

Rotary Adventures in Health Care



Close-out Report

Year 3

2018-19

Version: 3.0

DOCUMENT CONTROL

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1 PROJECT OVERVIEW

1.1 *Background*

The health care sector is an important part of the socio-economic fabric of the northern half of British Columbia, creating employment for a highly skilled workforce while addressing social challenges faced by residents of northern British Columbia.

Given the importance of health care, there is a strong interest to strengthen linkages with this industry, our Colleges, University and our youth. The Rotary *Adventures* brand and programs have involved more than 50 years of collaboration between Rotary Clubs in Canada and other community organizations and businesses. The *Adventures* programs provide a platform for Rotary to engage in marketing, registration, travel, communications, accommodation, security and food services for events designed for youth participants.

The key to the success of the Adventures in Health Care Program is the joint planning and delivery efforts and collaboration of Northern Health, College of New Caledonia, University of Northern British Columbia, AiMHi Prince George Association for Community Living and School District No. 57 along with the Rotary Club of Prince George Yellowhead.

1.2 *Key Roles for Agencies*

Rotary Club of Prince George Yellowhead

The role of the Rotary Club of Prince George Yellowhead is to extend the recognized *Adventures* brand, develop and provide oversight of the Adventures in Health Care Program with support of the other collaborating agencies, organize and oversee the Adventures in Health Care event and access a wide network of Rotary clubs sponsoring the participation of out of town youth. The other roles of the Rotary Club with respect to the Program include providing resources to be adult chaperones for students, acting as Registrars for the event, overseeing meals not provided by the collaborating agencies, sponsoring a Rotary Lunch for the students, coordinating travel and safe return of out of town students and marketing through the Rotary network.

Rotary Clubs of Rotary District 5040 and District 5370

The role of Rotary Clubs of Rotary District 5040 is to sponsor out of town youth for participation in the Adventures in Health Care event. The sponsorship includes payment of event registration and hosting fees and transportation to/from Prince George. The Rotary Clubs that participated this year have been identified within Appendix 1.

Northern Health

The role of Northern Health is to design and provide a comprehensive, engaging and exciting Program for its portion of the event agenda including facility tours consistent in theme with other portions of the event. For Year 3 Northern Health further supported the development of the Adventures in Health Care Program by providing in kind and financial support and venues to reduce the cost to student

participants, underwriting the publishing of the Adventure hand book, hosting the wrap up dinner, marketing the Program through Northern Health and other health sector networks and health care professionals.

College of New Caledonia

The role of the College of New Caledonia is to design and provide a comprehensive, engaging and exciting Program for its portion of the event agenda consistent in theme with other portions of the event. With respect to Year 3 the College of New Caledonia developed and delivered the agenda items related to its portion of the event and provided in kind and financial support, and venues to reduce the cost to student participants, providing lunch and dinner during its portion of the event, hosting an evening event, marketing the Program through post-secondary sector networks and health education.

University of Northern British Columbia

The role of the University of Northern British Columbia is to design and provide a comprehensive, engaging and exciting Program for its portion of the event agenda consistent in theme with other portions of the event. For Year 3 the University of Northern British Columbia further supported the development of the Adventures in Health Care Program by providing in kind and financial support, and venues to reduce the cost to student participants, marketing the Program through post-secondary sector networks and education professionals, oversight of meals to reduce duplication. UNBC also set up the online participant safety course and hosted an evening event.

AiMHi Prince George Association for Community Living

The role of AiMHi Prince George Association for Community Living is to design and provide a comprehensive, engaging and exciting Program for its portion of the event agenda including facility tours consistent in theme with other portions of the event. During Year 3, AiMHi also supported the development of the Adventures in Health Care Program by providing in kind support and venues to reduce the cost to student participants and hosting the student participants for both the pancake breakfast and lunch during its portion of the event, and funding local transportation for participants between venues.

School District No. 57

The role of School District No. 57 is to support the development of the overall Adventures in Health Care Program to meet high school education standards. For Year 3, School District No. 57 supported the Program by providing in kind support throughout the year to reduce the cost to student participants, marketing the Program through its school networks both within and outside of the school district, developing the application package, leading the School District No. 57 student application evaluation and interview process and providing staff throughout the event as support to the students and collaborating agencies.

1.3 Organizing Committee Members and Volunteers

The Adventures in Health Care Program was planned and developed as a joint initiative of all collaborating agencies. The key contributors are listed in Table 1.

Table 1: List of Organizers by Agency – 2018/2019

	Member
Yellowhead Rotary Club	Ron Davis (Chair)
Northern Health	Sandra Rossi Steven Prins
College of New Caledonia	Glenda Vardy Dell Kelly-Anne Heinrichs Kara Taylor
University of Northern British Columbia	Anne Sommerfeld
AiMHi Prince George	Fraser Deacon
School District No. 57	Chris Molcak Erin Thomas Randy Petrovic Erin Hall

The design and delivery of the Adventures in Health Care Program would not have been possible without the support of many agency staff and volunteers that organized hands on education modules for student participants during the event. The support of agency staff and volunteers were also vitally important for the student interview and selection process.

In addition, this year saw the addition of a new group of volunteers, Alumni of the program itself, now young adults attending U.N.B.C. and C.N.C.

1.4 Related Activities

The Adventures in Health Care Program is part of a larger set of activities designed to introduce students to career and educational opportunities including:

- Rotary Club of Prince George Yellowhead's Adventures in Forestry Program which is also under the Rotary "Adventures" Brand and has been operated successfully for almost three decades.
- School District No. 57 Career Programs which introduce students to a wide variety of career paths
- Work Experience 12 course offered by School District No. 57 high schools, as well as work placements for select programs in School District No. 57
- Futures in Health at CNC and Careers in Health Care at UNBC field trips offered by the College of New Caledonia and University of Northern British Columbia in partnership with School District No. 57

- College of New Caledonia and University of Northern British Columbia campus tours, scholarships and bursaries
- Northern Medical Program
- Northern Health career fairs and recruitment web site – specifically those branded “Grow Our Own”
- AiMHi Prince George Association for Community Living activity brochures

It is expected that collaboration on the Adventures in Health Care Program will lead to expanded Program offerings delivered by these agencies to further develop career pathways in health sciences.

