

L A R E V U E

The Official Student Newsletter for Tulane University School of Public Health and Tropical Medicine
Department of Health Policy and Management. By Students, For Everyone!

FIRST ISSUE OF THE SPRING SEMESTER

In This Issue

Measles in New Orleans: What to Know

Residency & Practicum Advice from 2nd Years

Career Services Guide

Alumni Spotlight

Upcoming Nola Events

Book and Podcast of the Month

Mardi Gras History: Flambeaux

The Keepers of the Light

By: Holly Larson

As you were watching the parades roll down Saint Charles this Mardi Gras season, you may have noticed groups of men carrying flaming torches – the flambeaux! Flambeaux (plural for flambeau, or a flaming torch) comes from the French word flambe, meaning “flame.” They first appeared with the Mystic Krewe of Comus in 1857, lighting up the floats for crowds to see at night before street lights existed. The original flambeaux were carried by enslaved and free men of color, namely Creoles. The torches were a spectacle, designed with shiny material to reflect fire and waved and twirled, prompting tips from parade watchers. In 1946, when Mardi Gras returned after WWII, the flambeaux went on strike for higher pay, as they only made \$2 per parade. Several parades had to march in the dark, and eventually they were given wage increases. Today, they make around \$80 per parade, plus tips. Many Mardi Gras krewes still kick off their parades with flambeaux, and they are a vital part of tradition.



Measles in New Orleans: What to Know

By Holly Larson

The Louisiana Department of Health is urging residents to be vigilant as it issues public health guidance following two confirmed measles cases in the Greater New Orleans area. The cases were confirmed through laboratory testing after two unvaccinated individuals visited a New Orleans-area emergency department. The exposure to the virus occurred during their visit to another state.

While there are currently no additional measles cases in Louisiana, the global increase in measles cases and recent occurrences in various U.S. states, including Florida, Georgia, Texas, and Arizona, raises concerns. The public is reminded of the highly contagious nature of measles, emphasizing the importance of vaccination.

What is measles?

Measles is a highly contagious viral infection caused by the measles virus (MeV). It primarily affects children, but individuals of any age can contract the disease. Measles spreads through respiratory droplets produced when an infected person coughs or sneezes, and it can also be transmitted by direct contact with contaminated surfaces.

The initial symptoms of measles typically include a high fever, cough, runny nose, and red, watery eyes. After a few days, small white spots may appear inside the mouth. A distinctive rash follows, starting on the face at the hairline and spreading downward to the neck, trunk, arms, legs, and feet.

Complications

Measles can lead to severe health complications, particularly in vulnerable populations such as infants, pregnant women, individuals with compromised immune systems, and seniors. Complications may include pneumonia, encephalitis (inflammation of the brain), middle ear infections, and convulsions. Hospitalization is required for about 20% of people infected with measles, and the disease can be fatal.

Treatment

Treatment for measles primarily focuses on managing symptoms and preventing complications. Since measles is a viral infection, there is no specific antiviral medication to treat it. Instead, supportive care is provided to alleviate symptoms and promote recovery.

Prevention

The most effective way to prevent measles is through vaccination with the measles, mumps, rubella (MMR) vaccine. This vaccine is safe, highly effective, and is typically administered to children in two doses. Vaccination not only protects the individual but also contributes to community immunity, reducing the overall risk of measles outbreaks. Louisiana has seen a decline in uptake of the measles, mumps and rubella vaccine in recent years. Vaccination rates among kindergarteners in the 2021-22 school year fell to 94%.



Sources:

https://www.nola.com/news/healthcare_hospital_s/measles-cases-confirmed-in-new-orleans-la/article_d1159f5c-d0f7-11ee-a249-276944af65a1.html

<https://ldh.la.gov/news/7270>

Second-Year Advice for Residencies and Practicums

As the spring semester begins, our first year Masters students will be searching for, applying to, and interviewing for their residencies and practicums! This can be an exciting yet stressful time. One of your best resources are second years who recently went through the exact same process. We reached out to some of them to offer their biggest tip or piece of advice going into the process!

"Trust your gut on site visits!"

Think about where you felt most comfortable and which places provide the best opportunities for the skills you want to improve."

*Emma Stanley, 2nd year MHA
The Kinetix Group*

"Don't stress over it and remember it works out for everybody - I didn't get a single interview in my first round but ended up finding a place and having a great residency experience. **Don't be afraid of rejection** and use it as a learning opportunity."

*Grant Gallaspy, 2nd year MHA
Tulane Lakeside Hospital*

"Tulane's School of Public Health has a strong reputation for having some of the most talented faculty, researchers, and practitioners in their fields. I would urge first year MPH students to leverage their relationships with faculty to **intentionally connect with individuals in their field at Tulane**, and use their expertise to find strong fits for their practicum experiences."

*Crystal Dickerson, MPH 2nd year
Centers for Medicare & Medicaid Services*

"If you're looking for practicums in specific cities, **search for public health organizations** in those cities to see if they have any opportunities available. **Reach out** to those organizations as well!"

