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

CLASS OF 2021: IN REVUE

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SALUTE TO THE GRADUATING CLASS FROM YOUR LA REVUE STUDENT EDITORS

By: Kaylee Giacomini

Congratulations to the class of 2021! Although graduation may look a bit different this year due to the pandemic, you should truly take the time to reflect upon and celebrate all that you have accomplished. Only 13.1% of college-age Americans will ever go on to obtain a graduate or professional degree; it is no small accomplishment to be amongst this statistic. At this point you have been a student for at least 21 years of your life. For many of you this education may end when you accept your diploma in the coming weeks. Yet do not meet this closing chapter with fear, confront it with the strength that the past 21 years has given you.

Addressing a collective group of people can be challenging as no two stories are the same. However, if there is one thing that you all have in common it is resilience. You are all leaving this point of your life with a graduate or professional degree in public health during the first pandemic that our world has experienced in a century. This is no small accomplishment. Some of you worked on the frontlines in COVID wards of hospitals, others administered vaccines or volunteered at the clinics, many did research relative to the pandemic. Regardless of where you were, I believe that the reason why we go on to study public health is an innate desire to leave the world a better place than we found it. So when you accept your diploma, know that you are actively working towards doing just that. As a class of 2022 graduate myself, I am proud to be following in your footsteps.

So from our small team of writers, we wish you nothing but the best. Don't be surprised if we feature you in an alumni spotlight!

WORDS OF WISDOM FROM YOUR DEPT. LEADERSHIP

LIZHENG SHI, PHD, MSPHARM, MA INTERIM CHAIR

Congratulations on your graduation from our department! In addition to your academic achievements, I would like to share my thoughts on your New Orleans experience. Those who live in the city of New Orleans have always emerged from challenges such as Hurricane Katrina and the current pandemic with the greatest sense of resilience. You are now a part of this collective resilience and will carry this with you for life. Learn from this resilience when addressing any future challenges.

CHARLES STOECKER, PHD, MA PROGRAM DIRECTOR: PHD & MPH IN HPM

If I was permitted to give a few words of unsolicited advice for the couple years ahead of you I would say: Work hard. I've found it easy to stay excited whenever my work is most closely related to an immediate policy change. It's harder to stay as focused on longer term projects, but those are the ones where you have the widest scope to craft rules and regulations that improve people's lives. Be kind. Policy making is a team sport, and a team functions best with mutual respect. Plus, those teammates may be able to help you later. Don't forget the big picture. Opportunities to talk about your work occur all the time in the strangest places. I was at a pop-up porch concert and heard someone talking about merging vital statistics and policy data. You never know when you'll have an opportunity to make a connection. Be able to make your work 🦯 interesting to any audience. Self-doubt is the mind-killer. Self-doubt is the little-death that will sap your ability to be productive. Confidence will come easier with age and practice. Review your smaller victories and do your best on the current challenge. Be open to opportunity. Your first job is not your last. In retrospect my progression might look linear, but each move was fraught with luck and insecurity. Each opportunity will open other doors that you can jump through.

EMILY HARRIS, MHA PROGRAM DIRECTOR: MHA

Congratulations graduates! Earning your degree is a significant milestone in your professional career, and earning this degree during a pandemic makes it even more so. You have demonstrated a remarkable amount of resilience during the past year. You adapted to a remote environment at work and school while managing the roller coaster of 2020. Your drive for change to better our health care system makes me eager to see where your careers take you. I am grateful for my time with you at Tulane and hope to hear about your future successes. Congratulations, and good luck!

PUBLIC HEALTH IN THE CITY: Beating the Heat This Summer in NOLA

By: Kaylee Giacomini

If you are planning on spending your summer in New Orleans, there are plenty of things to do in your free time to have fun and beat the heat! Check out some suggestions from our editorial board.

Explore one of the city's museums

New Orleans is home to many great museums, all of If you don't have a pool where you live or a friend in which will be cranking the AC on hot summer days. Take some time to explore the World War II museum, the NOMA, the Backstreet Cultural Museum, and more!

Take a trip to the beach

Conveniently located on the Gulf Coast, New Orleans has a handful of nice beaches close enough for a day or weekend trip. Grand Isle to the South is a favorite among students, as are some along the Mississippi coast like Biloxi. If you're looking to go for a weekend, Destin and Pensacola in Florida are great for a quick getaway.