1.5 Project Objectives (from the Project Charter)

The Objectives of the Adventures in Health Care are:

1. To support the continued development of the rural health care sector within northern British Columbia
2. To design a youth-focussed event in 2020 that creates youth awareness of educational and career opportunities within the health care sector
3. To increase the supply of health care professionals
4. To contribute to the student population and post-secondary education enrolment in northern British Columbia
5. To develop an application process and initially select 48 participants for the Adventures in Health Care Program**
6. Provide a forum for health care delivery agencies and education providers to collaborate to design and build partnerships that are linked with but go beyond Adventures in Health Care***
7. In the future as the Program develops, pursue sustainable Rotary Health Care Bursaries/Scholarships at CNC and UNBC.

** The primary region of interest to draw students for the Program is northern BC, but as with other “Adventures” Programs, Adventures in Health Care was promoted (in 2017/2018/2019) throughout the Rotary District which includes British Columbia coastal areas and communities in and around Greater Vancouver. The year 2020 will see registrations accepted from only northern British Columbia.

*** The popularity of the program as shown by the continued wait list to attend has prompted the expansion of the program by offering the “platform” to other Rotary Clubs. Adventures in Health Care has been regionalized so that other Rotary clubs can host in their region. Currently three clubs are looking at the developmet kit to see if they can host in their communities. **The Prince George Program now only accepts youth from 100 Mile House north to Yukon.**

1.6 Project Milestones

The Adventures in Health Care Program was initiated formally on March 8, 2016 when a presentation was made to the Rotary Club of Prince George Yellowhead Board by the initial steering committee formed the previous January. Following this presentation, these Rotarians continued to meet with key representatives of collaborating agencies to further develop and deliver the Adventures in Health Care Program and Event in May 2017. The Milestones of work over the past 39 months have included:

- May 23-27, 2017: Adventures in Health Care Program Year 1 Event held in Prince George for 38 Grade 10-12 students
- June 13, 2017: Post-event Meeting of all Collaborating Agencies
- August 2017: Completion of the Year 1 Close-out Report
- May – August 2017: Advance Marketing of the Adventures in Health Care Program at the Rotary District 5040 Conference and specifically to northern Rotary Clubs
- August 2017 – May 2018: Collaborating Agency Meetings to develop workplan, marketing plan and Program Event agenda
- October 31, 2017:
- October, 2017 Finalization of marketing materials, and application forms and completion of communications and consultations with regional Rotary Clubs and School Districts
- September 2017 – January 2018: Commitment and Registration of District 5040 Rotary Club Sponsored student participants
- March 2018: Interview and selection of School District No. 57 student participants
- April 2018: Completion of final Adventures in Health Care Event details and agenda. Completion of Student Event Booklet. Completion and issuance of Event news release.
- May 7-10, 2018: Adventures in Health Care Program Year 2 Event held in Prince George for 43 Grade 10-12 students
- June 12, 2018: Post-event Meeting of all Collaborating Agencies
- September, 2018 Initial planning meeting for AIHC 2019

October, 2018	Finalization of marketing materials, and application forms and completion of communications and consultations with regional Rotary Clubs and School Districts
September 2018 – January 2019:	Commitment and Registration of District 5040 Rotary Club Sponsored student participants
March 2019:	Interview and selection of School District No. 57 student participants
April 2019:	Completion of final Adventures in Health Care Event details and agenda. Completion of Student Event Booklet. Completion and issuance of Event news release.
May 5-9, 2019:	Adventures in Health Care Program Year 3 Event held in Prince George for 47 Grade 10-11 students
June 11, 2019:	Post-event Meeting of all Collaborating Agencies

Collaborating Agency Meetings were facilitated by the Yellowhead Rotary Club and hosted by Northern Health, AiMHi, CNC, UNBC and School District No.57.

1.7 The 2019 Event

The 2019 Adventures in Health Care Event was held May 5-9, 2019 and included:

- registration and check into residence for out of town participants on May 5th
- remaining participant registration and full day of activities at AiMHi & Hospice House visit on May 6th
- full day of activities at CNC on May 7th
- full day of activities at UNBC on May 8th
- full day of activities with Northern Health at UHNBC & Rotary Lunch on May 9th
- out of town participants return home on May 10th

A copy of the daily activities is included within Appendix 2.

1.8 Duration of Commitment

As part of the follow-up to the 2019 Adventures in Health Care Program, the Rotary Club of Prince George Yellowhead, Northern Health, CNC, UNBC, AiMHi and School District No. 57 will review agency commitment to future Adventures in Health Care Program events. The start of the year 2020 event will see the inclusion of a formal Memorandum of Understanding to allow for a more consistent understanding by all collaborators.

2 OUTCOMES

2.1 Participant Survey Responses

During the event, the student participants were asked to provide feedback in the form of survey responses on all aspects of the event. The surveys were done daily, Monday through Thursday. General comments regarding the Adventures in Health Care event activities included:

- All 47 participants responding to the survey indicated that the Program met expectations
- The meals and snacks were well received by the students which is an improvement over the previous year although participants did note the need for additional breaks during later days of the event
- The evening activities were generally well received although not all participants found the activities to be exciting and/or relevant
- Participants were more positive to hands-on experiences and less positive to presentations with the exception being the Northern Health career overview
- The highlights identified by students each day were:
 - ✓ May 6th: Visiting Community Homes, Experiencing Client Living Situations
 - ✓ May 7th: Dental Studies, Med Lab, Nursing, Taking Blood
 - ✓ May 8th: Northern Medical Program, Brain and Psychology
 - ✓ May 9th: CPR, Sonography and Airway Simulations

A summary of the daily survey responses of the students are included within Appendix 3.

In addition to the survey responses are the following notes:

- Participants seem to take note of, and express positive comments about being in an environment of like minded (health care focused) students and organizers
- All hands on activities were given high praise, while lectures were not.
- The annual survey from August, 2019 shows that of those continuing studies from the 2017 northern cohort;
 - 70% are at CNC in health related studies
 - 30% are at UNBC in health related studies

2.2 Agency Responses

At the June 11, 2019 post event meeting and in post event e-mails, representatives of all agencies provided feedback on the Adventures in Health Care Program as shown with Table 2. All agencies support continuation of the Adventures in Health Care Program for 2019-20.