*Nicholas Presley, MPH 2nd year
Center for Healthcare Strategies*

"Don't let the opinions of others influence you - everyone has

something different they are looking to get out a residency, so you should **trust your intuition** on what you think is best fit."

*Sydney Howard, 2nd year MHA
Tulane Medical Center*

"Utilize all resources available (mock interviews, resume building with career services, have professors read your resume, etc.) & **always ask for feedback**. If you never receive feedback, you will continue to do what doesn't work & the outcomes will never change."

*Emma Holsberg, 2nd year MHA
Children's Hospital of New Orleans*

Career Services Resource Guide

The Career Services office works with current graduate students in SPHTM, undergraduate public health programs, and public health alumni, guiding them in their job search and professional development. Here is a roundup of some of the many services available to students. (Scan QR Codes or click for link)



CAREER GUIDES

Includes links to SPHTM guides on resume and cover letters, employee research, networking, interviewing, fellowships, funding, practicum handbook

CAREER ADVISING

Links to Calendly to schedule with Dr. John Nonnamaker, Director of Career Services. Career advising appointments may be held in person, over the phone, or over Zoom.



INTERVIEW ROOM

The SPHTM Interview Room, located on the 18th Floor, is a dedicated space for SPHTM students to book and use to conduct virtual interviews. Use this link to book.

VMOCK

VMock is an online resume review tool that uses data science to give you feedback on strengthening your resume, simulating software that recruiters use to assess resumes.



Alumni Spotlight: Kaylee Giacomini

Interviewed by Shelby Olin

When did you graduate? What is your degree?

I graduated in May 2022 with my MPH in Health Policy.

What inspired you to get your MPH?

COVID was a big driver for me to get my MPH. I accepted my offer to attend Tulane in March 2020. Although I applied pre-pandemic with a broad goal of working somewhere in malpractice policy, being a student certainly redirected my focus toward communications.

What was one of your favorite memories, classes, professors, or activities while attending Tulane?

So many to choose from! I loved leading the team at La Revue, speaking at graduation, and spending many nights out and about in NOLA. Planning events as the SPHTM VP with the 21/22 team was also so rewarding.

What do you do for work now?

I am the lead editor for a healthcare publishing website called MashupMD. I work with physicians in various specialties to publish content surrounding disease states, conferences, infectious disease, and sociopolitical aspects of public health.



How has your time as a graduate student at Tulane influenced or helped you in your life and career?

I would not have the career I'm in or be anywhere near where I am now without the education and leadership experience I obtained at Tulane. Although health communications is a less-explored field in health policy, I find the work so interesting and rewarding. I gained so much leadership and editorial experience at Tulane on top of classwork. A great thing about the policy MPH is that you can mold it into many different forms. My experience was unlike many of my peers.

How does health policy and management play into your current career or day to day life?

I use my degree and life experience gained from Tulane daily. Although my job leans on the medical side of health policy, it allows me to interact with the physicians I work with in more nuanced and intellectual ways. It also gave me a particular soft spot for the infectious disease doctors on my editorial board. Their work often involves health politics and global policy; I love publishing their content!

What is your biggest piece of advice for current students?

Don't wear flip-flops on Bourbon Street (just kidding, lol). The biggest piece of advice I can give is to soak it all in. So often in life, I found myself just looking forward to the next point: graduation, starting a job, moving, etc. I would not trade my time at Tulane for anything. Talk to your professors, really take in the content you're learning, and say yes to new social experiences that are out of your comfort zone. I made so many friends in NOLA just by going out of my way to attend events, social gatherings, and the occasional (ok, weekly) happy hour. Enjoy everything that NOLA has to offer; it's the greatest city in the US!

UPCOMING NOLA EVENTS

MARCH



IRISH CHANNEL PARADE

Saturday, March 16, 2024

Celebrate Saint Patrick's Day in the Irish Channel! The parade rolls around 1 p.m. starting on the corner of Felicity and Magazine. Floats, marching bands, and revelers dressed in green parade up Jackson Avenue, turning onto St. Charles, and turning onto Louisiana Avenue and back onto Magazine Street. Watch out for flying cabbages!

NEW ORLEANS BOOK FESTIVAL AT TULANE

March 14 - March 16

Attend a three-day, in-person literary celebration featuring more than 100 national, regional, and local authors, including some of the nation's favorite bestsellers. This event is free and open to the public, and features panel discussions, workshops, keynote speakers, book fairs, and more.



SUPER SUNDAY

Sunday, March 17th

In this long-standing celebration of African-American and Native American culture, various Mardi Gras Indian tribes and their Big Chiefs parade throughout the city, attempting to out-dress, out-dance, and outdo each other in a friendly competition for all the city to watch. Their festivities begin at noon in A.L. Davis Park (at Washington & LaSalle Streets).

