

How to Gain Clinical Experience as Shadowing Experience

Joubin Afshar

Disclaimers

- I am NOT receiving funding or sponsorship from programs stated.
- It is my opinion, from experience and knowledge of working in healthcare for 10 years.
- Experience running a programs and interaction with academic medical centers and admission people.
- Just like any information you receive in life, do NOT accept it as face value, but research it.
- I reference to California mostly, since what I know
 - CA tends to be stricter than most other states and more regulations (with exception of NY and IL)
 - It is not better, but if you can pass CA regulations, most other states are easier.
- Will do my best to answer questions
 - Please, please, please, type in Q & A and I will go through it and answer it live

Differences Between Experiences

- Healthcare Experience (HCE)
 - This is where you are in a healthcare setting as volunteer or observer
 - You are NOT touching the patient (see more) or providing care
- Patient Care Experience (PCE)/Direct Care Experience (DCE)
 - You are providing direct care to patient
 - Touching them and manipulating them
 - Must be certified and/or licensed for standard of care
 - Responsibility and legal liability

A Word on Shadowing

- Shadowing is NOT Patient Care Experience. It is passive Healthcare Experience
- It is a good start, but anything more than few hours (75-100 hours)
 - Or however long you think you would need to know if this what you want for the rest of your career.
- Being useful for investment in knowing if this right path for you
- DO NOT pay for clinical experience!
- More to COME

Patient Care in CA and US

- Healthcare is most regulated entity in the US
- Facilities (hospital, clinics, doctor's office, etc)
 - Are licenced by state, county, and federal
- Litigation from errors but also strong law enforcement
- People's Lives in your hand
 - Would you want someone else to try on your loved ones?
- Must be Certified or Licensed to do patient care
- Understand scope of practice and do not cross it
 - Can be felony with fines and jail
- Stay in your lane

Legal Issues in Healthcare

- Privacy Rights of Patients
 - Can't let anyone in the hospital/healthcare setting without clearance
 - Background check
 - Health clearance
 - HIPPA
 - 5 years jail and \$250K fine
 - Read this: <https://www.hipaaexams.com/blog/what-should-happen-if-a-nurse-violates-hipaa/>
 - Patient Safety
 - People who touch patients are they trained and qualified
 - Meaning taken a course and passed the test to be qualified
 - Will Patients be safe with this person?
- Is Volunteer Safe
 - Covered by insurance if they are hurt
 - Can you defend/protect them
 - Are they safe?

Paid vs Unpaid for Medical School

- Paid

- You are responsible and liable
- You are accountable to someone above you
- You are certified or licensed
- You are a professional
- People depend on you
- You can be fired

- Unpaid

- You have flexibility and the place has to adhere to you
- You have the freedom to take time off
- It is low stress/low responsibility
- You can be choosy

Paid Pro vs Con

- Pro

- You are making money
 - Now, very good money
- You have shown responsibility
- You have gone through a selection process
- You are taking care of app and making money

- Con

- You must get certified
- You must go through training/orientation
- Have to answer to a boss
- Your boss doesn't care about OChem exam
- You must deal with rules and policies
- Mandatory work
- Part of job to do certain thing
 - Dealing with contagious patients
 - Dealing with combative patients

Unpaid Pro vs. Con

- Pro

- It can be flexible to your job
- No pressure of responsibility
- You can't get fired
- You don't have to do things you are not comfortable with or don't want to do
- Can take time off for Ochem exams
- You can be around doctors and patients

- Con

- No one is going to give you full patient care experience
- You are not counted on/depended
- You can't be part of the tribe

Myth: Medical School want only Volunteer Experience

- Not True!
 - Unless you are from wealthy family, you must pay bills (housing, food, transportation, school, books)
- PCE requires to be certified/licensed and accountable
- If you are getting paid, that means an institution has put faith and responsibly to provide direct patient care
- You have a boss or institution you are accountable to
- You went through a selection process and best candidate to be hired
- You have gone through orientation to learn about rules and regulation
- You are dependable, show up on time, can follow rules and regulation, work in team atmosphere, and good in order to keep your job
- Since a lot people need to work to survive, you are killing two birds with one stone!

