

# Development and Institution of a Virtual Platform for the Physiology Camp



Holly Ingram<sup>1,2</sup>, Jahnvi Meka<sup>3</sup>, Karen Macia, Puja Patel<sup>4</sup>, Obeth Bahena Gutierrez<sup>1</sup>, Lauren Moore<sup>1</sup>, Stephanie Wilcher<sup>1,2</sup>

1. Brody School of Medicine, East Carolina University; 2. Department of Public Health, East Carolina University;

3. Drexel University College of Medicine, Drexel University; 4. Public Health and Nutrition/Dietetics, East Carolina University

## BACKGROUND

**PhysioCamp** has been engaged in K-12 tutoring and healthcare educational projects for the past several years.

In response to educational barriers within the K-12 school system due to COVID 19, PhysioCamp designed a virtual platform for **free K-12 tutoring** (TeleTutors) and **health-care educational sessions** (TeleCamps).

## PROJECT AIM

At the start of COVID, PhysioCamp's overarching goal was to provide hope, opportunities, and guidance for K-12 students.

Two aims identified in the Fall 2020 semester:

- **TeleCamps** (TC): reach at least 30 participants (TCP) by May 2021.
- **TeleTutors** (TT): 50% increase in K-12 participants (TTP) by February 2021.

## PROJECT DESIGN/STRATEGY

Applied change management principles and a systems approach in adjusting organizational structure, responsibilities, and procedures.

**Continuous** assessment and evaluation was performed, as outlined in the PDSA cycles.

Tutor training and matching, research, data management, correspondence, advertising, and other support services were delegated amongst various interprofessional teams.

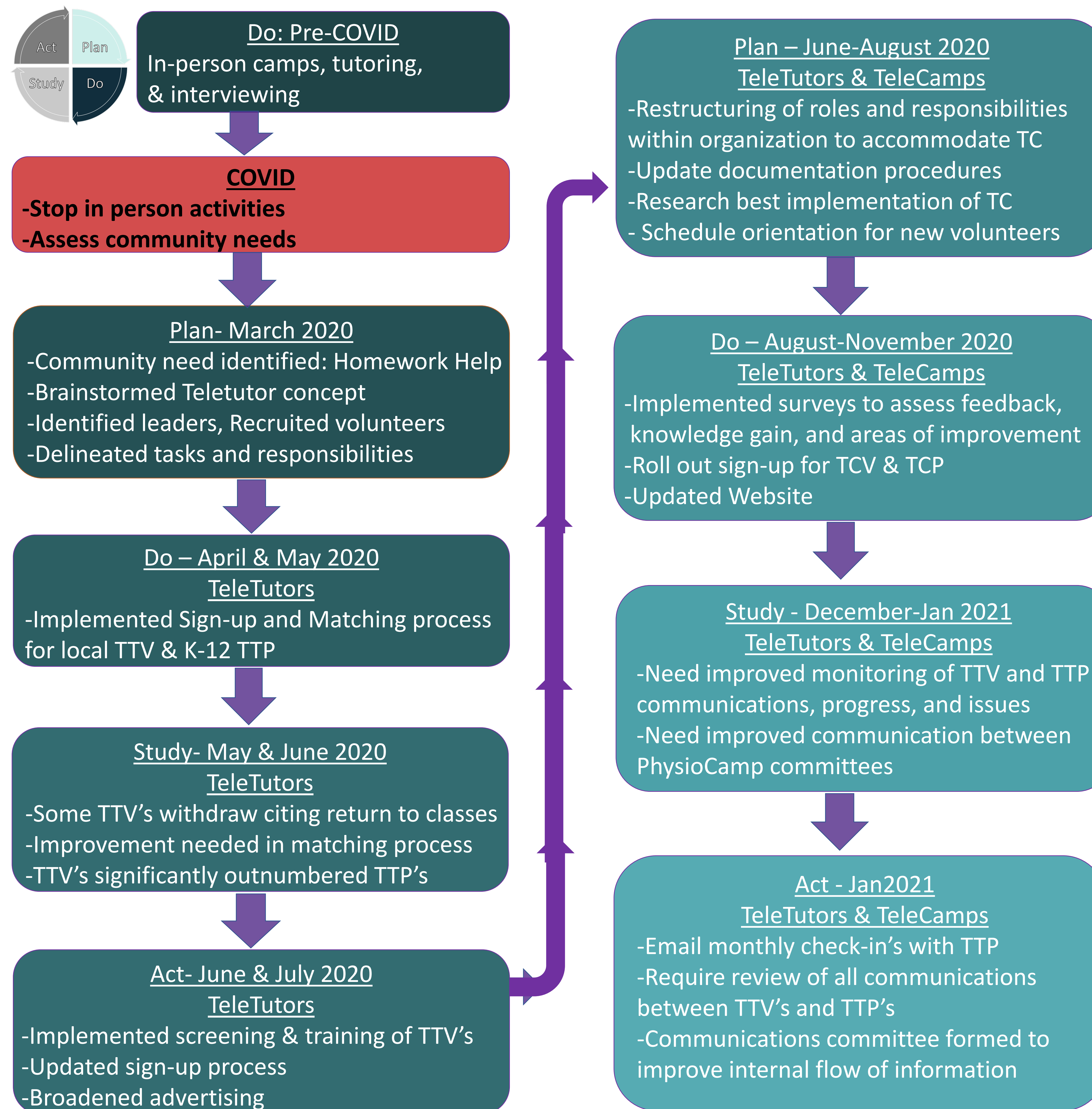
**TeleTutors:** TTP determines topic reviewed

- TTV:TTP ratio is 1:1.
- Undergraduate V's.

**TeleCamps:** Volunteers (TCV) determines topic reviewed

- TCV:TCP ratio less than 1:4.
- Graduate healthcare V's.

## CHANGES MADE (PDSA CYCLES)



## RESULTS/OUTCOMES

**TT Spring of 2020 results:**  
K-12 Students Enrolled: 14  
Volunteers Tutors Signed Up: 69  
Tutor-Tutee Matches: 14

**TT Fall 2020 results:**  
K-12 Students Enrolled: 42 total; 39 active  
Volunteers Tutors: >700 signed up, >100 onboarded  
Total Tutor-Tutee Matches: 46 total; 42 active

**TC Start of Spring Semester of 2021 results:**

Total sessions: 5  
Participants: High School: 11  
Volunteers: >400 signed up, >60 onboarded

## LESSONS LEARNED

**Persistence, teamwork, and communication** have been resounding themes necessary for project advancement.

Be aware of potential **legal** requirements, procedures, and ramifications.

Important to **know the community** you are working with, including needs, resources, and barriers.

**Check-in** on communities with reduced access to resources.

Reevaluate program if **enrollment** is not **correlating** with degree of **advertising**.

## NEXT STEPS

As more tutors have completed onboarding, we will **expand our advertising efforts towards K-12 students and parents**, especially within disadvantaged and underserved communities.

**Virtual** TT and TC allows students from **various locations** to be reached.

Anticipate **higher satisfaction** rates **with in-person** camps and tutoring due to the greater degree of interaction with instructors and anatomical models.

PhysioCamp will continue to create innovative ways to connect K-12 students to the healthcare field. If you have any thoughts or suggestions, then please let us know!

## ACKNOWLEDGEMENTS

Thank you to all of our dedicated interns and team members in helping to keep activities up and running. Thank you to Dr. Stephen Charles, community mentors, and our volunteers for their time and input. And thank you to the students and parents for their feedback and willingness to work with us!

Holly Ingram  
PhysioCamp - <https://physiocamp.org>  
919-223-7777  
ncphysiocamp@gmail.com