

**Health Career Connection  
Internship Case Study**

Please contact [jjain@healthcareers.org](mailto:jjain@healthcareers.org) if you have any questions.

<b>About You</b>	
1. Name	Abimbola Orisamolu
2. College	Harvard College
3. Year in School	2008 (sophomore)
4. Major	Biochemical Sciences
5. Career Objective	Physician

<b>About the Host Organization</b>	
6. Organization Name	Connecticut Health Foundation
7. Department	Program
8. City	New Britain

<b>About the Internship</b>	
9. Learning Objectives	My learning objectives were to a) increase my knowledge and awareness of health philanthropy, b) to increase my knowledge of models of Medicaid-sponsored medical interpretation, c) analyze and compare different modes of medical interpretation, and d) to increase my knowledge of the process of writing and obtaining grants.
10. Major Project Description	My major project was to gather information about different states' models of Medicaid-sponsored medical interpretation. My state does not have a Medicaid-sponsored medical interpretation program, so we wanted to see examples of models that would succeed here and that we could advocate for. My work around this project entailed calling different states' Medicaid departments and trying to find people involved with policy and research to question about medical interpretation policies. It took a lot of detective work to find the right people to talk to who could help me answer my questions. I had to learn to be persistent and innovative in the way that I approached my research and searched for people who were willing and able to help me within various states' administrations. I did this project entirely on my own, and when I presented my results to my organization, they were very impressed.
11. Minor Project Description	My minor project was to analyze and compare different modes of medical interpretation so that we could focus resources on the most successful and promising methods. This project was also

	<p>completely my responsibility. I searched databases of studies and reviews (PUBMED was a big help here), but it was not enough. The scarcity of the material that I was looking for necessitated that I find new ways of getting information, so I pursued all sorts of avenues in my search for answers. I talked to representatives at the federal Office of Minority Health to get their insights and to find out more about their resources, and I spoke to representatives of major interpreter associations to get their opinions. I also spoke to a leading researcher in medical interpretation who is conducting evaluative studies on different modes of medical interpretation. It was fascinating to talk to someone so enthused and so motivated about this important and often overlooked topic and our discussion emphasized the importance of collaborating to meet shared goals in the nonprofit industry.</p> <p>My host organization may soon be funding new projects as the result of my work.</p>
12. Typical Day	<p>My day began at 9 and ended at 5. My day was always highly interactive—I made phone calls, wrote emails, and discussed my work with colleagues. The dress code was business casual and the atmosphere was very relaxed. I also attended several meetings that helped me better understand the work that my organization does including Board meetings, staff meetings, and committee meetings. I would usually attend about two meetings a week, one of which would usually be a major meeting involving a large number of people. I also had regular meetings with my preceptor and other staff members to talk about the various projects and mini-projects I was working on—I ended up getting my hand in a lot of activities.</p>
13. Benefits of HCC Workshops	<p>The HCC workshops really brought cohesion to the program so that it wasn't just a placement program, it was a development program. The workshops really helped us nurture skills that you would use in the workplace. I especially liked the leadership and advocacy workshop, where we learned more about making change and going about affecting public policy. I will use these skills to help make positive improvements to public health in the course of my career and to raise awareness and promote action through channels available to me now.</p> <p>The Myers-Briggs workshop was also very intriguing as it taught us the importance of considering others' personality types in order to effectively communicate with others. It was information that would be useful in every professional environment. The workshops were also a chance to get to see other area interns so we could network and share information.</p> <p>I also think that site visits were very enriching. They really helped</p>

	<p>us learn more about the organization and see what sort of skills one would need to work in that setting. I felt fortunate to be privy to the opportunity to see public health organizations from such intimate perspectives.</p>
<p>14. Internship's Connection to Career/Academic Goals</p>	<p>I anticipate working within the nonprofit sector throughout my career, so my internship helped provide me with valuable information about this industry. My interaction with health agencies providing direct services gave me a good perspective about what my role will be like as a physician working in public health and my preceptor had me meet a physician with an MPH who can give me more information about how the combination of an MD/MPH degree prepares one to work in public health. I will definitely be exploring this path further.</p>
<p>15. Long-Term Benefits of Experience</p>	<p>My experience with HCC has been amazing. My placement opened up whole new opportunities for networking, introducing me to professionals with career paths that I am interested in and connecting me to individuals who knew of opportunities for me to further develop myself as I continue down this career path. I got a solid introduction to the public health field that was unlike any other experience I have had with the public health world in terms of its depth and quality. The contacts that I have formed through this experience are invaluable.</p>
<p>16. Suggestions for Future Intern</p>	<p>I suggest that future interns really take HCC workshops as valuable learning time. Get to the workshops on time so that you can absorb as much information as you can and do not be shy—ask HCC staff for clarification and talk with them after sessions to learn more about the information presented. In addition, be sure to be professional in all that you do at your placement. Be punctual, be inquisitive, and be ready and willing to learn and help so that your placement will feel that you have left a positive imprint on them.</p>
<p>17. Comments</p>	<p>I don't think that I fully understood the richness of the HCC experience when I was applying for this opportunity. I would definitely recommend this program to anyone else with an interest in the health careers.</p>