



Center for Rural Health

University of North Dakota  
School of Medicine & Health Sciences



R-COOL-Health

# Project Report

SEPTEMBER 2020

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

“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?

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 hometown, they may consider returning home after completing their 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. They utilize interactive, hands-on activities led by local healthcare professionals. Students learn about specific careers and opportunities available in their communities. Presenters also share their own experiences 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.

### What is Scrubs Academy I?

Scrubs Academy I is an expanded version of the Scrubs Camps. It is 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. This is a four-day/three-night camp held on the University of North Dakota (UND) campus. Students stay on campus throughout the duration of the camp, and it is open to any North Dakota junior high student who has completed grade six, seven, or eight.

### What is Scrubs Academy II?

Scrubs Academy II is a four-day/three-night camp for North Dakota high school students who have completed grades 9, 10, or 11. Students learn what it is like to be a health professional and see an array of healthcare professions that they may consider as careers. Students

“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

spend their days in various health facilities (Critical Access Hospitals, tertiaries, clinics, long-term care and assisted living facilities, ambulances, treatment centers), enjoy fun activities in the evenings, and spend the night in the Minot State University residence halls. Students have the opportunity to job shadow multiple professions during the course of the camp. The first Scrubs Academy II was scheduled to be held in July 2020, but was cancelled due to COVID-19.

**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 firsthand account of a therapist’s school and work experience. They then spend the majority of their time learning physical therapy skills through hands-on activities.

**Scrubs Camps Impact**

Year	Camps Funded	Communities Involved	Students Involved	Volunteers Involved
2009/2010	14	61	1,016	292
2010/2011	9	36	441	239
2011/2012	9	56	407	211
2012/2013	9	57	682	286
2013/2014	9	56	635	197
2014/2015	8	56	699	263
2015/2016	9	57	830	382
2016/2017	10	70	891	363
2017/2018	10	57	931	419
2018/2019	9	64	953	240
2019/2020	8*	28	381	158
<b>Total</b>	<b>104</b>	<b>598</b>	<b>7,866</b>	<b>3,050</b>

\* an additional 8 canceled because of COVID-19

**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
2018	80 (52 rural)	38
2019	84 (63 rural)	27
2020	canceled because of COVID-19	
<b>Total</b>	<b>512</b>	<b>232</b>

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



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