



Northeast Oregon
Area Health Education Center

2025 MEDQUEST CAMPS





MEDQUEST OBJECTIVES & INDICATORS

Core Concepts	Key Indicators
Healthcare Career Awareness	Student knowledge of health careers before and after camp.
	Awareness of healthcare careers
	Guidance on pathway into health education and careers
Healthcare Career Education	Hands on skills (suturing, vitals)
Academic Exploration	Students are aware of their academic strengths
	Level of comfort talking to school counselors or advisors
	Student requesting further information from schools.
	Students are aware of specific next steps into a health career.
Professional Shadowing Experience	Prep mentors with expectations (scope of work, overview of day to day, uniqueness of job).
	Students report & provide information about what they learned
	Student expresses satisfaction with shadowing
Self-awareness and understanding of personal characteristics	Writing and developing scholarship statements
	Students expressing self-awareness (individually & group settings)
	Mental Health (personal check-ins)
Student Satisfaction	Students who express satisfaction
Students continue efforts to enter health careers	Volunteer or work in the healthcare field
	Area of study in college
	Complete application to Professional Program(s)



Changes Made this Year

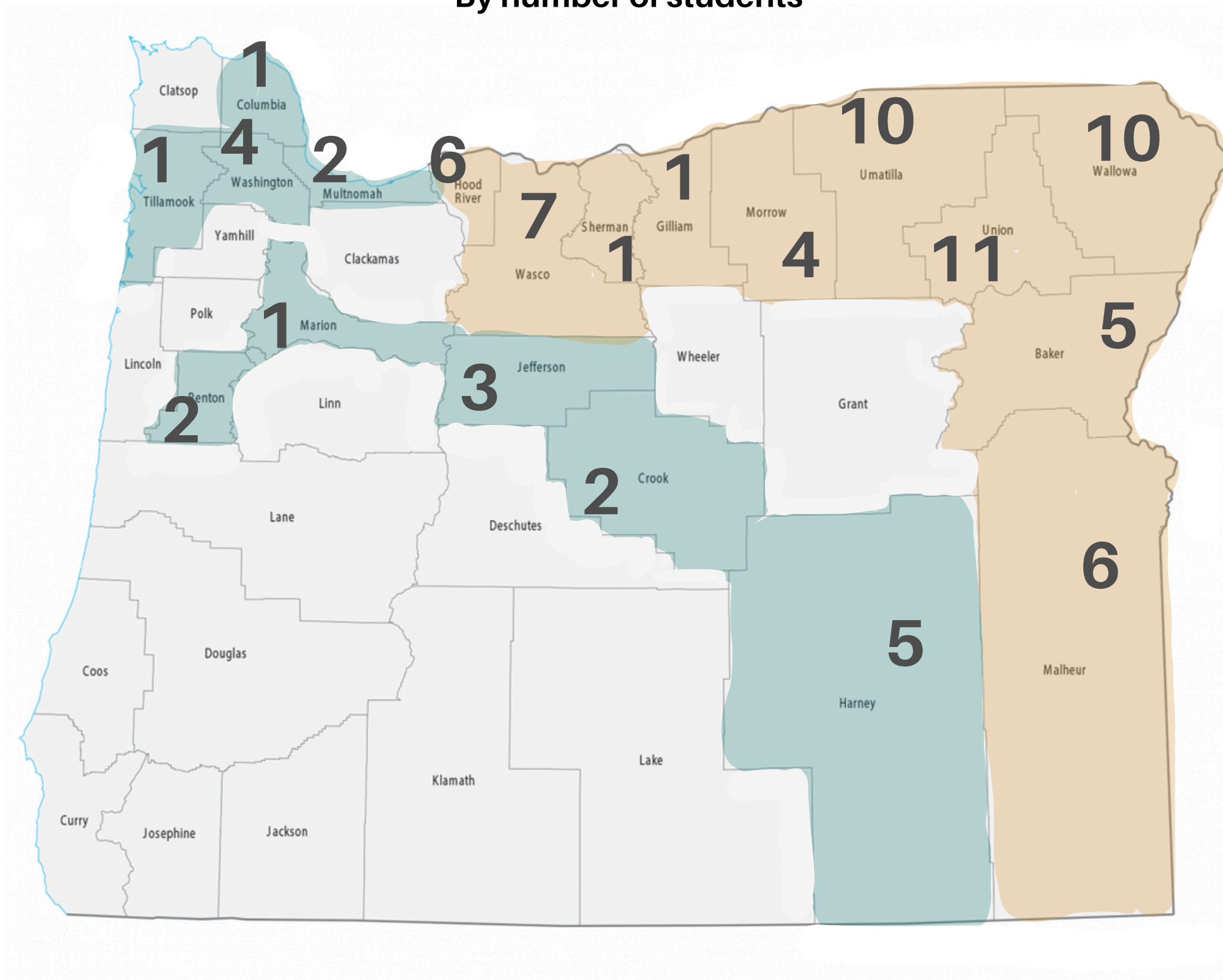
- Increased number of job shadows
- Brought Life Flight to two camps
- Replaced presentations with hands-on activities
- Increased inter-agency collaboration between local EMS services
- High fidelity simulation at all camps
- Taught Everyday Mental Health Skills
- Added activities that showcase rural life
- Added more recreational activities
- Created a field-trip type version of MedQuest
- Revised camp surveys

2025 Camp Recap	MQ Day Camp - Hood River	MQ Day Camp - Wallowa	Rural MedQuest	Frontier MedQuest
Location	Hood River	La Grande	La Grande	Burns
Dates	March 24-27	May 21	June 16-21	July 7-11
# of campers	15	12	44	20

Who was at camp?

