

**AN INTERNSHIP REPORT DONE AT VOLUNTARY SERVICE OVERSEASE (VSO)**

**BY**

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**INTERNSHIP REPORT SUBMITTED TO THE INSTITUTE OF HEALTH POLICY  
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## **DECLARATION**

I declares by that is my original work and has not been presented before or submitted for award of diploma public health or any other academic to any university or institution of learning.

**SUPERVISORS APPROVAL**

.....

**Signature**

.....

**Date**

**VOLUNTARY SERVICE OVERSEAS (VSO)**

.....

**Signature**

.....

**Date**

**INTERNATIONAL HEALTH SCIENCES UNIVERSITY**

## **DEDICATION**

This book I devoted to my mentor at voluntary services overseas (VSO) and also my family members who hold up and steer me all the way through the internship process.

## **ACKNOWLEDGEMENTS**

I take this opportunity to thank all the staff and personnel at VSO who have been very helpful and supportive throughout the internship period for example VSO provide the transport, accommodation and meals which has really enabled me to finish my internship. I would also thank the University for openhanded me a chance to expose myself to this priceless internship.

Special thanks I direct to the health program members to you I am so dearly indebted for I have learnt a lot without your guidance, it wouldn't have been a success.

## **WORDS AND ACCRONYM**

VSO	VOLUNTARY SERVICE OVERSEES
ANC	ANTENATAL CARE
PNC	POSTNATAL CARE
H/C	HEALTH CENTRES
HIV	HUMAN IMMUNE VIRUS
AIDS	ACQUIRED IMMUNE DEFICIENCY SYNDROME

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## **CHAPTER ONE**

### **1.0 INTRODUCTION**

Internship is an opportunity in which a student gets sensible experience and it's highly competitive which helps in advance to the applicable knowledge and skills required for the student to get jobs in future and career network to accumulate skills.

The internship period was from June to August 2014 at voluntary services overseas the internship involves orientation of the organization and its departments, and the introduction for me to the organization.

Doing my internship with such voluble organization like VSO, can be highly competitive. Infect that most students who did internship receive more applications then those who did not do.

### **1.1 BACKGROUND OF THE ORGANISATION**

Voluntary service overseas (VSO) is an international non-governmental developmental organization based in the United Kingdom it has been operating in Uganda since 1962 it has different district of various project including Kampala, Gulu, Saroti, Kitgum, Kabale, Wakiso, Arua, Gomba, Kabaroli, mityan and Lira.

The organization has various department which include; livelihood, education and health. The health program and it focuses on maternal, neonatal and child health.

VSO recruits professionals that work as volunteers living and working together with local population in developing countries like Uganda, VSO also offers internship placements to the students.

### **1.2 MISSION**

The mission of VSO is to bring people together to fight poverty.

### **1.3 VISION**

The organization's vision is a world without poverty.



### **1.3 VALUES**

People are best agents of change knowledge is our most powerful tool progress is only possible by working together and by thinking globally .we can change the world.

### **1.4 OBJECTIVES OF THE PLACEMENT**

As a student pursuing a diploma in Public Health I have learnt and accumulated a lot of knowledge during my classroom activities and therefore the general objective of the field placement was to translate all the theory attained into practice and appreciate how knowledge attained in class can best be put to use in the working environment of organizations like VSO.

#### **Other objectives included;**

- ❖ Developing personal and professional skills geared towards building competence in the workplace and professional practice.
- ❖ Support the delivery of effective and efficient services towards the community in a way that is educational to me as a student.
- ❖ Understand the complexity of the working environment including learning new skills, values and knowledge.
- ❖ Identify and understand the challenges that VSO faces and how they try to address them.
- ❖ Assess and make recommendations/suggestions for future improvement.

## CHAPTER TWO

### 2.1 ACTIVITIES OF THE ORGANISATION

Voluntary Services Oversees is involved a number of activities such as these three departments include;

**Primary health program;** the health program works to ensure every mothers and their child gets access to quality services that's to say VSO provides equipments to the health centers, legal and child protection support.

