

GUNDERSEN HEALTH SYSTEM®

Office of Population Health Spring 2020 Preceptorship

Jenna Romanowski

The Office of Population Health develops prevention education and health promotion programming for Gundersen employees, patients, and the community.

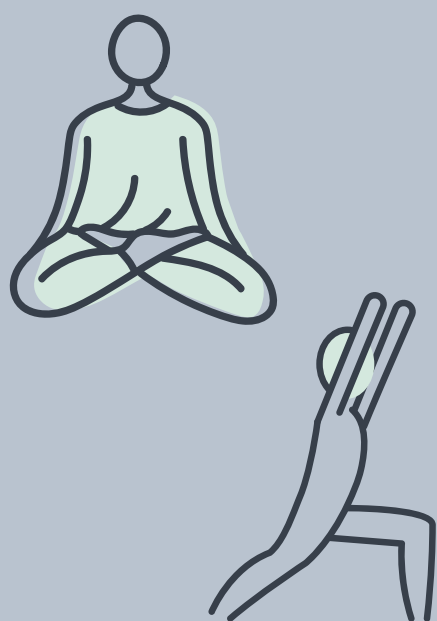
PROJECT SEARCH

I taught wellness lessons to Project SEARCH, a program for young adults with intellectual and developmental disabilities.

Area of Responsibility 2 (plan health education/promotion) and 3 (implement education/promotion) were used.



Project | SEARCH®



EMPLOYEE EXERCISE AND MEDITATION CLASSES

Leading and designing meditation and exercise classes for Gundersen employees was another major program I implemented at my preceptorship.

I enjoyed getting to provide this service for employees as they were very appreciative of the classes.

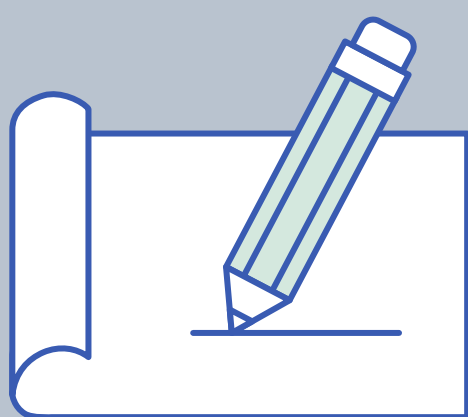
WORKSITE WELLNESS SCREENINGS

Gundersen travels throughout their service area to conduct worksite wellness screenings at various worksites.

I used Area of Responsibility 6 (serve as a health education/promotion resource person) to put meaning to blood pressure and cholesterol results during consultations.



RESEARCH AND WELLNESS TIPS



I did research to find existing training resources on topics such as confidentiality, ethics, and person first language for Gundersen's new social determinants of health initiative.

Wellness tips were sent out to participants of wellness challenges. I created documents with useful information to educate participants regarding various health topics.