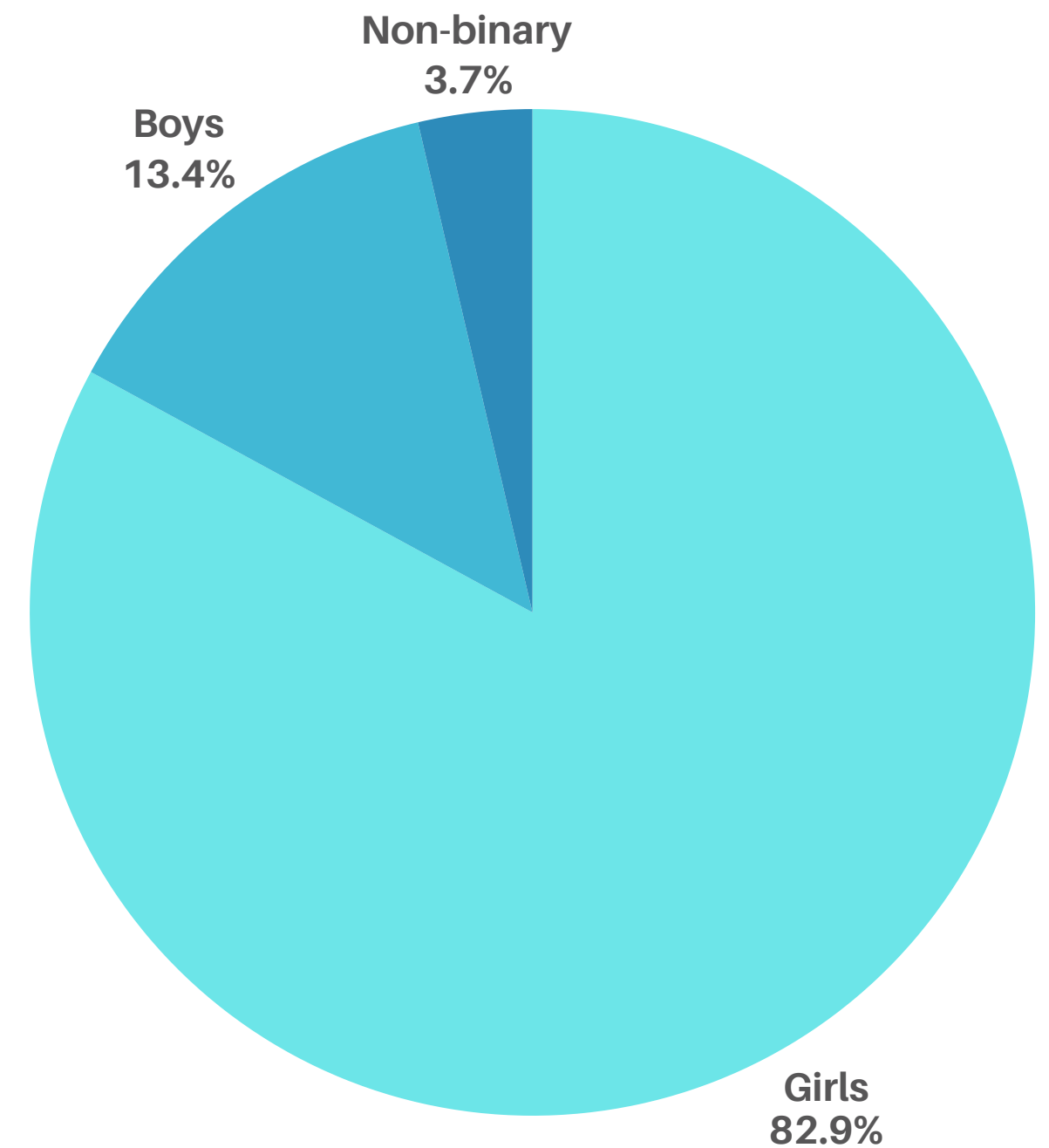
Campers by County

By number of students

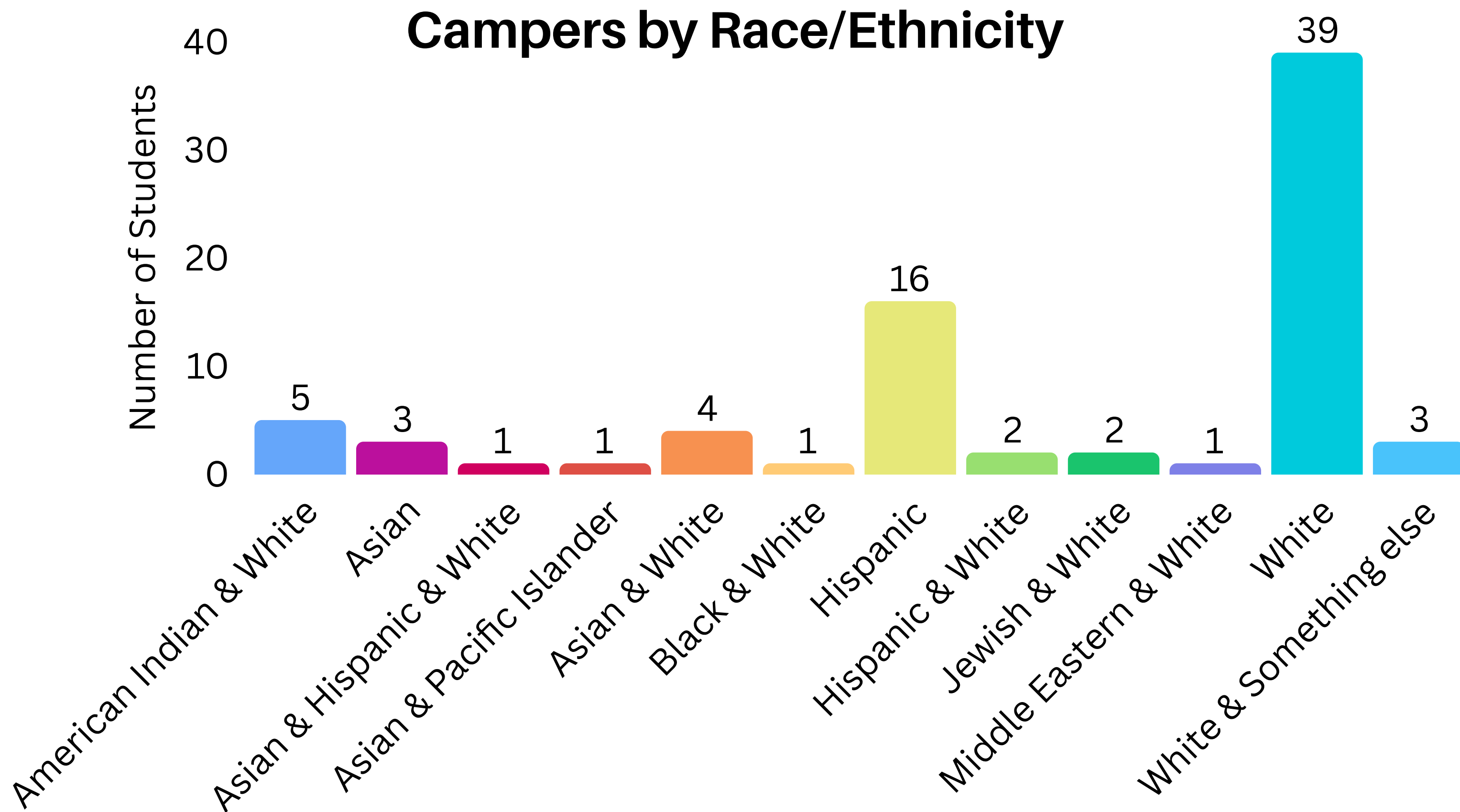


Campers by Gender

By percent of students



Who was at camp?



