



Project Report

OCTOBER 2024

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

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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 spend their days in various health facilities (Critical Access Hospitals, clinics, long-term care and assisted living facilities, ambulances), enjoy fun activities in the evenings, and spend the night in the Lake Region State College residence halls. Students have the opportunity to job shadow multiple professions during the course of the camp. The first Scrubs Academy II was held in July 2024.

“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

“I think the program is a really great thing. I don’t think kids realize the amount of opportunities in health besides nursing, medical doctors, etc. It’s helpful to show them all of this at a younger age than later in high school so they can start thinking about career paths.”

— Jennifer Metz,
Northwood Deaconess
Health Center, 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 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
2020/2021	7**	86	1,226	202
2021/2022	9***	121	1,048	302
2022/2023	13	134	1,406	411
2023/2024	16	160	1,684	462
Total	149	1099 (271 unique)	13,230	4,437

*an additional 8 canceled because of COVID-19 **an additional 2 canceled because of COVID-19 ***an additional 1 canceled because of COVID-19

Scrubs Academy I 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	
2021	canceled because of COVID-19	
2022	canceled because of COVID-19	
2023	77 (58 rural)	32
2024	81 (51 rural)	31
Total	670	295

Scrubs Academy II Impact

Year	Students Involved	Communities Involved
2024	20 (20 rural)	21

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) grant program along with state-appropriated funds designated for workforce development.

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More information
ruralhealth.und.edu/scrubs

