

HPAC Ambassador Panel - Clinical
Tuesday Oct. 19th 2021 | 5-6pm
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Hospital Volunteering: Assisting Nursing staff. Bedside/comfort care for patients. This opportunity is about the *patient's* experience as well as exploring various members of the healthcare team, including nurses, PA/NP, technicians, therapist, and case managers.

1. COPE - various locations:
<https://copehealthscholars.org/programs/health-scholar/overview/>
2. Arrowhead (San Bernardino County Hospital): [Volunteers | San Bernardino County Hospital](#)
3. Riverside University Health System (Riverside County Hospital):
<http://www.ruhealth.org/en-us/medical-center/about/volunteer/Pages/default.aspx>
4. San Bernardino Community Hospital (Dignity Health System):
<https://www.dignityhealth.org/socal/locations/san-bernardino/about-us/serving-the-community/volunteer-opportunities>
5. St. Bernardine's Medical Center (Dignity Health System):
<https://www.dignityhealth.org/socal/locations/stbernardinemedical/about-us/volunteer-opportunities>
6. Loma Linda: <https://llu.samaritan.com/custom/1437/programs>
7. Kaiser Permanente:
<https://thrive.kaiserpermanente.org/care-near-you/southern-california/riverside-county/community-events/volunteer-services/>
8. San Antonio Regional Hospital (Upland): https://www.sarh.org/about_us/become_a_volunteer/

Nursing Home/Assisted Living/Skilled Nursing facility: Assisting Nursing staff. Bedside/comfort care for patients. This opportunity is about the *patient's* experience as well as exploring various members of the healthcare team, including nurses, PA/NP, technicians, therapist, and case managers.

1. Google search in the student's hometown- multiple nursing homes in every city.

Hospice: Care that focuses on easing the pain (palliation) of a terminally-ill patient and attending to their emotional and spiritual needs at the end of life. Hospice care prioritizes comfort and quality of life by reducing pain and suffering.

1. Google search in the student's hometown- multiple hospice programs in every city.

Shadowing: Quietly following a Physician/Provider. This is an opportunity to see first-hand the scope of practice of a physician/provider and their daily/weekly roles/responsibilities/challenges. This is a time to really explore/confirm if the way that a physician helps a patient is the way that the students want to help patients in the future.

1. UCR Shadow MD: <https://highlanderlink.ucr.edu/organization/shadowmd>
2. HEAL Virtual Shadowing: <https://www.clinicalshadowing.com/>
3. Medical school HQ e-shadowing/PBL weekly sessions: <https://medicalschoollhq.net/eshadowing/>
4. Pre-Health Shadowing: <https://www.prehealthshadowing.com/>
5. Virtual Shadowing: <https://virtualshadowing.com/>
6. UCR FDC RFC Virtual Dental Shadowing: <https://highlanderlink.ucr.edu/organization/fdc>
7. WebShadowers via YouTube livestreams : www.webshadowers.org

Free Clinics: Medical care that is free or lost cost to community members who do not have health insurance.

1. RFC - <http://riversidefreeclinic.com/>
 - a. Recruitment for volunteers happens in April-May
2. SBFC - <https://www.sbfreeclinic.com/>
 - a. Recruitment for volunteers happens in Spring quarter
3. BIPSHI: <https://www.bpshi.org/events>
4. Coachella Valley Free Clinic: <https://cvvim.org/volunteerinformation/>
5. Cornerstone free clinic (Loma Linda and San Bernardino): <https://csclinic.org/>
6. Al Shifa Free Clinic (San Bernardino): <https://csclinic.org/>
7. Lestonnac Free Clinic (multiple locations across southern CA): <https://lestonnacfreeclinic.org/locations>
8. Google search in the student's hometown - most likely there will be at least one free clinic near where they live

Medical Missions: Exposure to how healthcare is delivered in another country (pros and cons as compared to the US model). Usually done after a student has already explored/confirmed their interest through volunteering and shadowing in a US facility. LOTS of non-UCR companies offer these types of opportunities (for a cost).

