



COOL Ideas

COOL Ideas From Scrubs Camps

- Hazen/Beulah “Bucks” as door prizes. The Hazen and Beulah "Bucks" were \$10 checks the students are free to spend in their respective cities for anything at any business. (Beulah)
- First Aid kits given out to each student. (Mott, Steele)
- Hospital/Clinic/Long Term Care tours
- Mock emergencies:
 - Act out a heart attack using a presenter. Participants learned the importance of calling 911, the job of the 911 operator, and how to handle an emergency. They also got to see an EMT in action (Wahpeton)
 - One of the student participants acted out an allergic reaction, one of the helpers called the ambulance, and the ambulance took the patient to the hospital. Some of the participants got to ride with in the ambulance; the rest got to ride in the ambulance later that day. (Langdon, Elgin)

Interactive Activity Ideas From Scrubs Camps

- **Pharmacy –**
 - Fill prescriptions with “pills.” The pills were M&Ms and Skittles.
 - Split “pills.” The pills were Smarties candy.
 - Find the medications to fill prescriptions in the pharmacy. (Mayville)
 - Create a compound using white frosting (25 grams) and 4% (1 drop) food coloring. They make their compound and then get to put it on a cookie and eat it. (Wahpeton)
 - Fill “codeine” or liquid prescription using maple syrup and bottles.
- **Public Health –**
 - Scavenger hunt to find “What is Public Health?” Lead the kids from place to place using clues and at each destination (ex. Water fountain – environmental health issue) they find a clue to the next location. Have to collect all of the “This is Public Health” stickers and the first team done gets a prize.
- **Radiology –**
 - (Ultrasound) Have styrofoam cups with lids, labeled A-D, all with a different item inside and have the students shake the cup and match the sound of cup A with the same sound in another set of styrofoam cups with lids labeled 1-4 set across the room. Some of the items in the cups were pinto beans, paperclips, rocks, and sugar. (Devils Lake)
 - (X-Ray) Students looked at x-rays that had foreign objects in them (someone swallowed a penny; screw in a joint) and tried to decipher what the foreign object was.
 - (X-Ray) An x-ray was cut up and the students have to put it back together – many struggled getting the arms and legs correctly reassembled. (Devils Lake)
 - (CT) 1 student laid on a table, 2 students spun a hula hoop from head to toe while another student injected “contrast” (water) into a cup. (Devils Lake)
 - (MRI) Students used a magnet held on the backside of a large piece of cardboard and then they raced a paperclip up a “road” until they reached a hole that was at the top



- where the paperclip fell through. They did this in teams of 4 as a race against other teams. (Devils Lake)
- Assemble a human skeleton. (Scrubs Academy)
- Identify what the problem is on an x-ray.
- Use Bones-In-A-Box (reserve from the Center for Rural Health)
- **EMS –**
 - Ambulance tour. (Beulah)
 - Perform CPR. (Bottineau)
 - Start an IV on a “patient” (simulator). (Mayville)
 - Shock a “patient” (simulator). (Dickinson)
 - Landing of an emergency helicopter with discussion and demonstration at the landing pad, as well as presentation in the auditorium. (Rugby, Elgin)
 - Put “patient” on backboard. Often it is another student being used as the patient. Use c-collar.
 - Intubate using manikins.
 - Ride in the ambulance.
- **Lab/CLS –**
 - Look at specimens under a microscope. (Langdon, Mayville)
 - Students typed their own blood. (Bottineau)
 - Separate serum from whole blood. (Beulah)
 - Students checked each other’s or their own blood sugar (Langdon)
 - Glucose tests on themselves.
- **Respiratory Therapy –**
 - Students tried on an airway clearance system vest and felt how it shakes. (Mayville)
- **OT/PT –**
 - Students wear weights on one side of their body to simulate a stroke patient and then do stroke rehab activities (getting into bed and covering yourself up with the use of only one arm and a weighted leg, make buttered toast, do an obstacle course, wear a latex glove and try to pick specific objects out of a container full of dry beans. (Mayville)
 - (Athletic Training) The students performed exercises that athletic trainers have their patients do – crushers, stretching (Devils Lake)
 - Make finger splints (Wahpeton)
 - Use an ultrasound machine to contract the muscles on the students arm/hand.
 - Students practice using mobility devices – walkers, wheel chairs, crutches, etc.
- **Ophthalmology –**
 - Students wore different glasses that depict how people see when they have eye problems and try to do activities (reading, catching a ball, writing their name) while wearing them. (Langdon)
 - Dissect a cow’s eye.
 - Use Eyes-In-A-Box (reserve from the Center for Rural Health)
- **Nursing –**
 - Give shots to an orange. (Langdon)
 - Students take vital signs.
 - Dress fake wounds. (Devils Lake)



Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health)

Center for Rural Health

The University of North Dakota, School of Medicine & Health Sciences

Scrubs Camp



- Suture wounds. (Bottineau)
 - Wrap a cast. (Elgin)
 - Look in ears using tools.
 - Use dyed water and mix up IV bags.
- **Physician** –
 - Dissect a pig's heart. (Prince of Peace Care Center, Ellendale)
 - Dissect a cow's eye. (Scrubs Academy)
 - Tour of giant colon. (Scrubs Academy)
- **Dietary** –
 - Mix and taste thickening agent used for liquids. (Langdon Area High School, Langdon)
 - Feed each other with the one being fed wearing a blindfold. (Langdon Area High School, Langdon)
 - Have them sample various pureed foods.
- **Dentistry** –
 - Students brushed their teeth and then chewed a dental disclosing tablet that turned the "gunk" on their teeth that they didn't get brushed off bright pink. They then brushed their teeth to get them clean. (Bottineau School, Bottineau)
- **Other** –
 - Hand washing with black light demonstration of remaining contaminants. (Heart of America Medical Center, Rugby)
 - Intubate a "patient" using a simulator. (MeritCare Mayville Union Hospital, Mayville and St. Joseph's Hospital & Health Center, Dickinson)
 - Students treated an open femur fracture, stop the bleeding and splinted it. (St. Joseph's Hospital & Health Center, Dickinson)

COOL Resources from Scrubs Camps Coordinators

- Interesting videos from http://www.michigan.gov/healthcareers/0,1607,7-221-39742_39457---,00.html (St. Catherine's Living Center, Wahpeton)
- Armstrong Medical (Bottineau School, Bottineau)
- Youth Medical Experience at MeritCare gave "hands-on" ideas (MeritCare Mayville Union Hospital, Mayville)
- Health Simulator from Montana Health Network (St. Joseph's Hospital & Health Center, Dickinson)
- National AHEC website and HEC - Montana website (West River Health Services, Hettinger)

Additional Resources with Creative Ideas

Visit the Center for Rural Health website at:

<http://ruralhealth.und.edu/topics/workforce/educationalresources.php>

<http://ruralhealth.und.edu/topics/workforce/teacher.php>