Healthcare Career Awareness

01

"There is no small person in healthcare. They all play a vital part in a team."

63 Healthcare Careers Featured

- Frontier Camper from Hines

Careers Featured at Camp



Behavioral Health
Billing
Cardiopulmonary
Care Coordination
Chiropractic
Community Health
Dental Assistant
Dental Hygienist
Dentist
Dermatology
Diabetes Team
Diagnostics
Ear Nose and Throat
Emergency Room Nurse
Emergency Room Provider
Employee Health
Emergency Medical Tech
Eye Care
Family Birthing Center
Family Medicine
Front Desk

General Surgery
Home Health Nurse
Home Health Occ. Therapy
Infection Control
Informatics
Information Technology
Intensive Care Unit
Laboratory
Life Flight
Marketing And Social Media
Medical Surgical Floor
Mobile Clinic
Neurology
Nurse Emergency Room
Nurse Practitioner
Nutricianist
Obstetrics and Gynaecology
Orthopedics
Outpatient Rehab Therapy
Outreach (Event Planning)
Patient Care Advocates

Personal Care Assistant
Pediatric Clinic
Peer Support Specialist
Perinatal CHW
Pharmacy
Physical Therapist
Physical Therapy Assistant
Physicians Associate
Population Health
Public Health
Radiology
Reception
Regional Medical Clinic
Respiratory
Revenue Cycle
RN Supervisor
Surgeon
Urgent Care
Urology
Womens Clinic
Wound Care

After camp, 90% of students know what to do next.

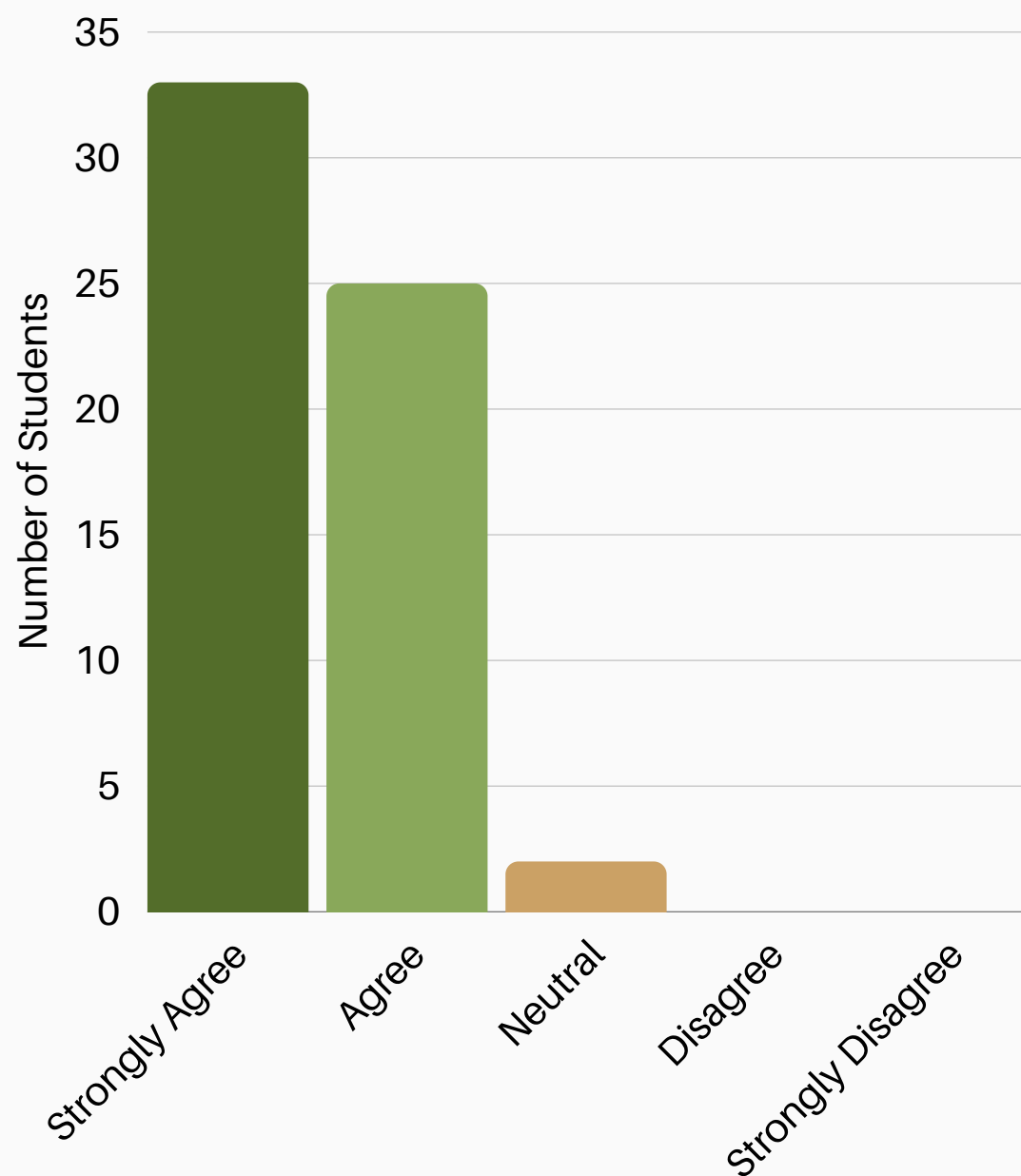
Healthcare Career Awareness

"I am going to look for a CNA program near me to get more experience in a healthcare setting."

