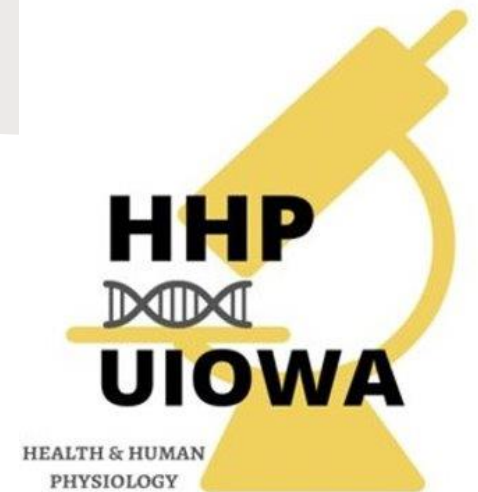


# PRE-HEALTH OPPORTUNITIES





# VOLUNTEERING

# UI MOBILE CLINIC



- **Vitals**
  - Height, blood pressure (manual), respirations, temperature
  - Requires training
    - Usually at the start of the semesters
- **Labs**
  - Requires training
  - Check hemoglobin A1C and cholesterol
- **EMR Expert**
  - In charge of electronic medical records
- **Interpreter**
  - Fluent in Arabic, Spanish, or French
- **Patient educator**
  - Educate patients on vitals and labs
- **HIV/HCV testing**
- **Scribe**
- **COVID screener- new!**
- **Patient advocate**
  - Guide patients through clinics

<https://iowamobileclinic.org/volunteer/>

If interested, contact: [andrea-arthofer@uiowa.edu](mailto:andrea-arthofer@uiowa.edu)

# MERCY IOWA CITY VOLUNTEERING

- Gift shop volunteer
- Guest lodging
- Liason
- Clerical
- For more information:
  - <https://www.mercyiowacity.org/Default.aspx?id=159&sid=1&CWFriendlyUrl=true>

# FREE MEDICAL CLINIC



- **Volunteer position descriptions**

- Interpreter
  - Fluent in Spanish
- Patient guide
- Receptionist

<https://freemedicalclinic.org/volunteer-descriptions/>

- **Application**

- <https://freemedicalclinic.org/give-time/>

## OTHER VOLUNTEERING RESOURCES

- Community Crisis Services and Food Bank
  - <https://builtbycommunity.org/volunteer/>
    - Volunteer over the phone, food bank, or as a grocery delivery driver!
- Table2Table
  - <https://table2table.org/>
    - Prevent food from going to waste by distributing to homeless populations, at-risk and hungry communities
- <https://leadandserve.uiowa.edu/service/volunteer/list-of-non-profits/>
  - For many more opportunities!

# PATIENT CARE INVOLVEMENT



# PHYSICIAN SHADOWING (PRE-MED)

## Medical School Requirements:

- General: 100+ hours of physician shadowing is ideal if not involved in another clinical experience (e.g. Scribe, CNA, etc)
- General: 50+ hours of physician shadowing if already taking part in another clinical opportunity
- Specific number of hours may depend on the program
- However, quality > quantity
  - Schools care more about the quality of your shadowing than the quantity

## Ways to Get Involved:

- Reach out to current providers and/or any family friend's you may have who are physicians
- Write a cold email to a physician you may not know on a personal level
- Virtual shadowing opportunities to consider:
  - <https://virtualshadowing.com/>
  - <https://www.webshadowers.org/>



# RESEARCH INVOLVEMENT



# HHP RESEARCH OPPORTUNITIES

- 11 different labs to choose from  
<https://clas.uiowa.edu/hhp/research>

## **General Roles and Responsibilities for Undergraduates, depending on lab:**

- Running PCR and gels
- Western Blotting
- Helping perform research studies
- Procedure assistance

## **Ways to Get Involved in HHP-specific research labs:**

- Cold email a lab PI
  - In the HHP department, PI's tend to be professors for some HHP courses :)
  - Email professor your cover letter, resume, and unofficial transcript
  - Express why you are interested in their lab
    - Resources for writing emails: <https://research.berkeley.edu/how-cold-email-professor>

# SPECIFIC HHP RESEARCH OPPORTUNITIES:



## TRANSLATIONAL VASCULAR PHYSIOLOGY LABORATORY

Gary L. Pierce, PhD



## INTEGRATIVE NEUROPHYSIOLOGY LABORATORY

Thorsten Rudroff, Ph.D.



## OLDER ADULTS AND EXERCISE

Ken Mobily, PhD



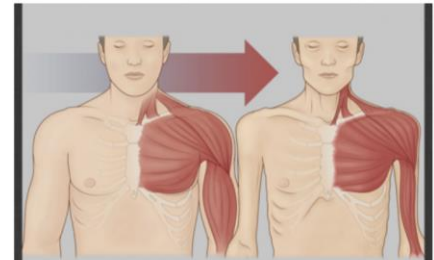
## PHYSICAL ACTIVITY AND WOMEN'S HEALTH LAB

