Development and Institution of PhysioCamp: Providing a Community Resource  

Holly Ingram, MPH; Stephen Charles, PhD, CHSE

BACKGROUND

Barriers to a healthcare career:
- Income
- Education
- Time
- Experience
- Networking
- Social determinants
- Other

PhysioCamp addresses these barriers and offers exposure to different healthcare careers.

PROGRAM DESCRIPTION

K-12 In-person Sessions include:
- hands-on activities with anatomic models
- simulation equipment
- human biological specimens

K-12 Virtual Sessions include:
- TeleMeet sessions with a healthcare professional
- TeleTutor 1-on-1 sessions

Periodic assessments of K-12 students, parents and volunteers.

Pre-Health Internship Program:
- Interns submit weekly update forms
- Pre-health advising offered

RESULTS

Results from K-12 student and parent surveys showed increased interests in the healthcare field and increased exposure to unfamiliar healthcare topics.

Survey results from undergraduate and graduate volunteers highlighted the importance of small group learning and hands-on activities to the success of the sessions.

Since the start of the program, 99 interns have been onboarded, 67 of whom are still active within PhysioCamp. Interns reported the increased value of mentoring, advising and appreciation of unique interactions with medical students. Many interns have now entered graduate school in healthcare fields, such as physician assistant and medical school.

DISCUSSION & FUTURE PLANS

Sessions are a beneficial resource to the community and act as a place for K-12 and undergraduate students to cultivate their academic interest with mentors in the field.

Future plans address the following limitations:
- 501c3 status might help in obtaining grants

ACKNOWLEDGEMENTS

Thank you to the SLDT and many ECU students for volunteering with PhysioCamp. Thank you to ECU faculty for their guidance and assistance in getting together the materials for each camp. Thank you to the K-12 locations we visited for allowing us to work together.

Timeline of PhysioCamp's Development:

2017
- Medical students start getting involved in leadership
- Since 2013, summer camps held in Goldsboro, NC

2018
- NC summer camps held in Greenville, Goldsboro, New Bern
- Started holding year-round sessions in Greenville, NC

2019
- Submitted formal IRB to collect evaluations
- Dental, PT, and other healthcare leaders incorporated
- Internship program implemented

2020
- Bilingual outlines offered
- COVID-19 transitioned to virtual sessions
- Nonprofit status in Sept 2020

2021
- Pre-health advising services offered (Lauren)
- Monthly newsletters
- In-person camps reestablished in Pitt County, NC (Parth)

2022
- Intern practice patient sessions offered
- Nonprofit status changing to 501c3
- PhysioCamp Symposium to be held July 2022