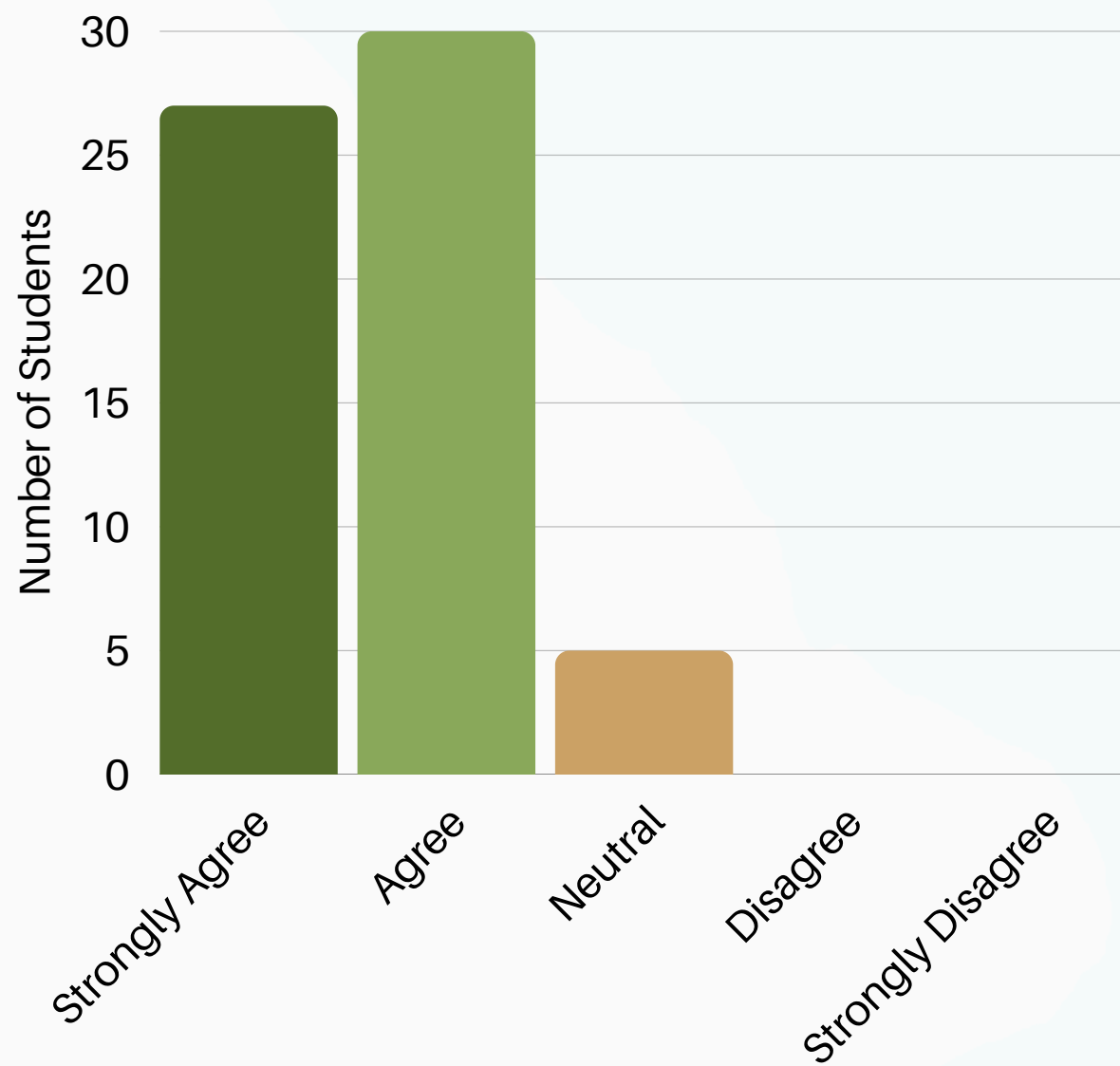
- Rural Camper from Corvallis

01

The job shadows helped me to see how many different types of jobs there are in healthcare



I know what I need to work on now to prepare for a future in healthcare.



Healthcare Career Education

02

"I enjoyed the IV and intubation station. Owen was great at teaching intubation and learning the skill of it all was so fun."

