

Utilizing Technology: How Web-based Intervention Influences Health

Quinn Rademaker, 2022, Chemistry
Rutgers Cancer Institute of New Jersey
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Introduction

- Rutgers CINJ works to find ways to improve the health of cancer patients and survivors.
- Drs. Heckman and Devine focus their efforts on the use of Short Message Services and other digital methods to improve patient quality of life.

Objective of Internship

I wanted to increase my experience in the field of academia and research in order to make a more educated decision for my career path, as well as learn the different stages of academic writing.

Work profile

- Assisted data analysis and coding of several free-response surveys
- Transcribed audio files of feedback interviews from participants
- Organized and coded patient health information from ARIA
- Assisted in a literature review for an upcoming paper

Reflection

- By providing a fresh set of eyes, I was able to look over surveys and feedback interviews as though I were a participant, allowing for greater understanding between participants and researchers, and allowing for smoother discussion overall.



Drs. Carolyn Heckman and Katie Devine, photos provided by Rutgers University

- Data collection on patients with iron deficiency anemia was performed with ARIA
- Sorting and formatting survey responses and questions was performed on Excel
- Most research on papers was performed on PubMed, while formatting was performed on EndNote



My workspace for the summer, photo taken by Moreen Rademaker

- With the prevalence of mobile phones and internet access, the research I assisted with attempted to utilize these tools in creative ways to teach patients ways to improve their health, as well as encourage the patients to seek further education from other sources by connecting them to survivors with similar conditions and doctors whose expertise lay in the area of their treatment.

Looking ahead

- This opportunity has provided me with different possible routes to take if I should pursue academia with an emphasis in medicine.

Questions

- While patients are willing to use these educational websites and sources when provided monetary incentive, is there any way to convince them to use these tools without those incentives?

Conclusion

- Not a day goes by in which I do not learn a new skill, statistic, or fact from these wonderful researchers, all in order to improve world health.

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