Take a boat tour in the Jean Lafitte

Spending the day on the Bayou can be a great way to catch a cool breeze and check out some of the gorgeous flora and fauna surrounding our city. The Jean Lafitte Swamp Tour company offers socially distant pontoon tours located a half hour from the city.

Visit the aquarium

Another great way to beat the heat in the city is spending the day wandering around the Audubon Aquarium. The aquarium is home to over 15,000 sea critters representing over 600 different species. Bonus: if you get a New Orleans public library card you can get in free of charge here as well as a handful of the city's museums and the Zoo.

Spend a day by the pool

one of the many apartment complexes around town with a pool, you're still in luck! The Country Club in Bywater offers day passes for theirs, is 21+, and is committed to COVID precautions. Many hotels around the city like the Ace and Nopsi also allow visitors to use their pool.

Try out watersports through Riley Outdoors

Campus recreation is a great resource if you're looking to spend an inexpensive day paddling around the bayou. They will rent kayaks, canoes, and stand up paddle boards to students for a low price.

Grab a Snoball

Snoballs are one of the city's best summertime treats. Although the best place in the city is a point of debate, my personal favorite is Hansen's Sno Bliz. All of their flavor choices are great, but I'm partial to the tart Satsuma! Other editor picks include Chance in Hell **SnoBalls and Plum** Street Snoballs.

Go gallery hopping

The French Quarter, Lower Garden District, and Bywater all house plenty of gallaries from the city's many distinguished artists. Some of the coolest places to go and wander are Royal Street and Magazine Street. Be sure to stop into Studio Be, JAMNOLA, and the Ashley Longshore Studio Gallery.

HPM Schedule

- 5/5-5/11: Final examination period
- 5/14: Grades due
- 5/17: Start of Summer session
- 5/20: SPHTM in person commencement
- 5/22: Virtual unified commencement
- 5/22: School of Medicine commencement
- 8/20: End of Summer session
- 8/23: Fall classes begin

FACULTY SPOTLIGHT

Mark Diana, PhD, MBA, MSIS

Drs. W. C. Tsai and P. T. Kung Professor in Health Systems Management

https://sph.tulane.edu/hpm/mark-diana

By: Emma Bassin



What are some of your favorite books you've read or things you've watched this year?

We weren't fortunate enough to see Hamilton live, so after watching the film version, I was motivated to read the Chernow biography the show is based on, and it was fascinating. History never inspired me as a student, so it was delightful to finally engage with it in such a meaningful way. In fact, after

reading "Alexander Hamilton," I went on to read Chernow's biography of Washington. I am trying to decide whether to read a biography of Franklin or Jefferson next.

Cooking is one of my passions, and while I don't know if it is technically a documentary, I thoroughly enjoyed watching "Stanley Tucci: Searching for Italy." It doesn't hurt that I am half Italian. Authentic Italian cooking is so good because of its incredible simplicity and its focus on the best local ingredients, which is one reason the cuisine is so different across regions. The other thing I like about this series is that Tucci also examines social, political, and cultural issues.

Tell us a bit about your research focus. What is the most meaningful part of your work?

I am mainly interested in the quality of care provided in US hospitals. I began looking at this in relation to the adoption and use of information systems. I decided to earn an MS in Information Systems to round out my knowledge in that area, which has helped me research their impact on quality in hospitals. I have extended this interest to other policy efforts to improve the cost and quality of care delivery to alternative payment and delivery models. Lastly, I am deeply concerned about the inequities in health care access and outcomes in the US. I've been fortunate enough to work with the Louisiana Department of Health on various issues relative to this.

Helping students to achieve their dreams and ambitions. Everything we do is about that, even the research we do, because it contributes to the knowledge students need to succeed. My work also allows me to engage in intellectual stimulation every day. I am passionate about improving the quality of care we provide in our system and stopping the harm we needlessly cause our patients. I try to bring that to my teaching and research.

What is the most important skill that graduating HPM students should master?

All of the technical skills you learn are critical to success. They are prerequisites, meaning that you couldn't be successful in a career in health policy or health management without them. To be fair, it's the combination of technical competency and affective competency that enables success. My experience is that building relationships and trust is the thing that matters the most when all is said and done. I think that's true in both our work and our personal lives.

Rumor has it that you're a bit of an expert in home renovations. Do you have a favorite project you've worked on?

