

NHS FOSTERS STUDENT GROWTH

By Bill Cessato

Undergraduate and graduate students at Georgetown University grow in meaningful ways during their years on the Hilltop.

At NHS, students experience this growth through courses with leading faculty and practitioners, independent research projects, innovative internships and mentorships around the city and the globe, community service efforts, participation in grant-funded projects, and publication in peer-reviewed journals.

Several current students took a moment to reflect upon their academic experience and how that is shaping their goals for the future. Their thoughts follow.



MEGAN STEVENS (NHS'04, G'09)

Program: Family Nurse Practitioner

From: California

How do you like the program?

I have had an excellent experience as an undergraduate and a graduate student—both at NHS. Both experiences have prepared me for my career in nursing and fostered within me an incredible passion and commitment to pursuing a lifelong nursing career. The highlight of both programs, especially the FNP program, is the close relationships that I have developed with my gifted and dedicated professors and fellow classmates.

Tell us how you've grown at Georgetown.

Georgetown's FNP program has allowed me to grow into the role of an advanced practice nurse. Georgetown has enabled me to understand and acknowledge—through classroom and clinical experience—how an advanced practice nurse can intertwine both a medical and nursing model into one component. The classroom learning has taught me how to perform complete physical examinations, interpret diagnostic tests, diagnose and treat both acute and chronic illnesses, prescribe pharmacological treatments, and counsel and educate patients to allow them to make their own health care decisions. The clinical experience has enabled me to use my academic knowledge and apply it to real-life situations.



Megan Stevens (NHS'04, G'09)

How do you plan to affect health outcomes?

My favorite patients are adolescents and young adults. I hope that I will initially be able to provide primary care to this specific population and act as an educator and advocate for these patients. Ultimately, I hope to continue my passion for caring for these patients and combine it with my other interest in oncology.

JOSEPH RIGGS (NHS'10)

Program: Health Care Management & Policy

From: New Jersey

How do you like the program?

The faculty, administration, staff, and students all share a passion for the improvement of health care. Learning managerial techniques with an emphasis on health care makes this Georgetown program unique. The relatively small class sizes are conducive for substantial student-professor interaction. The professors' impressive expertise and knowledge provide students with a great opportunity to learn and to apply the subject to various health care settings.

Tell us how you've grown at Georgetown.

My education has provided me with multiple opportunities to secure summer internships and part-time summer employment. I have been fortunate enough to work part-time at Georgetown University Hospital and also as an assistant to the vice president of medical affairs and surgical procedures at Kennedy Hospital System in New Jersey. This past summer, I interned for a U.S. congressman in Washington, focusing on health care policy. In these experiences, I applied the knowledge I gained from my education. It is truly amazing to see how the topics that we discuss in class relate to the real world.



Joseph Riggs (NHS'10)

How do you plan to affect health outcomes?

I have learned that there are three important aspects to any health care system: cost, quality, and access. My plan is to focus on the expensive and fragmented United States health care system and to find economical ways to provide all American citizens with full access to the health care they need, while being cost efficient and operating with exceptional quality. The NHS program is providing me with the background I need to focus on the many complex problems the health care field faces today.

PHIL SCHETTENHELM (G'10)

Program: Health Systems Administration

From: Michigan

How do you like the program?

The program has provided a broad overview of the many issues and situations that I will be presented with when I enter a career as a health care administrator. It has been a great educational experience because of the large diversity in thought within the students and professors. These differing viewpoints give the students a comprehensive view of the difficulties we are dealing with in health care today. I am thoroughly enjoying my time here.



Phil Schettenhelm (G'10)

Tell us how you've grown at Georgetown.

While at Georgetown University, I have had access to a mentor at a local health care institution. This real-life contact has allowed me to connect the issues we are discussing in class to the day-to-day conflicts experienced in a real health care setting. These connections have helped me develop my knowledge of our health care system and helped me build a network of individuals who will assist me when I leave the program and enter into my career.

How do you plan to affect health outcomes?

