HIV Outreach | Baltimore Medical Systems  
                    Sisters Together and Reaching | Richard Matens (JHU) |
| #3   | A) Clinical Shadowing Experiences | Johns Hopkins Diabetes Center  
                    Ciccarone Preventive Cardiology Clinic | Sherita Golden (JHU) |
| #4   | A) Local Health Department Experience: CVD program, Virtual Supermarket, Needle Exchange  
     B) Attend P50 Health Profession Community Advisory Board | Baltimore City Health Department  
                    Johns Hopkins Medical Campus | Chris Serio-Chapman (BCHD)  
                    Richard Matens |
| #5   | A) Research Experiences: Shadow Research Staff, Observe Data Collection at Project Sites | General Clinical Research Center  
                    Welch Center Study Sites | Lisa Cooper (JHU) |
| #6   | A) Special Project of Choice: Develop project outline for addressing an issue in cardiovascular health disparities | TBA | Assigned Mentor |
SUMMER PROGRAM ORIENTATION INFORMATION

TB Testing:
Johns Hopkins Medicine Occupational Health Services
The Church Home Professional Office Building
98 North Broadway, Room 421, Baltimore, MD 21231
Office Phone: 410.955.6211  *   Fax:  410.955.1617
Hours:  Monday - Friday 7:30 am to 4:00 pm

Establishing JHED Password:
Go to the Hopkins website and set up a password. Just follow the instructions for first-time login:  www.my.johnshopkins.edu

HIPPA Training:
After creating your password, please go to the following link for the online HIPAA training which, as you know, is mandatory.   http://secure.lwservers.net/about.cfm

Links to websites of organizations for field experiences:

Baltimore City Health Department:  http://baltimorehealth.org
Baltimore City Needle Exchange:  http://baltimorehealth.org/?s=needle+exchange
Sisters Together and Reaching (STAR):  http://www.sisterstogetherandreaching.org/
Baltimore Medical Systems, Inc.:  http://www.bmsi.org/
Men and Families Center:  http://www.menandfamilies.com/