



# Shadowing FAQ Sheet

*MMC Department of Medical Education*

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## Educating Tomorrow's Caregivers

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### **How should I prepare for shadowing?**

It is important to be prepared for your shadowing opportunity.

- Bring a notebook and pen
  - Do not take notes in front of the patient. Try to take notes after the interaction with them.
  - Listen and learn as much as possible while shadowing.
- Be prepared with questions to ask, here are a few examples:
  - How do your daily tasks compare to that of other medical professionals?
  - What part of being a health care professional do you find most satisfying?
  - What about being a health care professional do you find most challenging?

### **What is expected of me during my time shadowing?**

You are expected to act professionally while shadowing. Do the following to ensure professionalism:

- Turn off your cell phone.
- Make sure to address all health professionals as Mr., Ms. or Dr. They may tell you to address them by another name, but until then, continue to use their titles.
- Stay positive, and express eagerness.
- Always show appreciation and gratitude throughout your shadowing experience.
- Join and attend any events or activities held during the shadowing experience. Try to get the most out of it.

### **How should I interact with patients?**

Anticipate interacting with patients which means that you should abide by and expect the following:

- Expect to be required to sign a HIPAA compliance document. This document ensures the confidentiality and safety of any patient information you are exposed to.
- KEEP ALL PATIENT INFORMATION PRIVATE.
- When introduced to patients, some may ask you questions about yourself.
- Understand that some patients may not be comfortable having you in the room during their appointment which will require you to leave the room for a period of time.

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## What should I wear?

Dress to impress. Dress for success. Proper attire presents a great first-impression and depicts professionalism. Not only does attire matter, but remember that good hygiene is also important.

### What to wear for men:

- Khakis/dress pants
- A tie
- Button-down or collared shirt
- Comfortable dress shoes

### What not to wear for men:

- A t-shirt
- Shorts
- Jeans
- Sandals or sneakers

### What to wear for women:

- Colored blouses
- Comfortable shoes ( ie. flats, loafers, etc.)
- Khakis/dress pants
- A modest skirt
- A dress
- A cardigan

### What not to wear for women:

- A t-shirt
- Jeans
- Very short skirts/dresses
- Shorts
- Open-toed shoes/sandals
- Low-cut tops

## What should I do once I am done shadowing?

- Write a thank you note to give the health care professional. Email is fine, but handwritten is better. This is typically done the day after shadowing.
- Ask for a letter of recommendation. This will be useful to have in the future!

*Helpful tip:* Think about your shadowing experience, and try to take note of any experiences or skills you learned. These may be helpful to you in the future, especially for medical school applications, personal statements and cover letters.

## How do I determine how long I will be shadowing for?

- Determine how long you would like to shadow and discuss options with your health care professional. Ultimately, the duration of shadowing time will be at the discretion of the health care professional.
- If you are interested, ask your health care professional for more opportunities to shadow him/her in the future.

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\*Ideas adapted from Live Career's "Job Shadowing Tips Checklist For Teens, Students" [website](#), and the AAMC's "Shadowing A Doctor" [website](#).