Things you should know about Healthcare settings

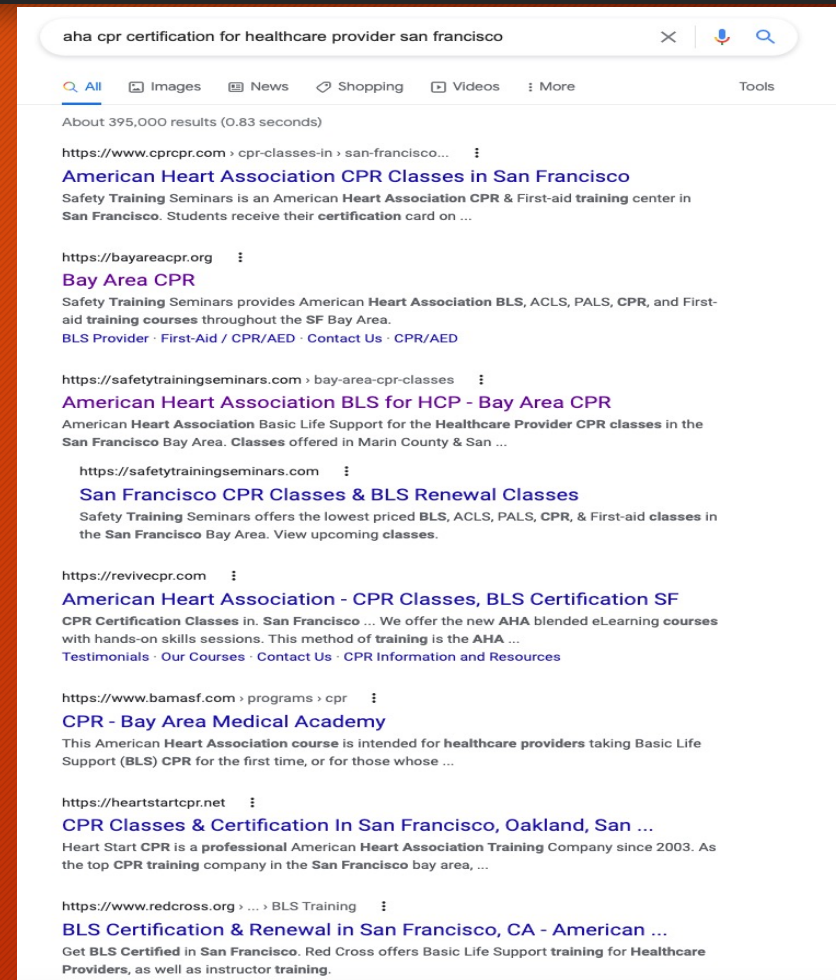
- With COVID-19, we are overburdened and don't have time for shenanigans (if you can even volunteer)
- It is NOT about you!
 - Patient Care -Business
 - Families -People's jobs
- Leave your Cell phone off or in car
 - You don't understand and you want to take notes or look things up, do it AT HOME
 - Old school pen and pad!
 - Patient Privacy, recording, taking pictures
- Do NOT go in healthcare setting to take pics in your scrubs and post them on IG for your friends
 - You can lose your volunteer and or job!
 - Watch this: <https://abcnews.go.com/Health/video/nurse-fired-instagram-post-24464137>

Things you should know about Healthcare settings

- You are guest (if volunteer) or joining a tribe (paid)
- Healthcare Team
 - Everyone is important and plays a role
 - Respecting other...never say JUST a Nurse!
 - Healthcare Team (Nurses, Techs, PCT) are gatekeepers to Doctors
- People will test you
 - Blanket warmer test
- It is NOT about you
- You are not the Center of the Universe

Things you should GET right NOW!

