

Clinical, Volunteer and Research Opportunities

Best Advice: Get volunteer medical experience in health/clinical settings. Find out if medicine is right for you!! Volunteer, work, observe, and spend hours over the summer and during the school year. Spend time with health care workers, physicians, and patients!! Show that you are serious about medicine and be able to justify through experience that you know that you want to work with people, make a difference in their lives and be a doctor. Consider and choose different volunteer experiences that “engage” you! Maintain a formal work/volunteer log.

As a first step, consider reviewing the University of Utah Medical School admission criteria for the number of hours expected for physician shadowing, patient exposure, volunteering, leadership experience etc.

- Admission criteria: <http://medicine.utah.edu/admissions/criteria/index.htm>
- Self-assessment sheet:
<http://medicine.utah.edu/admissions/criteria/Self%20Assessment%202009-2010.pdf>

Search through local contact information in the phone directory yellow pages to find opportunities of interest:

- “Clinics” and “Hospitals”
- “Physician and Surgeon (M.D./D.O) Guide”
- “Physical Therapists,” “Dentists,” “Optometrists,” and “Pharmacies”
- “Community Info Support”

Clinical and patient experience (physician shadowing and patient exposure)

- Gritman Medical Center (volunteer number: 208-883-6231) Gritman holds a volunteer orientation session each fall and they fill about 10 annual positions in the ER.
<http://www.gritman.org/volunteers-about.html>
- Pullman Regional Hospital
- Snake River Community Free Health Clinic (Lewiston, T/Th 7:00-9:00 p.m.) <http://www.srcc-freeclinic.org/pages/volunteer.html>
- Contact local clinics, hospitals, physical therapy clinics, dentists, pharmacies, and optometry offices per your health interest for potential shadowing
- Shadowing physicians in Idaho: <http://www.idahoahec.org/shadowing.html>
- Shadowing and Getting Clinical Experience: <http://uwmedicine.washington.edu/Education/MD-Program/Admissions/Pages/resources.aspx#shadowing>
- Hospice of the Palouse
- Good Samaritan (Retirement) Village
http://www.retirementhomes.com/homes/Detailed/Moscow_Good_Samaritan_Village_L15799.html
- Muscular Dystrophy Assn. (Spokane)
- Alternatives to Violence of the Palouse (Palouse Crisis Hotline)
<http://www.atvp.org/Material/Volunteering/FAQ.pdf>

Community/Volunteer experience (Use these experiences to emphasize that you are people-oriented and to gain leadership experiences.)

- Stepping Stones (promotes the health, security, happiness and independence of persons with handicapping conditions) - 208-882-2211
- Sojourners Alliance Moscow: homeless shelter (<http://www.sojournersalliance.info/index.php?id=8>)
- Gritman Adult Day Health (day care for adults) – 208-883-6483
- Family Promise (nationwide, nonprofit, housing organization for homeless that is being organized in Moscow)
- Local Food Banks (<http://www.latahlibrary.org/community/area%20food%20banks.html>)
- UI Center for Volunteerism and Social Action (<http://volunteer.asui.uidaho.edu/Volunteer/About>)
- Lewiston Food Bank and Soup Kitchens (<http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=211>)
- Big Brothers , Planned Parenthood, and People-Pet Partnership (work with people and develop your leadership skills)
- American Red Cross
- Humane Society and Animal Shelter (Moscow, 208-883-1166, Pullman, 509-332-2246) <http://www.humanesocietyofthepalouse.org/volunteering.html>
- Palouse-Clearwater Environmental Institute (<http://www.pcei.org/>)
- Habitat for Humanity (Lewiston/Clarkston, <http://www.lewisclarkhabitat.org/>)
- Salvation Army (Lewiston, 208-746-9653) <http://www.usw.salvationarmy.org/extranet/uswcorpsdispo.nsf/49cb2a784c7addf488256de800792d10/be7edaeee0e08ee588256fb9001e3df5?OpenDocument>
- Republican/Democratic Office
- For additional ideas, check out Nonprofit Spotlight, monthly Moscow-Pullman Daily News highlighting Palouse nonprofit organizations and visit www.palousecares.org

Courses

- CNA- Certified Nurse Assistant (Contact Gritman Medical Center about course)
- EMT- (Contact Moscow Fire Department about course) <http://www.moscowfire.com/ems.php>
- First Aid/CPR training at UI- <http://www.uidaho.edu/ehs/topics/occsafety/firstaid>

Research

- Idaho Network of Biomedical Research Excellence (IRBRE): <http://inbre.uidaho.edu/>
- NSF-Research Experiences for Undergraduates at universities across the U.S: paid, summer research experiences (http://www.nsf.gov/crssprgm/reu/reu_search.cfm)
- MD-Ph.D. summer programs: <https://www.aamc.org/members/great/169782/mdphdsummerprograms.html>
- Undergrad research through UI (review UI/department web information and then contact departmental office staff and individual faculty)

- Summer Medical and Dental Education Program (SMDEP) for freshman and sophomore minority students (<http://www.smdep.org/>)

Professional Development Activities

To add additional lines or rows highlight a row, right click, select "Insert," and make the appropriate choice.

NOTE: Each description should include what you gained from the experience as a future Health Care Professional.

<u>Health Care Experiences</u> (May be volunteer and service related as well.)				
<u>Date(s)</u>	<u>Avg. Hrs per Wk / Total Hrs to Date</u>	<u>Location</u>	<u>Contact Person</u> (Name, Title, eMail Address or Phone Number)	<u>Description</u> (One Paragraph describing the experience and what you gained from this experience.)
<u>Volunteer and Service Experiences</u>				
<u>Date(s)</u>	<u>Avg. Hrs per Wk / Total Hrs to Date</u>	<u>Location</u>	<u>Contact Person</u> (Name, Title, eMail Address or Phone Number)	<u>Description</u> (One Paragraph describing the experience and what you gained from this experience.)
<u>Research Experiences</u>				
<u>Date(s)</u>	<u>Avg. Hrs per Wk / Total Hrs to Date</u>	<u>Location</u>	<u>Contact Person</u> (Name, Title, eMail Address or Phone Number)	<u>Description</u> (One Paragraph describing the experience and what you gained from this experience.)
<u>Work Experiences</u>				
<u>Date(s)</u>	<u>Avg. Hrs per Wk / Total Hrs to Date</u>	<u>Location</u>	<u>Contact Person</u> (Name, Title, eMail Address or Phone Number)	<u>Description</u> (One Paragraph describing the experience and what you gained from this experience.)
<u>Honors and Awards</u>				
<u>Date(s)</u>	<u>Type of Recognition and Contact Information</u>		<u>Description</u> (One Paragraph describing the Award and what you gained from this Award as a future Health Care Professional.)	