- Rural Camper from Baker City

**All Camps Featured
Simulation**



Hands-on Activities Offered during Camp

Blood Sugar Testing

Blood Typing

CPR

Hand Washing

Inserting an IV

Installing a Brace

Intubation

Mental Health

Nutrition

Patient Packaging

Radio Communication

Simulated Baby Delivery

Simulation

Stop the Bleed

Suturing

Taking on and off PPE

Teeth Cleaning

Used the Jaws of Life

Vitals

Healthcare Career Education

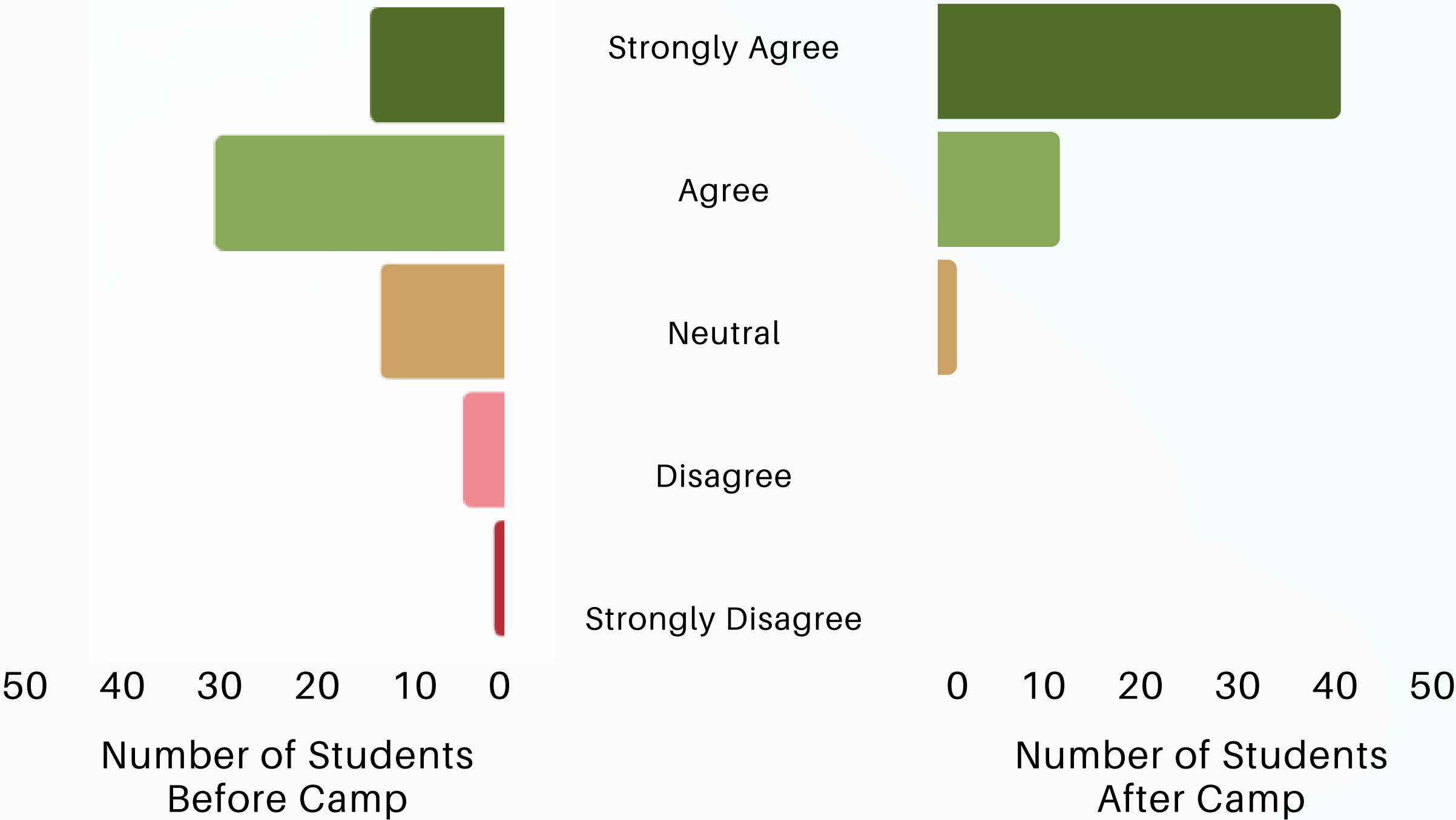
02

“The best part of my day was learning CPR. I think it’s a really useful life-saving skill, and it boosted my confidence!”

- MQ Day Camper from Hood River

All students became more confident in their skills.

I have skills that I can use in the future in a health career.



Academic Exploration

03

I'm going to "look for more shadow opportunities and reach out to people who can help get me connected."

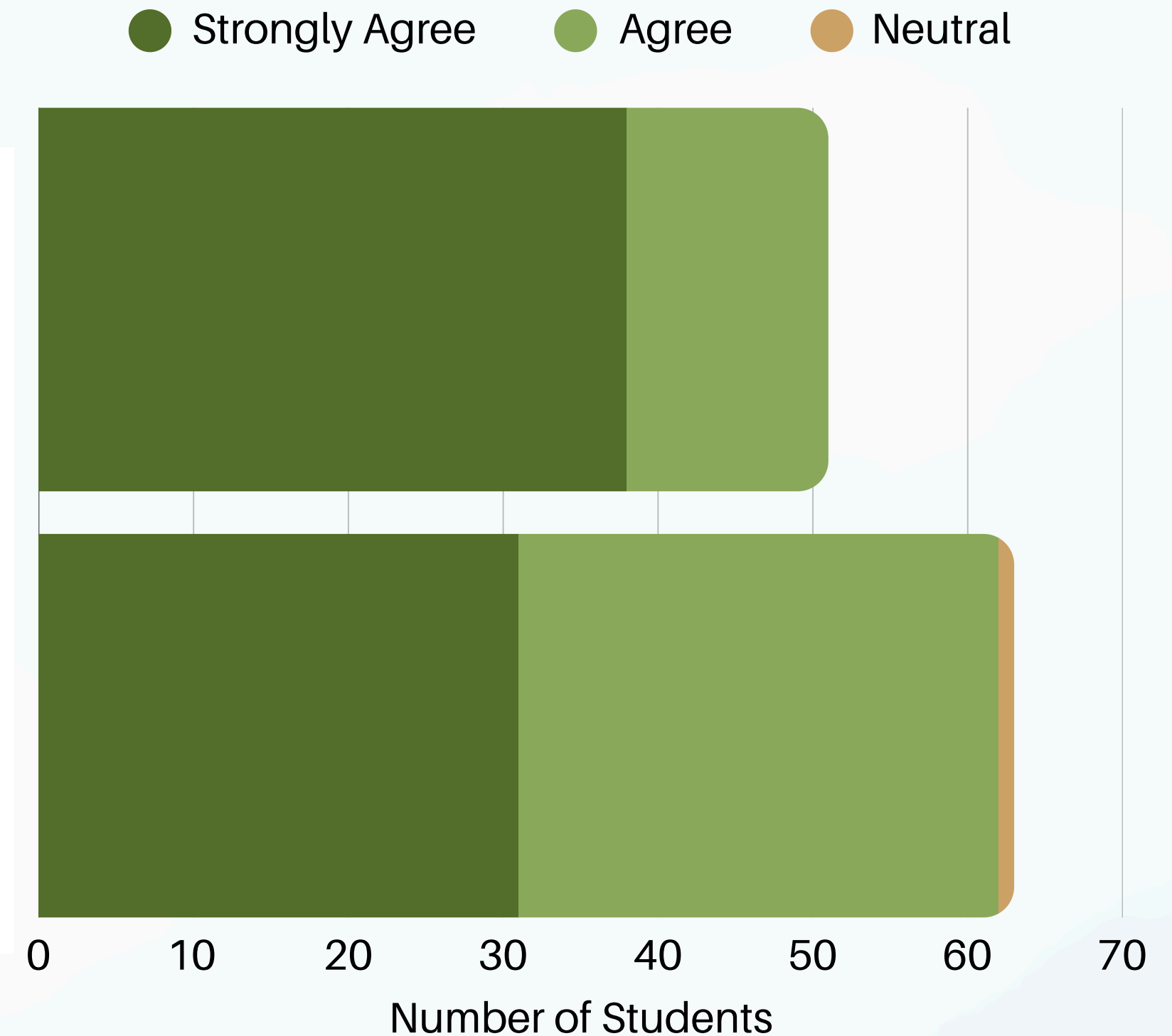
- Rural Camper from Mount Hood Parkdale

Students are ready to put themselves out there and ask for help.



Hailey's presentation helped me feel more confident in describing how my identity and career are connected.

I feel more comfortable asking for help with planning my education and career.



