

ENS Courtney Hudson
JRCOSTEP Summer 2012
Western Carolina University
Whiteriver Service Unit
Whiteriver, Arizona



My name is Courtney Hudson and I go to Western Carolina University. I am an Environmental Health student and I graduate in December. I have had the great opportunity to work with the Whiteriver Service Unit Office of Environmental Health & Engineering. This summer I got to work with my preceptor, LT Kelsey Hustedt and LTJG Beth Wittry, Environmental Health Officers at the Whiteriver Service Unit. This internship helped me gain more experience and knowledge into the field of Public Health.

I began my summer working on the week-long Rocky Mountain spotted fever (RMSF) Prevention Campaign on the Fort Apache Indian Reservation (FAIR). This was a great way to start my internship because I went straight out into the field. RMSF is a large issue on the reservation to deal with because it can be fatal. During this project we educated the public about RMSF, gave dogs tick collars, sprayed pesticide around the houses to prevent ticks from being near people and potentially giving the public RMSF. I enjoyed this project because I got to work closely with the community health representatives.

Another project I got to work on during the summer was the San Carlos RMSF Pilot project. I worked on the week three and week four of the pilot program. This is a CDC funded project and this project was similar to the Whiteriver RMSF Prevention Campaign. During this pilot project I got to help apply pesticide, provide educational materials, give out tick collars, and register dogs. Between the two weeks we could already see an improvement that the amount of ticks had lowered on the dogs and houses in the community. I enjoyed this project because I could see the impact I was making on the community.

Another project I got to assist with was the rabies vaccination clinic on the FAIR. This project is important because of the large amount of dogs that roam this reservation. This is important to the public in this area, because there is a large amount of the population who experience dog bites; so when the dogs get rabies vaccinations, this lowers the chance of the dogs having rabies and then through bites, causing humans to get rabies. During the rabies vaccination clinic I helped with giving out vaccination certificates, rabies tags, spraying dogs with visible tick infestation, advertising the clinic, and lastly I helped educate the public about rabies.



I also got to assist with food sanitation surveys, follow up surveys, and temporary vendors surveys. Some of the places we inspected during these surveys were different restaurants, two elderly feeding sites, a jail, and temporary food vendors. When doing these surveys we used the 2009 Food Code for all the regulations found during the surveys. I learned a lot about the regulations and got better at seeing deficiencies while doing the different surveys. Some of the key aspects we looked at during the surveys were the temperature of food, dating and labeling the food, having a handwash station, and having gloves. I also assisted with three food sanitation trainings classes which was a good experience in presenting, as well as being the subject

knowledge expert on a specific topic. I enjoyed doing the food sanitation trainings because I was helping in educating the community.

I also assisted with Institutional Environmental Health surveys. Some of the key aspects that we looked for during each survey were infection control, fire safety, pest management, operation and maintenance, and playground safety. The different places we inspected were schools, a casino, pools, a jail, and campgrounds. I enjoyed doing these surveys because I got to learn a lot about different surveys that I haven't done before.

I worked on many smaller projects this summer, but my biggest project was revising the Whiteriver Occupant Restraint Protocol. Some of the things I did were determined the ideal location to do the seatbelt survey, conducted twelve site evaluations, and revised the Whiteriver protocol based off Phoenix Area model Occupant Restraint Protocol. Lastly I utilized the randomization process to determine when the surveys were conducted. This project helped make me realize how important injury prevention is.

Thank you so much for this experience the summer. I have learned a lot and enjoyed this summer of being a COSTEP.

