

Healthcare Pathways



Andrew Hill HS Nursing Academy: A Place for Student Success!

While many people are concerned about the shortage of well-trained health workers, others view it as an opportunity to start a new career that's high in demand. As it stands, there is a need for well-trained healthcare workers nationwide. High schools are filling the void by developing a variety of programs to attract students to the expanding field of healthcare. Check out the Nursing Academy Medical Magnet Program (Academy) at Andrew Hill High School in San Jose. The Academy educates and inspires high school students to pursue post-secondary education and careers in the nursing and healthcare field.

Student benefits:

- **Increased Motivation:** 74% of the students improved grades and maintained a high level of academic performance.
- **Higher Self-Esteem:** 96% of the students felt more confident and positive about their future careers and employment.
- **Improved Cultural Awareness:** Students learn to relate to people from differing cultural backgrounds.
- **Skill Development:** Students gain a clear understanding of nursing. They learn skills such as monitoring a patient's vital signs, taking blood pressure, CPR and first aid, critical thinking, creativity, and communicating effectively.
- **Health Industry Exposure:** Students take special nursing courses and field trips; hear guest speakers; obtain college information and counseling; and receive job shadowing and mentoring opportunities at local hospitals and the ALZA

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Andrew Hill HS Nursing Academy

America's Health Responders: Ready to Travel the Country?

Do you have a genuine interest in the health and well-being of others? Have you ever felt like you could make a difference if given the chance? If so, the U.S. Public Health Service Commissioned Corps may be the opportunity you've been looking for.

Commissioned Corps is an elite team of more than 6,000 well-trained, highly qualified public health professionals dedicated to delivering the Nation's public health promotion and disease prevention programs and advancing public health science. They offer two exciting programs to students looking for financial assistance to complete their education for a public health career. Both programs allow students to meet leaders in public health, get paid for working while they complete their health-related education and gain valuable professional experience.

Individuals driven by a passion for public service toward the fight against disease and poor health conditions are ideal candidates. The U.S. Public Health Service Commissioned Corps offers numerous career opportunities that include: physician, nurse, dentist, pharmacist, dietician, mental health specialist (including clinical psychologist and clinical social worker), environmental health officer, health services officer, therapist (including occupational therapy, physical therapy, speech language pathology, and audiology) and veterinarian. If you're ready to take on a new challenge, create lasting memories, gain invaluable learning experiences and get paid, these programs may be a perfect fit for you!



Junior Commissioned Officer Student Training and Extern Program

- Must have completed at least 1 year of study in medical, dental, or veterinary school, or at least 2 years of study in a professionally accredited baccalaureate program in specific health disciplines and meet other program requirements to be eligible.
- Hired for the summer months and receive assignments in locations throughout the country.
- Assignments vary from 31 to 120 days during official school breaks.
- Not obligated to serve in the Commissioned Corps after graduation, but may decide to serve an extended active-duty assignment after completing professional education.

Senior Commissioned Officer Student Training and Extern Program (SRCOSTEP)

- Enrolled full-time in certain accredited programs with at least 8 months of educational commitment remaining in the final year and meet other program requirements.
- Current disciplines include dentistry, nursing, pharmacy, engineering, and physical and occupational therapy.
- In return for financial assistance, agree to work for the Commissioned Corps after graduation.
- Service obligation is equal to twice the time sponsored; that is, for 9 months of financial support, a SRCOSTEP participant commits to 18 months of employment with the division or organization that provided the support.

For more information, please visit: <http://www.usphs.gov/student/>

Mercy Medical Center Mt. Shasta: Growing Their Own

Students everywhere agree that there's no place like home. After all, most of us learned that from the legendary movie, *The Wizard of Oz*. Rural hospitals throughout California are facing the difficulty of recruiting and retaining health workers within their own community. Research indicates that if you recruit a professional from an urban area into a rural community, only 7 percent of the recruits will stay long term.

Mercy Medical Center Mt. Shasta (Medical Center) in Mt. Shasta, California is facing this very challenge with their health workforce. The local County Superintendent of Schools identified that the best and brightest local students are often lost due to a lack of professional job and education opportunities. As a result, the Medical Center developed a job-shadowing program designed to benefit students in the local community. The program helps students obtain a college education, pursue health careers and stay in their community to care for neighbors and friends. Tuition reimbursement, scholarships and loan forgiveness programs help pay college education expenses.

