At least 750 hours of quality direct patient contact experience are required to begin the PA program. A competitive applicant will have close to the required 750 hours. The quality of the experience(s) and number of hours are weighed when considering an application. The more “hands-on” activities are considered higher quality and the less “hands-on” activities are considered lower quality but are still important to include on your application. Patient contact hours may be paid or volunteer. It is extremely important to provide a detailed description of your responsibilities on your CASPA application to assure that you are given appropriate credit. The following is a list of patient care experiences with approximate quality values and is intended as a guide only and is not all-inclusive. Again, it is important to note that assigned values of patient experience are based on description of duties on the application.

**High Quality**
High quality experiences require a high level of decision making and intensive hands-on responsibility for which 100% of the total hours will count toward the prerequisite hours. Examples include, but are not limited to, the following:
- Licensed or certified health care professional
- Patient Care Technician
- Physical Therapist
- Physical Therapy Assistant
- Phlebotomist
- Athletic Trainer
- Mental Health Worker
- Substance Dependency Counselor
- Medical Scribe
- Dentist
- Dental Assistant
- Paramedic
- EMT
- Military Medic/Corpsman

**Moderate Quality**
Moderate quality experiences require a moderate level of decision making and moderate hands-on responsibility for which 25-50% of the total hours will count toward the prerequisite hours. Examples include, but are not limited to, the following:
- Patient Care Advocate
- Physical Therapy Aide
- Occupational Therapy Aide
- Health care internship or hands-on training
- Patient Safety Observer/Sitter
- Medical Translator
- Bench research with data and/or lab animals with a human medical component
- Pharmacy Technician if patient counseling, preparation of medication, and communication with health care providers are entailed

**Low Quality**
Low quality experiences require a low level of decision making and minimal hands-on responsibility for which 10% of the total hours will count toward the prerequisite hours. These hours are still important as it provides one with experience in a health care setting. Examples include, but are not limited to, the following:
- Shadowing Physician, PA, or Nurse Practitioner
- Personal care giver for a relative or friend
- Medical Records Processor
- Patient transport
- Recreational aide for special needs populations
- Medical office receptionist
- Pharmacy Technician if duties only involve cashing out customers and administrative work
- Lifeguard

**Related Humanitarian Experiences**
Value for the hours accumulated in these experiences will be evaluated on a case-by-case basis.

Examples include, but are not limited to, the following:
- Shelters for the homeless, halfway houses, homes for battered women, etc.
- Volunteer experiences in soup kitchens, on crisis hotlines, for food pantries, etc.
- Red Cross, Peace Corps