

INTERNSHIP PROGRAM

at

Jhpiego, Bhopal , Madhya Pradesh



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A Report by

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**Under the Mentorship of
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INTERNSHIP REPORT

1. Introduction

Internships play a pivotal role in bridging the gap between academic knowledge and practical application, especially in the field of public health and hospital administration. They offer students the chance to gain hands-on experience, engage with real-world healthcare challenges, and contribute to ongoing public health initiatives.

I had the privilege to undertake my internship at Jhpiego, a globally renowned non-profit public health organization affiliated with Johns Hopkins University. I was placed at the Jhpiego Bhopal Office, under the direct mentorship of Dr. Pooja Sharma, Program Manager. The internship tenure allowed me to explore the multifaceted aspects of public health programming, data analysis, and guideline development in the Indian healthcare system.

My work focused primarily on two major programs:

- GDM (Gestational Diabetes Mellitus) Program
- MDSR(Maternal Death Surveillance and Response) Program,

In addition to these core areas, I was fortunate to contribute to several other organizational initiatives, including developing ASPIRIN during pregnancy guidelines and participating in work related to NAFLD (Non-Alcoholic Fatty Liver Disease). These experiences gave me a well-rounded understanding of public health interventions, policy implementation, and technical program support.

2. Objectives of Internship

The internship aimed to expose me to the intricacies of public health program implementation, monitoring, and evaluation. The specific objectives were:

- To apply theoretical knowledge acquired during the MBA in Hospital and Health Management in a real-world setting.
- To gain exposure to public health programs and understand their on-ground implementation.
- To understand maternal and child health issues through the lens of surveillance, response, and programmatic interventions.
- To strengthen data analysis and health reporting skills.
- To develop professional skills such as communication, time management, and teamwork.
- To contribute meaningfully to the organization's ongoing health projects and initiatives.

3. Organizational Profile

Jhpiego is an international, non-profit health organization affiliated with Johns Hopkins University, USA. With a presence in over 40 countries, Jhpiego has been a leader in improving the health of women and families through technical assistance, health systems strengthening, and evidence-based solutions.

In India, Jhpiego operates in collaboration with the Ministry of Health and Family Welfare, state governments, and various development partners to address critical public health issues including maternal and child health, reproductive health, family planning, and non-communicable diseases.

4. Services Provided by the Organization

Jhpiego provides a broad spectrum of services to improve public health delivery systems. These include:

- Maternal and Child Health Programs: Enhancing antenatal, intrapartum, and postnatal care to reduce maternal and neonatal mortality.
- Reproductive Health and Family Planning: Promoting family planning services, contraceptive use, and reproductive health rights.
- Health Systems Strengthening: Building the capacity of healthcare institutions and frontline health workers through training and supportive supervision.
- Program Monitoring and Evaluation: Supporting states in data collection, analysis, and evidence-based decision-making.
- Development of Guidelines and Tools: Assisting in the development of standard operating procedures, clinical guidelines, and IEC materials.
- Digital Health and Innovation: Leveraging technology to enhance data systems and improve access to care.
- Disease Prevention and Control: Addressing non-communicable diseases and infectious diseases like HIV, TB, and malaria.

5. Key Activities/Projects Undertaken (Other than Dissertation)

Throughout the course of my internship, I was actively engaged in multiple activities and contributed to different health programs:

A. Gestational Diabetes Mellitus (GDM) Program:

- Supported field-level monitoring and data analysis of the GDM program activities.
- Helped in identifying gaps in screening and follow-up of pregnant women with GDM.
- Contributed to the preparation of program status reports and visual dashboards.
- Assisted in reviewing program indicators and ensuring data accuracy from field entries.

B. Maternal Death Surveillance and Response (MDSR) Program:

- Participated in data analysis related to maternal deaths in various districts.
- Involved in maternal death case reviews and contributed to identifying avoidable factors.
- Assisted in drafting case summaries and providing inputs for state-level review meetings.

- Helped in refining the reporting formats and visual presentations used during program reviews.

C. ASPIRIN in Pregnancy Guidelines:

- Participated in the development of national-level guidelines on the use of low-dose ASPIRIN during pregnancy to prevent preeclampsia and related complications.
- Reviewed research articles, national protocols, and global literature to provide evidence-based support for drafting the document.
- Collaborated with the team in structuring the flow of the guideline document and ensuring clarity for end-users.

D. Contribution to NAFLD Program:

- Contributed to early-stage activities focused on Non-Alcoholic Fatty Liver Disease (NAFLD) program development and awareness campaigns.
- Researched global and national trends in NAFLD and supported in curating IEC content and presentation material.

E. Organizational and Administrative Support:

- Took part in routine organizational activities, internal reviews, and team meetings.
- Supported in logistics and coordination of training sessions and webinars.
- Maintained records, drafted reports, and contributed to project documentation.

6. Key Learnings from the Internship

My time at Jhpiego was both intellectually enriching and professionally transformative. Some of the key learnings include:

- Program Implementation Insight: Understood the life cycle of a public health program from planning to implementation and evaluation.
- Maternal Health Focus: Gained comprehensive knowledge of MDSR and GDM—two of the most critical areas in maternal health.
- Data Analysis Skills: Enhanced my ability to clean, analyze, interpret, and present health data using Excel and other tools.
- Guideline Development: Learned the fundamentals of developing clinical and programmatic guidelines in alignment with national health goals.
- Team Collaboration: Improved interpersonal communication skills through constant collaboration with program teams, field staff, and supervisors.
- Time and Task Management: Juggled multiple assignments efficiently, learning how to prioritize and manage deadlines.
- Understanding Health Systems: Developed a better understanding of how NGOs like Jhpiego work alongside government bodies to strengthen healthcare delivery.

7. Challenges Faced and How I Overcame Them

1. Adapting to a Fast-Paced Work Environment:

Initially, adjusting to the dynamic work culture of Jhpiego, where multiple programs operate

concurrently, was quite demanding. There were overlapping deadlines and diverse tasks. I tackled this by maintaining a detailed planner, using digital task trackers, and setting daily goals to stay organized and focused.

2. Handling Program Data and Indicators:

Public health data, especially in programs like MDSR and GDM, is sensitive and complex. Cleaning, analyzing, and interpreting data with accuracy was a key responsibility. I overcame my initial hesitation by regularly consulting with my supervisor and team members, participating in data review sessions, and enhancing my Excel proficiency.

3. Limited Familiarity with Clinical Guidelines:

Contributing to the ASPIRIN guideline development was initially intimidating due to limited prior experience. However, I immersed myself in relevant literature, referred to WHO and MoHFW resources, and asked for feedback on my contributions to ensure my inputs were scientifically sound and contextually relevant.

4. Managing Diverse Responsibilities:

Balancing tasks across programs like GDM, MDSR, and NAFLD required effective multitasking. I learned to categorize tasks based on urgency and importance, communicate any delays proactively, and collaborate with peers to share workload when required.

5. Navigating Organizational Protocols:

Being new to the system, it took time to understand Jhpiego's organizational hierarchy, internal communication flow, and reporting structures. By observing experienced team members, seeking timely clarification, and actively participating in internal meetings, I was able to align with the organization's culture and work smoothly.