- Comfortable shoes
- Pen and Paper Pad
- Show up on Time!
- Get your CPR CARD and First Aid
 - Become instructor and get paid teaching others!
- IMPORTANT
 - Get YOUR American Heart Association (AHA) BLS for Healthcare Provider
 - Any other one's not acceptable at most training and hospitals or places
 - Google: AHA CPR Certification for Healthcare Provider + your city or state
- Make sure your vaccines are Up to date: COVID-19 and others:
<https://www.cdc.gov/vaccines/adults/rec-vac/hcw.html>



aha cpr certification for healthcare provider san francisco

Search results for "aha cpr certification for healthcare provider san francisco" (About 395,000 results, 0.83 seconds).

- <https://www.cprcpr.com> > cpr-classes-in > san-francisco...
American Heart Association CPR Classes in San Francisco
Safety Training Seminars is an American Heart Association CPR & First-aid training center in San Francisco. Students receive their certification card on ...
- <https://bayareacpr.org>
Bay Area CPR
Safety Training Seminars provides American Heart Association BLS, ACLS, PALS, CPR, and First-aid training courses throughout the SF Bay Area.
BLS Provider · First-Aid / CPR/AED · Contact Us · CPR/AED
- <https://safetytrainingseminars.com> > bay-area-cpr-classes
American Heart Association BLS for HCP - Bay Area CPR
American Heart Association Basic Life Support for the Healthcare Provider CPR classes in the San Francisco Bay Area. Classes offered in Marin County & San ...
- <https://safetytrainingseminars.com>
San Francisco CPR Classes & BLS Renewal Classes
Safety Training Seminars offers the lowest priced BLS, ACLS, PALS, CPR, & First-aid classes in the San Francisco Bay Area. View upcoming classes.
- <https://revivecpr.com>
American Heart Association - CPR Classes, BLS Certification SF
CPR Certification Classes in San Francisco ... We offer the new AHA blended eLearning courses with hands-on skills sessions. This method of training is the AHA ...
Testimonials · Our Courses · Contact Us · CPR Information and Resources
- <https://www.bamasf.com> > programs > cpr
CPR - Bay Area Medical Academy
This American Heart Association course is intended for healthcare providers taking Basic Life Support (BLS) CPR for the first time, or for those whose ...
- <https://heartstartcpr.net>
CPR Classes & Certification In San Francisco, Oakland, San ...
Heart Start CPR is a professional American Heart Association Training Company since 2003. As the top CPR training company in the San Francisco bay area, ...
- <https://www.redcross.org> > ... > BLS Training
BLS Certification & Renewal in San Francisco, CA - American ...
Get BLS Certified in San Francisco. Red Cross offers Basic Life Support training for Healthcare Providers, as well as instructor training.

Taking Personal Inventory

- Ask yourself: What do I bring to table that can be beneficial?
 - Foreign language
 - Spanish
 - In your community (Sacramento-Ukrainian/Russian), Fremont (Urdu)
 - Computer Skills
 - You are just better at screen than 58-year-olds
 - Web design
 - Coding
 - Social Media

Community College Dilemma

- There are no student run clinic
- Not a lot of premed opportunities
- Woe is me
- Not a lot of premed insights or programs
- I am just going to wait until I transfer
 - Wrong!
 - A lot of competition at transfer school! (5000 at UCD), (12,000 at UCLA)
 - There are other premeds who have put in the time the first two years doing PR, Fundraising, being part of the community
 - At transfer in UC/CSU, they want you to go full time and get out (avg 16 units) to graduate in two years
 - You can't do BOTH Clinical and Research in two years, and MCAT, and keep grades up!

