

Blogging *“My Environment”*: A new pedagogical tool



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COURSE:

Environmental Health

N 7007 (2 unit)



Graduate core course - **Population DNP**

Hybrid, using *Canvas*



My Environment Blog

“Investigative journaling”



Students learn by:

- Exploring their personal environment
- Asking probing questions
- Comparing/ Contrasting
- Synthesizing
- Public health implications

Start with an on-line **Blogging Tutorial**



Groups of 3 students were created



- ✓ Each student creates their own blog
- ✓ Each group of 3 reads each other's blogs
- ✓ Each week has an environmental exposure exercise → students blog
- ✓ Students were encouraged to add news, etc.

Type Blog Prompts

- What did you find?
- What do you think?
- What might you do?

Blog #8

 Published

 Edit



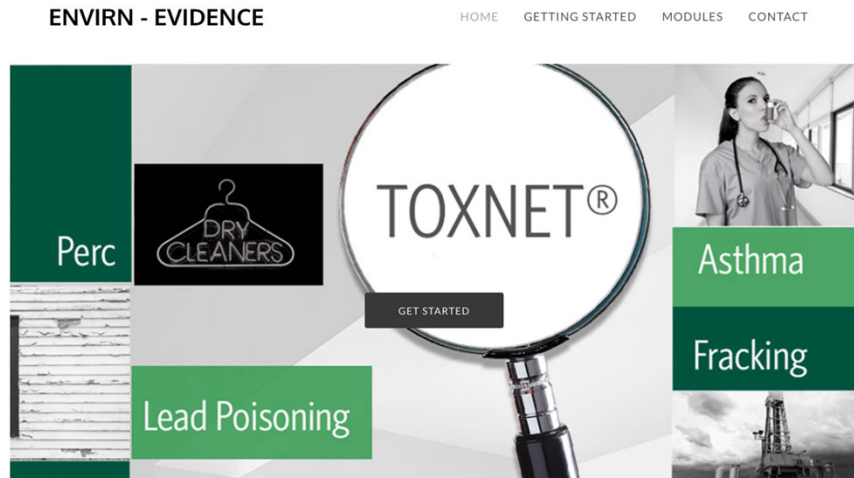
Weekly:

1. Post an entry an environmental health news item.
2. Post as per assigned on each weekly module.
3. Read and post a response to each of your group members' blog. (More than one response is fine)

Blog Prompt

1. Is there evidence of environmental racism in your community/state/country?
 - Have you heard of environmental justice before?
 - Have there been any environmental events in your area that would fall under the purview of environmental justice?
 - When you hear the phrase "social determinants of health" do you think of environmental justice as one of them? How can we incorporate environmental justice into our work to address the negative social determinants of health?

www.enviRNevidence.org



EnviRN – Evidence is a National Library of Medicine Express Outreach Award funded online training program that will enhance nurses' skills and knowledge of environmental health, and allow them to integrate environmental health into their professional practice. Additionally, EnviRN – Evidence will familiarize them with accessing evidence based information from the National Library of Medicine's TOXNET® resources.

Students access multi-media learning materials during their “on-line” week



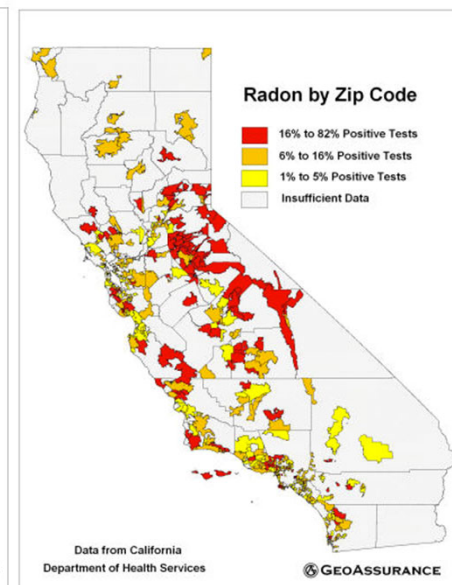
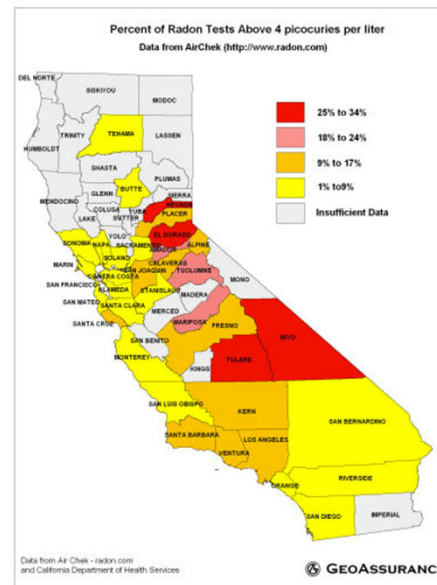
<https://envirotoxinfo.nlm.nih.gov/guides.html>

What is included in their environment and what does this mean in terms of human health threats?