Table 2: Agency Comments Post Event

Agency	Comments
Yellowhead Rotary Club	<ul style="list-style-type: none"> ❖ Although good participation from the north, would like to see more students from areas in addition to S.D. # 57 ❖ Rotary needs to supply more daytime volunteers ❖ Define AIHC standards for parents regarding student dietary requirements AND allergies
Northern Health	<ul style="list-style-type: none"> ❖ The students were very positive about the newly deployed Healthcare Careers Advisement section facilitated by a Recruiter. Some students stated that they wished more of the week was like that session
College of New Caledonia	<ul style="list-style-type: none"> ❖ More hands-on led to better student participation ❖ Event should continue to focus on clinical areas ❖ Can see the need for students to have more time to connect/make friendships
University of Northern British Columbia	<ul style="list-style-type: none"> ❖ There was a better mix of evening activities ❖ Better feedback on snacks/meals ❖ Good feedback on residence/In town students wanted residence experience
AiMHi Prince George	<ul style="list-style-type: none"> ❖ Full day allowed more time for participants to meet and interact with staff ❖ The elimination of the registration in the morning was unanticipated and left some dead time ❖ Pancake breakfast went over well again this year ❖ Staff/clients really enjoyed the time spent with students
School District No. 57	<ul style="list-style-type: none"> ❖ Focus on grade 10 students fits with Grade 11-12 dual credits initiative ❖ Adding waiting list students to non CNC days went well ❖ Suggestion for NH/request from students – tour of UHNBC

2.3 Performance Evaluation

A performance measures framework was developed during the planning of Adventures in Health Care based on the Project Charter objectives. The performance evaluation after the third year of the Program are presented with Table 3.

Table 3: Performance Measures and Evaluation

Objective	Performance Measures	Proposed Targets	Results
Support the continued development of the rural health care sector within northern British Columbia	1. Portion of event agenda will focus on rural health care needs	1. 50% of event agenda	1. Target Achieved The Event had a rural and northern health care theme throughout
Design a youth-focused event in 2019 that creates youth awareness of educational and career opportunities	1. Jointly develop and sponsor one youth focused event 2. Participant Survey a. Does the Program meet expectations b. What can be done to improve Program delivery	1. Complete 1 event 2. 80% participation a. 80 % satisfaction b. Identify 2 future improvements	1. Target Achieved May 5 – 9, 2019 Event 2. Target Achieved - All students participated in the Survey a. Target Achieved 100% satisfaction b. Improvements included: participant booklet, better mix of evening activities, meal coordination, shorter days
Increase the supply of health care professionals	1. Participant Survey a. % of students intending on pursuing a career in health care 2. Follow-up survey of participants a. Identify % enrolled in health care Programs b. Identify % employed in health care in northern BC	1. 100% participation a. 80% likely/very likely to pursue health care 2. 100% participation a. 80% enrolled b. 50% employed in northern BC	1. Target not achieved in 2019 – 95% participation a. Target achieved - 90 % to pursue health care 2. Follow-up survey in year 3 - 2019 a. Target achieved - 90% enrolled b. Too early to track employment until at least 2022

Objective	Possible Performance Measures	Proposed Targets	Results
Contribute to the student population and post-secondary education enrolment in northern BC	<ol style="list-style-type: none"> Enrolment in UNBC and CNC health care Programs (Future) Expansion of post-secondary health care Programs to meet student and industry needs 	<ol style="list-style-type: none"> UNBC & CNC put a box on enrollment /application forms to identify if students participated in AIHC To Be Determined 	<ol style="list-style-type: none"> Target not achieved. Enrollment feedback from UNBC/CNC spotty. Annual survey/bursary applications providing best monitoring. Of those graduated and from northern B.C. <ol style="list-style-type: none"> 70% attending C.N.C. 30% attending U.N.B.C.
Develop an application process and select 40 participants (20 each from within and outside of Prince George)	<ol style="list-style-type: none"> Design and implement an application process Sign-up student participants for the 2019 Event <ol style="list-style-type: none"> from within Prince George from outside of Prince George 	<ol style="list-style-type: none"> 100% complete 47 participants <ol style="list-style-type: none"> 32 from within School District 15 from outside of School District 	<ol style="list-style-type: none"> Target Achieved 100% complete Target Achieved 47 participants (plus 1 more mid-week) <ol style="list-style-type: none"> Target Achieved 32 students from School District No. 57 Target Achieved 15 Rotary out of town students
Provide a forum for health care agencies and education providers to collaborate on partnerships that are linked with but go beyond Adventures in Health Care	<ol style="list-style-type: none"> Support the establishment of new partnerships between agencies on health care, education or Adventures initiatives 	<ol style="list-style-type: none"> new partnerships 	<ol style="list-style-type: none"> Target Achieved in Year Three <ul style="list-style-type: none"> - Northern Medical Program participating in day 3 program as well as supporting financially. - Rotary Hospice House included in day 1 evening tour - FN module provided by NH Authority
In the future, pursue sustainable Rotary Health Care Bursaries/ Scholarships at CNC and UNBC	<ol style="list-style-type: none"> (Future) establish Bursary Programs 	<ol style="list-style-type: none"> Have at least 1 meeting to discuss Bursary Programs By 2019, have a Bursary Program in place 	<ol style="list-style-type: none"> Target Achieved Have discussed Bursary Program during Collaborating Agency Meetings and with the School District 1st Bursary Awarded in January, 2019 to Gemma Marchant, Duchess Park Graduate, attending UNBC in medical studies

2.4 Estimated Expenditures

The estimated actual expenses provided with Table 4 are based on billing as of July 31, 2019. The estimated actual expenditures also include an estimate of travel costs paid by District 5040 Rotary Clubs to have out of town student participants travel to and from Prince George. Direct costs for and meals paid by the collaborating agencies and Yellowhead Rotary are not included.

Table 4: Estimated Actual Expenses

	Estimated Actual
Transportation to Event (13 of 21 Rotary participants)	\$7,216
Meals and Entertainment during Event	6,771
Accommodations during event (24 students)	3,304
Information Packages/Marketing Materials	1,180
Administration	239
Bursary	1,000
Clothing for Participants	815
Miscellaneous	767
Total	\$21,295

The overall costs for the Program were reduced through:

- Use of NH, CNC, UNBC, SD 57 and AiMHi facilities for the Event
- CNC, NH, AiMHi and Rotary Yellowhead sponsorship of meals
- Use of School District No. 57 facilities for student interviews and office supplies for application packages
- Special rates for local transportation and meals

2.5 Funding Sources

The funding for Adventures in Health Care includes funding from District 5040 Rotary Clubs paying for transportation and participant fees, collaborating agency sponsorship of event meals, transportation and residence and Yellowhead Rotary Meal Sponsorship. Table 5 provides a summary of financial contributions.