Community College as a Strength

- You are in YOUR OWN community
- You know the ins and outs of it
- You have time, which average 3 years
- Community Colleges in CA train more then any other entity
 - Nurses
 - EMTs
 - Respiratory Therapist
 - Radiology Tech
 - Dental Hygienist
 - Community Health Workers
- Do it CHEAPLY

Community College as a Strength

- You have priority registration
- Some of them are short 3-unit classes
- Many on Weekends
- Engaging and know facilities
- Serving your own community
 - Many of you will say that when MD, but now you are doing nothing
- Going to your community
 - Vs. Transfer and all rushing to the Teaching Hospital

Private Training Center

- Be Careful, they are not all created equal
- Do your research
- Look at the state and national entities to see if they are listed
 - For EMT:
<https://www.naemt.org/education/authorized-naemt-training-centers>
- You are paying for speed
 - Cost=Speed
- Can do it as fast as one week didactic or 2.5 weeks for EMT
- Some cost way too much
- Some training maybe the only option
- Less the \$3000
 - Look at how many hours to work to pay for it
- Hustle
 - Ask to Volunteer in front office
 - Get group discounts
 - Offer to come back as instructor

COVID-19 Challenges

- COVID-19 has upended healthcare
- Uncertainty at beginning and now
- Uncertainty and always changing
- Liability issues
 - What if you get COVID-19, who pays for treatment. Your insurance may deny to pay
 - What if you die, who is liable?
- Stress of Healthcare Workers
- Shortage of Staff
- Medical Schools Get it
 - But stand out if you find ways around it and be part of it!

Volunteer in ER/Hospital (COVID Free World)

- Sign up and get assigned
- Use it as steppingstone
 - Smaller local community hospital
- Respectful and Listening
 - Nurses and staff are gate keepers to doctors
- Being perfect at small things
- Blanket and Glove box test.

Overcoming COVID-19 Challenges

- Since you can't Volunteer, then what?
- Get paid!
- A lot of opportunities
- Shortage/burn out
- Needs are too great
- Using your Personal Inventory
- Most training now virtual from home!

Contract Tracer

- Needed at Local/County/City Level
- Training included
- Pay Range \$15-19
- Supervisor opportunity
- Can be done remotely
- Coursea Course:
<https://www.coursera.org/learn/covid-19-contact-tracing>
- Google: Contact Tracer Jobs + Name of County or City
- Contract Tracer Volunteer Volunteer + County or City

The screenshot shows the course page for 'COVID-19 Contact Tracing' on Coursera, offered by Johns Hopkins University. The course is taught by Emily Gurley, PhD, MPH, and has a 4.9 rating from 90,053 reviews with a 98% completion rate. It is available for free enrollment starting December 26, and over 1.3 million people are already enrolled. The page includes a navigation menu with links for About, Instructors, Syllabus, Reviews, Enrollment Options, and FAQ. The 'About this Course' section describes the need for contact tracing and lists learning objectives such as describing the history of SARS-CoV-2, defining infectious contacts, and demonstrating case investigation utility. It also lists skills gained like Ethics, Active Listening, Public Health, Contact Tracing, and Epidemiology. On the right, 'Learner Career Outcomes' show that 10% of students started a new career and 14% got a tangible career benefit. Other features include flexible deadlines, a shareable certificate, 100% online learning, a beginner level, and an estimated 7-hour completion time.

COVID-19 Vaccine and Testing

- Great need for volunteers
- Even if you can't inject, need for computer work
- Need translators!
- Need to just crowd control
- Look at County/State/FEMA Clinics
 - Can't at private sites like CVS or Kaiser
- Contact them via email
- Show up!
 - Worst thing turn you away

Translator

- If you are fluent in Foreign Language
 - Not like taken Spanish 1 in High School
 - Understand and learn Medical Terminology
- In CA, need to have people or ATT
 - Very Expensive!
- FHQ Clinics
- Hospitals
- Contact their Administrator
- Can Volunteer
- Or Get paid!
- There are courses at Community College for Certification

Medical Scribing

- Giselle Peñada
- It is fine, but I think underpaid
- Medical Scribe Institute:
<https://medicalscribes.org/>
- Scribe America:
<https://www.scribeamerica.com/>
- Google: Medical Scribe + City or County