Well, I wouldn't say I'm an expert, but I have done a great deal of it. We just completed a two-year renovation of our home, and we did most of the work ourselves. The only advice I would give is that if you dedicate yourself to learning the right way to do things, you will find you can do more than you thought, and you can save money. But it will take longer if you do it yourself. Take your time, and don't cut corners. I am happy to provide specific thoughts if anyone wants to talk more about DIY.

HPM MAKING HEADLINES

HPM has dominated the School's news this week. Here are excerpts from various SPHTM social media posts.



This past week, The Tulane team of the **NYU Policy Case Competition** held virtually this year placed in the top 20 teams in the nation! The team's case topic this year was technology CRISPR and they competed amongst international colleagues. Congratulations to the team!

Tech 22 Team: Kristen Hughes MD/MPH Eli Santiago MD/PhD/MPH Kobe Walker MPH Jacqueline Degann JD/MPH

Daniel Triggs, a student in the Master of Health Administration Program at the Tulane University School of Public Health and Tropical Medicine, was a part of a competitive summer internship program with the National Association of Health Service Executives. "There's no program without the faculty," says, Daniel. It was Program Director Emily Harris who encouraged him to apply. He was not yet eligible to do his academic residency and had a free summer available to him. The program, normally held in person in Baltimore, brought 30 minority undergraduate and graduate students together in a virtual program where they engaged in case competitions, debates, and in-depth learning and discussion with professional healthcare executives. Triggs was matched with a mentor Kenneth Grant, an alumnus of Tulane who had recently retired from his role as a healthcare executive. **Full article**

Study published in **HEALTH AFFAIRS**: The COVID-19 pandemic has disrupted access to medical care for millions of Americans; yet, there has been little information on the individual demographic characteristics associated with these disruptions. A new study, released ahead of print by Health Affairs, reviewed US Census Bureau survey data and found that in May 2020, 6 percent of all respondents reported involuntary cancellations or delays in non-COVID-19 medical care in the past four weeks. The authors noted that this estimate is substantially smaller than prior estimates of total cancellations or delays from web-based surveys. One of the two authors of the study is **Dr. Kevin Callison**. He is an assistant professor in the Department of Health Policy and Management.

Coverage in <u>NOLA.COM</u>: **Dr. Charles Stoecker**, a health economist at the School of Public Health and Tropical Medicine, says a large demographic group in Louisiana that is more hesitant to get a COVID-19 vaccine is White residents in rural areas, which is a substantial population in Louisiana compared to other states.

SLEEP: AN UNDERAPPRECIATED COMPONENT OF HEALTH

By: Peter Miller

Most graduate students know that sleep is essential to their overall wellbeing, yet as this semester wraps up I am certain that many of you are staying up at the expense of rest. Building a bit of sleep debt is not a big deal in the short-term, however, sleep is more than just important to your mood and academic success. Sleep is a health behavior crucial to your longevity and the wellness of the general public.

Circadian rhythms are ubiquitous across the animal kingdom, and are observed even in unicellular organisms. A 1982 study gave the first clear evidence of the necessity of sleep by evaluating 7 health behaviors and their impact on health and mortality over 9 years. The results showed 5 behaviors were associated with reduced chronic illness and mortality: not smoking, getting physical activity, limited alcohol intake, maintaining a normal weight, and getting at least seven hours of sleep a night. This study has since been corroborated and a bevy of studies have linked inadequate sleep to various illnesses including diabetes, stroke, cardiovascular disease, and cancer. The evidence is so clear that the WHO considers nightshift work a carcinogen. This goes beyond association. Studies identified have physiological changes in carbohydrate metabolism caused by sleep disruption that explains its correlation with diabetes.

The CDC estimates that less than 70% of adults get adequate sleep, but this is not equally distributed geographically or The Southeast has the socioeconomically. highest percentage of adults getting less than 7 sleep. Furthermore, a greater hours of percentage of non-white, less educated, and unemployed individuals get inadequate sleep. Smoking, drinking, exercise, and body weight are all a part of any routine check up and are

documented in most medical records. Yet when was the last time your physician asked you how many hours you sleep at night, how regular your bedtime and wake times are, and what the conditions of your sleep environment are? Sleep is no more challenging to measure or document than exercise, yet it is not an outpatient concern.

