

## **Pre-Health Advising Guide to Shadowing**

### **What is shadowing?**

Shadowing is the practice of observing a practitioner in the course of an average day at work. It is different from volunteering or interning, where you may be given tasks to perform. Shadowing a practitioner in a field that you are considering is one of the best activities you can do to prepare for a career in health care.

### **Who should I shadow?**

You should try to shadow physicians or other health practitioners in as many practice areas and settings as possible. If you already have a specific area of interest, you should make sure that you shadow at least one person in that area. Some programs (such as osteopathic or veterinary medicine) require a minimum number of observation hours and/or a letter of recommendation from a practitioner in that field.

You might start with your own physician or dentist, etc. or someone who your family knows socially. Consider parents of friends and classmates. You can also contact hospitals, clinics, and private practices to set up a shadowing experience. If you shadow someone at a hospital, you will most likely have to go through a central administrative person. Students often shadow physicians at the Cleveland Clinic Wooster and Wooster Community Hospital (see contact information on back), but in principle any health care facility is a potential resource.

### **What is the time commitment?**

The amount of time varies depending on what you arrange with the health care practitioner you want to observe. At the hospitals in Wooster, it is typically one day. However, if making arrangements on your own with a health practitioner that you know or have been referred to, a shadowing experience can extend over a longer timeframe.

### **What should I say or do?**

Call *at least two weeks* (ideally a month) prior to when you want to shadow. For hospitals, you may want to allow even more time. If contacting a hospital, be prepared to indicate several areas of interest. They will then check with health care practitioners to see if someone is willing to have you shadow them. There is no guarantee, so having more than one area of interest can help ensure you will shadow someone.

Introduce yourself as a student at the College of Wooster who is considering a career in medicine. Express your interest in obtaining as much exposure as possible in order to make sure this is the right career path for you and to better identify areas of interest. When setting up a shadowing experience, be as accommodating as possible with dates. The dress code is usually business or business-casual when shadowing someone – meaning you need to look professional.

## **Shadowing Opportunities in Wooster**

### **CLEVELAND CLINIC WOOSTER**

Contact: Gail Riggengach, RN, Education Coordinator  
1740 Cleveland Road  
Email: RIGGENG@ccf.org  
Phone: 330-287-4524

You must meet with the Education Coordinator to complete training and paperwork related to HIPAA. You will also be given a name badge. It is of utmost importance that students complete these requirements before they start their shadowing experience. Ms. Riggengach works three days a week, but will return your call if you leave a message. Students have shadowed in many areas including Oncology, Endocrinology, Pediatrics, Ob/Gyn, Physician Assistant, and Physical Therapy.

### **WOOSTER COMMUNITY HOSPITAL**

Contact: Carla Reddick, Volunteer Coordinator  
1761 Bealle Avenue  
Phone: 330-263-8299

Ms. Reddick is the contact for both shadowing and the **Medic-Aide** volunteer program. If you want more of an extended experience, then you should inquire about the Medic-Aide program. Otherwise, she can set up a one-day shadowing experience for you. Students have shadowed practitioners in many areas including Pharmacy, Internal Medicine, and Cardiology.

### **WOOSTER ENT ASSOCIATES** - Drs. James Hessler and Kevin Mathur

Contact: Amy Gonzales  
1749 Cleveland Road  
Phone: 330 264-9699

### **WOOSTER ORTHOPEDIC AND SPORTS MEDICINE**

Contact: Elsie or Lavonne  
3373 Commerce Parkway, Suite 2  
Phone: 330 804-9712

### **VETERINARY**

Cleveland Road Animal Hospital (small animal) – Dr. James Howard  
2752 Cleveland Road, Wooster  
Phone: 330 345-6063

Finney Veterinary Services (large animal)  
7757 Mount Eaton Road  
Marshallville, OH (20 minute drive from the college)  
Phone: 330 855-2391

Horizon Equine Veterinary Services - Dr. Michael Geiger  
11001 Ashland Road, Wooster  
Phone: 330-263-7755