Patient Transport/Orderly/Lift Team/Patient Escort

- Great jobs to get in the door at big hospital
 - Need to move Patients around to testing and other services
 - ONLY need BLS Provider License
 - Get to get around the entire hospital and know people
 - Need to be in good shape
 - Lift 50 lbs
 - Part time
- Google:
 - Patient Transport + City or Hospital (may get van transport)
 - Lift Team + City or Hospital
 - Patient Escort + City or Hospital

Emergency Medical Technician

- Great start and steppingstone
- Learn great skills, like taking patient history
- Know how to identify emergency signs and symptoms
- Thought at almost EVERY Community College!
- Need BLS Provider and Emergency Response Course
- If you can take Ochem and Bio, then this class is easy
- Challenge for people that book smart and need to put those into action/dexterity
- A lot of Medical School not require it for pre-MS1 (Hofstra, UNLV, others)
- 168 hours total
 - 24 hours on ambulance
 - 12 hours in ER
 - Pass NREMT Exam:
<https://www.naemt.org/>
 - Get license by state and county
 - Pass background and driving
- There are levels
 - EMT-B
 - AEMT or EMT-A one course
 - EMT-P Paramedic 8 months full time
 - Need to be EMT for one year

Emergency Medical Technician

- If not at Community College
- UCLA Center of PreHospital Care:
<https://www.cpc.mednet.ucla.edu/>
- Project Heartbeat
<https://projectheartbeat.com/>
- Check certifications and pass rate data at state level EMS education
- Ambulance-what it was designed for
 - 911 Calls but as EMT you drive
 - Interfacility Transfer
 - Critical Care Transport with RN and MD
- Event Medicine
 - Concerts, sports games, large events
- Casinos
- Movie Sets
- Emergency Department
 - Need at least 1 year experience EMT
 - Have Phlebotomy License
 - EKG 12-Lead certified

EMT Opportunities

- RockMedicine
 - <https://www.rockmed.org/>
 - Need just BLS Provider
 - A lot of MDs & PAs around
 - Great Learning environment
- COVID-19 Vaccines and Testing
- CrowdRx
 - <https://crowdrx.org/>
 - Events
 - COVID-19 clinics

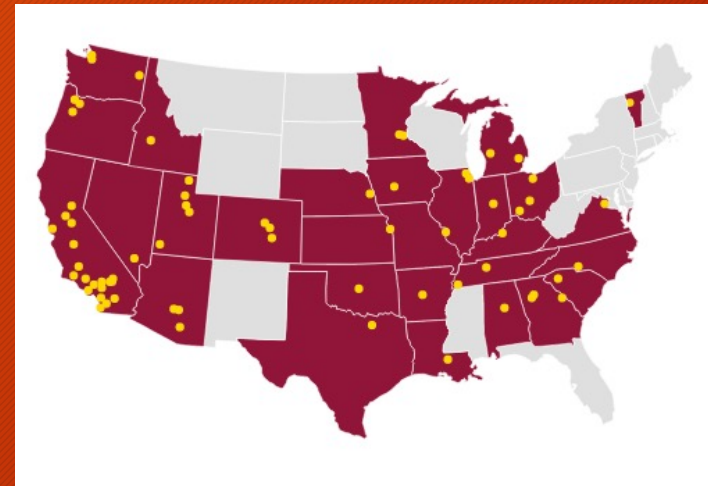
Patient Care Technician

- Longer course that may combine
 - EMT
 - CNA
 - Phlebotomy
 - Medical Terminology
 - EKG
- Not a National Certification
- Title of some jobs in hospitals that is combination
- Lower Pay
- Circumvent unions

Phlebotomy

- Draw Blood in hospital, labs, clinics
- In CA 80 hours
 - 40 hrs class
 - 40 hrs labs
 - <https://www.cdph.ca.gov/Programs/OSP/HLD/LFS/Pages/Phlebotomist.aspx>
- Great place to start
- Job for Insurance Companies
 - \$100-\$150 a person
 - Travel/Scheduling
- GREAT for GAP year and wanting to do clinical research that requires blood work
 - Let up to someone who does not have it
 - Speed up the work