Hospitalized patients typically have their sleep interrupted by nurses and physicians for vital checks, blood draws, and medication administration. They are then woken up at dawn by medical students, interns, residents, and finally the full care team in succession. Studies at Ochsner's SICU have shown that reducing these disruptions shortens hospital times, reduces readmissions, and improves patients' subjective feeling of wellness. It is our responsibility as public health professionals to recognize sleep as a threat to public health within hospital systems, in the Southeast, and throughout the nation.

So, what can you do to sleep better? To start, commit to at least 7 hours of sleep a night or more if you have built up a sleep debt. Try to go to bed and wake up at the same time every day to avoid circadian desynchrony. Keep your bedroom as cool as you can tolerate and minimize sources of light and noise. Avoid caffeine in the afternoon and at night in addition to avoiding or minimizing alcohol intake. Shift your devices to night-light modes to reduce blue light several hours before your bedtime. And, if you are still curious, try experimenting a bit to find out how you sleep best (I have tried CBD, melatonin, eye masks, dietary changes, etc). There are many commercial sleep monitors, the most validated of which are Withings, WHOOP, FitBit, and Oura, which track and even stage vour sleep.

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Compiled By: Shelby Olin, Emma Bassin, & Peter Miller



PODCAST OF THE MONTH WHAT THE HEALTH? KAISER HEALTH NEWS

"Join Julie Rovner, chief Washington correspondent for Kaiser Health News, along with top health policy reporters from The New York Times, The Washington Post, Politico and other media outlets to discuss the latest news and explain what the health is going on here in Washington."

*Pulled from Apple Podcast App

SUMMER READS

TO REPAIR THE WORLD: PAUL FARMER SPEAKS TO THE NEXT GENERATION

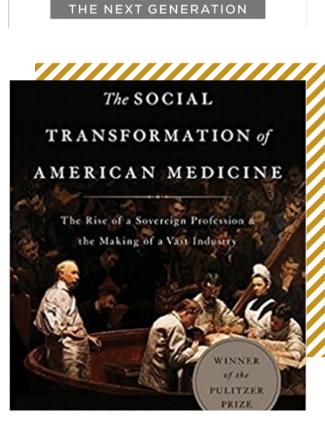
"Doctor and social activist Paul Farmer shares a collection of charismatic short speeches that aims to inspire the next generation. One of the most passionate and influential voices for global health equity and social justice, Farmer encourages young people to tackle the greatest challenges of our times. Engaging, often humorous, and always inspiring, these speeches bring to light the brilliance and force of Farmer's vision in a single, accessible volume. This novel challenges readers to counter failures of imagination that keep billions of people without access to health care, safe drinking water, decent schools, and other basic human rights. It overturns common assumptions about health disparities around the globe by considering the large-scale social forces that determine who gets sick and who has access to health care. The reader will be left with an uplifting vision: that with creativity, passion, teamwork, and determination, the next generations can make the world a safer and more humane place."

*Pulled from Amazon

THE SOCIAL TRANSFORMATION OF AMERICAN MEDICINE

By: Paul Starr

If there is one book I could recommend to any health policy student, this would be it. Starting with the beginning of formalized medical practice, Starr takes you forward through inception of health insurance, the rise of hospitals, and the undulating shifts of power between interest groups in health care. It is a daunting read, more of a tome than a book, but you will walk away with an understanding of how we got to the dysfunctional "system" existing today. Along the way you will also learn about the evolution of insurance, the expansion of government involvement in social welfare programs, and new editions contain a section on the ACA up to the 2016 election. Keep in mind I warned you that it is lengthy, but if you find yourself studying the US healthcare system thinking time and time again "WHY!?!," this book may have the answers.



REPAIR

THE

WORLD

PAUL FARMER SPEAKS TO

FACULTY SPOTLIGHT

By: Emma Bassin



Have you picked up any new hobbies while working from home this year?

Since everyone started baking their own bread during the lockdown, I decided to learn to make cheese.

I heard somewhere that you have a Louisiana state naturalist certification of some kind. Could you tell us what that's like?

I am a certified Louisiana Master Naturalist. The certification process involves taking field trips to natural areas around the region (Barataria, Grand Isle, Bayou Sauvage, etc.) and learning about the ecology of the area. Once certified, you do education and service projects, continuing education and go on lots of hikes with other people who are way too enthusiastic about bugs and birds. observe Learning to and understand the natural world around me has added so much color to my life; once you start seeing things through that lens you can't turn it off. Nothing would make me happier than for you to take pictures of critters and send them to me so we can figure out what they are.