**Livelihoods;** in this department VSO supports all youth to access sustainable livelihoods opportunities.

**Primary education;** VSO wants every child to be able to access and complete a cycle of quality in primary education.

### 2.2 ACTIVITIES CARRIED OUT

This was done basing on the monthly schedule to the work sketch that I have been assigned during my internship period at VSO.

At my first month at VSO I visited to a 30 health centers where I was tasked to collect data on postnatal care attendance in each health, this is to improve the health of mothers and their new born babies during the PNC attendees mothers receive vitamin A supplements these health centers also carry out for HIV tests and mothers get free family planning methods.

The health centers include;

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1. Badeg Health Centre II        | 2. Unyama Health Centre II     |
| 2. Aywee Health Centre II        | 4. Lapainat Health Centre III  |
| 5. Koro Abili Health Centre II   | 6. Palenga Health Centre II    |
| 7. Ongako Health Centre III      | 8. Bobi Health CENTRE III      |
| 9. Tekulu Health Centre II       | 10. Lela-Aboro Health Cenre II |
| 11. Lijorongole Health Centre II | 12. Alokolum Health Centre II  |

- 13. Titino Health Centre II
- 15. Pobwo Health Centre II
- 17. Lugore Health Centre II
- 19. Oroko Health Centre II
- 21. Awach Health Centre IV
- 23. Kal-Ag Health Centre II
- 25. Loyo As Health Centre II
- 27. Dino Health Centre II
- 29. Acet Health Centre II

- 14. Pobwo Health Centre II
- 16. Punema Health Centre II
- 18. Labworomor Health Centre
- 20. Parbona Health Centre III
- 22. Pukony Health Centre II
- 24. Omel Health Centre II
- 26. Te-Got Atoo Health Centre II
- 28. Odek Health Centre III
- 30. Lukwir Health Centre II

<b>MONTH</b>	<b>ACTIVITIES</b>
<b>1<sup>ST</sup> MONTH</b>	As norm of the organization every intern introduced to the different departments of the organization.
<b>1<sup>ST</sup> MONTH</b>	Get used to the organization and working operations of the different departments.
<b>1<sup>ST</sup> MONTH</b>	Visited to a 30 health centers in Gulu district including H/C ii, H/C iii and H/C iv.
<b>1<sup>ST</sup> MONTH</b>	I was assigned to collect data on PNC attendances in each health center records.
<b>1<sup>ST</sup> MONTH</b>	Analyzed data and presented to VSO With the field visit report.
<b>2<sup>ND</sup> MONTH</b>	VSO inception meeting in Amuru district and I was tasked to document meeting proceedings through video coverage
<b>2<sup>ND</sup> MONTH</b>	We visited to a 14 health centers in Amuru district looking by their services like maternity ward and children's ward
<b>3<sup>RD</sup> MONTH</b>	I was tasked to document meeting proceedings through video coverage during inception meetings in Gulu,Kitgum and Lamwo I deferent districts .
<b>3<sup>RD</sup> MONTH</b>	I edited all the videos that I took during inception meetings.

## **CHAPTER THREE**

### **3.1 LEARNING OUTCOMES FROM THE FIELD PLACEMENT**

During my term at VSO I was able to achieve the following learning outcomes as a student;

- I was able to comprehend the organizational structure, mission, vision and the different worker's roles played by different people in the organization.
- I was able to ascertain the different activities that are performed by the organization and how they serve the community at hand.
- I was gifted to appreciate the role of teamwork and how it builds into the general functionality of the organization.

### **3.2 EXPERIENCES AND ACTIVITIES**

Field work is a practical study aimed at application of the class work in the day to day's work life to the community. During my field placement I was involved in a number of activities at both the agency and community.

### **3.3 ACHIEVEMENTS**

During my placement I registered a number of achievements notable among them include;

- I was able to meet and make new friends at the agency (networking). I am grateful for the new relationships I created for I believe they may be helpful in my professional development
- During my placement I registered remarkable changes in regard to my attitude and i believe that taking part in VSO activities has made me a better person than when I had just started my service at VSO.

### **3.4 SWOT ANALYSIS**

In this section I try to reflect my views of VSO, highlighting the strengths, and opportunities that exist in the host agency.

