Department of Public Health

Master of Public Health • Master of Health Care Administration

Des Moines University
“DMU’s DEPARTMENT OF PUBLIC HEALTH enables students to examine and engage in the world of health care from a variety of angles. They learn from the cross-disciplinary expertise of department faculty, many of whom teach in both degree programs. Courses and culminating field-based experiences give students real-world knowledge and skills. Online and in-person interactions with faculty and fellow students further expand learners’ perspectives. Flexible enrollment options serve both full- and part-time students.”

Rachel Reimer, Ph.D., Associate Professor; Department of Public Health Chair; M.P.H. Program Director
One department, multiple advantages

Public health and health care administration are expansive, multi-dimensional fields facing turbulent global transformation. From pressure to reduce costs and increase patient safety and satisfaction to applications of technology, governmental policy assessment, development of new treatment methodologies, and responses to environmental concerns and the spread of diseases, these fields offer countless challenges, opportunities and demands for leadership, expertise and innovation.

DMU’s master’s degree programs in health care administration and public health will equip you to tackle challenges, seize opportunities and meet the demands in the dynamic worlds of health care and public health.

Learn from the best

All faculty have professional experience, certified credentials and teaching and research expertise. They understand what students need to guide and lead the future of health care, and they’re passionate about students’ success as well as their subjects.

Personal advising is a hallmark of DMU and its department of public health programs. Whether you live in Des Moines, in another state or overseas, you will be paired with a knowledgeable faculty adviser who will work with you one-on-one, throughout your course of study, to ensure you are taking the correct courses and pursuing the academic path that will help you advance toward your career goals. In face-to-face and phone conversations, email exchanges and Skype discussions, advisers also assist students in navigating the University and then support them as they prepare for job searches toward career advancement.

Making it work for you

Online courses provide the ideal mix of flexible scheduling, structured learning and real-time virtual interactions with faculty and classmates. The M.H.A. program’s on-campus experiences add in-person professional development and discussions.

All health care, all the time

The two programs are among DMU’s eight graduate degree programs in medicine and the health sciences. Founded in 1898, the University has an enduring reputation and a singular focus on educating future health care professionals.

Graduate among the best

The programs’ curricula are rigorous, real-world and relevant. You will gain knowledge you can apply immediately.

A robust research profile

DMU faculty are inquisitive experts who seek to make positive contributions to our quality of life. In the department of public health, they have established productive programs of research, including a number supported by external grants. They’ve also published their findings in such publications as the Journal of the American Osteopathic Association, British Journal of Nutrition, Annals of Human Genetics and Pedagogy in Health Promotion. Topics include environmental and behavioral factors in cardiovascular risk; the design and evaluation of health education disease prevention programs; the impact of a medical home model on hospital re-admissions; and health disparities across ethnic populations, to name a few.
Prepare for a highly complex, high-touch health care environment

Health care organizations are unique in that they must be expertly managed while functioning as people-intensive, patient-centered and community-based entities. DMU’s master of health care administration degree program helps students develop skills in leadership, service and performance these organizations require.

The program’s competency- and evidence-based curriculum incorporates industry standards identified by the National Center for Healthcare Leadership. Its blend of on-campus experiences and technology-enabled instruction optimize learning outcomes. Students gain knowledge they can apply immediately while deepening their understanding of the big picture of health care and its many complex components.

The M.H.A. program’s flexible enrollment lets students earn the degree in as little as two and a half years while working full-time. Its year-round calendar features three 12-week terms. Students earn 48 total credit hours in 20 courses – 45 academic course credit hours and a three-credit-hour Field-based Learning project.

DMU’s M.H.A. degree program is designed for individuals with a variety of backgrounds who want to ensure the delivery of high-quality patient care, tackle complex health care issues, effectively manage health systems and organizations, and drive improvement in health service, safety and outcomes.

<table>
<thead>
<tr>
<th>Master of Health Care Administration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BLOCK I</strong></td>
</tr>
<tr>
<td>Orientation</td>
</tr>
<tr>
<td>Executive Residency I</td>
</tr>
<tr>
<td>Professional Development Seminar I: Blending Theory with Practice</td>
</tr>
<tr>
<td>Health Care Human Relations Management</td>
</tr>
<tr>
<td>Overview of the U.S. Health Care System</td>
</tr>
<tr>
<td>Health Care Financial Management I</td>
</tr>
<tr>
<td>Health Care Statistics &amp; Research</td>
</tr>
<tr>
<td>Organizational Behavior &amp; Leadership Theory</td>
</tr>
<tr>
<td>Legal and Ethics I: Clinical Decision Making</td>
</tr>
</tbody>
</table>
On-campus experiences: Students participate in three five-day experiences on campus during the program. These experiences offer professional development that's highly intensive and interactive. Sessions cover current issues in health care, from leadership and quality assessment to governance, conflict resolution, and strategy formulation and implementation.