Janna Wisniewski, M<mark>HA, PhD</mark>

Assistant Professor

https://sph.tulane.edu/hpm/janna-wisniewski

Your research seems to be split between domestic and international work. Tell us a bit about what you're currently working on.

On the US side, Dr. Walker and I are running several "secret shopper" based field experiments measuring disparities in access to medical appointments, specifically disparities among different races/ethnicities, genders, and people with a history of incarceration. My largest international project is an evaluation of a USAID-sponsored health system strengthening project in the Democratic Republic of Congo. I know that it seems like I have two different, unrelated streams of research, but in fact it is all based on my firm belief that if we are going to eliminate health disparities we have to address the ways in which the health system itself is contributing to them.

What is the most important skill graduating HPM students should master?

Everybody should know how to build Pivot tables and use the VLOOKUP command in Excel. Beyond that, the most important skill for a graduating doctoral student is to know how to ask a good research question. If you can justify that the question has not yet been answered AND that it is important that the question be answered, the rest will fall into place. Master's students should know how to produce a professional product every time. Act as if anything you turn in will be forwarded to your boss' boss. Spell-check and format your reports. Make sure your slides look polished. Practice your presentation in advance. It's a discipline that you have to practice, but it goes such a long way.

Bonus Question: Do you have a favorite Louisiana-native animal or plant you've discovered through your involvement as a Master Naturalist?

Yes! The swallow-tailed kite (Elanoides forficatus) is a medium sized raptor that spends its summers in Louisiana and throughout the Gulf coast. They are stunning when they fly, just incredibly graceful and maneuverable. Kites sleep late compared to other birds (relatable) but once they're awake they spend the whole day in the air, hunting, eating, and even drinking without landing. They are long-haul migrators who travel as far as southern Brazil in the winter. I love them so much that I hired the artist Fried Skrimpz paint a mural of kites in my living room.



GRADUATING STUDENT LEADERSHIP SPOTLIGHTS



RISHAB M CHIMMANAMADA, MHA

PROFESSIONAL DEVELOPMENT CHAIR OF HMSLA

Hometown: New Orleans, LA

Favorite Tulane memory: Pre-COVID shenanigans with the cohort

JORDAN FONTHEIM, MBA, MHA

PRESIDENT: EXEC. BUSINESS COUNCIL EXEC. VP: GAPSA

Hometown: Washington, D.C.

Favorite Tulane memory: Representing the department at the UT Case Competition!

Post grad plans: Working at KPMG in Baltimore doing healthcare finance.

KELLY WARD, MHA TREASURER OF SGA

Hometown: Milwaukee, WI

Favorite Tulane memory: Dat Dog Trivia Nights!!

Post grad plans: Working in Healthcare Consulting

HANNAH MINORINI, MHA

SECRETARY OF HMSLA

Hometown: St. Louis, MO

Favorite Tulane memory: Shamrocks!

Post grad plans: Moving to St. Louis for an administrative fellowship at St. Louis Children's Hospital

GRADUATING CLASS SPOTLIGHTS

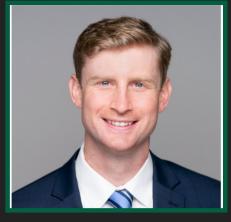


JESS ANDRES, MHA

Hometown: Foxboro, MA

Favorite Tulane memory: I enjoyed taking Dr Diana's classes, my residency at NOEH, and going on the helipad at Tulane hospital with my cohort

Post grad plans: None yet!



CHRISTOPHER ANTONACCI, MD, MPH

Hometown: Greenwich, CT

Post grad plans: Residency in Orthopaedic Surgery at University of Connecticut



IKRAM CHAUDHARY, MHA

Hometown: Belmont

Favorite Tulane memory: Gathering together for the Super Bowl with friends in the cohort.

Post grad plans: Find a job in the healthcare sector.



AMI PATEL, MPH

Hometown: Atlanta, GA

Favorite Tulane memory: Experiencing Mardi Gras for the first time

Post grad plans: Landing a job dealing with hospital operations.

Words of wisdom from your HPM faculty

KEVIN CALLISON, PHD "Stay in touch! Your relationships with **ASSISTANT PROFESSOR:** other students, faculty, and staff form

the foundation of your professional network and are just as valuable as the knowledge you gain from vour coursework. Maintain those relationships after you leave Tulane and keep us to date on vour up achievements (that way I can ask you to serve as a guest speaker for my classes!)."