- Phlebotomy Training Specialists
 - <https://www.phlebotomyusa.com/>



- Also UCLA CPC

Certified Nursing Assistant (CNA)

- Hospice Care
- Elder Care
- Hospitals
- Private Homes
- Home Health
- Memory Care
- Providing basic care, like bathing, turning, wound care, eating, vital signs
- CA is the highest requirement
 - 150 Hours
 - 16 Years of age
 - Pass State Exam
- Each state has its own nuance

CNA Continue

- Pro
 - Can be flexible hours
 - Can get great experience
 - Provide Need
- Con
 - Slow pace
 - Taking care of people that in bad state, terminal
 - Lifting and turning
- Find Programs
 - Be careful
 - Look at state agency website:
<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/CNA.aspx>
- Outside of CA, Red Cross

Registered Behavioral Technician

- 40 Hours Training
 - <https://www.onlinerbttraining.com/>
 - \$99
 - Take Exam at
 - <https://www.bacb.com/rbt/>
- Free Program
 - <https://autismpartnershipfoundation.org/courses/rbt/>

Home Health Aide

Life Child Specialist Assistant

- LCS
 - Need BS/BA
 - 600 hours

Doula

- A trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.
- Great for CA and other places
- Great Pay up to \$1000-\$2000 for birth
- You are NOT delivering the baby by yourself, but with Midwife, NP, or MD
- Not flexible
- Certification about 60 hours
- Training:
<https://www.dona.org/become-a-doula/birth-doula-certification/>
- Additional certification like postpartum, advance

Hospice Care

- Provide support for patients and families
 - NOT providing direct patient care
 - Sit there and provide comfort
 - Make calls
 - Humbling experience
 - Get to interact with MD and other health workers
- Find it via Google
 - Google: Hospice Volunteer + City or County

Community Health Worker

- Varies by state
 - CA Community Colleges have program (CCSF & Sac City)
 - 4-5 classes
 - Great Job
 - Pay Well
 - FHQA and Rural Health Clinics
 - Not providing clinical care, but mental and social support
 - Follow up with Patient Care
- Find Via Google
 - Google: Community Health Worker Training + City or County or State

Sexual Assault Crisis Response/Crisis Intervention

- Great Need
- For both Women, Men, kids, but greater need for Women and kids
- Volunteer or paid
- On-call at Sexual Assault Response Team EDs
- There with Patient through the process and after
- You not counselor, but provide support and care
- In CA, 68-hour training
- Some smaller counties don't have it
- Google: Sexual Assault Response Team Volunteer + City or County

Crisis Text Line: www.crisistextline.org/

Become a Crisis Counselor

This information is for our service in the United States. If you have any questions throughout the application process, email info@crisistextline.org and someone will get back to you!

What Does a Volunteer Crisis Counselor Do?

Crisis Text Line is the free, 24/7 text line for people in crisis in the United States. The service is powered by volunteer Crisis Counselors who work remotely — anywhere with a computer and secure internet connection works.

Crisis Counselors answer texts from people in crisis, bringing them from a hot moment to a cool calm through active listening, collaborative problem solving, and safety planning.

"I volunteer for Crisis Text Line because practicing empathy and reflective listening makes me a better friend, partner, and employee."

CRISIS COUNSELOR, STUDENT

[Get Started](#)

How Do I Become a Crisis Counselor?

This all begins with training. In 30 hours, you'll walk away knowing reflective listening, collaborative problem solving, and crisis management. (These are skills that will help in your personal relationships too!)

You can train from anywhere — in your PJs, in a coffee shop, wherever — and our Crisis Counselors highlight this intervention training on their resumes when interviewing for jobs, applying to grad school, and building out their LinkedIn profile.

The Process:

Step 1

Complete the 30-minute Crisis Counselor application and consent to a background check

Step 2

Complete the 30-hour web-based crisis counseling and intervention training.

Step 3

Take your first counseling shift and start changing lives!

This training is free for you, but it costs Crisis Text Line \$1,008 to train each Crisis Counselor. So, we need volunteers to see training through to the end and serve out their 200-hour commitment.