- Air
- Water
- Food
- Carbon footprint
- Products
- Soil
- Radiation
(radon by zip)



Students use a range of web-based sources to find the environmental hazards in their communities





**What's
on my
food?**

<http://www.whatsonmyfood.org/>

- [Learn more](#) about pollution from industrial facilities in your community.

Lead Hazards

- [1 percent of houses](#) in CLACKAMAS County have a [high risk](#) of lead hazards.
- [See how your county stacks up](#) against all others in the U.S.

Worst Toxic Waste Sites (Superfund Sites)

In 2004, this county ranked among the cleanest/best 10% of all counties in the U.S. in terms of the number of designated Superfund sites.

- [1 Superfund sites](#) in CLACKAMAS County caused contamination of drinking water sources
- [See what Superfund sites](#) are in your community.
- [See how your county stacks up](#) against all others in the U.S.

Top Polluters:



Students find the top polluters in their towns.

Rank	Facility	City	Pounds
1	BLUE HERON PAPER CO.	OREGON CITY	139,274
2	S.R. SMITH L.L.C.	CANBY	32,266
3	MILES FIBERGLASS & PLASTICS INC.	PORTLAND	28,990

These are interesting findings because, Oregon City is located along a huge waterway in the Portland area. It's unsettling that these kinds of pollutants could so easily make it into the Portland Metropolitan area. It's not surprising in some regards however, because many



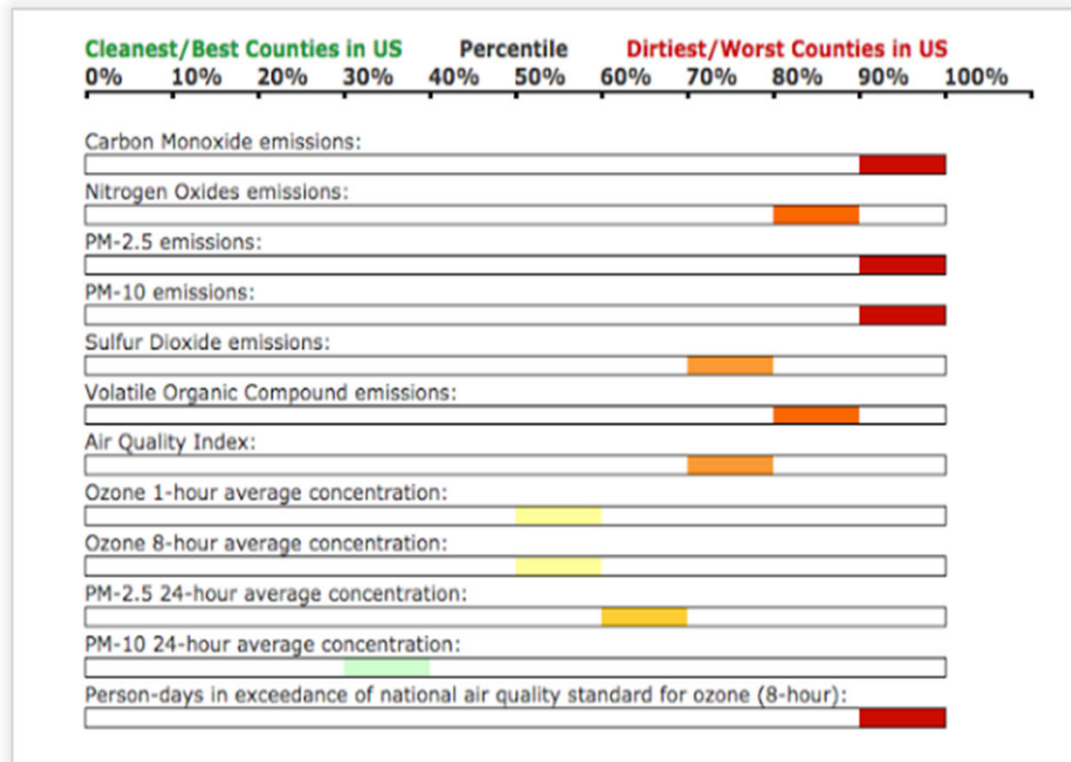


A Central Valley student evaluates her air quality

MPH 632

Classic Flipcard Magazine Mosaic Sidebar Snapshot Timeslide

When looking at the state of air quality, I was not surprised. Turlock is nicknamed cowtown for a reason. Every few months we get manure mists float throughout our neighborhoods, completely dusting our cars and leaving a vile stench. Stanislaus county is ranked amongst the worst in air quality in most categories! If you don't believe me, look at this...





