

Introduction

Medical Explorers (MedEx) is a program that was developed and launched this year at Heritage Middle School in Liberty, MO.

MedEx was created with the intentions to:

- Increase exposure to health care at an earlier age
- Emphasize the value in family medicine

The curriculum is focused on:

- Hands-on workshops
- Showcasing the variety, excitement, and need for primary care.

MedEx is unique because:

- Few middle school healthcare programs exist compared to high school programs
- Allows younger students to gain enthusiasm about their future in healthcare

Materials

- Borrowed tools from our simulation lab such as stethoscopes and reflex hammers
- Take-home pocket mask, penlights, wilderness supplies

Workshops:

- CPR Basics
- Wilderness Medicine
- Sports Medicine
- Medical Mythbusters
- Primary Care Jeopardy
- Art in Medicine
- Trauma Basics
- Stroke Education
- Suturing
- EpiPen Training

Methodology

- Utilized “enrichment time” that was already built into the middle school’s schedule
- Two student volunteers would facilitate two workshops per month which included:
 - 5 min introduction
 - 20 min hands on learning
 - 5 min key takeaways and satisfaction survey
- Beginning and end of year surveys to gauge interest in primary care



Figure 1. Wilderness case



Figure 2. CPR mannequins



Figure 3. Pupillary reflex

Results

- For each of the 16 workshops, over 93% of the students ranked the session as a 4 or 5 star experience.
- Students reported an increase in interest of healthcare, knowledge of family medicine, and likelihood of pursuing a career in primary care

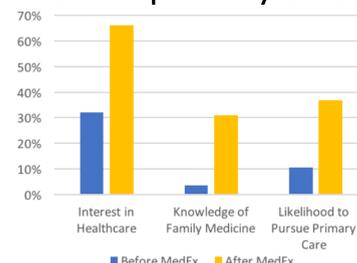


Chart 1. Beginning and end of year survey results

Rank	Workshop	3 Stars	4 Stars	5 Stars
1	Wilderness	0%	25%	75%
2	Sports	0%	75%	25%
3	Trauma	5%	70%	25%
4	Mythbuster	12.5%	62.5%	25%

Table 1. Top 4 ranked workshops

Summary/Conclusion

- Middle school students occupy a unique window of time in their education.
- MedEx provides the opportunity for students to explore their interest in healthcare.
- MedEx is accessible and affordable to implement.
- MedEx allows middle schoolers to gain enthusiasm for primary care through relevant hands-on workshops.
- MedEx is an innovative way to help promote family medicine and increase the future primary care workforce.



Figure 4. Hands on CPR practice



Figure 5. First MedEx workshop

Future Plans

- MedEx is expanding to at least six new middle schools this next academic year
- The Missouri Academy of Family Physicians will be promoting this program so the entire state of Missouri will have access to this program



Figure 5. MedEx Logo



QR code. MedEx video

- After doing a literature search with our medical librarian, Kristy Steigerwalt, there were not any programs with the same goals or curriculum as MedEx