TJ STRANOVA, SCD, MHA ASSISTANT PROFESSOR:

MOLLYE DEMOSTHENIDY, JD, MHA ASSOCIATE DEAN FOR STRATEGIC INITIATIVES ASSOCIATE PROFESSOR: "Don't take any wooden nickels and always let a smile be your umbrella."

"One of the best pieces of advice I got as a young professional came from one of my mentors, Paul Pitts (a fellow HPM alum and now Managing Partner of Reed Smith's San Francisco office): Be confident and thorough. I still remind myself of this on an almost daily basis! "

GRADUATING CLASS SPOTLIGHTS



INDIA PRIMM-

SPENCER, MHA

Hometown: Baltimore, MD

avorite Tulane memory: The

HMSLA Social in 2021

Post grad plans: I will be an administrative operations

fellow at Ochsner Health.



CAMILA

RODRIGUEZ,

MHA

Hometown: La Vega,

Dominican Republic

Favorite Tulane memory:

Relaxing at the Fly with friends

Post grad plans: Still in the

works!



DANIELLA WOOD, MHA

Hometown: Lake Orion, MI

Favorite Tulane memory: Getting together with my cohort during Mardi Gras and celebrating together.

Post grad plans: I Hope to work for a consulting company.

WORDS OF WISDOM FROM DONNA KULAWIAK SENIOR DEPARTMENT ADMINISTRATOR:

"NOW GO, AND MAKE INTERESTING MISTAKES, MAKE AMAZING MISTAKES, MAKE GLORIOUS AND FANTASTIC MISTAKES. BREAK RULES. LEAVE THE WORLD MORE INTERESTING FOR YOUR BEING HERE." —NEIL GAIMAN

THINGS TO NOTE

SHARE YOUR BOOK & PODCAST SUGGESTIONS

Fill out this google form link: https://forms.gle/8iBpnxPLtvw DF1zN7

SUBMIT YOUR ARTWORK, GET PUBLISHED!

Want to write an opinion piece?

Need a space to share your poetry, art, writing, or photography?

Contact us, we want you to feature it here! hpm@tulane.edu

2021-22 HPM STUDENT LEADERS

GAPSA: Kobe Walker: President Lloyd Lyons: Downtown Vice President

SGA: Nnenna Ukpaby: President Kaylee Giacomini: Vice President

HMSLA:

IsaLynn Montgomery: President Anthony Noto: Vice President

JOIN OUR WRITING TEAM FALL 2021

Want to write for us in the fall? We can make that happen. Fill out this google form to note your interest or email us at **hpm@tulane.edu**. No editorial experience required!

https://forms.gle/VW2kxPV3RZeAVNbcA

HPM SUGGESTION BOX

This is the place to make any concerns that you have about the program/department known! Responses are completely anonymous, and will be aired at monthly department meetings. This form is made by students, for students, so please use it as a safe space to discuss, comment, and critique. https://forms.gle/JQ27mxvwacCpcwfw 9

CONGRATS TO OUR

Shelby Olin

UNTIL AUGUST... YOUR LA REVUE STUDENT EDITORS

The Graduating editors



Emma Bassin, MPH in HSM

Hometown: Bethesda, MD

Favorite Tulane Classes: GCHB 7340 & HPAM 6760

What I'll miss most about HPM: Lunch & Learns and accessibility of faculty/staff! Building these professional relationships has been instrumental to my growth as a public health professional.

Post grad plans: Internship doing family planning work at USAID until mid-August, not sure what will come after that!



Peter Miller, MD, MPH

Hometown: Metairie, LA

Favorite Tulane Experience: Intramural Dodgeball Championship and bringing Tulane friends to more "wholesome" family Mardi Gras events

Post grad plans: Internal Medicine Residency at NYP-Columbia.



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Kaiya Braham, MPH in Health Policy

Hometown: Prince Georges County, MD

Favorite Tulane Experience: Meeting new friends and experiencing New Orleans culture and the city.

What I'll miss most about HPM: The times in the lounge during classes (Pre-COVID)

Post grad plans: Administrative Fellowship at Mercy in St. Louis working in Quality and Patient Safety

FROM LEFT TO RIGHT: ELI, SHELBY, KAYLEE, KAIYA, EMMA, KOBE