I love crab and look forward to crab feed season all year. This year I can not attend any of the crab feeds that I usually go to so I wasn't too upset when I saw this in the news. I felt the crabs went on strike this year in my honor because I couldn't go. Regardless this is horrible news for crab fishermen that make their money off the sale of crabs to local merchants. The commercial crab season has been delayed due to concerns of high levels of toxins caused by algae, state fish and wildlife. The closure will remain effectively indefinitely until tests determine that levels of toxins are back to normal. "In humans, exposure to low levels of domoic acid can cause nausea, diarrhea and dizziness. Exposure to high levels can result in persistent short-term memory loss, epilepsy and in some cases death,

About Me

 [Michelle Wylie Environmental BI](#)

[View my complete profile](#)

Blog Archive

▼ 2015 (15)

▼ November (2)

[Toxic Crab in the Bay](#)

[Material Safety Data Sheets](#)

▶ October (4)

▶ September (9)



**Environmental
contaminants stop this
student from eating one
of her favorite foods.
CRABS.**

Who's got our backs?



Students focus on THEIR local health department's environmental health efforts.



I live in San Francisco but wanted to focus my post on San Mateo County since I work at the Health System there and am more familiar with the role of our environmental health division. They are in charge of making sure everything we eat, breathe, and drink is healthy.

When I was working to prepare the county for potential cases of Ebola, environmental health was at the table to ensure the county had the

necessary waste disposal services and transportation arranged to safely transfer and

Skin Deep: Safe Cosmetics Database



ewg.org | [About SkinDeep®/Methodology](#) | [Legal Disclaimer](#) | [Build Your Own Report](#) | [FAQ](#)

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hit shelves - see which
ones make the mark!



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I've got you under my skin
I've got you deep in the heart of me
So deep in my heart that you're really a part of me
I've got you under my skin
I'd tried so not to give in
I said to myself: this affair never will go so well
But why should I try to resist when, baby, I know so well
I've got you under my skin
- Frank



Some students are more creative than others. This is a prelude to describing the toxic chemicals in his personal care products.

Monday, November 23, 2015

Chemical Policy Toxicity

About Me

 **Jordan Ullman**

[View my complete profile](#)

FIND UNEQUAL BURDENS

This student used an environmental justice calculator to look at her hometown – RICHMOND

Select a group:

People of Color

Show me all the counties in:

the Entire United States

where this group is numerically worse off than the rest of the population in the county for one or more of these environmental burdens: [check any one burden, or more]

- Cancer Risks from Hazardous Air Pollutants
- Releases of Toxic Chemicals
- Superfund Sites
- Facilities Emitting Smog and Particulates





Environmental Racism in Richmond, CA

I am not even the slightest bit surprised that the Richmond Chevron Refinery made the list for corporations taking advantage of communities through Environmental Racism.

I can still remember the 2012 Chevron refinery fire. This place is a stain on our community. Chevron likes to give back to the community they poison by sponsoring many school programs that focus on science and engineering at local schools. But that can not be equated with the damage there plant has been doing to Richmond for decades. They are regularly involved in the politics of the city of Richmond, which was on full display during Richmond's last election where Richmond spent millions of dollars to get pro-Chevron candidate Nat Bates elected as Mayor, an election he subsequently lost.

Richmond is a pioneer and one of the most innovative cities in the country; Richmond residents are getting smarter about these deceptive strategies by Chevron every day and the last election is a strong indicator of that.

MPH-632: The Coolest Blog On The Planet



Students look at a Safety Data Sheet, describing toxic chemicals in her workplace.

Wednesday, November 4, 2015

MSDS: Tungsten Carbide

1. The health risks associated with this chemical include: Respiratory irritation, eye irritation, coughing, shortness of breath, hearing loss and lung damage.
2. Yes. The nickel and carbon are grouped as 2B carcinogens.
3. None
4. None. Only told that the MSDS was available for me to view during my orientation.
5. The health risks are consistent with those of the MSDS.

I believe that the MSDS makes it really easy to understand how to look up the health risks of

Contributors

- Fernando Diaz
- Alyssa Samson
- glantzp

Blog Archive

▼ 2015 (11)

▼ November (2)

[MSDS: Tungsten Carbide](#)1. The health risks associat...

[Peak Food Conditions](#)The food peak issue is a compl...

January 29, 2019



The more clearly we focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction.

- Rachel Carson

I have long been a fan of Rachel Carson and her book 'Silent Spring'. I use her message of pursuing truth and justice- despite widespread government and corporate opposition, as an example of the type of change agents nurses can be.