Table 5: Summary of Financial Contributions

	Actual Funding From Sources
Student Program (Registration and Hosting) Fees	9,000
Collaborating Agency Direct Funding	4,000
AiMHi Transportation	984

Northern Health – Program printing in house	449
Collaborating Agency Direct Payment of Meals	7,120
Yellowhead Rotary Thursday Lunch Funding	918
Total Anticipated Funding	\$22,471

The estimated deficit (Funding less Expenditures) will be covered from the reserves of the Adventures in Health Care program surpluses from 2017/2018. Any current or future Adventures in Health Care surpluses or deficits will be managed by the Rotary Club of Prince George Yellowhead.

2.6 *In Kind Volunteer and Agency Staff Support*

Note that the financial estimates exclude the in-kind, volunteer and agency staff hours effort that was invested to oversee and deliver the Adventures in Health Care Program and Event, develop and market the Program, participate in the application development and student selection process and pick-up/drop off out of town students at the airport. *The Adventures in Health Care Program would not be a success without this volunteer and staff time invested by all agencies and Yellowhead Rotary.*

3 LOOKING FORWARD

3.1 Suggested Improvements from Students

During the Adventures in Health Care event, the student participants were asked to provide daily feedback and within the responses were a number of suggested improvements:

2019 recommendations

- More vegetarian for dinner would have been nice
- More hands-on, fewer presentations
- Take more time to allow students to absorb all the information
- Provide an explanation of how evening activities might fit into overall event
- Shorten the day
- Ensure adequate fruit for breakfast
- More time spent on career information
- More time for socializing

3.2 Suggested Improvements from Agency Representatives

During the June 12, 2019 post event meeting, agency representatives offered a number of suggestions to improve the Adventures in Health Care Program. The suggested improvements are listed below:

- Continue to search for relevant evening activities that link to health care
- Establish standards for health and diet restrictions on registration forms
- Tour of UHNBC and CNC to showcase different clinical areas
- Look at two media stories (Event and Collaboration)
- Examine vegetarian component of meals to see if there are opportunities for improvement
- Involve more Rotary volunteers at the event to support daily needs of students, emergencies, etc.

3.3 Proposed 2020 Event

During the 2019 post event meeting, an outline of the proposed event for 2020 was developed.

- Event: early May, 2020
 - a. Date to be determined fall of 2019
- AiMHi, CNC, UNBC and NH all host participants for a day (similar to 2019)
 - a. Look to increasing NMP participation
- Continue to seek Grade 10/11 students for the Program
- Continue to focus on clinical education/careers during the Event
- Capacity of students to be no more than 48 based on feedback from 2019

APPENDIX 1: PARTICIPATING ROTARY CLUBS

Sponsorship was limited to one student per organization in 2019

1. Rotary Club of Williams Lake
2. Rotary Club of Prince Rupert
3. Rotary Club of Terrace
4. Rotary Club of Smithers
5. Rotary Club of Fort St. John
6. Rotary Club of North Vancouver
7. Rotary Club of Pender Harbour Madeira Park
8. Rotary Club of Peachland
9. Rotary Club of Prince George-Nechako
10. Rotary Club of Quesnel
11. Rotary Club of New Westminster
12. Rotary Club of Prince George – Yellowhead
13. Rotary Club of Bowen Island
14. Rotary Club of Powell River – Sunrise
15. Rotary Club of Mackenzie
16. Rotary Club of Steveston
17. South Peace SD 59
18. Rotary Club of Chilliwack – Mt. Cheam
19. Rotary Club of Prince George

APPENDIX 2: 2019 EVENT ACTIVITIES AS SHOWN IN THE ADVENTURER BOOKLET

ADVENTURES IN HEALTHCARE

Presented by  Rotary Club of Prince George Yellowhead

DAY ONE – AiMHi

Monday, May 6, 2019

8:00 a.m. All students to gather at U.N.B.C. bus stop in the drop off area at the university entrance and then transported to AiMHi

8:30 a.m. Arrival at AiMHi for breakfast .

09:30 – 09:50 General Overview of AiMHi—*Students will see a variety of different jobs and be able to identify some of the skills required for employees of AiMHi. They will have an opportunity to meet a number of people and get a feel for what it is like to work in Community Living - providing supports and services to both adults and children with varying support needs*

09:50 – 10:00 Assign Students to their session guides & hosts

10:00 – 12:00 (Morning Session):

Residential homes—Students will meet people living in the homes and the employees that work with them.

AiMHi booths—(covering day services, finance, HR, Home Sharing & IES). We will share information and have fun & interactive activities at each area. **12:00 – 13:00** Lunch Café—Discussion about morning

13:00 – 15:00 (Afternoon Session) – Departments and Booths

15:00 – 15:15 Convene in Gym

15:15 – 15:30 Health and Wellness – Health Services Director

15:30 – 16:15 Human Resources, Volunteer Opportunities, Q & A

16:15 – 16:30 Wrap-up

1630-530 Dinner

17:45—Bus to Rotary Hospice House

19:45—Return to UNBC for parent pick up or return to residence

ADVENTURES IN HEALTHCARE

Presented by:  Rotary Club of Prince George Yellowhead

DAY TWO—COLLEGE OF NEW CALEDONIA

Tuesday, May 7, 2019

- 8:00 a.m.** Students to gather at UNBC Bus Stop/Ceremonial Loop
Quickly walk to breakfast @ UNBC hosted by Rotary
- 8:30 a.m.** Bus to C.N.C.
Arrive at CNC between 0845 and 0900: Meet in Small Cafeteria on First Floor
- 0900 – 1030** 1st module
- 1030 – 1100** break and move to next workshop
- 1100 – 1230** 2nd module
- 1230 – 1330** lunch in CNC cafeteria sponsored by CNC Student Services
- 1330 – 1500** 3rd module
- 1500 – 1530** break and move to 4th workshop
- 1530 – 1700** 4th module
- 1715 – 1800** Dinner at CNC sponsored by Student Services
- 1800 – 1930** Low-key activity (being organized by CNC Student Services)
- 19:45**—Return to UNBC for parent pick up or return to dorms



