

Personal Mission

While working at the **Canadian Red Cross (CRC)**, I was able to develop **three goals**:

- + Understand the global health system that enables the CRC to improve the lives of vulnerable people
- + Recognize the importance of community-based initiatives through a program evaluation perspective
- + Conduct data collection and analysis on the CBHFA programs operating in 5 countries while providing recommendations to program managers to improve project implementation

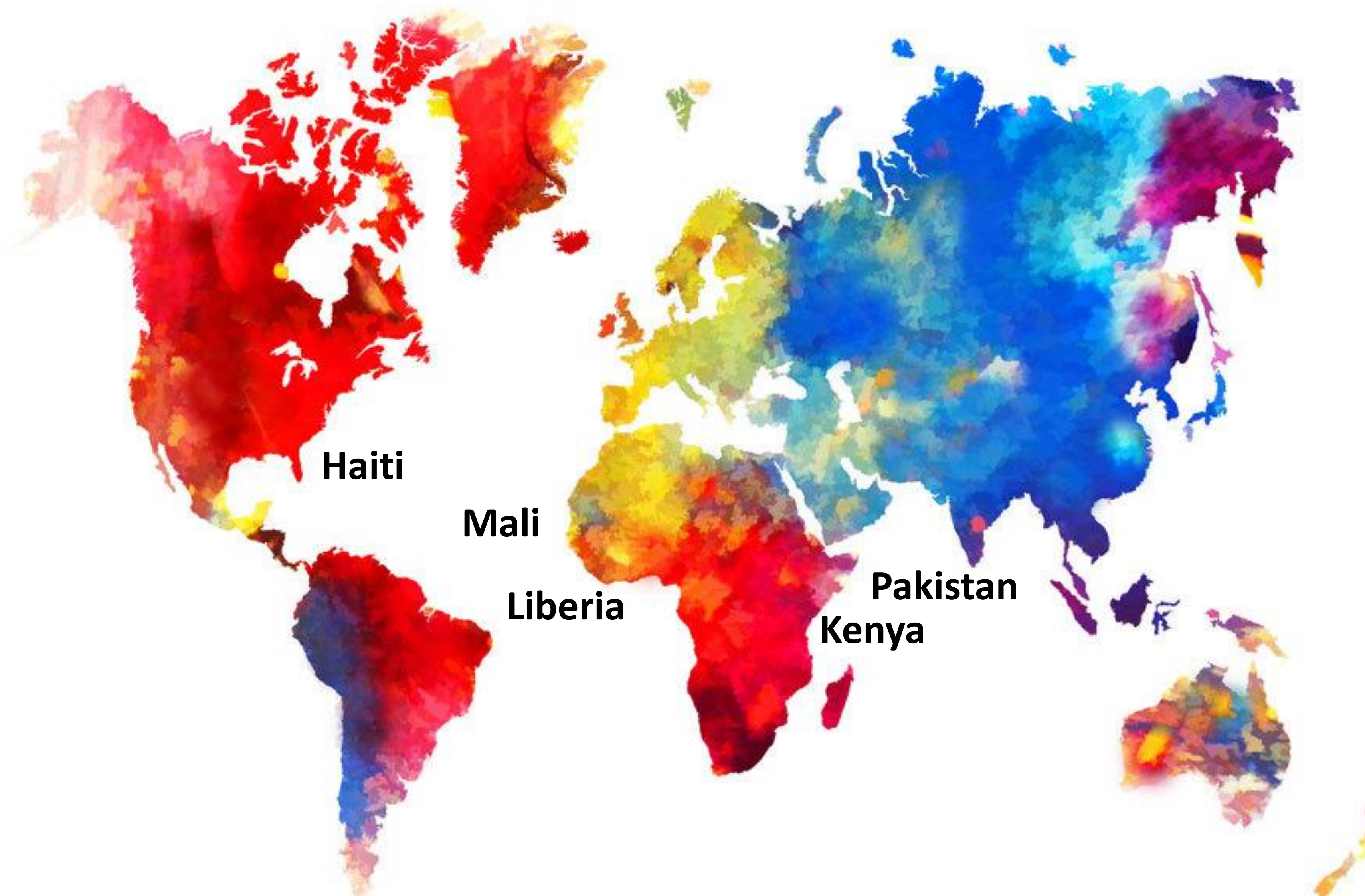
Main Project: CBHFA

- + Community-based health and first aid (CBHFA) is the Red Cross Red Crescent's approach to **empowering** communities and volunteers to take charge of their health.
- + By using simple tools **adapted** to the local context, communities can be mobilized to **address priority health needs**.

Side Projects

- + Conducted a data consolidation and analysis on monthly reports from the Haiti CBHFA program while identifying essential indicators for program evaluation
- + Created, edited, and finalized an abstract on the Kenyan health program, which was accepted for the Canadian Conference on Global Health 2015 taking place in Montreal
- + Reviewed and provided input on health program reports from various countries (Mali, Liberia, South Sudan, Kenya, etc.)

5 Countries CBHFA Analysis Tool



Objectives:

1. Create a bilingual data collection tool for the 5 CBHFA projects
2. Contact country delegates and conduct data collection
3. Perform data analysis and provide recommendations for program improvement

Findings:

1. Issues in sustainability of the CBHFA project
2. Lack of community and volunteer motivation and retention
3. Difficulty in adapting the CBHFA approach from one country/context to the next
4. Gender equity issues in terms of access to CBHFA services

Recommendations:

1. Sustainability and exit plans should be mandatory in the program planning process
2. Literature review required to identify volunteer motivation and incentives
3. Need for standardized core indicators for program evaluation
4. Gender strategy to be devised prior to program implementation
5. Training modules and standardized knowledge testing are essential for health behaviour change communication

Challenges

- + Understanding the Red Cross Red Crescent movement, structure, scope, and responsibility
- + Different pace of the workload: dependent on national and international activity, commitments, and conferences
- + Time management: scheduling meetings with different country delegates was difficult due to the differing time zones

Successes

- + Mentoring opportunities: ability to discuss passions, future plans, and opportunities, while obtaining advice from mentors and peers
- + Connecting and collaborating with different departments: Emergency Response Unit, Policy Team, Domestic Services Program, Field Teams
- + In-depth focus and understanding of CBHFA: contributed to the work in a meaningful way and was able to showcase my achievements through a final presentation to CRC employees
- + Understanding the role of humanitarian work has helped me identify my passion for global health

Moving Forward

With the skills developed throughout this practicum and the MPH program, I hope to embark on a global health journey that will continue to become my passion and my path to self-fulfillment.

I would like to extend my deepest and most heartfelt gratitude to Mary Thompson (preceptor), Ian Puppe (faculty advisor), the MPH program faculty and staff, the CRC staff, and all of those who have contributed to my development throughout the year.