

Rural High School Skills Days

Grow Your Own Health Professionals



What is a Rural Skills Day?

Rural High School Skills Days are one-day events for high school students to learn about rural health care.

Held during school hours, between 40 - 50 students experience hands-on, interactive and engaging medical skills stations taught by local professionals. The event is held at the local health-care facility, school, or other community gathering places. Rural Skills Days are designed to highlight the positive aspects of a community and to address current and future local health-care needs.

What kind of skills are taught?

Students are taught a variety of skills by local health professionals, including:

- ✓ Suturing
- ✓ IV Starts
- ✓ Injections
- ✓ Physiotherapy
- ✓ EMS
- ✓ Lab/X-Ray
- ✓ Respiratory/Airway Management
- ✓ Mechanical Lift



See some examples

RhPAP has hosted many Skills Days across Alberta. You can get an idea of what they look like by watching the videos on the RhPAP YouTube and Facebook pages.

[youtube.com/c/RhPAPAlberta](https://www.youtube.com/c/RhPAPAlberta)

[facebook.com/AlbertaRhPAP](https://www.facebook.com/AlbertaRhPAP)



Why attend a Rural Skills Day?

- ✓ Broaden your understanding of the various options for health-care careers
- ✓ Experience medical skills stations in a fun, interactive and hands-on approach
- ✓ Hear stories of working in a rural setting from rural health-care professionals
- ✓ Participate in a learning activity which can assist with your career planning

What are students saying?

- ✓ “This was a fun day! **Really opened my eyes** of what is available to me for my future.”
- ✓ “**I really loved the engaging activities and exploring health-care careers.** This really showed me the many options where I can work right here in my community.”
- ✓ “I loved using my hands with the activities. **It was so much fun** and now I may consider pursuing a career in the health-care world.”

How much does it cost?

There is no cost to students or schools to participate.

How to get involved

If this sounds like an opportunity for you, talk to your school administration how to participate.

You will be required to have a consent and confidentiality form signed by your parents/guardians to participate. Please return to your school administrator by ---.

Your next opportunity

Peace River Community Health Centre

April 22, 2020

9:20 am – 2:45 pm

Hosted by the Peace Regional Healthcare Attraction and Retention Committee

Register with your school