

ITS COVID: I CAN'T FIND ANY SHADOWING OPPORTUNITIES FOR APPLICATION

ALL pre-professional students especially pre-PA students who are considering participating in virtual shadowing should check with the programs to which they are applying to ensure they will accept this type of experience.

- **Virtual Shadowing:** In the best of times, finding a shadowing opportunity seems impossible in normal times, during a pandemic, it can be nearly impossible- **virtual shadowing is** now being considered by a variety of health professional admissions officers
- **BEFORE virtual shadowing :** applicants need to make sure that they are exhausting all of the options available to them. Your commitment to medicine must be demonstrated in a variety of ways – especially, during a pandemic when your involvement could make a huge difference.

From the National Association of Advisors to the Health Professions here is a list of **PRre-Health Opportunities During the Pandemic Ideas Summary.**

- 1- common way many students find shadowing is through **networking**. Asking family, friends, your own personal health professional, or family members' providers, can be a way to start.
- 2- Many students also **cold call** about shadowing or mentoring.
- 3- **Check professional associations** who may have an online directory of members:
 - Middlesex County Dental Society <https://mcdsofnj.org/> - use CONTACT info to find out if there is a list of dental internship opportunities
 - Hunterdon healthcare – Job shadowing <https://www.hunterdonhealthcare.org/careers/internships/job-shadowing/>
 - Predental only : <https://www.asdanet.org/index/get-into-dental-school/before-youapply/predental-shadowing-guide> There may be a membership fee.
 - New Jersey State Society of Physician Assistants <https://njsspa.mypanetwork.com/>
 - Physician Assistant Shadowing: <http://pashadowonline.com/>
 - Podiatric Medicine: Contact Daniel Taubman, Career Promotion Coordinator at the AACPM, at dtaubman@AACPM.org.
 - https://hpo.rutgers.edu/images/documents/Virtual_Shadowing.pdf
- 4- Look into **summer shadowing programs** such as:
 - Lenox Hill's BRAINterns. Watch a video on the program here: <https://www.youtube.com/channel/UCUCAVzKk1ecHX9cxALDryA/about>
 - Penn/Princeton Healthcare internships: <https://www.princetonhcs.org/volunteer/pre-healthprofessional-program>
 - RWJ Summer Clinical Internship Program: https://rwjms.rutgers.edu/education/medical_education/programs-prior-to-medicalschool/programs-for-undergraduate-students/summer-clinical-internship-program • Summer Health Professions Education Program (SHPEP) <http://www.shpep.org/>

- Memorial Sloan Kettering's COOL Program <https://www.mskcc.org/about/leadership/officefaculty-development/student-programs>
- Overlook Hospital Summer program in Summit <https://www.atlantichealth.org/professionalsmedical-education/internship-programs/overlook-summer-internship-program.html> • St. Barnabas Medical Center programs: <http://www.sbhny.org/volunteering/>
- Georgetown's ARCHES program: <https://som.georgetown.edu/diversityandinclusion/guarches/archesoverview/>
- Trinitas Medical Center programs: https://trinitasmc.org/collegiate_mentoring_program.htm

WEB SITES change – these may not always be successful- BUT it gives you an idea on how to navigate the web to find summer shadowing programs

- 5- **Scrubbing** is another way students gain clinical experience. As a paid part of the health care team you get to observe medicine in practice and gain knowledge of procedure, terminology, charting, and insurance. <https://www.indeed.com/q-Medical-Scribe-l-New-Jersey-jobs.html?vjk=1c6a338ecfd48236>

Check out listings on **Indeed.com**: <https://www.indeed.com/q-Medical-Scribe-l-New-Jerseyjobs.html?vjk=1c6a338ecfd48236>

Envision scribe services: <https://www.envisionphysicianservices.com/scribes> Scribe America: <https://www.scribeamerica.com/>

6- Other Online Virtual Shadowing Programs include:

<https://www.VirtualShadowing.com>

U. of Colorado, Virtual Shadowing, Nano Course in Emergency Medicine

<https://www.coloradom.org/courses/pre-med/virtual-shadowing-nano-course-emergency-medicine/>

www.webshadowers.wixsite.com <https://www.clinicalshadowing.com/>

<https://calpolyprehealth.blogspot.com/2020/08/virtual-pre-med-shadowing-opportunity.html>