When I leave the program, I hope to become an administrator at a pediatric hospital. In this position, I hope to be able to use my training from Georgetown University to tackle issues in quality of care, access to services, cost-efficient care, and physician and employee satisfaction. This program has given me a comprehensive view of the health care field in order to resolve these issues in my local health care setting.

MOLLY BATTLE (NHS'11)

Program: Nursing

From: Massachusetts

How do you like the program?

I could not be happier with my time at Georgetown and in the nursing program. The faculty and academic staff are incredibly supportive and foster personal relationships with the students. There is a deep level of caring that makes Georgetown feel like home. The student networks—such as the NHS peer advising program and tutoring programs—provide academic and social integration and help us to strive for excellence in our education.

Tell us how you've grown at Georgetown.

The Georgetown experience in so many ways has inspired my career. Maintaining the Jesuit ideal of “men and women for others” creates a positive and warm environment. The clinical opportunities offered at Georgetown have opened my eyes to countless career opportunities and pathways. I have been challenged both personally and academically and have been encouraged to question my surroundings and seek out new answers. The facilities offered to the nursing students have enhanced my learning experience.



Molly Battle (NHS'11)

Working with the Georgetown University Simulator

—aka “GUS”—has provided a safe place to learn from our mistakes and receive constructive feedback. I have never worked so hard, learned so much, and been so excited and passionate about my education in my life.

How do you plan to affect health outcomes?

Health relates to an entire person. Health care should reflect that. I hope to help change the scope of health care to focus more on preventative care rather than emergent care through screening tools, educational materials, and public health measures. Through my nursing career, I hope to have the opportunity to enact change and offer compassionate nursing care.

MICHELLE BUCHHOLZ (NHS'10)

Program: International Health

From: California

How do you like the program?

I love this unique program that gives both a macro and micro perspective on health. For example, we learn about cardiac functions in our “human biology” course and international intellectual property trade agreements and their effect on the distribution of anti-retroviral drugs in our “globalization and health care delivery” course. With



Michelle Buchholz (NHS'10)

this in-depth knowledge and access to professors who are leaders in their fields, I feel empowered to tackle a wide range of global health challenges.

Tell us how you've grown at Georgetown.

I have performed research with **Jennifer Huang**, associate professor of international health, on HIV prevention strategies and risk behaviors in the United States and

Asia. Through grant writing, data gathering and analysis, and final publication, I have learned the complex, but rewarding process of research. Professor Huang's mentorship has challenged me to conduct my own independent research.

How do you plan to affect health outcomes?

During this semester, I am completing my international health practical experience abroad in Rio de Janeiro, where I am interning for the Brazilian Ministry of Health. Specifically, I am working at the Oswaldo Cruz Foundation, which is the country's public health institution. I am researching teenage pregnancy prevention programs in the city's *favelas*, or shantytowns. After graduation, I would like to continue research on reproductive health in Latin America.

KEVIN DURBIN (NHS'11)

Program: Human Science

From: Michigan

How do you like the program?

Coming to Georgetown and majoring in human science has been the best decision of my life. I am very fascinated with the human body, and this major caters to students with the same desire as mine by having classes on the anatomy, physiology, and pathophysiology of the human being. Also, the faculty and staff of the Department of Human Science are great mentors and resources who are always willing to help out in any way they can.

Tell us how you've grown at Georgetown.

Working as an intern in NHS, serving on the school's Academic Council, and helping lead the annual Undergraduate Research Conference have taught me what it takes to create, plan, and produce a successful event. Through these experiences, I have met and learned from many different people from diverse backgrounds and unique perspectives. We have not only produced successful events by working as a team, but also learned from each other's strengths as leaders.



Kevin Durbin (NHS'11)

How do you plan to affect health outcomes?

I plan to continue on in medical school after finishing my bachelor's degree and eventually become either an orthopedic or a cardiac surgeon. I desire to have the skill set that helps patients improve the quality of their lives, as well as their overall health.