Recruitment Efforts: The Medical Center recruits local community members in a variety of ways: high school events, local newspaper ads and community organizations. The hospital believes that there is greater commitment to the facility and to the community when local residents return to serve the area in which they have established roots.

Orientation Process: Prior to entering the job-shadowing program, each participant must undergo an orientation process. Participants meet the Director of the Education Department, take a Tuberculosis (TB) test, complete a Health Insurance Portability and Accountability Act [HIPAA] module, sign a confidentiality statement, and interview in departments that interest them.

Retention Benefits: The Medical Center attributes its success to developing the philosophy and belief that it is better to "grow your own" professional staff from your local community. Its staff turnover rate is less than 2 percent. The Medical Center also helps their Registered Nurse (RN) students get through school. Although students follow their desires, there are perks to staying home. The Medical Center's efforts to invest in local students are a great way to instill a sense of pride and enjoyment in serving in one's own community. To learn more on the job-shadowing program at Mercy Medical Center Mt. Shasta, contact Morris Eagleman, Vice President of Patient Care Services at (530) 926-9381.



Pictured from Left to Right. Rebecca Teuscher, Kate Rice, RN, Nathan Gilliam and JoAnna Woody. Kate is demonstrating how to use a monitor in ICU.

...Nursing Academy, from page 1

- Corporation (a Johnson & Johnson Pharmaceutical Research and Development site).
- Employment Opportunities: Students are eligible to take a Certified Nursing Assistant (CNA) summer course offered at the Mission Community College and earn six units. They can become qualified to work as a CNA, Home Health Aide or Acute Care Nursing Assistant after completing the requirements.

Participation in the Nursing Academy has had a positive impact on students and will continue to do so throughout their high school careers. As one student shared, "The Nursing Academy makes you feel like you are prepared and that you will succeed. If someone were to take it away, it would be like they were pushing me away from my dream."

For more information, please visit: <http://ah.ca.campusgrid.net/home/Academy+Programs/Medical+Magnet>

Health Professionals Making a Difference

Whether at work or play, people get injured. Fortunately, therapists help us feel like ourselves again. They treat and teach others how to cope with pain — emotional, physical or both — restore a patient's mobility, level of comfort and overall health. Therapists help patients face their challenges and provide them with a positive outlook on their future too. The following career opportunities are expected to grow faster than average.

Occupational Therapist

- **Annual Salary Range:** \$41,000-89,000 (2006 U.S. Department of Labor, Bureau of Labor Statistics Data)
- **Education/Training:** Master's degree or higher
- **Job Description:** Help people improve their ability to perform tasks in their daily living and working environments; and work with individuals who have conditions that are mentally, physically, developmentally or emotionally disabling.



Physical Therapist

- **Annual Salary Range:** \$47,000-95,000 (2006 U.S. Department of Labor, Bureau of Labor Statistics Data)
- **Education/Training:** A master's degree from an accredited physical therapy program and a State license, requiring passing scores on national and State examinations.
- **Job Description:** Physical therapists help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients suffering from injuries or disease. They also develop plans describing a treatment strategy and its anticipated outcome.



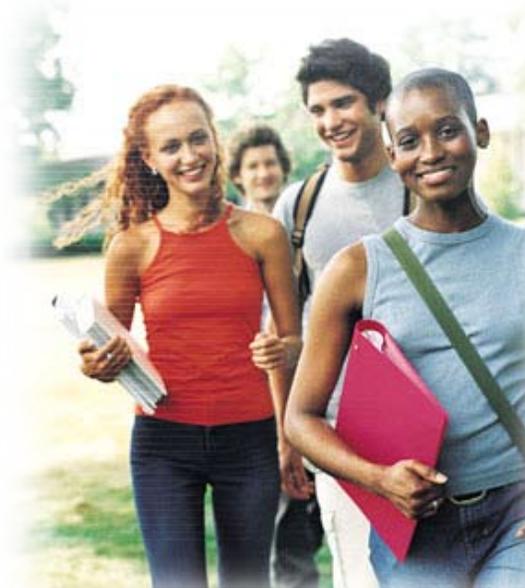
Respiratory Therapist

- **Annual Salary Range:** \$35,000-64,000 (2006 U.S. Department of Labor, Bureau of Labor Statistics Data)
- **Education/Training:** Formal training is necessary and offered at the postsecondary level by colleges and universities, medical schools, vocational-technical institutes and the Armed Forces. Associate's degree is required for entry into the field and in the state of California respiratory therapists are required to obtain a license.
- **Job Description:** Evaluate and treat all types of patients, ranging from premature infants whose lungs are not fully developed to elderly people whose lungs are diseased; and provide temporary relief to patients with chronic asthma or emphysema, as well as emergency care to patients who are victims of a heart attack, stroke, drowning or shock.

