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Promoting Medical Education at Cabot School

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PROMOTING MEDICAL EDUCATION AT CABOT SCHOOL

Doré Grier

The Health Center, Plainfield VT

Family Medicine Rotation

September 2019

PROBLEM IDENTIFICATION AND DESCRIPTION OF NEED

- Cabot School serves 176 students in grades Prekindergarten-12
- The percentage of students achieving proficiency in math is 30-34% (which is lower than the Vermont state average of 43%) for the 2016-17 school year
- The percentage of students achieving proficiency in reading/language arts is 45-49% (which is lower than the Vermont state average of 54%) for the 2016-17 school year
- Cabot School is considered environmentally disadvantaged

PUBLIC HEALTH CONSIDERATIONS

- Environmentally disadvantaged:
 - Individual comes from an environment that has inhibited him/her from obtaining the knowledge, skill and abilities required to enroll in and graduate from an undergraduate or graduate school
- For the 2018-19 school year, 51% of Cabot students were eligible for free/reduced lunch (above the benchmark of 40%)- a high school in which not less than 40% of the enrolled students are children from low-income families
 - Cabot is considered disadvantaged by this measure
- 4-year graduation rate for the 2017-18 school year was 88% (above the benchmark of 67%)
 - Not disadvantaged by this measure

COMMUNITY PERSPECTIVE

- “I think students are well supported to pursue education beyond Cabot School, they just need to know what to do with it. It’s important for them to know what their options are.”
 - -Kelly Griggs, RN, The Health Center, Plainfield VT and Cabot School nurse
- “This will be an amazing opportunity for our students to hear from a Cabot alumni. After hearing your story, they will know they can do it too.”
 - -Jackie Batten, Cabot School Guidance Counselor, Cabot VT

INTERVENTION AND METHODOLOGY

- As a Cabot School alumni, my goal was to share my personal journey to medical school with the Cabot students
- Scheduled to talk during their health class (40 min)
- Spoke to 18 middle school students and 6 high school students on two separate occasions
- Presented my story through a PowerPoint presentation
 - How Cabot School prepared me for my future




INTERVENTION AND METHODOLOGY

In addition:

- I gave them an overview of health career opportunities
 - Physician, PA, nursing, lab, pharmacy, etc.
 - Opportunities that don't require a college education
- Hands-on activity
 - Taught them how to use stethoscopes and take blood pressure

RESPONSE DATA

- Student responses:
 - Both groups of students were engaged
 - Asked a lot of questions
 - Really enjoyed the hands-on activity
- Faculty responses:
 - Thought it was a wonderful opportunity for the students
 - After my first presentation, they asked me to come back to speak to more students



“Among our 7th and 8th graders, many students are now considering a medical profession as a result of Dore’s presentation. It’s now clear to me how valuable it is for students to learn from and hear the experiences of former Cabot students as they begin to develop their own vision of college and career” –Jackie Batten

EFFECTIVENESS AND LIMITATIONS

- Evaluation of effectiveness
 - Gather feedback from the students
 - Track their continuing education
- Limitations
 - With so many influential variables in their lives, no way to claim that my presentations made an impact on future direction
 - May not have impacted students interested in other fields
 - Long-term impact can be hard to track

RECOMMENDATIONS FOR FUTURE PROJECTS

- Be a resource for students
- Make future presentations
- Set up an opportunity for students to experience the COM and UVMMC
 - Spoke to guidance counselor about a possible “field trip” to UVMMC

REFERENCES

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