In addition to the engaging content of these on-campus experiences, they allow students to build a professional network among their peers and supportive relationships with faculty and staff on the University's beautiful campus.

Students also participate in an exercise in DMU’s Standardized Performance Assessment Laboratory. Small groups of students are assigned roles in a health care organization. They investigate, assess and resolve a case based on interviews of “actors” involved in the case. Students then review video of those interviews and discuss the experience.

Field-based Learning: In this culminating course, students apply knowledge gained from their graduate experience to solve an administrative problem or to take advantage of an opportunity. This field-based experience fosters the integration and application of program content through critical thinking; it also facilitates the student’s transition from education to professional practice.

Fellowship opportunities: DMU’s memberships in the National Council on Administrative Fellowships (NCAF) and the Association of University Programs in Health Administration (AUPHA) gives students access to prestigious fellowships they begin after completing their M.H.A. degree. These fellowships foster professional development, leadership and career advancement. Fellows are highly sought by health care organizations as future senior leaders.
Prepare for health leadership roles from local to global levels

The quality of our health depends on our individual genetics, behaviors and use of patient services, but it also goes far beyond those factors. Our access to healthy food and clean water, the safety of our homes and neighborhoods, the policies of our governments, the very air we breathe – these and many other aspects of our daily lives shape our health individually, locally, nationally and globally.

DMU’s master of public health degree program equips individuals to become leaders in diverse roles that affect and improve health. Students prepare to excel in public health departments, government and other policy-making entities, health care organizations, schools, research centers and much more. The degree opens doors to numerous rewarding careers.

“Our program provides an educational opportunity for people who want to advance themselves in the public health field with a flexible study schedule. I believe that passion, knowledge, respect for students and teaching skills are important for being a good teacher. I like the collegial atmosphere here.”

Jun Dai, M.D., M.Sc., Ph.D., Associate Professor
THE M.P.H. CURRICULUM

Go beyond patient care

You can complete the M.P.H. degree at DMU in as little as two and a half years while working full-time. Students earn 46 total credit hours that include six hours of electives, an internship and a capstone project.

Students can tailor their internships and capstone projects on topics relating to international public health or global health initiatives. DMU students pursuing the M.P.H. degree only and those pursuing dual degrees in the University’s clinical programs have had internships with international health entities including the World Health Organization and the Centers for Disease Control and Prevention.

**Internship:** Learn public health by practicing public health! M.P.H. degree candidates complete a 180-hour internship in a public health setting to expand their knowledge of pertinent public health issues and support their academic and career goals. Students develop and complete a portfolio at their internship’s conclusion, which includes a final self-evaluation of achievement in the professional competencies.

By the end of the program, students have a clear picture of their accomplishments. This reinforces the importance of self-evaluation using the perspectives of others and the ability to use this process to pursue lifelong learning.

**Capstone project:** Students choose a culminating project that lets them apply and demonstrate their understanding of theory and principles learned in course work and apply them in a professional practice situation. Faculty use the capstone to evaluate whether the student has mastered the program’s competencies.

**Partner organizations** broaden students’ opportunities for field experiences and culminating experiences. They include the Susan G. Komen breast cancer organization; U.S. Committee for Refugees and Immigrants; Iowa Public Health Association; the public health departments of the state of Iowa, Polk County and Dallas County; the Food and Drug Administration; and hospitals. Students can participate in these opportunities locally and from a distance.

**What is an M.P.H. capstone? A PROJECT WITH PURPOSE!**

Here are recent examples of DMU students’ capstone topics:

- Improving the food environment of school sporting event concessions through a program evaluation to identify and survey key stakeholders, assess concession operators’ attitudes and beliefs about the food, and identify opportunities for change and barriers to success

- Improving statewide coordination and prevention of chronic diseases through strengths/weaknesses/opportunities/threats analysis of a state chronic disease prevention plan

- Improving community water fluoridation through a formative evaluation to develop a white paper, provide a qualitative analysis to the Iowa Public Health Association and promote community water fluoridation through social media and educational infographics

- Improving food and nutrition, physical activity/movement, and health programming for students and employees at DMU by implementing the objectives of the Partnership for a Healthier America’s Healthier Campus Initiative

- Performing a needs assessment of a women’s, infant and child clinic to determine breastfeeding barriers and support for prenatal Hispanic participants
The **general public health concentration** prepares students to enter a wide array of careers to protect and promote the health of individuals, families and communities, locally or globally. Students gain broad training in all the core areas of public health practice so they can develop, implement and assess programs; identify and address social determinants of health; apply the science and art of health promotion and disease prevention; and assume leadership positions. Many graduates work in local and state public health departments, nonprofit organizations and community-based entities.