<https://linktr.ee/clubmedshu> <https://www.conehealth.com/health-care-professionals/student-clinical-observation-program/>

<https://blog.amopportunities.org/2020/05/20/virtual-clinical-experiences-rotate-from-home/>

<https://bsmsoutreach.thinkific.com/courses/VWE>

<https://www.healthcareshadowing.com/>

www.airvisits.com YouTube has a wide variety of videos

<https://advclinical.org/> Nationally Accredited Clinical Medical Assistant Certification (CCMA) for PreHealth Students

Our 8-week self-paced online course provides comprehensive clinical training designed for students pursuing Medical (MD / DO), Physician Assistant (PA), or Nursing (RN/BSN/NP) School. After successful completion of the course, students will take the National HealthCareer Association (NHA) certification exam to obtain a nationally accredited certification as a Certified Clinical Medical Assistant (CCMA). As a CCMA, pre-health students can confidently obtain clinical positions in hospitals, clinics, community health centers, nursing homes, and diagnostic

testing centers to gain healthcare experience/ exposure and patient care hours necessary for their respective programs.

<https://prehealthshadowing.com/>

For shadowing, scroll down and click on Join Us. **Erroneously, clicking on “Learn More About Pre-Health Shadowing” link will take you to a coaching page that requires payment.**

They state, “We will be hosting a variety of health professionals in different domains and specialties. Each week, we will spotlight different health professionals. Typically, we would hold a presentation for the first half, then a Q&A where students will get to ask questions via the chat during the second half. Presentations will include why they decided to go into health, basic knowledge in the field, their education, activities, career path, admissions process, advice, a glance into their day on the job, and more! This program is open to all types of pre-health students-- MD, DO, RN, PT, PA, MSc, DDS, DC, NMD, DS, DCM, etc. At the end of the session, there will be a small assessment that, if passed, students can receive a certificate verifying their participation in our program. Our hopes are to ensure accessible and flexible resources for students to advance in their prospective health field.”

Virtual Reality in Pharmacy: <https://www.semanticscholar.org/paper/Virtual-Reality-in-Pharmacy%3AOpportunities-for-and-Ventola/43c50f9d23b02f888ff51cf21e6e81680d81e371>

PLEASE REMEMBER

1. CHOOSE SAFE POSITIONS- NEVER JEOPARDIZE YOUR HEALTH AND WELL BEING FOR ANY OPPORTUNITY. THIS IS ESPECIALLY IMPORTANT IN THIS TIME OF COVID. ONLY CHOOSE CERTIFIED OPPORTUNITIES THAT ARE FOLLOWING ALL THE SAFETY GUIDELINES FOR COVID. NEVER GO ANYWHERE THAT ISNT APPROPRIATE AND SAFE . . . SO LOOK INTO SETTING AHEAD OF TIME
2. MOST OF THESE OPPORTUNITIES (EXCLUDING THE INTERNATIONAL SHADOWING OPS) ARE FREE OR LOW COST. WILDLY EXPENSIVE OPPORTUNITIES WILL NOT HELP YOU AT ALL – THEY WILL ONLY SET YOU BACK FINANCIALLY

Dr. Edward Halperin, chancellor and CEO of [New York Medical College](#) and provost for biomedical affairs with the [Touro College and University System](#), emphasizes that shadowing is not a prerequisite for medical school and says there are alternative ways for premeds to get clinical experience. Halperin notes that he did not shadow a doctor before he began medical school.

"I would never consider less of an applicant if they hadn't, and in fact, it's very easy to spot people who have treated shadowing as a box to check," he says.

Sometimes a med school hopeful will tout the credentials of the doctor shadowed, but lessons learned in the shadowing experience are what should be emphasized, Halperin says. If premeds do shadow, they should be able to talk thoughtfully about what they witnessed and why it matters, and they need to be able to articulate their empathy for patients in difficult situations, he adds.

"The point is not to check the box of shadowing," he says. "The whole point is, do you understand what you're getting yourself into? Have you done anything which shows that you have some idea of how to deal with people in distress and what physicians do for a living?"

Halperin says it is "perfectly fine" to obtain clinical experience for medical school in a way that does not involve shadowing. Premeds should shadow a physician only if they think that would be a satisfying way to learn about the medical profession. "I would never consider less of an applicant if they hadn't, and in fact, it's very easy to spot people who have treated shadowing as a box to check," he says.

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