

Presents

*Pathways for Diversifying and Increasing the Number of Health
Professional Learners in Oregon*

Speakers:

Dr. Eric Wiser, Interim Dir. Oregon AHEC

Meredith Lair, Executive Dir. At Northeast Oregon Area Health Education Center (NEOAHEC)

Shellene Dougherty, BS, M.Ed., Samaritan Health Services

Stephanie Leapaldt, BS, MAT, St. Charles Health System

Hailey Hulse, BS, NEOAHEC

Our top partners



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Oregon

Area Health Education Center

Pathways for Diversifying & Increasing the Number of Health Professional Learners in Oregon

Presentation Description

Oregon AHEC shares how Northeast Oregon AHEC's long-standing MedQuest Health Career Exploration Camp adapted during the pandemic to become the only statewide health career exploration opportunity for high schoolers. Presenters will discuss the lessons learned along the way to address barriers identified by rural, underrepresented and disadvantaged students, leading to modernization of the healthcare workforce pathway. Learn how you can become involved in growing your own healthcare professionals.



Learning Objectives

- Identify the barriers faced by rural, underrepresented and disadvantaged students interested in health careers.
- Apply the evidence to inform targeted interventions to increase the number of students and the diversity in the healthcare workforce pathway.



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Presenters

Eric Wiser, Interim Program Director

Oregon AHEC

Meredith Lair, Executive Director

Northeast Oregon AHEC

Hailey Hulse, MedQuest Camp Director

Northeast Oregon AHEC

Shelley Dougherty, Executive Director

Oregon Pacific AHEC

Stephanie Leapaldt, Executive Director

Cascades East AHEC

What the Heck is an AHEC?

The Area Health Education Center (AHEC) program was developed by Congress in 1971 to support the recruitment, training and retention a health profession workforce committed to caring for underserved populations in urban and rural communities.

The Oregon AHEC is comprised of a Program Office and five Regional Centers. They collaborate to enhance access to high quality, culturally competent healthcare through:

- Develop programming and outreach to introduce secondary and pre-college students statewide to the health career pathway;
- Provide community-based interprofessional and interdisciplinary training to prepare health professional students for practice in rural and underserved communities; and
- Provide Continuing Education and support for the practicing Oregon medical professionals who precept and help guide learners.



Health Professionals & Health Professions Students

Health Providers

Delivering continuing education and information dissemination programs for health care professionals.

Recent and upcoming offerings include:

- ✓ AHEC Preceptor 6-Session ECHO* to build the capacity of Oregon preceptors to provide high-quality mentorship to healthcare learners.
- ✓ Provider Wellness Programming from tendHealth, including: 5-session *Healing In Healthcare During Challenging Times* course, and Wellness Day student intensive.

*ECHO (Extension for Community Healthcare Outcomes), a tele-mentoring program using videoconferencing technology to combine expert presentations with interactive case presentations from participants.

Health Professions Students

Prepare students to provide culturally competent health care to underserved areas and health disparity populations.

AHEC Scholars Program:

- ✓ Community-based experiential training.
- ✓ 422 Oregon health professional learners have participated in the program to date.
- ✓ AHEC Scholar Certification is the prerequisite to qualify for Oregon's Primary Care Loan Forgiveness program.
- ✓ 87% of Scholars plan to work in rural, under-resourced settings.
- ✓ Nearly all former scholars now in practice are doing so in medically underserved communities and/or rural settings.

Pathway Programs Around the State



Career Highlights: Pre-recorded interviews with medical professionals working in careers serving the mental health needs of Oregonians - in collaboration with Oregon State Hospital & Oregon State Museum of Mental Health

Service-Learning Projects: Students have the opportunity to work with professionals providing nutrition classes for underrepresented populations, victims of violence, and resources for families. Information available virtually and in person at the Albany Boys and Girls Club.



Health Occupations: Local high schools job shadow across health system

Diagnosis Day: Rural high school students participate in a hands-on trauma training using a simulation manikin and follow three trauma patients through their care learning about healthcare careers.

Independent Job Shadowing: Students scheduled throughout St. Charles for over 150 hours of shadowing experiences since 2021.

MedStars Camp: In-person Health Occupations week-long camp. Collaboration with Central Oregon Community College.

