



# Project Report

DECEMBER 2013

## Rural Collaborative Opportunities for Occupational Learning (R-COOL-Health) Scrubs Camps and Scrubs Academy I & II

“Dear UND,  
 Thank you for  
 putting on Scrubs  
 Camp and I loved  
 every part of it! My  
 mom wished that  
 she had gotten to  
 go when she was a  
 kid.”

— Bailio Boehler, 5th grade  
 Scrubs Camp attendee

Kylie Nissen, BBA

### Why Scrubs?

The philosophy behind this program is that if students understand at an early age the wide range of options in health care, they are more likely to consider a health care career. In addition, if students are made aware of career opportunities in their own home town, they may consider it as a place they can return to after completing higher education.

### What is a Scrubs Camp?

Scrubs Camps are one-day events held in rural North Dakota communities to introduce students in grades 5-12 to a variety of careers in health care. Camps are not careers fairs; career fairs provide brief (15 minutes or less) exposure to the professions in an “open house” format. Camps are structured to be at least five hours in length with a minimum of 25 minutes per health profession session, and utilize interactive activities led by local health care professionals. Students learn about specific careers and opportunities available in their

communities. Presenters also share their own experience in training and education and what it is like to work in a rural North Dakota community.

Community partners conducting a Scrubs Camp (which must include a local school system, health care entity, and economic or job development authority) can choose to work with multiple grades, one grade, or can make attending the camp a competitive process within their community. In order to create more effective interaction between students and presenters, it is recommended that group sessions have no more than 10 participants.

### What are the Scrubs Academy I & II?

Scrubs Academies are an expanded version of the Scrubs Camps. They are an opportunity for North Dakota students to participate in numerous sessions covering a multitude of health careers led by local health professionals, instructors, and college students. The Scrubs

“This is a great opportunity. It also was a great springboard for our organization to continue with a great program. The JMH Foundation board is excited to continue the program and find alternative sources of funding.”

— Kristen Vesledahl,  
Jacobson Memorial Hospital  
Foundation, Scrubs Camp Site  
Coordinator

Academy I is a four-day, three-night program for students who have completed grade six, seven, or eight where the students stay on the University of North Dakota Campus in Grand Forks. The Scrubs Academy II is a two and a half day program for students who have completed grade nine, ten, or eleven and is held in Bismarck.

### More than a Lecture

The key success of these programs is the interactive opportunities they provide. For example, students learning about physical therapy will hear a first-hand account of a therapist's school and work experience, then will spend the majority of their time learning basic skills a physical therapist does. Students participating in a Scrubs Camp or Academy have practiced using mobility devices, worn weights on one side of their body to simulate a stroke patient, and have made finger splints they can take home with them.

### Scrubs Camps Impact

Year	Camps funded	Communities Involved	Students Involved	Volunteers Involved
2010	14	61	1016	292
2011	9	36	433	242
2012	9	54	407	211
2013	9	58	680	286
Total	41	209	2536	1031

### Scrubs Academy I Impact

Year	Students Involved	Communities Involved
2011	38 (25 rural)	21
2012	45 (34 rural)	22
2013	56 (45 rural)	27
Total	139	70

### Scrubs Academy II Impact

Year	Students Involved	Communities Involved
2013	23 (19 rural)	14
Total	23	14

### How is the Scrubs Program Supported?

The R-COOL-Health Scrubs program is supported by the Federal Health Resources and Services Administration, State Office of Rural Health and Area Health Education Center (AHEC) grant programs along with state appropriated funds designated for workforce development.

### AUTHOR

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### More information

[ruralhealth.und.edu/projects/scrubs-program](http://ruralhealth.und.edu/projects/scrubs-program)



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