For more information about these occupations, visit:

<http://www.bls.gov/search/oooh.asp?ct=OOH> and <http://www.ama-assn.org/ama/pub/category/6038.html>

Tech Schools Can Jump-Start Your Health Career!



Getting the education you need for a rewarding career in healthcare is vital. If attending a four-year university is not for you, you'll be glad to know that you can still get an education and not have to commit four plus years. Not everyone working in a hospital or health clinic is a doctor or nurse. A wide variety of health professionals are needed to help run hospitals and health clinics. Many of these health professionals work in the area of allied health. These positions typically require a certificate of achievement or an Associate in Science (AS) Degree from an accredited technical school. Technical schools offer various career education programs which are designed to train individuals with a balance of hands-on training and classroom instruction. Take a look at two popular technical schools that can help jump-start your career in the healthcare industry.

San Joaquin Valley College

At San Joaquin Valley College (SJVC) they can prepare you for success — faster than you think! SJVC offers the following career education programs in the medical field:

- **Clinical Administrative Medical Assisting**
- **Clinical Medical Assisting**
- **Dental Assisting**
- **Dental Hygiene**
- **Licensed Vocational Nursing**
- **LVN to RN AS Degree Program**
- **Pharmacy Technology**
- **Physician Assistant**
- **Respiratory Therapy**
- **Surgical Technology**
- **Veterinary Technology**

For more information, please visit: <http://www.sjvc.edu/programs/index.php> or call 1-866-544-7898.

Western Career College

At Western Career College you can do it! You can obtain valuable career training in a highly supportive learning environment and attend classes at the times and places that are convenient for you. Western Career College offers the following career education programs in the medical field:

- **Medical Assisting**
- **Health Information Technology**
- **Health Care Administration**
- **Medical Billing**
- **Vocational Nursing**
- **Surgical Technology**
- **Ultrasound Technology**
- **Registered Nursing**
- **Biotechnology**
- **Massage Therapy**
- **Dental Assisting**
- **Dental Hygiene**
- **Pharmacy Technology**
- **Veterinary Technology**

For more information, please visit: <http://www.westerncollege.edu/programs/index.html> or call 1-888-203-9947.

Student Tip: Staying Healthy in Sports

Athletes share a common goal: they strive to stay healthy! No one is immune from getting hurt; even the greatest of athletes suffer downtime due to injury. But did you know that the answer to preventing most injuries from becoming serious ones is linked to Jerry Rice, one of the all-time greatest athletes the world has ever known? It's true! The answer lies in his name. Rice's last name happens to be a well known acronym, R.I.C.E., which athletes have used to bounce back from nagging injuries. R.I.C.E. stands for rest, ice, compression and elevation. It's a proven, yet simple home remedy that can help you stay on top of those aggravating injuries. Following this easy to remember acronym is perhaps your best safeguard from any further injuries and can keep you from having to watch from the sidelines, bench or stands. Although R.I.C.E. can be helpful, it's important to recognize that it's not a suitable treatment for all types of injuries. Some injuries require immediate medical attention in which it's best to seek the opinion of a trained health professional. If you or someone you know is suffering from a non-serious sport related injury, read on to see how R.I.C.E. can provide relief from pain and a speedy recovery.

Rest - Take a break from exercise or any type of movement that may stress the injured area. A minor injury should be rested for one or two days, while more severe injuries may need longer.

Ice - Ice the affected area. Icing reduces pain, limits swelling and bleeding, and encourages rapid healing. Wrap ice in a towel to avoid direct contact with the skin.

Compression - Compress the injury with a stretch bandage. Make sure not to wrap too tight, but just enough to support the injured area comfortably.

Elevation - Elevate the limb. If possible, try to keep the injured part above the level of the heart. At the very least, try to keep it higher than the hips. This helps limit swelling and also prevents movement of the area that is injured.