Food Insecurity

- Food Bank
 - Google: Food banks + Zip Code
- Garden
 - Community Garden Programs
- World Central Kitchen



CASA-Court Appointed Special Advocates

- Each County has a chapter
- Provide and advocate for minor through the court system
- Work with child and report to judge
- Great to learn and develop listening and writing skills
- Support and care for kids that are going through a difficult time
- Training is about 40-50 hours
- Varies by County and needs
- All Volunteer
- Great to have Judges write you LORs
- CASA National:
<https://nationalcasagal.org/>
- Google
 - Google: CASA or Court Appointed Special Advocates + County

Red Cross Disaster Assistance Team

- Red Cross Disaster Action Team:
<https://www.redcross.org/volunteer/disaster-action-team.html>
 - Local/County level
- Show up at disasters and give vouchers for hotels and food
- Go up to National: Get paid when activated and cover travel
- Provide need for people at their lowest point
- Training
 - 7-8 classes
 - If you get a group, they will do it
 - Need for younger people, college age
- Flexible to call time/cell phone

Too Long/Not recommend

- Certified Medical Assistant
 - Almost 2 years at CC
 - Private: \$15K for 8 months
 - Mostly billing and coding
- Surgical Tech
 - At least 1 year with Prereq
 - Private: Up to \$20K
- 2 Week International Trip
 - Unethical
 - Why do it to others and not here?
 - Too short
 - Too much money
- AAMC/Medical Schools View
 - <https://students-residents.aamc.org/getting-experience/do-s-and-don-ts-global-health-experience-interview-jessica-evert-md>
 - <https://www.aamc.org/media/23351/download>

Citizenship Classes

- Great if you speak another language
- 100 Questions that basically if you have taken American Government in college or Political Science, you can help them pass
- Great Experience to help others become American
- Google: Citizenship Classes + City or County
- Look at ACLU or other Community/Ethnic Organizations Organizations
- Citizenship is not a right, but a duty!

Shadowing!

- Find a Local Doctor/Practice
 - Look on the Internet, by your house/school
- Find their Full Name and make sure you spell it correctly.
- Write a one page letter
- Attached it with your resume (1 page)
- Drop it off at their office in an envelop with their full name and title typed
- More likely to staff person
 - Ask for clinic manager/superviosr
- In the letter
 - One paragraph introduce your self...My name is ____, where you go to school, major, and other things, like leadership
 - Second Paragraph, I am interested in becoming a doctor and don't know anyone, lack of access.
 - Talk about the opportunity to be inspired to follow in your footsteps
 - Third Paragraph talk about the opportunity this would be, when you are available (note M-F 8-5)
 - Talk about being professional

Shadowing

- Thank them, and have your contact information there
 - Sign with your name
 - After 50 hrs. and they know you, look at see how you can help
 - Language
 - Social Media
 - At 100 hours, look beyond and expand
- **IMPORTANT**
 - Place your full name on resume and letter signing
 - Make sure your email is **PROFESSIONAL**
 - FirstName.LastName@gmail.com
 - FirstName.LastName92@gmail.com
 - Make sure your Voicemail has your full name and no songs
 - Get Help from YOUR college Career Center For Resume
 - Look at PreMedCC Resource Page

E-Shadowing

- During COVID-19, the only option
 - Moving forward should not be the only thing
- It is a good starting point to look at a variety of specialties
- A Good starting point for an introduction to medicine
- Free
 - Do NOT pay for e-shadowing!
- When applying, other applicants will have IRL experiences

HIPPA Training

- It is REQUIRED for anyone in clinical medicine setting
- Federal Law
- Large Organizations like hospitals do their own training
- Smaller offices and doctors may not have that
- Here is a place you can do it online for \$30.
 - Self pace and about an hour long
- Link:
<https://www.hipaatraining.com/hipaa-training-for-healthcare-providers>

Questions?

- Ask Away
- More Questions
 - info@premedcc.org