Kara M. Whitaker, PhD, MPH



## MICROVASCULAR PHYSIOLOGY LAB

Anna Stanhewicz, PhD



## MUSCLE MOLECULAR PHYSIOLOGY LAB

Erin Talbert, PhD



## BEHAVIORAL MEDICINE LABORATORY

Lucas J. Carr, PhD



## LABORATORY OF INTEGRATIVE PATHOPHYSIOLOGY AND GENETICS

Melissa Bates, PhD



## MOTOR CONTROL LABORATORY

Warren Darling, PhD



## MUSCLE BIOLOGY & METABOLISM LABORATORY

Vitor Lira, PhD



## INTEGRATIVE LABORATORY OF APPLIED PHYSIOLOGY AND LIFESTYLE MEDICINE

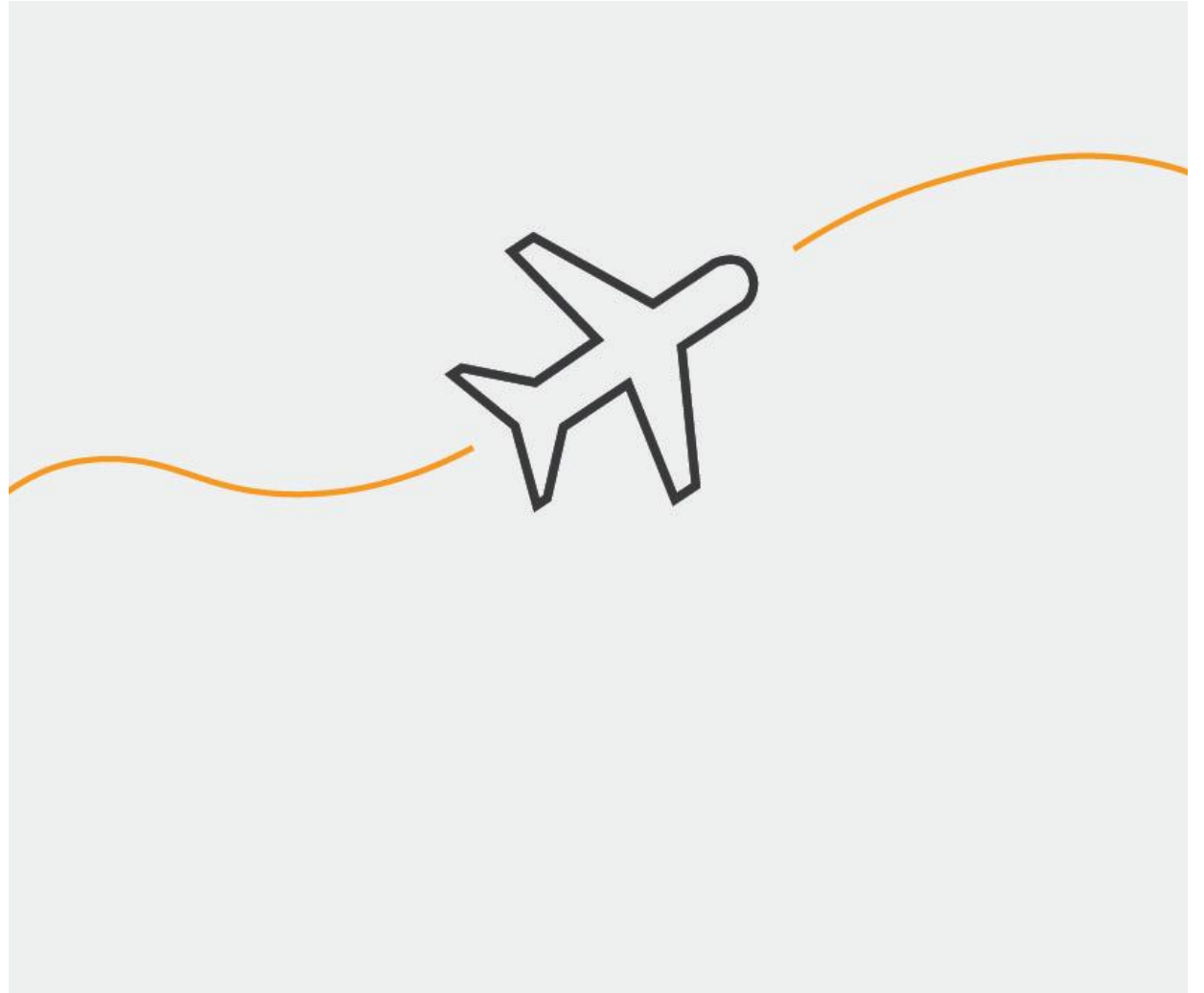
Nathaniel D.M. Jenkins, PhD

## OTHER RESEARCH OPPORTUNITIES

- Tailor to what you are interested in!
- Some are paid

<https://icru.research.uiowa.edu/students/open-research-positions>

STUDY  
ABROAD / INTERNSHIPS



# VIRTUAL INTERNATIONAL MEDICINE STUDY ABROAD

- Faculty leader: Dr. Fagenbaum
- Dominican Republic
- 3 HHP credits = 1 HHP course elective!
- Very helpful/useful opportunity for future health care providers!
- Patient histories, practice PH (as provider and as patient)
- Virtual simulations to help practice physical examination/patient interviews
- Cultural components
- No exams
- Lectures- pathologies
  - Accompanied by quizzes
  - <https://study-abroad.international.uiowa.edu/programs/details/index.php?crse=3536#program>

# OTHER STUDY ABROAD/INTERNSHIP OPPORTUNITIES

For study abroad:

<https://international.uiowa.edu/study-abroad>

For internships:

<https://careers.uiowa.edu/employers/internships>

Check out our website for more HHP-specific research and internship opportunities!

<https://studorguiowa.wixsite.com/hhpatuiowa/resources>



# HAWKEYE SERVICE BREAKS



- Course offered in spring semester- 3 s.h.
- Different sections to choose from including: healthcare, basic needs economic, and many more!
- Course runs from beginning of semester until spring break week (10 week course)
- Travel to different states to help with nonprofit organizations
- Contact: [raginya-handoo@uiowa.edu](mailto:raginya-handoo@uiowa.edu)

<https://leadandserve.uiowa.edu/service/service-teams/>