Post a Comment READ MORE

Blog #12

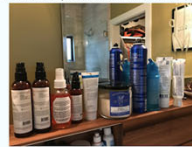


Mold can be found basically anywhere as long as you have the right combination of moisture and oxygen. Mold starts as spores that gradually grow by eating whatever they are growing on.

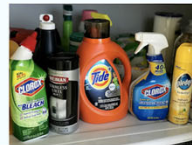
Schools, unfortunately, are predisposed to getting mold. There are many places that are not always accessible to be cleaned.

I spent time reflecting on the many old, dingy apartments I have lived in throughout my life and the risks associated with those years. I lived with lead paint, mold exposure, lead pipes, lived in a dark basement, had regular pesticide exposures from monthly pest services.

I then went through our home and examined the products we use to clean, bathe, beautify and sterilize our home.

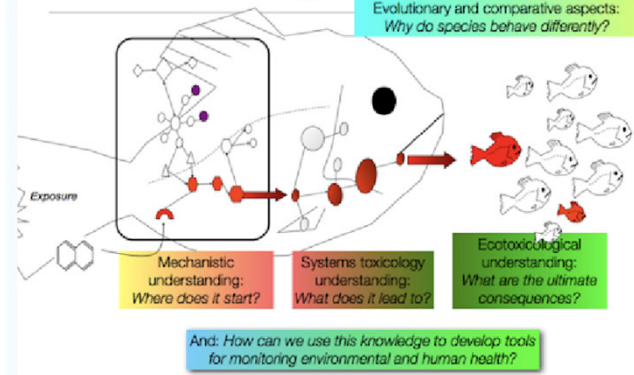


Even organic beauty products have many ingredients and chemicals...



February 04, 2019

Environmental toxicology



Toxicology v. Pharmacology: Dose effects that are harmful v therapeutic effects. We spend so much time memorizing drugs and pharmacokinetic effects in nursing school...

REGULATIONS & POLICIES

According to an article on the San Francisco Chronicle site, Tesla Motors is being fined for violating "hazardous-waste and air-emissions standards" at the manufacturing site in Fremont.

Regarding the article, I can see how poor hazardous waste management and air emissions by Tesla Motors can be directly related to human health.

I am not aware of all the local elected officials, but this link provides an entire list of names for the City and County of San Francisco.

I have not personally tracked any health policies through my professional nursing organization or nursing union; however, I can become more involved in promoting health policies by collaborating with nursing leaders and government organizations.

CANDY CHENG



Candy is an orthopaedic certified registered nurse with more than six years of experience in the medical-surgical field. She is currently pursuing her Doctorate of Nursing Practice degree at the University of San Francisco...



<https://www.youtube.com/watch?v=b4kjZLuFBgA>

Malik Yakini, of the Black Community Food Security Network of Detroit had an absolutely moving talk about the current situation of food deserts in Detroit. He shared his ideas on



Student blogs after attending
BIONEERS conference

Integrating EH into conversations at home and with friends

He told me about a project he was involved in, which addressed this exact issue Ring mentions. My friend helped design a storage system (specific to a storm event), which diverts excess wastewater that cannot be treated by the wastewater treatment plant until the storm event subsides and the wastewater treatment plant can resume again.

This is a picture of the storage system they designed. It can hold up to 5 million gallons of water!



<http://www.climatechangeandnursing.org/part-4-nurses-new-roles.html>

CLIMATE CHANGE AND NURSING

CLIMATE CHANGE AND NURSING

HOME VIDEOS VIEW ENTIRE FILM RESOURCES ABOUT THE AUTHORS CONTACT



APHA Global Public Health Film Festival



Climate Change and Nursing will be part of

APHA's Global Public Health Film Festival

Wednesday, November 08, 2017 01:22 PM - 01:33 PM

<http://www.climatechangeandnursing.org/part-5-next-steps.html>

Student Evaluations / Comments

The group blogging was great too. It was nice to see other opinions on the topics and to know that I was not the only person that was not aware of certain things. I also enjoyed the feedback and learning from the group as well.

This is my first experience blogging as part of a small group, and I found it very beneficial. It allowed me analyze and present my thoughts and knowledge after going through each module. Also, through reading the blogs of the other group members, I was able to learn and gain further insight on the same topic, but from a different point of view. For these reasons, I would recommend utilizing the small group blogging in your future classes.

environment in just one semester. I enjoyed the blogs as well. They helped put these studies on practices in perspective, as I am a visual learner.

thoroughly enjoyed working with my group. I learned so much from their posts and often times was in awe as to the information they were sharing. They really had some touching and informative blogs and I want to thank them for their positive responses to my blogs.



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CHANGE THE WORLD FROM HERE