

## **UR Medicine Finger Lakes Health Career Insights Shadowing Program Overview**

The **Career Insights Shadowing Program** at UR Medicine Finger Lakes Health provides individuals with the opportunity to gain firsthand insight into the daily operations of a healthcare environment through observational experiences. This program is designed for individuals considering a future career in healthcare and seeking to better understand the roles and responsibilities within a clinical or non-clinical department.

### **Program Structure and Guidelines**

- **Duration:** The shadowing experience is limited to a minimum of 2 and a maximum of 40 hours, which must be completed within a consecutive four (4) week period. Recommended shifts of 2-4 hrs.
- **Nature of Experience:** This is a strictly observational program. Participants will observe the routine activities of a designated department but will not perform any hands-on tasks or procedures.
- **Patient Care Areas:** In areas involving direct patient care, shadows are not permitted to have any exposure to:
  - Blood or body fluids
  - Respiratory or infectious diseases
- **Eligibility:** Participants must be at least sixteen (16) years of age at the time of the experience.
- **Compensation:** This is an unpaid educational opportunity and does not include any form of financial compensation or educational credit.

### **Purpose**

This program is intended to:

- Provide exposure to the healthcare field in a real-world setting
- Help students make informed decisions about potential career paths in health care
- Support the development of future healthcare professionals by offering meaningful observational opportunities

UR Medicine Finger Lakes Health is committed to ensuring that all shadowing experiences are conducted in a safe, respectful, and educational environment, in compliance with privacy, safety, and infection control standards.

**This is a career exploration program only and not intended to be used for educational credits or as an internship opportunity.**

For more information, contact [flh\\_shadowing@urmc.rochester.edu](mailto:flh_shadowing@urmc.rochester.edu) or call 315-787-4053