HPAM and Tulane Upcoming Events

Department Events

Friday, March 1st - Mock Interviews Day 1

Friday, March 1st @ 1-3 PM - UMC Site Visit (MHA)

Thursday, March 7th @ 12 PM - People in Policy: Stacey Roussel, Louisiana Budget Project (Room 1903)

Friday, March 8th - Mock Interviews Day 2

Friday, March 8th - Residency Descriptions Posted to Handshake (MHA)

Thursday, March 14th @ 12 PM - HMSLA Lunch and Learn Mark French: Ochsner COO, Supply Chain & Support Services (Room 1903)

Thursday, March 14th @ 5:30-8 PM - Spring Networking Reception (The Rooftop on Basin)

Monday, March 18th @ 12 PM - Hunches and Lunches (Room 1903)

Monday, March 18th - Residency Applications Due (MHA)

March 25th - 28th - ACHE Congress in Chicago, IL

Tuesday, March 26th @ 6 PM - ACHE Alumni and Friends Reception

SPHTM-Wide Events

Wednesday, March 6th @ 2-6 PM - SPHTM Public Health and Health Administration Spring in Person Career Fair, Diboll Gallery

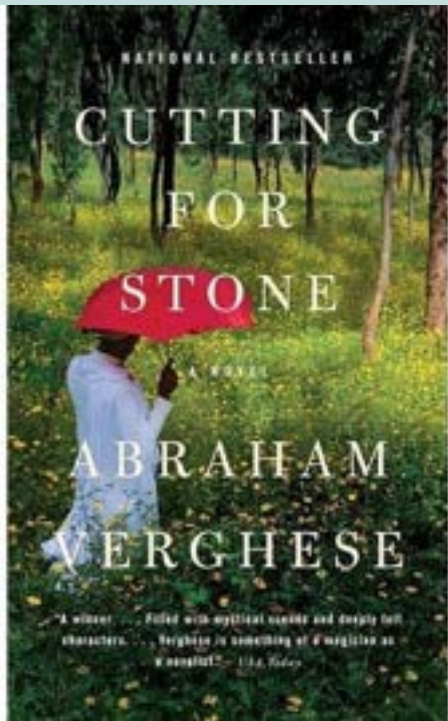
Tuesday, March 12th @ 12 PM - SGA General Student Body Meeting, room 1201

Thursday, March 14th @ 6 PM - Imposter Syndrome: Who Am I? Online Talk

Wednesday, March 20th & Thursday, March 21st @ 8:30 AM-5 PM - Professional Headshots

March 25th - March 29th - Spring Break!

BOOK OF THE MONTH



Ethiopian-born Indian-American medical doctor and author Abraham Verghese beautifully tells the story of twin brothers Marion and Shiva and their journeys through life and its complexities. The twin brothers, born in a foreign country to an Indian nun who dies during childbirth and a British surgeon who then flees the country, grow up in Mission hospital's compound surrounded by a community of doctors and nurses. We follow the story of the brothers as they experience love, rivalry, betrayal, and the enduring power of family. The author uses medicine as a metaphor for life with detailed description of surgical procedures, medical conditions, and medical ethics. It is truly a great read!

PODCAST OF THE MONTH

Public health is a broad field with complexities that might seem overwhelming at times for those that hope to join the field or those in the field trying to navigate the challenges and intricacies of health care. Each individual's public health journey is unique and students and professionals in the field have followed diverse and often winding paths to get to their current positions or roles. On The Public Health Podcast Omari Richins chats with professionals and students to hear their unique experiences and public health career stories, providing tips and insights to help listeners in their own journeys. The importance of public health, public health issues, and what one can do in the field are all discussed on the show informing and inspiring listeners. Whether you are looking for diverse career stories, real life tips and takeaways, networking opportunities, or learning platforms to better understand the field of public health, this podcast is a perfect place to start.



Thank you to Our February Team

La Revue wants YOU! Email hpm@tulane.edu to learn more!



Holly Larson

Holly is a first-year Master of Health Administration student, and she graduated from Tulane for her bachelor's degree in 2023, with a double major in public health and economics. She is passionate about health equity, women and children's health, and community engagement. She hopes to be working in hospital operations in the future. Outside of class, she enjoys reading, going on walks in Audubon park, and trying new restaurants throughout the city.

Editor-in-Chief



Helina Shiferaw

Helina is a first year MPH in Health Policy student and she graduated from Mekelle University, Ethiopia with a medical degree in 2020. She is passionate about maternal health, global health, health equity, and health systems strengthening programs. She hopes to make the best of her time at Tulane and in New Orleans. Outside of class, she enjoys hiking, reading, and exploring new places and cultures.

Contributor



Shelby Olin

Shelby is a first-year PhD student in the department. Her main research interests are maternal child health, mental health, and access to health services. She has lived in New Orleans for about 3 years and received her MPH from Tulane in 2022. For fun, she loves to travel, bake, and watch reality tv with friends!

Contributor

