Gaining Healthcare Exposure/Experience

PRE-HEALTH ADVISING

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Agenda

- Definitions: Clinical Experience vs. Patient Care
- Where to search for opportunities
- International healthcare experience
- Certifications
- How many hours?
- Other experiences
- Tracking and Reflection
- STUDENT PANEL
Clinical Experience vs. Patient Care Hours

- **Clinical Experience**
  - Clinical experience typically refers to exposure to a setting where medical services are provided. You are not expected to provide a clinical service. For example, some students volunteer at a hospital or shadow a physician or other health professional providing patient care or observe a medical procedure.

- **Patient Care/Contact**
  - This experience will involve interactions with patients. If you are qualified, it could include hands on patient care and providing clinical services. Examples: Information desk, patient transport, surgical recovery room, CNA, EMT

- **Other Activities**
  - Research, community service, study abroad, etc.
  - These activities can show you are a well rounded individual and highlight additional interest areas.

*Strive for QUALITY of involvement rather than quantity of activities.*
# Where/How can I gain healthcare experience?

## Where?
- Hospitals
- Hospice Providers
- Community Health Centers
- EMT Service

## How?
- Volunteer
- Shadowing
- Paid positions
  - Medical Scribe
  - Clinical Research Assistant
  - ER Tech
- Certifications
  - CNA, EMT, Phlebotomist
http://www.childrenshospital.org/ways-to-help

*Application for Fall 2015 closed
*Check out Special Assignment opportunities

- Look for “Ways to Help”
- Volunteer Services
  - Volunteer Services Department -- 617-355-7885
  - Volunteer Commitment:
    - 1 year -- 4 hour time slot per week
    - Two consecutive summers -- 8 hours per week, for 8 weeks, during weekday/daytime shifts (no exceptions)
• Look for “About Us”
• Volunteer Opportunities
  ○ Volunteer Services Department -- **617-243-6048**
  ○ Volunteer Commitment
    ▪ 3-4 Hours per week for a period of 3-4 months
    ▪ Volunteers are asked to fill out an application form and come in for an informal meeting to discuss options. A 1.5 hour volunteer orientation is also required.
    ▪ Application is available online.

Brigham and Women’s Hospital

http://www.brighamandwomens.org/About_BWH/volunteer/

- Look for “About BWH”
- Volunteer Opportunities
  - Office for Sponsored Staff and Volunteer Services -- 617-732-5998
  - Volunteer Commitment
    - Medical Career and Exploration Program
      - 12 months, 140 hours
    - General Volunteer
      - 6 months
Look for “How to Help”

Volunteer Opportunities

- Volunteer Services -- 617-632-3307
  volunteerservices@dfci.harvard.edu.

- Volunteer Commitment
  - 4 hours per week for 6 months
  - Expect the same schedule each week.

Other Healthcare Organizations

- Massachusetts General Hospital, Boston and Waltham
- Beth Israel Deaconess Medical Center, Boston
- Lahey Hospital and Medical Center, Burlington
- McLean Hospital (Psychiatric), Belmont
- Newton Wellesley Urgent Care Center – Waltham
- Boston Healthcare for the Homeless – Boston
- Life Choice Hospice – Waltham
- Joseph M. Smith Community Health Center-Waltham
- South Boston Community Health Center-South Boston
Brandeis Network

- **Pre-Health Society**
  - Activity Fair – Fall/Spring
  - Katie Cooper (President) – kcooper@brandeis.edu
  - Olivia Yu (Vice President) – oliviayu@brandeis.edu

- **BEMCo**
  - EMT Course in the spring semester

- **Roosevelt Fellows**

- **Department of Community Service**
  - [http://www.brandeis.edu/studentaffairs/communityservice/index.html](http://www.brandeis.edu/studentaffairs/communityservice/index.html)

- **Waltham Group**
  - [http://www.brandeis.edu/walthamgroup/](http://www.brandeis.edu/walthamgroup/)
  - Hospital Helpers
Close to Home...

- Hospitals close to home – Boston not only location
- Summers, breaks, etc.
- See how a smaller hospital or clinic works within community.
- More availability for volunteer positions.
- May have structured summer programs
  - Internship, healthcare exploration program
- Watch for information session on summer programs!
<table>
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<tr>
<th>Pros</th>
<th>Cautions</th>
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<td>• Compare US to healthcare abroad</td>
<td>• May be asked to provide clinical services</td>
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<tr>
<td>• Immerse in a different culture – cultural competence</td>
<td>• Medical schools view on doing more than qualifications allow</td>
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<td>• Exposure to global health issues</td>
<td>• Should not be only experience</td>
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International Healthcare Experience

Look for reputable organizations:

- Global Brigades – Brandeis Chapter
- Foundation for International Medical Relief of Children (FIMRC) – Brandeis Chapter
- YourStory International, Inc – Brandeis Chapter
  - Contact Theodore Choi at: itstchoi@brandeis.edu
  - General email contact: info@weareyourstory.org
Certifications

- **Emergency Medical Technician (EMT)**
  - Brandeis/BEMCo – course on campus

- **Certified Nursing Assistant (CNA)**
  - [http://www.redcross.org/ma/boston/take-a-class/nurse-assistant-training](http://www.redcross.org/ma/boston/take-a-class/nurse-assistant-training)
  - Community Colleges

- **Phlebotomy**
  - [http://www.redcross.org/ma/boston/take-a-class/phlebotomy-training](http://www.redcross.org/ma/boston/take-a-class/phlebotomy-training)
  - [http://www.neadulted.com/courses/medical-courses.html](http://www.neadulted.com/courses/medical-courses.html)
Health Professions Programs: Specifics

- **Pre-Med (MD/DO)** – 100 hours healthcare experience/exposure
  - DO – Letter of recommendation from physician

- **Pre-Dental** – Exposure to general dentistry
  - Letter of recommendation from Dentist

- **Pre-Vet** – Exposure to veterinary medicine
  - Letter of recommendation from Vet

- **Pre-Physical Therapy** – Exposure to PT
  - Each PT program may require different # of hours (Minimum 50 hours)
  - Letter of recommendation from PT

- **Pre-Physician Assistant**
  - Big focus on clinical hours (range 250-3000 hours)
  - Patient care is very important and most PA applicants have worked within healthcare for a year or more.
  - Rec from clinical care supervisor
Non-Health/Science Activities

- If you have other interests in addition to pre-health preparation...GO FOR IT!
- Dance, music, athletics, tutoring, teaching assistant, equestrian vault, community service, study abroad, etc.
- Clubs on campus
  - Department of Student Activities
  - Winter Involvement Fair
  - Waltham Group

Highlighting additional interests can help you stand out against other pre-health applicants!
Tracking and Reflecting on Experience

Tracking Experiences

- Health professions schools will ask you about your experiences!
- Create a tracking system to document experiences.
  - Address and phone number
  - Specific contact person to verify experience
  - Dates
  - Hours
  - What did you do and what did you learn?

Reflection

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<tr>
<th>What?</th>
<th>So What?</th>
<th>Now What?</th>
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<tbody>
<tr>
<td>What did you do?</td>
<td>What did you learn?</td>
<td>How can you apply what you learned?</td>
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<tr>
<td>What did you observe?</td>
<td>Did anything surprise you?</td>
<td>What would you like to learn more about?</td>
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<td>Did anything make you feel uncomfortable?</td>
<td>How is your experience different than you expected?</td>
<td>What would you do differently next time?</td>
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<td></td>
<td>What did you like/not like?</td>
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Pre-Health Advising

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To schedule an appointments, click here or call Student Financial and Academic Services.
781-736-3470

Thank you for attending!