The **health service management concentration** focuses on the financing and administration of a wide variety of public health and health services in public and private sectors. Students gain a foundation in core public health functions and services as well as analytical skills and managerial knowledge to address critical issues such as quality, efficiency and effectiveness. They’re prepared to improve health in evolving U.S. and global health care systems. Employment options include hospitals, clinics, public health departments, long-term care organizations and health insurance corporations.

The **health promotion concentration** prepares students to work, locally or globally, to protect and promote the health of individuals, families, communities and countries. They learn to apply theory and research to plan, implement and evaluate efforts to enhance health, tackle chronic disease, and design and offer health education in interpersonal, organizational, community and policy-level settings. Career roles include patient educator, health educator, community health planner and policymaker.
Jodi Cahalan, Ph.D., M.P.H., M.S., PA-C, DFAAPA
Dean, College of Health Sciences
Dean Cahalan’s research has focused on the subject of work-life balance, which she discusses with M.H.A. students during the Professional Development Seminar II: Blending Theory with Practice. She serves on the board of directors of the Grinnell, IA, Regional Medical Center and the United Way of Central Iowa’s Health Cabinet.

Jun Dai, M.D., M.Sc., Ph.D.
Associate Professor
Dr. Dai was trained as a physician with a specialty in clinical nutrition at the Sun Yat-sen University of Medical Sciences before earning her master's degree in nutrition and food hygiene and Ph.D. in nutrition and health sciences. Her research focuses on cardiovascular epidemiology. Before joining DMU, she was an assistant professor in the medicine department's division of epidemiology at the Institute for Medicine and Public Health at Vanderbilt University Medical Center.

Pamela Duffy, P.T., Ph.D., M.Ed., OCS, RP, FAPTA
Assistant Professor
Dr. Duffy teaches courses on the U.S. health care system and global health topics. She also lectures in DMU's physical therapy program and is a strong advocate for the profession and its patients. Named a 2014 Catherine Worthingham Fellow, the highest honor of the American Physical Therapy Association (APTA), Dr. Duffy is past president of the Iowa Physical Therapy Association and an Iowa delegate to the APTA House of Delegates.

Simon Geletta, Ph.D.
Associate Professor
Dr. Geletta teaches courses on biostatistics and research methods. He is an active researcher and recipient of internal and external grants to investigate topics including the design and evaluation of health education disease prevention programs; infant mortality patterns; and ecological factors that affect a community's health. He also has led grant-supported community research projects.

Darren Liu, Dr.P.H., M.S., M.H.A.
Assistant Professor
Dr. Liu’s expertise is in public health and health care administration and management. He teaches courses in health information management. Dr. Liu also continues to publish grant-supported research on a variety of topics, including nursing home care, factors in patient outcomes, quality measures and information technology systems. He has presented at numerous conferences and served as a reviewer for several journals on public and social policy and health-related topics.

Rachel Reimer, Ph.D.
Associate Professor; Department of Public Health Chair; M.P.H. Program Director
Dr. Reimer teaches courses on community research methods, social and behavioral science and health interventions. A prolific researcher on a wide variety of public health topics, she is a peer reviewer for several health-related journals and frequently advises students on their capstone projects. M.P.H. students have selected Dr. Reimer as recipient of the program’s Faculty of the Year Award four times since she joined the full-time faculty in 2009.

Sarah Pavelka, M.H.A.
Instructor
Ms. Pavelka has more than 14 years of experience in teaching and coaching in organizational performance and continuous improvement in business, industry, education and health care. She is the owner of Pavelka’s Point Consulting, LLC; an independent consultant for the Iowa Healthcare Collaborative; a five-time National Baldrige examiner; and a seven-year state examiner for the Iowa Recognition for Performance Excellence. A fellow of the National Association for Healthcare Quality and a certified professional in health care quality, she has credentials in occupational therapy and ergonomics and a Lean Six Sigma Black Belt.

Teri Stumbo, Ph.D., M.S., P.T., FASAHP
Associate Dean, Academic and Student Affairs, College of Health Sciences
Dr. Stumbo’s areas of interest include interprofessional education/practice and organizational leadership. She serves on the Des Moines Area Interprofessional Consortium Committee and the DMU Interprofessional Education Work Group. She also is chair of the DMU Institutional Review Board.
Go places with your DMU degree (including while you’re earning it)

Whether you’re immersed in field-based learning as an M.H.A. student or working through your capstone for your M.P.H. degree, your experiences will open doors to different dimensions of health care. Your courses, culminating projects and portfolio will sharpen your leadership skills, professional competencies and knowledge for career advancement. Here are examples of ways two students put their degrees to work.