MedQuest – A Pathway Collaboration

Statewide Pathway for Students

Common Outcomes

Opening Doors for More Students



Resource Sharing

Connection to State & National AHEC System

Bridge Urban Rural Divide

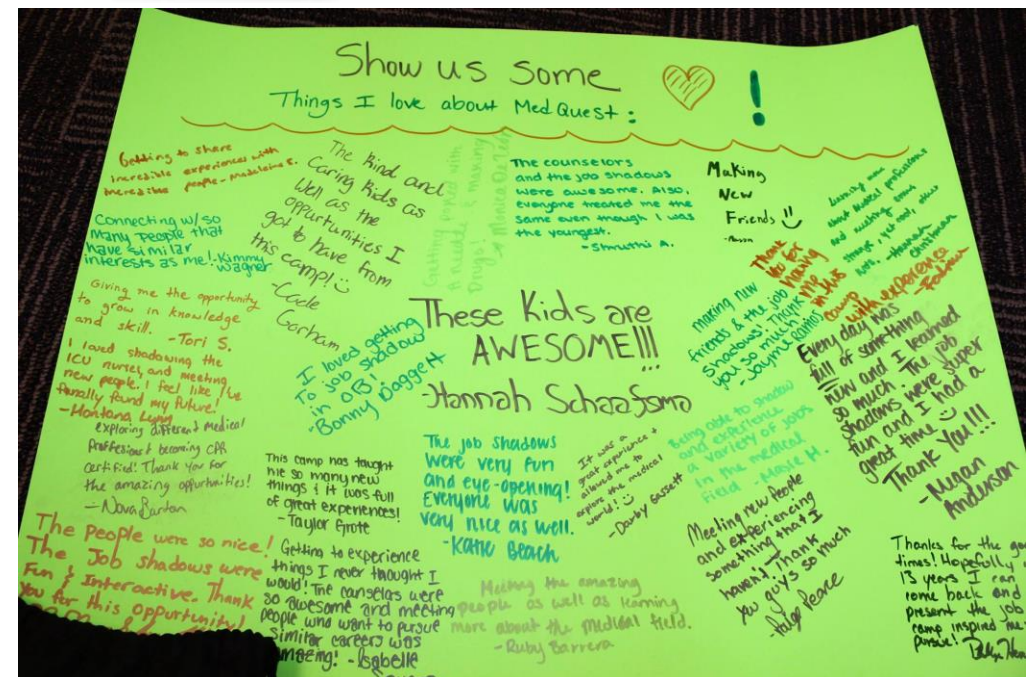


MedQuest – What is it?

- Developed by Northeast Oregon AHEC as early pathway program for rural & underserved high school students in Eastern Oregon
- 30-year health career exploration camp serving over 750 students
- Residential camp at Eastern Oregon University in La Grande with cap of 35 participants each year
- Mixture of individually designed job shadows, hands-on activities, and presentations from healthcare providers
- Mentorship and linkage between students regionwide

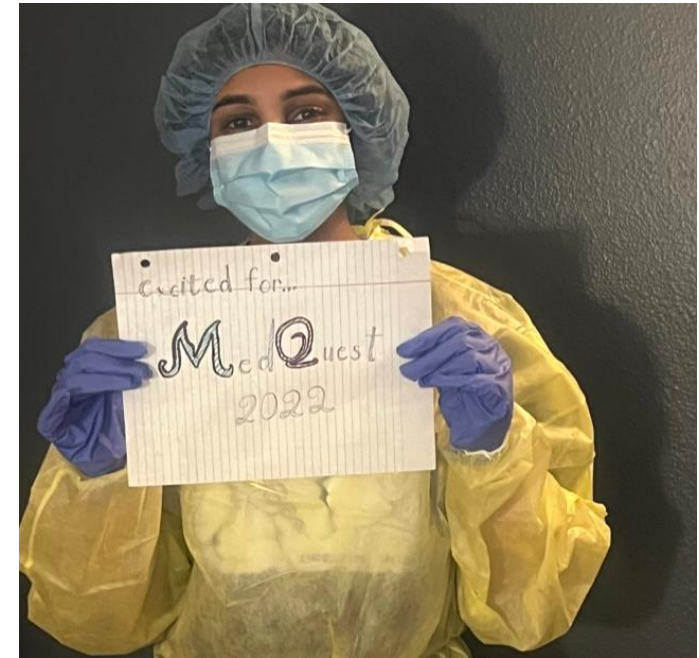


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Adapting During the Pandemic

- Transformation to virtual camp
- Initial adaptation was quick & utilized local resources
- Camp grew in content, structure, participation with statewide reach in its three years of being virtual.
- There was no cap on participants
- Staff received student feedback and adjusted, making improvements to the virtual camp each year



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Barriers Faced by Rural, Underserved & Underrepresented Students

Transportation

Language Gap

Reliable Internet

Low-income Socioeconomic Factors

Access to Preparatory Programs

Decreased Rigor in High School Courses Offered

College Assimilation and Family Support

Personal Characteristics & Self-efficacy



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MedQuest's Expansive View of Health Careers- There is a Place for Everyone in Healthcare