ADVENTURES IN HEALTHCARE

Presented by  Rotary Club of Prince George-Yellowhead

DAY TWO—COLLEGE OF NEW CALEDONIA

Module #1

Medical Radiography Technologist – Medical Radiography X-rated Exposures

- Participate in an X-ray experience
- Manipulate and expose an avatar and our life sized human specimens
- Review X rays to see what is right and what is wrong

Continuation of Module #1

Sonography

- Have the students participate in scanning each other's easily identifiable organs (gallbladder, kidneys, etc.)
- Scan Eva (our OB/GYN Simulator) to get exposure to obstetric scanning
- Review how ultrasound works and the different applications of the modality
- Do live demonstrations of more complex scanning (cardiac)

Module #2

Dental Studies – Dental assisting or dental hygiene

- Manipulate dental materials; create an imprint of your thumb and make a plaster thumb model to take home
- Take dental x-rays using traditional film and digital technology
- Experience placing a rubber dam, and using a variety of dental assisting and dental hygiene instruments on a mannequin
- Mix and place temporary filling materials on a mannequin tooth
- Use a mirror and Vel Scope technology to explore the oral cavity

ADVENTURES IN HEALTHCARE

Presented by  Rotary Club of Prince George-Yellowhead

DAY TWO—COLLEGE OF NEW CALEDONIA

Module #3

Medical Laboratory Technologist – *Learn what happens in a hospital laboratory*

- Determining your blood type
- Tell the difference between a cancer cell and a normal body cell
- Extract your own DNA
- Take blood from a dummy arm
- Learn about micro bugs

Module #4:

Nursing – *A career in nursing can be many things (Health Care Assistant; Registered Nurse, Specialty Nurse; Nurse Practitioner)*

- Work with mannequins to practice skills such as wound care, dressings, and cast care
- Work with each other to learn how to check pulses, blood pressures and oxygen levels
- Find out how eyesight and hearing tests are done
- Real life case studies to learn about diseases.

ADVENTURES IN HEALTHCARE

Presented by  Rotary Club of Prince George Yellowhead

DAY THREE - UNIVERSITY OF NORTHERN B.C.

Wednesday, May 8, 2019

Workshop #3: **Anatomy and Physiology** - a hands-on workshop with models and dissection in the Health Sciences Anatomy lab



Workshop #4: **Gene School** – students extract DNA and learn about genetics

Workshop #5: **Northern Medical Program**- “training to be a physician”

Workshop #6: **Chemistry in Pharmacology:** Lab in which you explore chemistry to assist the body – basis for Pharmacology.

Workshop #7 **Cultural safety and respect in healthcare:**The goal of **cultural safety** is for all people to feel respected and **safe** when they interact with **the health care system**.

After supper, we will have a team challenge with guest Rotarian judges. See if your case wins!

ADVENTURES IN HEALTHCARE

Presented by  Rotary Club of Prince George Yellowhead

DAY FOUR — NORTHERN HEALTH AUTHORITY UNIVERSITY HOSPITAL OF NORTHERN BRITISH COLUMBIA THURSDAY, May 9, 2019

8:00—Students to gather at UNBC Bus Stop/Ceremonial Loop, breakfast at UNBC hosted by Rotary

8:45 am Bus to University Hospital Of Northern British Columbia Learning Development Commons

9:00 am – 9:15 am Welcoming address from David Williams – Vice President of Human Resources for Northern Health

9:15 am – 10:15 am Simulation of a Norwalk virus outbreak management scenario with Northern Health public health inspectors

10:30 am – 11:30 am Northern Health Recruiters will break the attendees into small groups to provide Healthcare Careers counselling

11:45 am – 1:30 pm Attendees walk to the Coast Inn of the North for lunch hosted by Rotary

1:45pm – 4:30pm The attendees will rotate between several medical simulation session. Speech Language Pathology/Audiology, CPR, Intubation, Intravenous Insertion, Physiotherapy, Occupational Therapy and Nurse Practitioners

4:30pm – 5:45pm Wrap up dinner in the UHNBC Learning Commons

5:45pm Students flying home tonight will go directly to the Prince George airport to board their flights home. Luggage will be kept onsite behind locked doors and brought out at 5:30pm

5:45 p.m. All other students board bus to return to UNBC

6:00pm Pick up of Prince George students and out of town students driving home tonight at U.N.B.C. bus stop while out of town students

APPENDIX 3: STUDENT SURVEY RESPONSE SUMMARY

May 6, 2019

Host: AiMHi

Meals

Everything was great

Meals were good...

The meals were amazing.

The breakfast was really good.

The meals where very good

I prefer healthy meals

make dinner at a later time, still full from lunch

Good meals. Could be healthier

good food, dinner would be better later

Good have healthy choices not just vegetarian choices

The food was good. I don't think there's much to improve on.

The meals were very good thank you walter

The meals were good! Much better than the dinner provided on the Sunday night. I feel the itinerary was not eventful enough.

The meals were fine.

The meals were decent

All the meals were good

Good.

Meals were good but I would have liked a more fruit based breakfast.

Good fruit

Meals were good

Meals were great

The meals were all delicious! No complaints.

Yummy:)

They were great I could not improve them!

Maybe a salad option for dinner to go along with the burgers

Really good food. Loved the snacks and the fact water was always available

Yum

Maybe not Carls jr. again because everyone got sick. Burgers were great but not Carl's

The meals were good

The diner that was Carl's jr was not that great.

Breakfast was good

Meals were good, i didn't really like lunch

really good meals, no need for improvement

No eggs. Or put salt and pepper on the eggs

good, dinner wasn't healthy

The itinerary was very engaging. I enjoyed all of the activities, especially getting to go out into the community and experience what it is like to work for AIMHI. The meals were all really good.

Good I loved the pancakes

The meals were great.

good

They were good

I enjoyed the meals,they were well made. I enjoyed the broccoli and chicken casserole dish a lot that was one of my favourites. Pancakes were good too. All the salads were very very good- my favourite one was the bacon.

The meals were very good. Thank you for making an effort to avoid nuts and peanuts in the food.

Program

What was the highlight of the sessions/activities?

Chatting with people

The interactive booths

The highlight was the booths and the budget activity.

The residential care worker experience

The houses

Seeing people home and lives

therapy dogs

Seeing the dogs and the care homes

i liked the children's care booth the best

The kentic sand

Going to the houses and seeing how they operated.

Learning medication dosages

I enjoyed the house visits and the therapy dogs I would have to say!