Eager to advocate for patients

Catherine “CJ” Koozer had a longtime dream to become a doctor who serves children with special needs. An undergraduate internship with the U.S. State Department and a position with the Department of Health and Human Services Office of Rural Health Policy convinced her to support that dream with knowledge of health care’s management, policy and financial aspects.

“If I’m trying to become an effective advocate for patients, I need to understand that business side,” says CJ, who completed her M.H.A. and doctor of osteopathic medicine degrees at DMU in 2016. “In Washington, I worked with both policymakers and clinicians who were involved as policymakers. That’s the type of physician I want to be.”

Ready with a fresh perspective

For his M.P.H. internship, Matt Maurer took a break from his work with the Public Health Services District in Coconino County, Arizona, to devote three months to surveying eggplant, tomato and zucchini farmers in the Middle East’s Jordan Valley about their use of pesticides and protective gear. Based on his findings, he proposed an action plan to increase education about pesticide health effects, make protective gear more available and better enforce regulations for proper pesticide use. The project had several benefits that apply to his work in Arizona, where he often does surveys to identify gaps in health care or population patterns and trends.

“Having done that in such a foreign place and do it from scratch through a research report helps me do a better job in the place I know so well,” Matt says.

“...The thing I like the most is observing so many dedicated students come to us, do all it takes to gain new knowledge and learn new skills, and leave us with complete satisfaction and full professional confidence.”

Simon Geletta, Ph.D., Associate Professor
ADMISSION REQUIREMENTS

Apply now – because of what you want to do after you earn your DMU degree.

The application process for the M.H.A. and M.P.H. degree programs at DMU will put you steps closer to achieving your professional goals. To be considered for admission, applicants must demonstrate completion of these requirements:

**MHA**
Master of Health Care Administration

- Bachelor’s degree
- Recommended 3.0 GPA
- Writing and technical skills
- Professional, research, volunteer and/or undergraduate leadership and experience

**MPH**
Master of Public Health

- Bachelor’s degree
- Recommended 3.0 GPA
- GRE score in 50th percentile or above
- Writing and technical skills
- Professional, research, volunteer and/or undergraduate leadership and experience

The application process

Apply for the M.H.A. or M.P.H. degree program online via the Schools of Public Health Application Service (SOPHAS). Applications open in August for the following spring, summer and fall start terms.

**SOPHAS**
Mail: P.O. Box 9111, Watertown, MA 02471
Phone: 617-612-2090
Fax: 617-612-2092
Email: sofhasinfo@sophas.org

Log onto [WWW.SOPHAS.ORG](http://WWW.SOPHAS.ORG) to see:

- the application checklist for international and domestic applicants
- online application
- FAQs
- updates to your application status
- a searchable list of degree programs
- information about schools of public health

For the M.H.A. program, you also may apply directly to DMU.
Submit the online application and all other required documents prior to the application deadline. Visit [www.dmu.edu/mha](http://www.dmu.edu/mha) for details.

STATEMENT OF NONDISCRIMINATION: DMU is an Equal Opportunity/Affirmative Action institution and does not discriminate on the basis of race, color, gender, creed, national origin, age, disability, sexual orientation or marital status in employment, admission or access to education programs, activities or health care. Education programs within the University also have professional accreditation within their respective fields. Information about professional accreditation is available from the colleges and degree programs.
Choose DMU and you’ll get ...

The best education in health care in a uniquely supportive environment.

Don’t settle for less.

QUESTIONS? We welcome all inquiries!
515-271-1499; Outside the 515 area code: 800-240-2767, x1499

M.H.A. PROGRAM
EMAIL — MHAadmit@dmu.edu
WEB — www.dmu.edu/mha

M.P.H. PROGRAM
EMAIL — MPHadmit@dmu.edu
WEB — www.dmu.edu/mph

ACCREDITATION: Des Moines University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, 30 North LaSalle St., Suite 2400, Chicago, IL 60602-2504; 312-263-0456; 800-621-7440; fax, 312-263-7462; www.ncahlc.org. DMU’s department of public health, part of the College of Health Sciences, offers four graduate degree programs. They include the master of health care administration program, which is accredited by the Commission on Accreditation of Healthcare Management Education and is a member of the Association of University Programs in Health Administration and the National Council on Administrative Fellowships. The department’s master of public health program is accredited by the Council on Education for Public Health and is a member of the Association of Schools and Programs of Public Health.