



Center for Rural Health

University of North Dakota
School of Medicine & Health Sciences



R-COOL-Health

Project Report

AUGUST 2017

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

“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 at-
tendee

Kylie Nissen, BBA

Why Scrubs?

If students understand at an early age the wide range of options in healthcare, they are more likely to consider a healthcare 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 healthcare. Camps are not career 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. They 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, healthcare 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?

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 Academy is a four-day/three-night camp held on the University of

North Dakota (UND) campus and is open to any North Dakota student who has completed grade six, seven, or eight.

“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

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. They then spend the majority of their time learning physical therapy skills. Students participating in a Scrubs Camp or Academy will practice using mobility devices, wear weights on one side of their body to simulate a stroke patient, and make finger splints they can take home with them.

Scrubs Camps Impact

Year	Camps funded	Communities Involved	Students Involved	Volunteers Involved
2010/2011	14	61	1016	292
2011/2012	9	36	433	242
2012/2013	9	54	407	211
2013/2014	9	58	680	286
2014/2015	9	38	815	263
2015/2016	9	56	830	387
2016/2017	10	70	891	363
Total	69	373	5072	2044

Scrubs Academy Impact

Year	Students Involved	Communities Involved
2011	38 (25 rural)	21
2012	45 (34 rural)	22
2013	56 (45 rural)	27
2014	51 (33 rural)	25
2015	56 (44 rural)	25
2016	55 (35 rural)	26
2017	56 (44 rural)	21
Total	357	167

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 (SORH), and Area Health Education Center (AHEC) grant programs along with state appropriated funds designated for workforce development.

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More information
ruralhealth.und.edu/projects/scrubs-program