Going to the rotary hospice.
 House visits and booths
 Going to the group homes and meeting the people working there as well as the people living there
 I enjoyed the booths and going to the Genevieve house.
 The group homes were a highlight.
 Childcare services booth
 Learning about aimhi and all the things I didn't know about
 Going to the resident homes
 I thoroughly enjoyed going to the group homes and seeing the community first hand! Being able to interact with not only special.
 Bunny
 Bunny :)
 The booths
 Going to the houses and hospice and getting to see the people in their environment as well as those who help them. It was
 Bunny
 Probably the job booth, because it really showed how fast money goes
 My highlight was going to the autism home for children, it interested me because I want to go into a job with children and
 Seeing the service dogs
 The booths
 i got a better understanding of the challenges that people with disabilities face
 House visits
 Going to the group homes
 The highlight was getting to go out into the community & engage with clients in group homes.
 Going to the ami hi houses
 I really liked visiting residential care houses.
 the houses
 Going out to the community homes
 Meeting people with disabilities and seeing how care workers have such a big impact on their lives and the bonds that they
 The touring of the booths. We got to see many different aspects of what Aimhi does for the community.

May 6, 2019

Evening Event: Rotary Hospice House

It was enjoyable
Informative
It was informative.
Great
Great
Very informative
very sad
Not there yet

informative but sad
Good
It was a good experience.
It was very eye opening
I really enjoyed getting to see the hospice house! It was a very meaningful experience.
It was the best part.
Interesting
It was interesting and gave a better idea of what it's like to work in a hospice house or that kind of work environment
It was very eye opening.
I found the hospice house very peaceful, and I thought it was a great experience. I thought the tone given was fantastic, but , maybe a tour of the grounds would have been nice.
Good
Great
It was good, went by very fast
The hospice house was such a special experience! The staff, guests, and family were all so kind, and I got a thorough understanding of the life working in hospice.
Sad
Very imformal and have a good overview
Good, but a little too long
It was a good end to the day. Found it very sad but I'm proud of what some people of the pg community do. It made us really think about the caring aspects of healthcare.
Sad
It was really fun. It was my favourite there
The hospice house was interesting and a nice relaxed way to end the day
It was okay, we sat around waiting for the other groups a lot which put a downer on the experience.
Really cool to see how it worked and the community there
it was a really nice experience and i learned a lot
Exciting
low key
The Hospice House was a very real experience. I had never been to the Hospice House before and found this experience very beneficial to learning about all aspects of the healthcare community.
Great
I never ever heard of the word hospice but today I walk out with full knowledge.
fun
Too long
Fascinating! it was my favourite part of the day because i had never been there before and it gave me new insight. It was very calm and homy and seeing how calm and peaceful the

residents living there were made me feel welcome to be there. Also liked hearing a few of their stories

It was good to see a comfortable place where people can go who need help other than the hospital.

May 8, 2018

Host: CNC

Meals

They were decent

chop up the hunks of meat in fajitas

good food

The meals were very good! I found the sauce that was white for the pasta was a bit plain however, other than that fanta

The meals were really good. I.dont think there was much to improve upon

Instead of one food item give sides ? I loved every meal

The meals were good.

The food was good. I enjoyed the snacks. Salads are always a good and light alternative.

The meals were very good but the only thing that might be better was a salad at dinner.

They were okay, nothing too special. There wasn't much for options.

The meals were good.

The meals were good

Good

Wider range of selection

Meals were good, more veggies

They were good.

Dont have the pasta dinner made me sick but have the burritos they were really good

They were good.

More vegetables

The meals where really good

really good meals

Dinner was okay. Maybe less pasta.

Fine meals

Meals were good, nothing to change

Less meals

The meals were really good. I liked the wraps at lunch.

More variety with the drinks

Good

Very good! No complaints at all!

Good

The meals were in good quality.

good

They were good

No complaints: the burritos were very good

The meals were very good. For breakfast, mass produced scrambled eggs have never worked in my experience so eggs a idea.

Program

I loved the nursing and lab modules

nursing module

i liked the nurse module

Definitely the Dentistry and the Nursing was the highlight of my day! I enjoyed the hands-on experience it provided and really made me think about what I want in a future career.

The medical laboratory technologist module

Definitely the hands on work

Going to the dentistry module.

Getting to do stuff hands on as well as getting to take stuff home to remember our experienced such as the finger molds and ultrasounds.

I really liked the hands on work at each of the departments.

Getting a sonogram

The nursing station.

I really enjoyed rotating through the labs in medical laboratory technologist.

The nursing module

The interactions in the radiology and Sonography

Nursing was the best

Learning more about the different programs.

Transfusion medicine station in the med lab

Nursing. It made me realize it might be something I want to do.

Interactive exploration of careers

The nursing was really cool

lots of hands-on experience

The lab module

Sonography

The sonography and nursing

the nursing activity

I loved the x ray session. It was very engaging and the case studies were fun.

The med. lab with the microbiology and transfusion stations as well as drawing blood from the dummy arm

Learning about nursing

I loved analyzing cases in the Radiography lab.

Building the dream catchers

I liked the sonography module.

all of the above

Most of the activity were hands on

Moving around and my favourite activity was sonography and breathing in to find pur kidneys gall bladder, and even our hearts

The sonography section, I got to see my organs!

Evening activity – Dream Catcher

It was difficult

good

alright

It was good! Just required more explanation I would have to say!

It was good, calming yet stressful at the same time

It was very enjoyable I just didn't fully understand how to properly achieve it

Good. A bit frustrating at first but became very fun and relaxing. Nice way to end the day.

It was somewhat stressful at first but i believe that was all our built up tension and stress getting out of our systems. Once we either got the hang of it or just went creative with it, I personally felt a lot better and more relaxed.

I really enjoyed the activity and I learned something new.

Not overly enjoyable. The ten minute breathing was not good.

Very relaxing.

It was a good way to relax and meditate.

Relaxing

It was harder to concentrate seeing it was the end of the day but other than that it was interesting

Relaxing

It was fun.

Its we good it was betterthen sitting and looking someone talk

Random. I didn't understand why we were doing it.

Relaxing

It was good just when the mediating was really weird

it made me feel really tired and frustrated but otherwise it was fine

Relaxing.

Terrible. I just want to go home

Good

Unrelated to health care

The evening activity was fun & relaxing.

It was a calming and fun activity and a good way to end the stressful day

It was calming

Amazing! I always love learning about another culture!