For more health related tips, visit:

<http://www.health-fitness-tips.com/newsletters/t75-rice-for-injuries.htm>



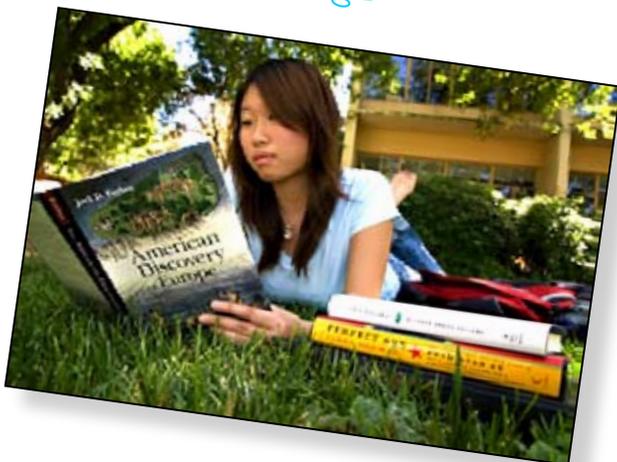
Summer is a Time for Fun, Sun and ... School?

Most college students want to finish school as quickly as possible. Using the summer to take a course or two is a great way to move through college quickly and lessen the stress of having to cram five or six classes into one semester. Focusing on just one class in the summer ensures that you will not only achieve a higher grade, but have adequate time to study and be less stressed when the fall semester comes around. Getting difficult classes out of the way always feels good!

For high school students entering college for the first time, summer school is an excellent preliminary opportunity for incoming freshman to learn to develop great study habits and adapt to what a typical college class requires.

College students attending expensive four-year institutions discover that taking summer classes at a community college can help you save some serious cash! Make sure you check with your counselors to determine if you need the class and it is transferable.

If finishing school cheaper, faster and less stressed sounds appealing, consider taking a community college course or two over the summer to lighten the normal class loads. You won't regret it!



Summertime is a Good Opportunity to Take G.E. Courses

By Sara Vasquez, Cosumnes River College

The transition from high school to a four-year college is a big move and may be quite daunting for someone who doesn't know what to expect. An alternative to help prepare for this transition is to take classes at a California Community College first. The Los Rios Community College District's Cosumnes River College (CRC) in Sacramento offers numerous General Education courses during the summer.

Tiffany Clark, outreach specialist at CRC, says there are great benefits in taking summer classes.

"Students who take classes at CRC first, have a smoother transition and are more prepared for the four-year college," Clark said. This is because CRC has a much smaller campus than a university, smaller class sizes and a vast support system. It's a good time to get your feet wet. Students also take summer classes here to fulfill their general education requirements.

CRC visits high schools in the Elk Grove Unified School District in the spring to conduct assessments. Students take advantage of the convenience of taking the assessments at their high school. Assessments are also being done in a couple of Sacramento, Galt, and Amador county high schools.

Students who are currently at four-year colleges are also taking summer classes at CRC. Sometimes the classes they want to take are impacted at their current school, so taking a class here is a great option. An added benefit is the lower fees. Current California State University and University of California students should talk to a counselor at their home college before taking classes at CRC. Many (or "the majority") of our classes are transferable, but meeting with a counselor is important in making sure you are on the right track. All students should see a counselor regardless of their situation.

Students should take a college success class when they get here. College success classes are highly recommended. They help teach students skills such as time management and effective studying."

CRC's summer nine and eight week session begins on June 9 and June 16.

For more information, visit www.crc.losrios.edu and click "class schedule" for a detailed account of classes and dates.

Scholarships and Grants

2008 Colgate Research Awards

Deadline: August 1, 2008

<http://www.aawd.org/HomePage.htm>

GetAWebpage Scholarship Competition

Deadline: July 31, 2008

<http://www.getawebpage.net/scholarship/>

Eileen J. Garrett Scholarship

Deadline: July 15, 2008

<http://www.parapsychology.org/dynamic/040000.html>

Wells Fargo CollegeSTEPS Program

https://www.wellsfargo.com/student/planning/scholarships/?_requestid=26128

Dedication for Education Scholarship

Deadline: August 31, 2008

<http://www.dheducation.com/scholarships.php>

Emc2 Election Multimedia Contest for Cash

Deadline: July 15, 2008

<http://www.spusa.org/2008vote/>

Scholarships.com Health Scholarship

<http://www.scholarships.com/health-scholarship/college-health-scholarship.aspx>



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