



# Externships = Opportunity



A key factor in your medical or dental school application profile is real-world experience. At Regis, we believe that can often be achieved through service. For-credit externship placement in the Denver metro area is an excellent opportunity for students to gain experience and perspective on their future career.

# What is an Externship?

- Externships are generally unpaid positions within a professional organization that are completed for Regis credit.
- We use the term externship rather than internship, so that our students are not confused with the post medical school interns in a healthcare setting.
- The externship positions are supervised and graded and there is an accompanying classroom component. Students find the classroom discussion to be a valuable part of the experience, as it allows for self-reflection and the opportunity to learn from the experiences of others.

# When do I complete my Externship?

- The official externship course is held during the spring semester of the MS program. However, we highly encourage students to seek out and begin their position during the fall semester. This allows students to have the maximum depth of exposure in their experience.
- MS classes are held four days per week. The “free” fifth day is intended for study and externship activities.

# How do I find my Externship? Are they difficult to get?

- As a graduate student, you are expected to take the lead in your own search. However, the Regis internship/externship office will provide plenty of ideas, guidance and direction.
- Most students discover that finding AN externship is not difficult. There are many healthcare related opportunities here in the area. However, as with many things in life, you get out of it what you put into it and so finding the RIGHT externship for you will take a bit more time and effort.

# Examples:

## ***University of Colorado Denver- Anschutz Medical Campus***

“I’m looking at type II Diabetes patients, and their cardiovascular effects and stamina differences with exercise. I call patients, confirm appoints, check patients in, walk them through the informed consent, participate in running tests, collecting data, and compiling information. “

# ***Apollonian Dental***

- “My duties include surveying and gathering data for project; learning periodontal techniques of a dental assistant to be able to assist doctors during surgeries; general dental assisting duties; health education functions to promote preventive oral care and good oral hygiene practices.”

# ***Hospicecare at Boulder and Broomfield Counties***

- “My goals with hospice were to shadow physicians and nurses, volunteer with patients and their families, and understand the hospice program. I began my externship by following and observing a nurse practitioner in one of the care centers. Later in my externship, I independently interacted with patients and their families in the hospice system and observed the medical director of the program.”

# ***National Jewish Health***

- “Assisting in a pulmonary basic research laboratory: learn procedures and techniques unique to specific area of interest; perform laboratory tests, which allow for some independent decision-making; plan, develop, operate, record, collaborate on reports for major research projects; learn guidelines for IACUC and the IRB; write and publish research findings.”

# ***Rocky Mountain Fertility Center***

- “Laboratory/Medical assistant. Draw blood and assist with ultrasound readings/records. Perform semen analyses, and prepare semen preps for in vitro fertilization and/or intra-uterine inseminations. Input patient medical history for new patients, and maintain current patient documents.”

# ***Anschutz Department of Emergency Medicine***

- “Working as a research assistant on a pilot study of AED [defibrillator] placement in Denver and Seattle in hopes to contribute to a nation wide registry on the public access of AEDs and pre-hospital cardiac support.”