Good

It was nice.

fun

A little stressful

The breathing made me more tired because we had to close our eyes for a while. It was relaxing at first then I got bored of it because it went on for a bit too long if I'm being honest. I enjoyed learning a new crafting skill by making the dreamcatcher. Quite the challenge at first but simple once you knew what you were doing. It was a good way to wind down and relax our minds but I personally didn't see how the activities related to healthcare. all in all it was good though because I experienced something new, and saw everyones creativity and hand skills being put to work when doing this activity.

Kind of confusing, but it was nice and low-key so nobody had to expend a whole lot of energy.

May 9, 2019

Host: UNBC

Meals

The pasta was very dry and needed salt.

The meals were okay. Pizza was a little greasy maybe get a different type.

No Eggs next time

No eggs

Pasta was somewhat dry and maybe could've used some salt. Really liked the salad and pizza.

The meals were fairly good! I liked how healthy they were for the most part! No more pasta please!

No pizza its was too greasy

Better vegetarian dinner

They were really good

Good, nothing to improve

They were all good

They were okay, nothing special.

Cook them better

Not the best

The meals were great

Good

good meals

The meals were decent. More pizza would have been nice

The pizza was pretty good, dinner was great

For lunch it would have been better if there was a healthier option

They were fine.

The meals were really great. The dinner didn't have a vegetarian option though.

Make sure that all of the orders are correct

Good just no more eggs

Very good

Good

They were good. Not much to improve on theresa a lot of people and I think that everything is always good because the

More options

Amazing, as always!

good

good

The meals were delicious.

The eggs were gross at breakfast

good

No eggs for breakfast

The meals were good. The only thing I would change is the amount of ice that was in the sodas because they were quite delicious:)

No scrambled eggs! Otherwise the food was good.

Program

I really liked the psychology module.

The pharmacology module.

Med lab

All of it

I liked getting to do stuff hands on like the aspirin lab

I really really enjoyed the northern medical program. Getting to inflate the cow lungs and putting in the breathing tube

Shocking myself

Med school when I touched the dead cow

Psychology

The brain module

Definitely the sheep brain and cow lungs

Being in the nursing unit.

Seeing the cow lungs and heart.

Nursing and Med school sessions

The electric pulse machine

The brains

chem lab

Training to become a doctor- northern medical program

Holding the cow lung!!

I highlight was the amount of hands on activities and the variety

The psychology module.

I loved the Northern Medical Program session. It was very engaging and plenty of my questions were answered.

Going to the med. lab and seeing the cow heart and lungs or touching and looking at the sheep brain and learning about

Physio

I loved seeing everything in the northern medical program lab, I hope to be there one day

Getting toy diseases from the med lab and creating dream catchers.

Making aspirin.

Talking to the physiotherapist

I loved learning more about Physiotherapy, and talking with the teacher about opportunities for myself!

cow heart and lungs

the brain module

I really the chemistry lab experiment.

Looking at the sheep brain and cow lungs and heart and making the aspirin in the chemistry module

psychology

The medical lab was very hands on and fun

I enjoyed talking to a few of the UNBC students because they gave a lot of insight since that milestone is soon approaching.

I liked the hands on activities (making aspirin, muscle twitcher, cow lungs and heart, intubation, handling brains, etc.)

Evening Program:

Forest Fire Evacuation Challenge

It was a lot of fun to come up with an idea and work on it with the group.
It was just okay.
Good
Physio therapy
It was ok. I found that my teammates constantly fought and got off topic. It ended up being a group of three actually doing the work.
I really enjoyed it! It was a good challenge to work with others to make an idea everyone agreed on
I was to tired to really participate
Awesome I loved it
It was an amazing activity
Boring
Very fun
It was confusing on why we did it because it was not relevant to health care. However it was fine.
Really fun. Loved that
My team didn't work very well together.
Not enough time or specific info
good
decent
It was ok but didn't have much to do with healthcare. It kind of felt like a business class.
It was challenging but good because it got the whole group talking
It was good but I wasn't a fan of the judgment.
The challenge was difficult, but it did help improve our team work skills.
The evening activity was really fun! It made us work as a team and challenged our creativity and problem solving skills.
It was a good way to work together and meet some new people you maybe hadn't talked to as much throughout the day or program
Good but weird in good way
It was a little boring
Great
Ok but the team I was in lost, still fun though.
intriguing
It's was really fun! Would have liked a more Healthcare related scenario though.
fun
boring
It was exciting.
I feel that a different scenario would be better
fun
Should be more medical related, like having a patient case and solving it
It was nice working with other people because that is a life skill you need to have. I enjoyed communicating my ideas as well as listening to other people and their feedback.

Very cool to see what other people thought of to help evacuees.

May 10, 2019

Host: Northern Health

Meals

MORE MEXICAN FOOD

Lunch was very good. It seemed like a home cooked meal which was nice.

good

The meals were well planned. More fruit.

They were good.

Lunch was really good

It was okay but it could improve

boring

They were okay. Breakfast was not good.

breakfast was not great and lunch could have been better

I was not a fan of the wraps but that is a personal opinion.

I don't know.

Really really good

The meals were great! I felt that it had some really healthy option. Almost too much food!

This lunch meal was the best of them all.

I got a bit sick from the lunch

I think they were pretty good, I think maybe less fast food would be beneficial

They were great

Breakfast wasn't that good but the other meals were good

All the meals were really good

ok, more options

No eggs, the vegetarian meals could be better

Get rid of the eggs at UNBC

Loved the meals, thought the grated mango was cool on the fruit salad and chicken was super good; maybe a sauce like barbecue would have been good to serve with the chicken. Just needed more ice tea during dinner, it ran out quick within the first 10 people but it was all good because there were water bottles there too.

The meals were really great, I would have liked to see more quinoa salad it was really good.

Very good food. Please do not use nuts in desserts when there are people with severe nut allergies.

Program

THE GIRLS

Putting in the iv.

i learned about all kinds of occupations

The highlight was inserting the tubes and iv.

Putting in an IV.

Everything

The speech therapy was fun

small group northern health recruiting counsellors

Successfully putting an IV in by myself.

Northern health recruiters counselling

Interacting and doing the procedures

Taking the blood and working with life like dummies.

Putting in IVs, speech language pathologist

I really enjoyed getting to speak with some of the recruiters! That really opened up my eyes to reality

Me trying desperately to do a very failing CPR on a mani can.