Community Health Workers

Certified Medical Assistant

Certified Nursing Assistant

Dental Hygiene

Emergency Response

Lab

Medical Research

Nurse

Oncology

Optometry

Orthopedic Surgery

Pathology

Physical Therapy

Physician

Psychiatric Mental Health

Public Health

Nurse Practitioner

Physician Assistant

Qualified Mental Health Associate

Transcription

Tribal Health



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Tips & Tools, Mentorship, & Connection for MedQuest Campers

- Scholarship essay writing from OHSU School of Nursing HealthE Steps Program;
- How to Pay for Graduate School from the Office of Rural Health;
- Interviews with current health professions students;
- Hands-on activities (suturing, IV start, blood pressure);
- Connection to AHEC and ongoing resources & support; and
- Mentorship from staff, health professions students & current providers



Snapshot of Statewide Collaboration

Bringing together the best resources from Regional Centers to share with rural, underserved & underrepresented high school students statewide.



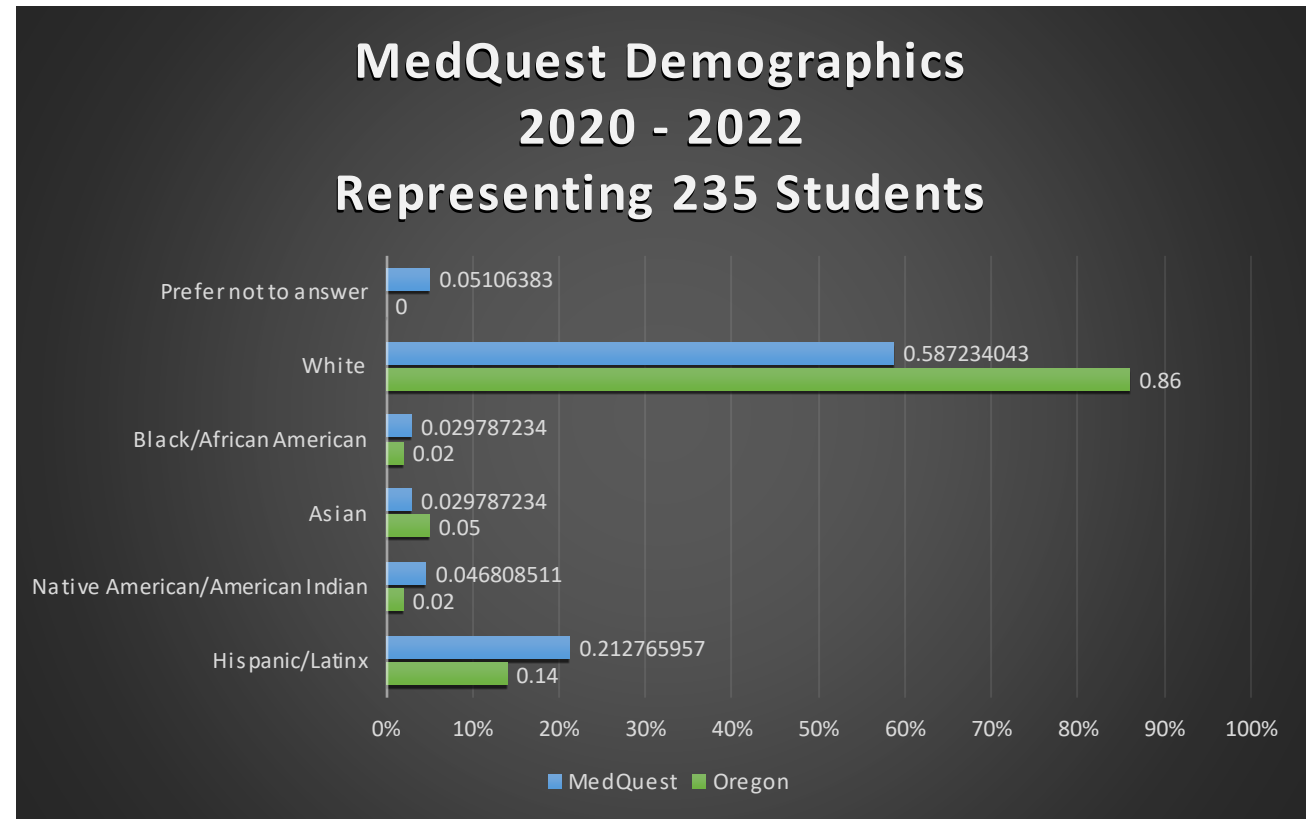
- Oregon Pacific AHEC
 - Lessons on Mental Health Therapy Careers, including Art & Music Therapy
 - Career highlight videos from the Oregon State Hospital & Museum of Mental Health
- OHWI AHEC
 - Videos and supplies for Dental Hygiene demonstrations
 - Videos and supplies about Optometry
- Cascades East AHEC
 - Videos from St. Charles
 - Lab, Pathology, Radiology, The Cancer Center
 - Personal Protective Equipment & Swag
- AHEC of Southwest Oregon
 - Videos of OHSU Student Interviews
 - OHSU Tram Tour
- Oregon AHEC Program Office
 - Promotion and student recruitment
 - AHEC Scholars program administration