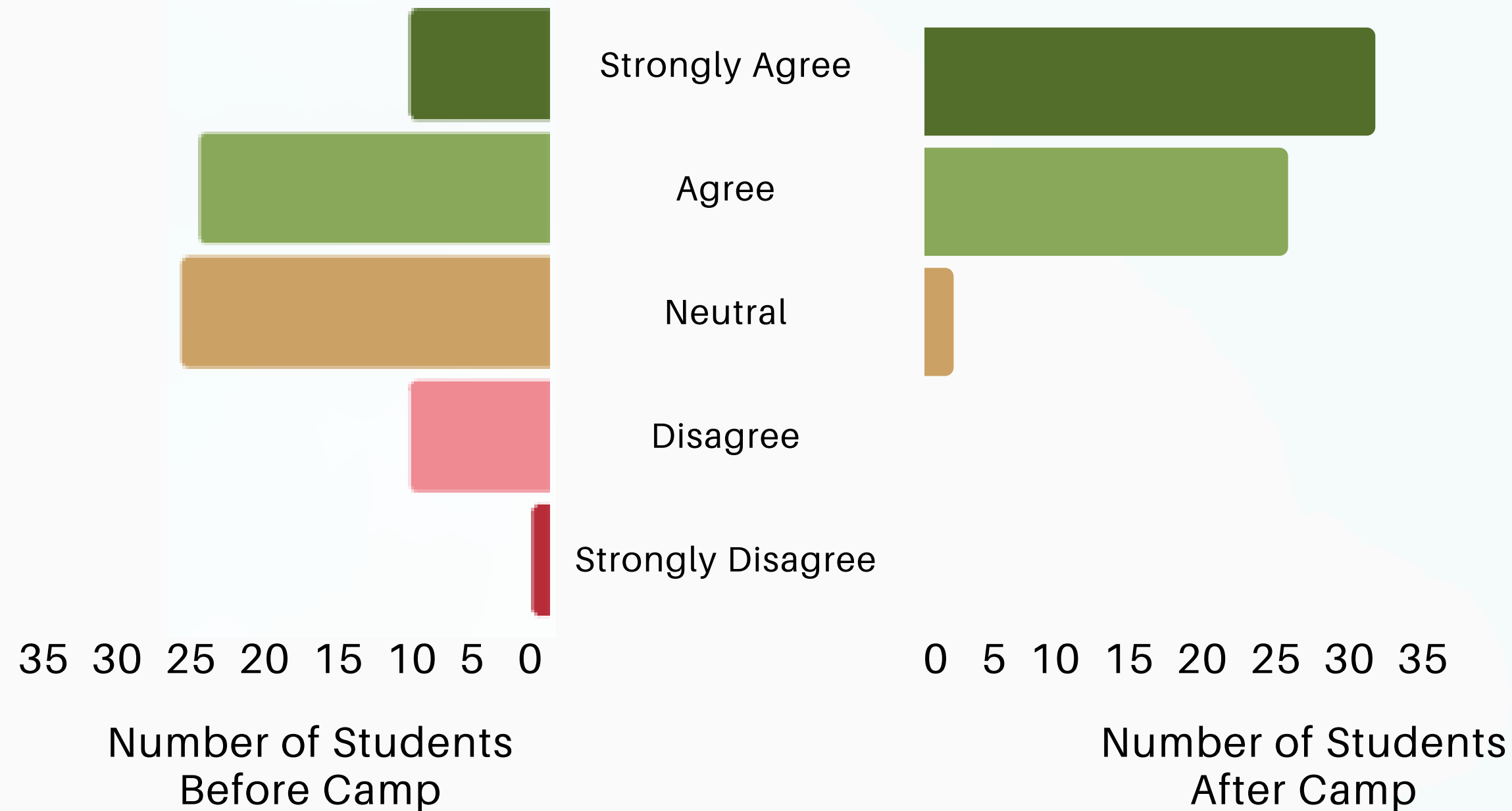
Camp Increases Confidence

Academic Exploration

"The best part of my last day was when Hailey had everyone say an obstacle they'd faced. The emotional impact that had on me was incredible and I'll never forget it. I wanted to give everyone a group hug; it humanized us."

- Rural Camper from Athena

I feel confident in my own story and understand how I can use it to write a scholarship essay or apply for a job in healthcare



03



Professional Shadowing Experience

04

"I loved my 4th job shadow in Cardio pulmonary and getting to learn about the heart and lungs, testing my breathing, and intubating a baby mannequin."

**301 Unique
Shadows Offered**

- Rural Camper from Silverton

Most Exciting Things Campers Witnessed

- See a baby be born and talk to the mother
- Scrubbed in with a pharmacist
- A biopsy performed on a tumor
- Inserting an IV
- Felt displaced bones under a patient's skin
- Stitches in someone's lip
- Looked at cells in a blood sample
- Watched a paralyzed patient stand
- Went on an ambulance call
- Talked to a patient who needed leg amputated due to pain
- Scrubbed into a surgery
- Watched a dermatologist perform cryotherapy
- Saw an appendicitis case through imaging



Professional Shadowing Experience

04

Job Shadows Always Impact Students

"I felt very immersed and into the experience as a whole, it was very exciting and fun to watch an actual professional work, and I even got to meet a dentist who did what I think I am capable of doing!"

