

# Doctor For A Day



Data show early exposure and mentorship have a positive impact on increasing interest and likelihood for under-represented students to enter health careers. Given the ever increasing diversity within the U. S. there is a need for a healthcare workforce to represent the patients they serve. It has been shown that patients prefer to be treated by physicians from their same ethnic background. In addition, physicians from ethnic minority groups are more likely to work in underserved areas with higher concentrations of ethnic minority groups. In 2014, the Association of American Medical Colleges reported that although African-Americans comprised 13% of the population, they accounted for only 4% of the physician workforce. Thus, given the very diverse population found right here in Washington State and the need to ensure these communities have adequate representation, the idea for Doctor for a Day (DFAD) was born in 2014. It was inspired by the ingenuity and passions of the University of Washington School of Medicine Student National Medical Association (SNMA), which is comprised of first through fourth year medical students. DFAD’s mission is “to expose, inspire and cultivate under-represented disadvantaged middle and high school students in Seattle and the greater Seattle area to enter careers in healthcare.”

Since that time the DFAD workshops have grown in spirit and numbers. We have hosted over 20 workshops with more than 200 student participants from local middle and high schools in the Seattle and greater Seattle area. The last workshop was held at the WISH Lab at HMC on October 29th, 2016. 50 students were in attendance.

The workshops expose under-represented minorities from disadvantaged backgrounds to health careers they may want to choose – such as medicine, dentistry, nursing, physical therapy, occupational therapy and respiratory therapy. Approximately, once a month medical

students, residents, fellows, therapists and faculty come together on a Saturday and participate in day-long, hands-on, skills workshops. The workshops provide these students with education and direct mentorship about the careers healthcare mentors love. The students are able to see examples of the healthcare providers in whose steps they may choose to follow and the providers witness the direct impact they can have on changing the course of a young person’s life.

DFAD is a collaboration of the University of Washington, School of Medicine Center for Equity, Diversity and Inclusion (CEDI), Student National Medical Association (SNMA) and Network for Under-represented Residents and Fellows (NURF) and Department of Surgery Diversity Council.

Any and all participants are welcome to engage with this motivated group of students. If you would like to volunteer for any upcoming events please email the Network for Underrepresented Residents and Fellows (NURF) Doctor for a Day coordinator **Estell Williams, MD, R4**, at [estellw@uw.edu](mailto:estellw@uw.edu).

Our dates for the remainder of the academic year are:

Month	Day	Location
February	18	Healers of Tomorrow
March	11	Africatown
April	22	Africatown/Foster High School Career Fair
May	20	Location TBD