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From: Missouri Area Health Education Centers

### Summer M\*A\*S\*H Camps Successful!

One of the ways Missouri AHEC Centers reach out to middle and high school students is through summer day camps. Summer 2014 was busy with **eighteen** (18) M\*A\*S\*H (Missouri AHEC Science and Health) Camps held around the state. A total of 271 middle school and 52 high school students were involved in a variety of activities.

The goals for M\*A\*S\*H camps include:

- providing “hands-on” experiences to students interested in health care and science;
- exposing students to a variety of careers in the science and health field; and
- providing students with a fun and interesting experience during the summer.

M\*A\*S\*H Camps are hosted by hospitals and schools to provide students with opportunities to tour healthcare medical facilities as well as have dissection laboratories available to study anatomy. Our hosts this summer included:

- Schools in Brookfield, Macon, Pilot Grove, Puxico, Sikeston, Vandalia
- Hannibal-LaGrange University, SLU School of Allied Health Professions, SLU School of Medicine, Three Rivers College of Nursing & Allied Health Center
- Cardinal Glennon Children’s Medical Center, Hannibal Regional Hospital, Lincoln County Medical Center, MU Medical Center, Pershing Memorial Hospital, Phelps County Regional Medical Center, Samaritan Memorial Hospital, Twin Rivers Regional Medical Center

Activities included: American Red Cross training – First Aid/CPR/AED, blood-borne pathogens; anatomy of the heart, spinal column, and eyes; chiropractic medicine; communicable diseases; disaster training; nutrition; phlebotomy; physical therapy; scrub procedures; suture techniques; self-defense; vital signs; xrays; tours of hospital departments, ambulances; field trips to St. Louis Science Center and discussions about many different health careers.

Comments on student evaluations share their excitement:

- It was a lot of fun and I enjoyed this whole two-day experience. 😊
- I especially liked the ambulance and scrub/suture lab.
- I really enjoyed the nutrition, it opened my eyes!

Parents of M\*A\*S\*H students also provide positive feedback:

- I love that it teaches some practical skills, and gives a terrific introduction to medical careers.
- My child talked non-stop about the activities. He had a lot of fun and had fun learning.

No doubt about it, M\*A\*S\*H Camps make a significant contribution to the MAHEC Mission: “To enhance access to quality healthcare, particularly primary and preventative care by **growing and supporting Missouri’s health care workforce.**”



*Students participate in a physical therapy exercise during M\*A\*S\*H camp.*

*MAHEC is a partnership of seven locally-governed organizations and three university-based health professions education programs working statewide to increase the numbers of Missouri youth entering stable, high-paying jobs as healthcare professionals and the numbers of professionals caring for underserved populations.*

*The MAHEC partners include:*

- A.T. Still University – Kirksville
- University of Missouri – Columbia
- Saint Louis University
- Northeast Missouri AHEC – Kirksville
- Northwest Missouri AHEC – St. Joseph
- West Central Missouri AHEC – Lexington
- Mid-Missouri AHEC – Rolla
- East Central Missouri AHEC – St. Louis
- Southeastern Missouri AHEC – Poplar Bluff
- Southwest Missouri AHEC – Springfield