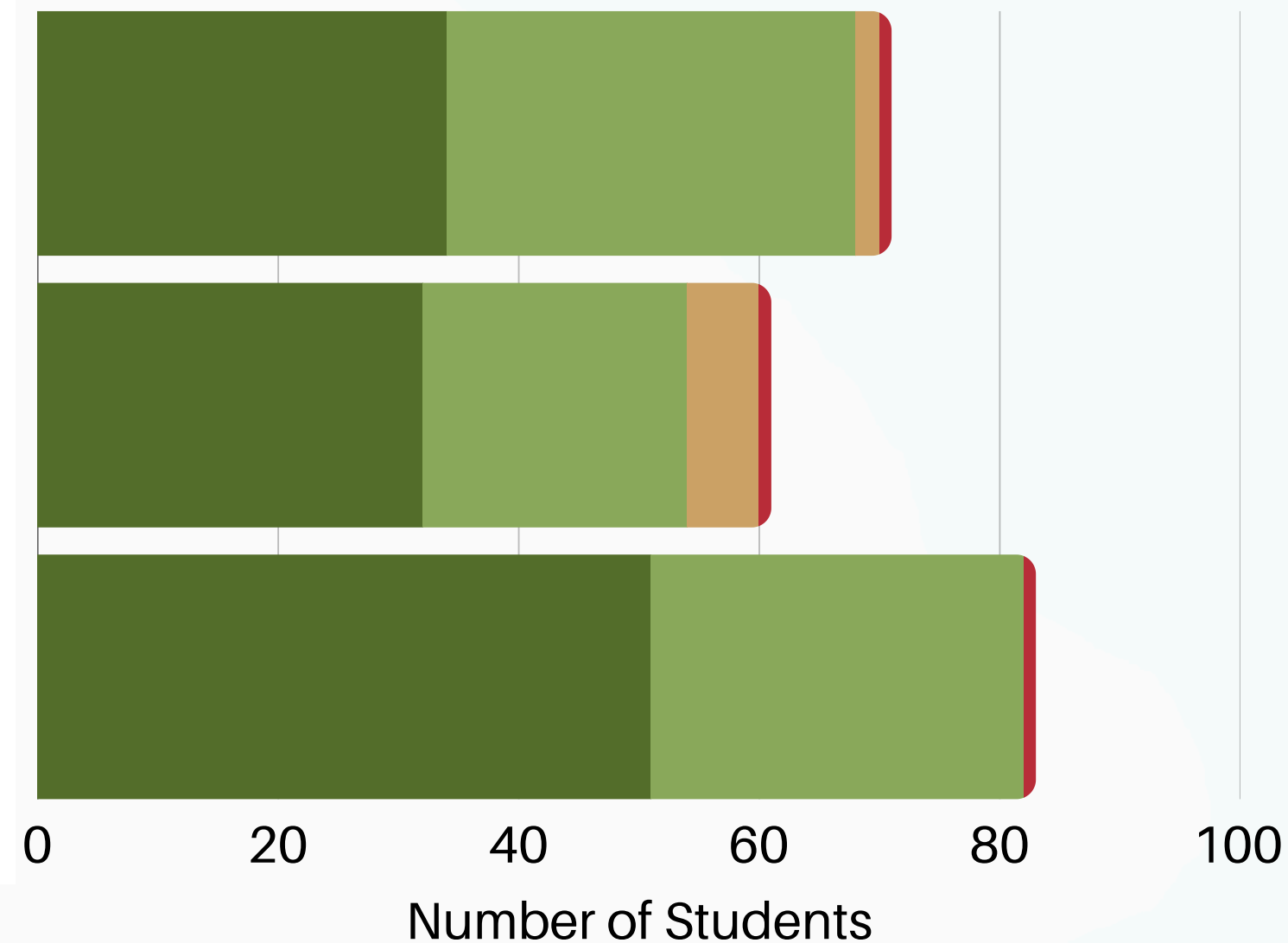
- MQ Day Camper from The Dalles

● Strongly Agree ● Agree ● Neutral
● Strongly Disagree

The job shadows made me feel hopeful that there is a career for me in healthcare.

I was fascinated by my job shadowing experience.

My job shadows made me feel welcome in healthcare.



Self Awareness

05

The best part of today was “saying goodbye, only because I was able to see how many connections I’ve made with these new people I’ve spent a week with.”

- Rural Camper from Pendleton

**Offered at All
Multi-Day Camps**



During Everyday Mental Health Skills, I learned...

- “don’t be afraid to reach out”
- “everyone battles something”
- “fentanyl impacts lives”
- “how to help people in my own way”
- “how to see the signs of someone suffering”
- “self-care isn’t selfish”
- “take care of yourself before others”
- “talking about suicide doesn’t make someone more suicidal”
- “that it’s okay to not be okay”
- “there are so many ways to take care of yourself”
- “what to say when someone is feeling down”
- “you are never alone”

Students Leave
Camp More
Confident

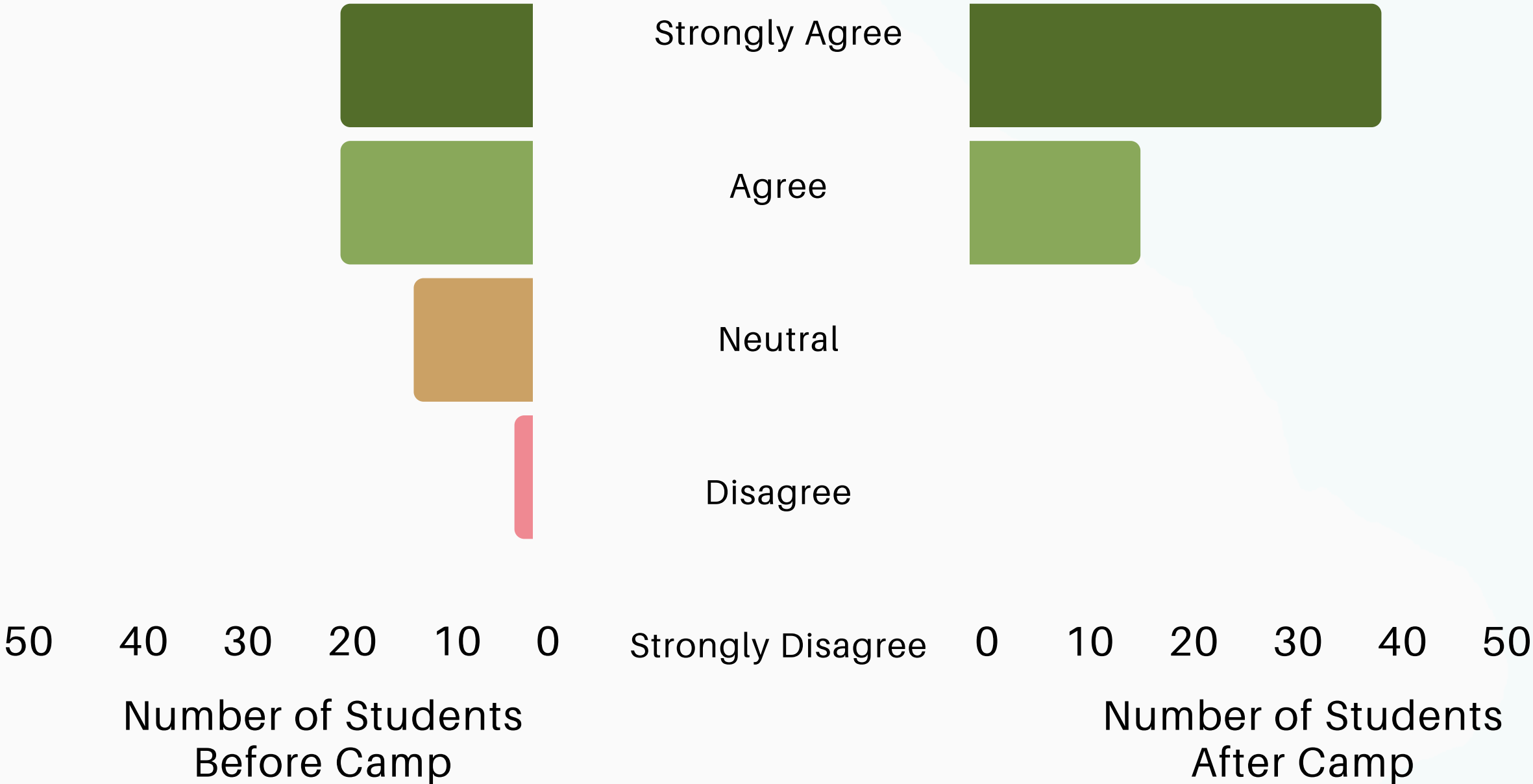
Self Awareness

05

“What inspired me the most about MedQuest is that there is always going to be something that I don’t know about. I want to know more and do more with that knowledge for other people.”

