



Speaker Guide



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CONGRATULATIONS

You are about to embark on an exciting and rewarding experience. Thank you for agreeing to be a presenter at “Scrubs Camp”. We hope that you thoroughly enjoy your time with the students. Below is information you may find useful as you prepare to address the Camp. If, at any time in your preparations, you have questions or concerns, please feel free to contact your Camp Site Coordinator.

WHAT IS SCRUBS CAMP?

Scrubs Camps are one-day, hands-on health career exploration opportunities for high school students. Students will learn about the wide variety of health careers that are available to them through lecture, hands-on activities and discussion. Scrubs Camps are offered in various locations across South Dakota throughout the school year.

The Scrubs Camp is a day-long event where students will hear from a variety of healthcare professionals who will discuss what they do and how they got into their professions. Students will also have a chance to experience many hands-on activities throughout the day. Scrubs Camp is aimed at high school students who have an interest in entering the healthcare field. Camp Med is the same, but meant for middle school students. These camps are generally quicker with a goal of lasting one class period.

For more information on the camps, visit <https://doh.sd.gov/programs/scrubs-camp/>, contact your local camp Site Coordinator or contact the Office of Rural Health at 605-773-6320.

WHY SCRUBS CAMPS?

South Dakota, like many rural states, is facing a critical shortage of healthcare workers, needing thousands of additional health professionals in the coming years. This shortage will increase as the baby boomer generation ages. The key to building South Dakota’s healthcare workforce is to identify, recruit, train, and retain our own residents.

Scrubs Camp and Camp Med provide an opportunity to raise students’ awareness of the wide variety of health careers available to them: from nurses to radiologic technologists; from dental hygienists to paramedics..... and everything in between.

WHAT WILL THE DAY BE LIKE?

Each camp varies slightly; however, the general format remains the same from camp to camp. Over the course of the day, students will hear from approximately 5-10 healthcare speakers, perform many hands-on healthcare career-related activities and learn more about educational opportunities in South Dakota.

WHAT DO YOU NEED FROM ME AS A SPEAKER?

Plan to devote approximately one third of your total session time to discussing your career specifically; educational requirements, schooling, rewards, challenges, typical daily activities, etc. The remaining time should be devoted to a hands-on activity that is pertinent to your occupation. For ideas and examples of hands-on activities, see appendix 1.

Be sure to communicate your activity plans with your local camp Site Coordinator. This will help ensure that all necessary materials for their presentation will be available the day of the camp. In addition, these conversations will also help to ascertain whether or not your session may require additional permissions or parental notifications.

WHAT SHOULD I TALK ABOUT?

Below are suggestions for topics to address during your presentation. Remember to keep this portion of your session to approximately one third of your total presentation.

- What is your job/formal job title?
- Where do you work?
- What made you choose your career?
- Where did you go to school/train and how much schooling was required?
- What do you do/what is a typical day like for you?
- What do you like best about your job?
- What classes should students take in high school and in postsecondary programs?
- What type of volunteer experience(s) did you engage in?
- What type of part-time job(s) did you have?
- What is your work environment: alone/group, office/open area, sitting/on feet, etc.?
- What challenges do you face in your job?

WHERE AND WHEN ARE OTHER CAMPS HELD?

There are several camps held in South Dakota throughout the school year. For a complete listing of where and when the camps are scheduled, visit <https://doh.sd.gov/programs/scrubs-camp/>.

HOW MANY STUDENTS DO I PLAN FOR?

Each camp varies in size. To best ascertain numbers in your specific camp, contact your local camp Site Coordinator.

HOW MANY TIMES WILL I DO MY PRESENTATION?

Each camp agenda varies by community. To determine if you will need to repeat your presentation, contact your local camp Site Coordinator. Most camps are designed to provide multiple tracks throughout the day.

MAY I BRING OTHERS WITH ME?

Please feel free to bring colleagues, associates, assistants, etc. if you feel they will enhance your presentation.

HOW SHOULD I DRESS?

Dress code is either your typical day-to-day uniform or business professional.

WHAT SHOULD I BRING WITH ME?

Feel free to bring props, equipment, tools, aides, etc. that will assist in your presentation. If you have a question as to the applicability of a certain item, contact your local camp Site Coordinator.

MAY I SEND ITEMS HOME WITH THE STUDENTS?

You may send items home with the students after clearing the item(s) with the local camp Site Coordinator.

APPENDIX 1: HANDS ON ACTIVITIES

Activity	Career*
TB Testing on hot dogs	Physician, Nurse
Making wounds out of fruit roll-ups/honey/etc.	EMT, Paramedic, Physician, Nurse
Smoothie making	Dietitian
Suturing chicken breasts/pig's feet	Physician, PA, CNP
Intubating	Paramedic, Physician
Ultrasounding pregnant woman	Ultrasound Tech
Blood typing	Med Lab Scientist
Blood typing (colored water)	Med Lab Scientist
Otoscope, stethoscope, etc. usage	Physician, PA, CNP
Therapy balls/bands/etc.	PT, OT, Rehab
Filling prescriptions	Pharmacist, Pharmacy Tech
Deciphering illegible prescriptions	Pharmacist, Pharmacy Tech
Wrapping ankles	Athletic Trainer
Making soap/chap stick/hand lotions	Pharmacist
Cauterizing meat	Bio-med, Surgeon
Gerontology exercises (vaseline on glasses, popcorn in gloves, etc.)	PT, OT
Rescue diving	EMT/Paramedic
Mock accidents	Variety
Dental fillings	Dentist
Glo Gel	Nurse, Med Lab
Back boards, cervical collars, stabilizers, etc.	EMT, Paramedic
Delta Dental	Oral Health
Pathology	Pathologist
Taking vital statistics	Nurse, Physician
Calculating medicinal doses	Pharmacist
Reading x-rays	Rad Tech, Radiologist
CPR	EMT, Paramedic, Nurse, Physician
OR tool tour	Surgical Tech, Surgeon
Casting	Physician, PA, CNP
Starting IVs	Physician, CRNA, Nurse, PA, CNP
AED Usage	EMT, Paramedic, Physician, Nurse
<i>*Career listing not all-inclusive</i>	