

Summer 2021 Junior Volunteer Program

Make a difference in your
life and community

- Experience the healthcare industry first-hand
- Learn new skills
- Develop your career path
- Enjoy helping others



Lakes Regional
Healthcare

2301 Hwy 71 South
Spirit Lake, IA 51360

712.336.8799
www.lakeshealth.org

Program Details

Apply now to be a part of Lakes Regional Healthcare's 8-week Summer 2021 Junior Volunteer Program, focusing on exposing students to the healthcare field and fostering service values. The program will be held from June 7 - July 30. You must be a high school sophomore, junior, or senior or a college student that's at least 16 years old by June 1 to be considered for the program. Potential Junior Volunteers must complete and submit an application, parental consent form, and written reference from a school guidance counselor/advisor or teacher/professor. These forms can be found online at www.lakeshealth.org/volunteer. You will be interviewed by Lakes Regional Healthcare staff and potentially offered a Junior Volunteer position. Junior Volunteers must then complete an orientation process that includes a criminal background check, health assessment, TB test, and review of immunizations including the Hepatitis B series. As a Junior Volunteer, you choose one or more volunteer positions based on your interests and availability. You must volunteer at least once each week in each chosen volunteer position.

Weekly Optional Educational Opportunities

Each week, attend hands-on, educational sessions with various professionals. Attendance is optional. Topics include:

- // How to Stitch
- // How to Intubate
- // How to Gown and Glove in Surgery
- // How to Give a Shot
- // How to Apply a Cast
- // How to do an IO
- // Career/Education Planning, Resume Building and Interviewing

ER Volunteer

Shifts: 4 hour shifts any time / any day (24/7)

- // Assist physicians and nurses as requested
- // Turn over ER rooms (disinfect equipment, beds, etc) after discharge
- // Go on at least one ambulance call
- // Visit with patients as requested
- // Offer items to patients
- // Transport and escort patients and visitors
- // Restock supplies and deliver items
- // Cross train to other Junior Volunteer positions as time allows

Lakes Regional Family Medicine Volunteer

Shifts: Monday-Friday, 1 pm - 5 pm

- // Assist with coordinating patient care
- // Set up rooms (disinfect equipment, bed, etc) after patient appointments
- // Call and escort patients into exam rooms
- // Transport and escort patients to and from Imaging
- // Transport medications and specimens to and from Lab
- // Cross train to other Junior Volunteer positions as time allows

Inpatient Volunteer

Shifts: Monday-Friday, 8 am - 12 pm

- // Provide companionship to patients
- // Turn over patient rooms
- // Offer items to patients (such as food/drinks)
- // Transport and escort patients to and from Imaging
- // Assist with obtaining vital signs
- // Assist nurses as requested
- // Support Birth Center staff as requested
- // Transport samples to Lab
- // Fill water pitchers/mugs and replace ice
- // Cross train to other Junior Volunteer positions as time allows

Surgery Volunteer

Shifts: Monday-Friday, 8 am - 12 pm

- // Call and escort surgery patients into Surgery Center
- // Turn over surgery pre-op rooms (disinfect equipment, bed, etc) after patient discharge
- // Give items to patients (toast, beverage, etc)
- // Transport and escort patients to and from Imaging
- // Assist nurses as requested
- // Cross train to other Junior Volunteer positions

WHAT TO DO NEXT

Download and complete the Application and Parental Consent at lakeshealth.org/volunteer and submit them by May 14, 2021 to:

Lakes Regional Healthcare
Attention: Jennifer Gustafson
PO Box AB
Spirit Lake, IA 51360.

Please note the application requires a written reference from your school guidance counselor/advisor or a teacher/professor.

For more information, email jennifer.gustafson@lakeshealth.org or call 712-336-8799.