- Frontier Camper from Imbler

I have a lot to offer by serving others and supporting my community.



Student Satisfaction

06

To the smallest detail, I can tell that this camp was planned and refined to be amazing and to teach the new generation of healthcare workers how they can help their communities.

- Frontier Camper from La Grande

Camp Changed Their Lives

What part of camp inspired you the most?



Word cloud containing the following words: hearing, everyone, part, different, healthcare, people, job, shadowing, stories, camp, everyone's, helped, around, future, showed, med, shadows, go, person, love, definitely, important, hospital, felt, hailey's, things, seeing, path, getting, want, know, work, medical, everything, field, school, paths, inspiring, new, enjoyed, ways, presentation, one, feel, talk, becoming, experiences, going, shadow.

**26% of Surveys
Contain
Additional Praise**

Student Satisfaction

"I love and will miss you guys !! ☺"

- Rural Camper from Vale

06

We asked, "Is there anything else you'd like to share?"

- "We didn't only learn about healthcare, but also how we matter and how our story and the way we want to help others matters!" - Rural Camper from Irrigon
- "It was very informative and I learned so much. I know I want to go into this field. Everyone was so nice." - MQ Day Camper from Wallowa
- "The bond we established as an entire group is something I haven't felt. In just a few days, I learned so much about the people around me, felt confident walking into a hospital that they will serve in, and overall found a whole lot of love and trust in these people. It really is something I can't describe." - Frontier Camper from Burns



Students Continue Efforts to Enter Health Careers

07

"I will use this camp experience to remind me every time I have a bad day or I feel discouraged to remember all the strong people I met here and how they never doubted me and supported me."

- MQ Day Camper from The Dalles

**We aren't advisors,
but we can help.**



How do they know what to do next?

- All job shadows & hands-on activities were led by providers who shared about their paths
- Early College Initiatives Presentation
- Steps to Getting a Job Presentation
- OHSU School of Nursing Q&A
- Pathway to becoming a healthcare professional presentations
- Pathway to Scholarships Presentation

Students Continue Efforts to Enter Health Careers

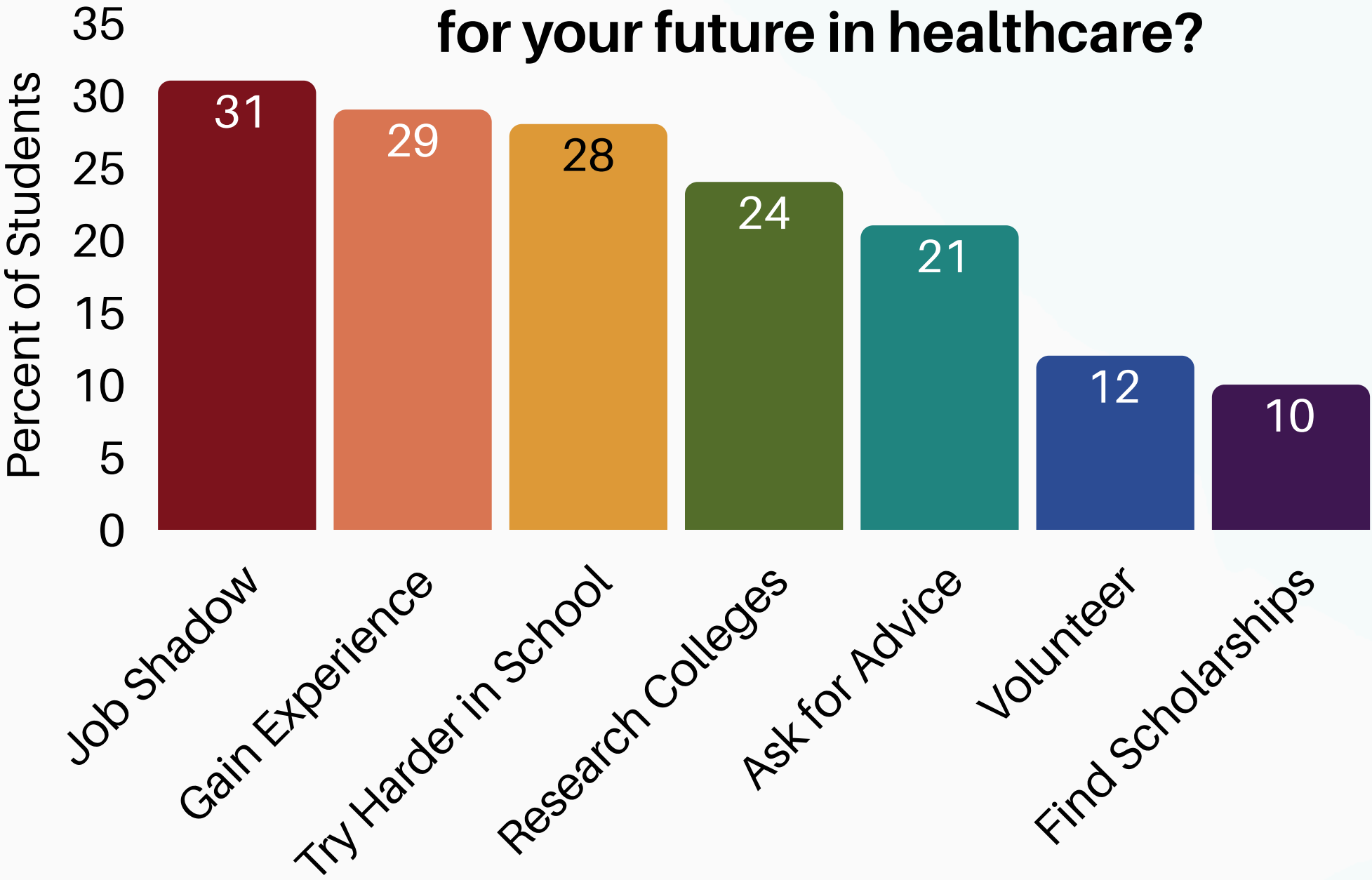
56% of students planned more than one next step.

“I’m going to look at prerequisites to be a phlebotomist and ICU MD and plan my high school dual-credit courses for my Junior and Senior years.”

- Rural Camper from Burns

07

What are you going to do next to prepare for your future in healthcare?





Questions?