Pandemic Lesson: Equitable Access

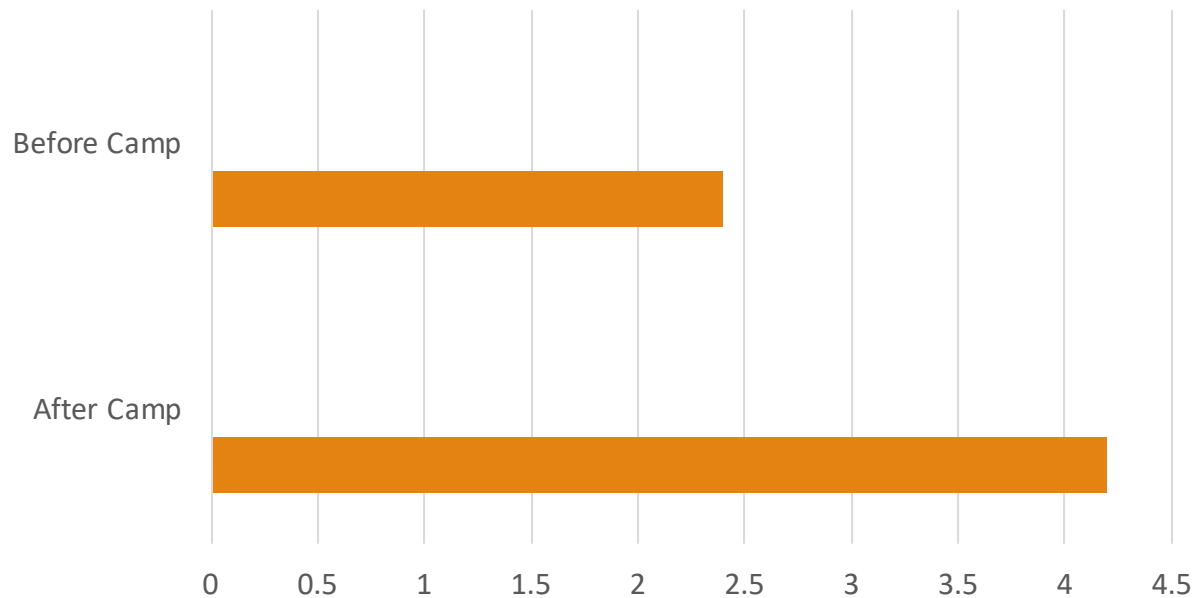
The Future of MedQuest:

- Variety of formats (residential, non-residential, virtual)
- Variety of offerings (during school breaks, summer break, during the school year)
- Variety of locations (urban, frontier, underrepresented minority communities)



What the Students are Saying

How Would You Rate Your Knowledge of Health Careers
2020 - 2022



“I thought that Med Quest was great, it was accommodating when I couldn't attend live sessions and gave a variety of Healthcare careers.”

“My camp experience went very well. I liked how it was very hands on even while being online.”

“Everything was super interactive and we got panelists from all different backgrounds and on different parts of their journeys.”

Next Steps:

- Using the extension model concept, NEOAHEC's MedQuest will emerge from the Pandemic and its virtual existence to pilot statewide expansion growing the number of sites each year.
- Focused growth will occur in underserved and/or underrepresented communities to increase the number of diverse students in the health career pipeline. Sites will be selected based on the ability to contribute to the sustainability of the extension site.

Yessenia Garcia- Sanchez



MedQuest Success Story

Camper



Counselor



**NEOAHEC Board
Member**



Mentor

Getting Involved with AHEC

Growing Your own Healthcare Professionals

- Provide Job Shadows in collaboration with AHEC regional programs
- Assist with student Scholarships for health career camps
- Encourage healthcare professionals to become Mentors



Publications & Resources

Oregon AHEC:

<https://www.ohsu.edu/area-health-education-centers>

AHEC Program Impact:

<https://pubmed.ncbi.nlm.nih.gov/27629933/>

<https://www.ruralhealthinfo.org/rural-monitor/interview-robert-t-trachtenberg/>

National AHEC Organization (NAO):

[National AHEC Organization](#)



Thank You
Questions or Comments



Thank You to All of our Partners!



Workability One

inQuiseek

OHA Oral Health

NEON

Grand Canyon University