Having a success in the intubation and Ivy's

Talking to the recruiters from northern health

Completing an intubation

Talking to others and being exposed to more careers

Learning how to intubate

IV training

Hands on stuff

Respiratory

Having the group circle with recruitment because they had a lot of beneficial advice and I felt like I had all my main general questions answered well in that time alone compared to CNC and UNBC where we were sort of restricted to only asking questions about what were we being taught. We discussed briefly what everyone wants to do when they're older and what drives them to pursue that profession, which gave me more insight and led me to thinking about even more options -not just what I initially had in mind entering the program. Overall, the group circle was superrrr helpful to me. Carol was really good at motivating and inspiring all of us to continue to pursue our passion in healthcare, and not get stressed thinking about the amount of years- rather the light at the end of tunnel which was really reassuring to hear from the health care professional we were chatting with.

The counselling was the best part because I got all my questions answered and learned a lot more about not only the programs needed for the career but also how in demand that career would be.

The medical careers that we got to be hands on with (IV, CPR, intubation)

Favourite Module/Simulation

Putting in the iv

incubation

Intubation

The one where we intubated the models.

Intubation

The speech therapy

IV

IV

IV simulation

Speech impediment

Taking blood from the fake arm
Speech Language Pathologist
CPR, the breathing stations
All of them
The cpr, Ivy's and intubation
Airway management
Intubation
Cpr, speech pathology and the iv insertion
Running the IV
IV training
Taking IV's
CPR, Speech Pathology, Respiratory
CPR and Speech Pathology
I really enjoyed the intubation station, it was very rewarding to get it right.
Intubation, respiratory issues

Other Comments:

- Loved the hands-on activities (x 4)
- Simulations rocked I learned I want to be nurse practitioner
- Learning how an err is run
- Case study was an eye opener
- Simulations were the best (x 3)
- Great to see everyone involved
- I finally figured out what I want to be!!!!
- Northern Health information told me what I wanted to do!!! Thank you!
- LET US SLEEP IN
- Talk less.
- more upbeat sessions
- Have less breaks and more tighter schedules because it sometimes was too long for an activity.
- Not much it was good.
- Nothing
- No talk about forestry
- shorter environmental guys play
- You could have had better meals, no aboriginal activities because we didnt sign up for arts and crafts we signed up for health care.
- i didn't like the skit put on, dragged on too long
- Nothing it was a good day
- Bring a surgeon in.
- Everything was good today
- Spread out the stations a bit more. Then we wouldn't be so far ahead

- I thought things were just right.
- Healthier food
- I think that the first day could have been broken up more or had different feilds integrated into it. The whole day being at aimhi was quite tiring compared to the other days
- More activities or a tour of the university
- Break up the lengthy times that we are sitting for
- It was all done fairly well
- ntohing
- Nothing
- Improved the breakfasts at UNBC
- It would of been interesting if it was possible to meet with the physicians and see their white coat
- The presentation in the morning was a bit boring.
- Nothing, today was my favourite day.

Adventures in Health Care – Overall Participant Feedback – 2019

1. Did the Adventure in HealthCare event meet expectations?
 - a. Yes (47)
 - b. No (0)

2. Comments

It was very enlightening and made me realize I have so many options and how to get there.

it was an amazing program. i'm extremely grateful for it and all of the wonderful people i've met. i would recommend it to anyone with an interest in health care.

The overall adventures in healthcare was informative and a great way to learn about future careers. I am glad I came. Although I am still unsure on what I am going to be, i know know more about the different opportunities in the healthcare field and know it is definitely something I want to look into more. It showed me that there were more options then what I thought originally. Thank you for this opportunity it has been an amazing experience and I am so happy it is available for people because I know it has helped me and it can help others to.

It was amazing.. very very very fun

It was amazing food could have been better and have more salt and more hands on activities

helped me find my path and confirm programs and schooling routes in order to get there

it's was good, the food could have been better but feeding 47 kids is not easy.

fun, informative program. some parts were boring (too much talking) but the hands on stuff was a lot of fun

I severely recommend it I had so much fun, it was informative and entertaining at the same time

It was an eye opening experience and I made some good friends.

It has been amazing, met some awesome people and the hands on experience and information was really great

I had such a blast! Getting to know different people and learn what I am really passionate about is beyond words! Really this is a memory I will look back on years from now

I am glad I was a part of this program because it opened with my eyes to full see all the different opportunities I have in the field of healthcare in BC

It was a great experience, and I had so much fun. It really opened my eyes about all the jobs you can take and where they can all take you

This program was WELL worth my time, I learned so much and I feel much better prepared to pursue the career that I am passionate about.

I'm so incredibly blessed to be apart of this program, thank you for such an amazing program

I feel that it was very worthwhile and gave me exposure to careers that I hadn't thought of before

Overall the Adventures in Healthcare Program was amazing. It gave me a very good idea of the different types of medical careers and opened me to new ideas of what I wanted to do. I met new people that had the same interests as me and made lots of new friends.

It was a fun program, made lots of new friends and learned a lot of interesting things

It was good , helpful and made me realize that healthcare was more vast then I thought

Fun, and loved it

Adventures in Health Care was a great experience to figure out what i want to do and i think i got a lot out of the program snd indeed- I am more confused. I hope to see these people again in the future,

hopefully seeing them in the health care field pursuing their passion. I will miss the out of town friends I made the most. I think the program was informative and really had me considering more careers i would of never thought of before. The only thing i would have wished is that there wasnt repeat during the UNBC and Northern Health Day because we at Northern Health we had already done some of the modules that we did the previous day at UNBC like Incubation the needles and Physio. I would have wished to have seen a few more health care fields because I thought Nursing and physio- although they are very popular- I found those 2 kept repeating the same information a lot so maybe it could have been better to have gotten a few more different and popular professions in with the time that we had.

Just an idea- maybe when you have people apply for the program have people list as many health care professions they are interested in as they can and when the applications are being read you can make a list of what each person wants to learn about and see, then add in to the program what the most popular professions people wrote down were so it could be incorporated it to the program that way.

I thank you Ron, and the rest of the Rotarians- AimHi, CNC, UNBC, and UHNBC for the opportunity. I had a pleasure attending the program and I confirmed through this program that health care is where I want to be.

It was a really great experience, I learned so much and am now considering some of the careers I learned about.

It was the best opportunity I have had so far to specifically explore careers in health care