#### **STRENGTH**

The bearing that VSO has on the communities it supports are very great and no exception can be passed on the fact that it offers a holistic model that embraces a totality of tools geared at improving not only health but social dynamics of rural areas etc.

Key among these strengths is the fact that the organization is built on principles of faith and compassion to all which is very commendable gesture especially in places like these where people are not only physically poor but as well morally bankrupt and devoid of hope and strong will to live decent lives.

#### **OPPORTUNITIES**

More networking and relationship building can be done especially with learning institutions like international health science University for more popularity and staff recruitment. As a student I believe that more research orientation should be done in VSO to propel the organization in a direction that not only focuses on service provision but also knowledge building through which further support can be obtained.

## **CHAPTER FOUR**

### **4.0 RECOMMENDATIONS**

The internships organization structure ought to be well communicated and elaborated to both the students and the Host agency. The expectations of students from both the university and the organization need to be very clear and SMART and in tandem need to reflect the linkages and analogy between student achievements at the institutional level (Classroom) and field level.

Public Health as an educational program in most agencies is not well appreciated and as such is the case it's not easy to convince host agencies of what their expectations of the students ought to be therefore its perhaps commendable that a member of staff preferably the field mentor be oriented at least a week before scheduled student placement are due. This I feel will perhaps help in clearing the knowledge gaps and misunderstanding that may exist after the placement starts.

More administrative support on the behalf of the university needs to be allocated to the students during the course of the placement. This I envision may be instrumental in guiding how grades are to be allocated during the placement for example routine visits from the field supervisor.

### **4.1 SUGGESTIONS**

Being students and benefactors of the internship program at international health sciences university we often fall short of making suggestions or comments that solicit necessary attention or response The internship program is a good one and is always essential developing as such career.

## 4.2 CONCLUSION

In conclusion voluntary services overseas (VSO) has the power of my field work practices, that's to say trainings and skills learnt from the organization helped me expand self-confidence.

Internship and field placements are important tools to market the university and perhaps even recruit more students. They help in reflecting the nature and competence of students that the University passes out and should therefore be accorded more time and consideration. There is a need for more planning, dialogue and administrative support in all forms to ensure that internships remain a remarkable learning experience for all stake holders involved.

## APPENDICES

### APPENDIX 'A'

The number of people attended in postnatal care

Health centres	PNC attendances	HIV+ mothers followed	family planing clints	vitaminA supplements	
Badeg H/C III	70	0	0	0	
Unyama H/C	7	0	0	7	
Aywee H/C II	0	0	0	0	
Lapainat H/CIII	15	2	5	0	
Koro Abili H/C II	no records	no records	no records	no records	0
Palenga H/C II	0	0	0	0	
OngakoH/C III	no records	no records	norecords	no records	
Bobi H/C III	12	0	0	12	
Tekulu H/C II	2	0	0	0	
Lela-Aboro H/C II	0	0	0	0	
Lujorongole H/C II	7	0	4	0	
Alokolum H/C II	0	0	0	0	
TitinoH/C II	0	0	0	0	
Pobwo H/C	27	3	0	0	
Punema H/C II	32	0	0	0	
Lugore H/CII	no records	no records	no records	no records	
Labworomor H/C III	18	1	0	5	
Oroko H/C II	no records	no records	norecords	no records	
Parbona H/CII	0	0	0	0	
Awach H/C IV	0	0	0	0	
Pukony H/C II	5	1	0	5	
Kal-Ag H/C II	14	0	0	0	
Omel H/C II	0	0	0	0	
LoyoAs H/C II	5	0	0	5	
Te-Got Atoo H/C II	no records	no records	no records	no records	
Acet H/C II	31	0	31	0	
Dino H/C II	11	0	0	0	
Odek H/C III	0	0	0	0	
Lukwir H/C II	3	2	3	0	
<b>TOTALS</b>	<b>259</b>	<b>9</b>	<b>43</b>	<b>34</b>	



The figure above depicts the number of mothers who come for antenatal care services as January 2013. As discussed in chapter 2. The show up numbers for PNC attendances is very low while on the other hand the deliveries are high.

**APPENDIX 'B':** logo of VSO



Figure1- the VSO logo



Figure2- A group photos while in Kitgum.