1. UCR Education Abroad: <https://international.ucr.edu/abroad>
2. UCR Flying Sams: <https://highlanderlink.ucr.edu/organization/fsucr>
3. UCR GMB: <https://highlanderlink.ucr.edu/organization/gmb/roster>
4. Atlantis: <https://joinatlantis.com/>
5. Ecela Spanish: <https://ecelaspanish.com/>
6. Project Abroad: <https://www.projects-abroad.org/>
7. Medical Task Force International: <https://mtfinternational.org/>
 - a. They're also currently running free flu clinics.
8. Ceneu Medical Missions and Medical Spanish: <https://ceneu.com/>

Medical License/Paid Employment: Gaining paid medical experience is an OPTION for all pre-health students, but is a REQUIREMENT for pre-PA students. Most PA programs require that applicants have “foundational medical knowledge” – meaning they need to enter their program already knowing how to take a patient history, charting, some medication and diagnosis/treatment, etc. These skills are not formally gained through volunteering and require a student to obtain a license and work as a provider.

1. Scribing:

- a. Vituity: <https://www.vituity.com/>
 - b. Scribe America: <https://www.scribeamerica.com/>
 - c. Scribe Connect: <http://www.scribeconnect.com/>
 - d. M*Modal Virtual Scribe:
https://www.3m.com/3M/en_US/health-information-systems-us/create-time-to-care/clinician-solutions/virtual-assistant-solutions/
2. **EMT:** ~Three month program; ~\$1,700
- a. Full list of CA EMT program: <https://emsa.ca.gov/emt/>
 - b. West Coast: <http://westcoastemt.com/>
 - c. Red Cross: <https://www.redcross.org/take-a-class/emt>
 - d. Signal Hill: <https://ciemt.com/>
 - e. Most California Community Colleges offer EMT program - google search

3. **CNA:** ~Three month program; ~\$1,700
 - a. Full list of CA CNA program: <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/Certified-Nurse-Assistant-Training-Programs.aspx>
 - b. Red Cross: <https://www.redcross.org/take-a-class/cna>
 - c. Most California Community Colleges offer CNA program - google search
4. **MA:** This is a ~9 month program, so students don't usually go this route unless they came to UCR already licensed as an MA.
5. **Phlebotomy:** 1 week - 6 weeks in length; ~\$1,400
 - a. Full list of CA programs: [Phlebotomy Training](#)
6. **Pharmacy Technician:** 60 days / 500 hours
 - a. Requirements: <https://www.ptcb.org/credentials/certified-pharmacy-technician>
 - i. Pass the online certification test (\$129)

Medically Related Community Service:

1. 100s of options on HighlanderLink of UCR clubs engaging in medically related community service: <https://highlanderlink.ucr.edu/organizations>
2. **MMS:** This health education process serves the residents of Inland Southern California by providing professionally approved medical- and health-related information to those in community settings in order to help bridge health disparities. <https://mms.ucr.edu/>
3. **Medical Scholars Program:** <https://msp.ucr.edu>
4. **RHC:** Riverside Health Connect exists to reduce health care disparities in our community. <https://highlanderlink.ucr.edu/organization/RiversideHealthConnect>
5. **UCR Health Coach program:** The Health Coach Program is a community-based collaborative aimed at reducing the number of patients with uncontrolled chronic conditions by training health coaches to support patient care by working with integral healthcare teams in a clinical setting. <https://hcp.ucr.edu/>
6. **Rape Crisis hotline:** region dependent
 - a. <https://rapecrisis.com/>
 - b. <https://rarcc.org/>
7. **Sucidie hotline:** region dependent
 - a. <https://suicidepreventionlifeline.org/>
 - b. <https://www.crisistextline.org/become-a-volunteer/>
 - c. <https://www.crisisconnections.org/get-involved/volunteer/>