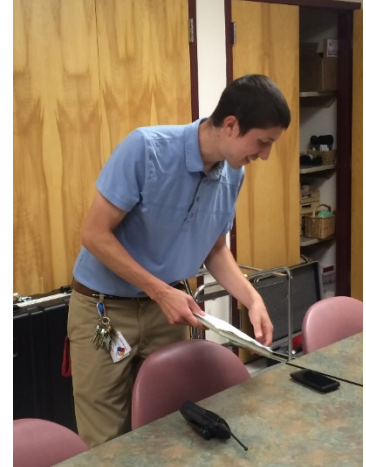


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JRCOSTEP Summer 2015
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As I was approaching my senior year at Boise State University, I knew it was time to start looking for internships in my field. To my surprise, a guest speaker from the USPHS gave a lecture on the COSTEP program in one of our classes and I was interested in finding out how to apply. My mentor/advisor encouraged me to apply for the position, suggesting it was a great opportunity to gain valuable experience in the field. I agreed to apply for the COSTEP program and eventually I was selected to work at PIMC.



My first day on the job I was introduced to my preceptor Leonard Lopez and mentor LT Jason Lewis. I was immediately asked to join Jason Lewis to attend a Quality Council meeting in the Administration Building. Afterwards, LT Lewis gave me a quick tour of the main hospital pointing out to me safety issues along the way. I was initially overwhelmed by the overall size of the hospital and I knew that it would take ample time to familiarize myself with all the departments. Naturally, I was ready to dive right into my internship the following week.

I was involved in several assignments and given a work plan for the summer at PIMC. I worked on a variety of projects including environmental tours, food safety, fire safety and hazardous waste management. I also worked on projects to improve the health and safety of employees and patients. Some of these areas included ergonomic assessment (safe patient handling), workplace safety (Webcident investigations), and fire plan training. The hands on experience I received was second to none and it allowed me to utilize prior knowledge I learned from the classroom. I was able to build relationships with the other employees and to help prevent or even eliminate health and safety related issues.

I also participated in various fieldwork assignments for the betterment of the tribal community. For instance, I worked as the administrative assistant for the rabies clinic, conducted food surveys at Ak-Chin, and various surveys at Supai. Working in the field was an entirely different experience than my normal assignment at PIMC. I established a close connection with the community outside of the hospital that I believe had a positive impact on their lives. I experienced several aspects of the environmental health field such as conducting food surveys and providing food safety training to employees. I am confident that the training that I have received in the field will prepare me for future endeavors as an Environmental Health Officer.

As I look back at what I have accomplished this summer in the JRCOSTEP program, I can honestly say that this has been a fun and rewarding experience. I never expected an internship to cover such a full range of topics in my field of study. I was fortunate enough to work with LT Lewis, Leonard Lopez and the rest of the crew. All of these people were a great asset in my success during my tour of duty. Thanks for everyone for making this summer such a memorable one.