

Healthcare Pathways



“College: Making It Happen” CSU Sacramento Event Prepares Both Students and Parents

On March 28, 2009, California State University, Sacramento hosted its 15th annual “College – Making It Happen,” a student/parent workshop. At this unique event, a wide variety of instructional sessions were offered to prepare students for the transition from middle school through high school and onto college. Workshops explored career options including medicine and biotechnology. Other workshops included specialized information for students and parents alike.

Sessions on planning and paying for higher education were popular, along with those on banking and personal finance. Parents attending family dynamics workshops were offered tips on what makes a good parent and how better to communicate with their children. Students learned how to build the life skills needed to succeed in school and how to deal with stress and frustrations sometimes found in new social situations.

Student volunteers offered advice on workshops, families gathered together to learn about college planning, and representatives of local colleges and educational programs distributed information.

In This Issue...

- ◆ Tips to Overcome College Admissions Obstacles
- ◆ Health Careers – Recession Proof?
- ◆ Fresno City College: Building Brighter Futures
- ◆ Specialty Certifications for Nursing Career Advancement
- ◆ CPR Training – Save a Life and Find a Job
- ◆ Health Careers in the Los Angeles Region

See Making it Happen: Page 7



Cloteal Herron, MEd., Life Coach & Author with The Teal Group, speaks with parents during the workshop “Building Family Bonds.”



CSUS student volunteers assist with event registration.

Tips to Overcome College Admissions Obstacles



Getting through the college admission process involves more than good grades. Admissions officials admit that the more well-rounded students are, the better their chance of being accepted. While SAT and GPA results are important, officials also look at extra-curricular activities, part-time jobs, and involvement in clubs and athletics. Separate yourself from the pack by following these simple tips:

Research	Study scholarships and financial aid opportunities. Continue researching opportunities for advancement throughout your career by building your job skills or finding employment in areas you might not have considered before.
Stretch Yourself	Read or explore new subjects and challenge yourself to be open to new areas of education and life. Don't become a sun-starved bookworm. Join local clubs, community groups, or student groups - and you will find that new opportunities will reveal themselves to you in surprising ways.
Boost your G.P.A.	Attend summer courses to boost your grades. Avoid over-scheduling yourself. Hard classes are unavoidable, but take advantage of grace periods to drop classes if the instructor or course does not match your needs. Ask about extra-credit.
Volunteer	Volunteering your time or working as an intern shows that you are committed to learning in real-world situations. Choose an industry, community group, or field of work that interests you. Your resume will expand and the skills and experiences you gain will last a lifetime.
Prepare Early	Take advantage of high school biology and physical science courses and tutoring programs to give yourself a good foundation for future college science and laboratory requirements.
Be Flexible	Consider your college and career options carefully. Think about college locations or job opportunities which may lie some distance from where you live now. Do you have relatives or friends in that area who can help you get settled?

Let your actions show your outstanding qualities, such as leadership, perseverance, honesty and teamwork. These commitments will be noticed by college admissions offices, and the lessons learned will assist you throughout your working career.

Scholarships and Grants

Straight Forward Media:

Medical Scholarship, Minority Scholarship

Award amounts from \$500

Deadline: June 30, 2009

<http://www.straightforwardmedia.com/sfm/scholarship-programs/medical-professions/>

Straight Forward Media:

Nursing Scholarship, Science Scholarship,

Dale E. Fridell Memorial Scholarship

Award amounts from \$500 to \$1,000

Deadline: July 14, 2009

<http://www.straightforwardmedia.com/sfm/scholarship-programs/nursing-school/apply-online-for-nursing-scholarships.html>

Straight Forward Media:

Vocational-Tech / Health Care School Scholarship

Award amounts from \$500

Deadline: August 31, 2009

<http://www.straightforwardmedia.com/sfm/scholarship-programs/vocational/technical-school/apply-online-for-vocational-scholarships.html>

The State Loan Repayment Program (SLRP)

Application period begins August 1, 2009

<http://www.oshpd.ca.gov/HWDD/SLRP.html>

Health Professions Education Foundation –

Scholarships and Loan Repayments

Application postmark deadline: September 11, 2009

<http://www.oshpd.ca.gov/HPEF>

Health Careers – Recession Proof?



History has shown that despite the state of the economy, health careers are stable professions with many opportunities throughout California. Health careers have continued to expand, with new jobs in ambulatory care as well as in hospitals. In fact, the federal government reported that the 2008 U.S. average for allied health careers was 30,000 new jobs a month.

“Allied health careers are in great demand... Many of these positions require only a high school diploma and relatively short periods of training.”

Health careers are also expanding in a variety of areas outside the hospital, from outpatient care services such as laboratories, doctors’ offices and dental practices, to residential care facilities and nursing homes.

Allied health careers are in great demand. These jobs include laboratory and pharmacy technicians, medical assistants, and phlebotomists. Many of these positions require only a high school diploma and relatively short periods of training.

Biomedical health careers are also on the rise. Workers in this field use the sciences of biology, chemistry, physics, engineering, computers, and information technology to develop products and increase the effectiveness of care. These careers have come a long way from laboratory workers in white coats. Today, biomedical careers can be found in sales and marketing, research and development, manufacturing, and quality control areas. Workers may be testing pharmaceuticals, generating computer models, using emerging technologies such as lasers, or engaged in genetic studies on the molecular level. Biomedical health careers include biomedical engineer, radiation therapist, medical illustrator, and pharmacy technician.

While there are no guarantees, health careers will continue to be in high demand. There has never been a better time to prepare for a health career.

For more information on the most “recession proof” jobs, visit: <http://online.onetcenter.org/find/indemand?i=HC&g=Go> and http://www.forbes.com/2008/07/18/recession-proff-jobs-lead-careers-cx_tw_0718recessionproof.html

For more information on allied health careers, visit: http://futurehealth.ucsf.edu/allied_health/index.htm

For more information on biomedical health careers, visit: <http://online.onetcenter.org/find/indemand?i=BIO&g=Go>

Career Fitter.com Scholarship

Award amount from \$500

Deadline: September 15, 2009

<http://www.careerfitter.com/scholarship/index.htm>

National Association of School Psychologists Minority Scholarship Program for Graduate Training in School Psychology

Award amounts from \$5,000

Deadline: November 2, 2009

http://www.nasponline.org/about_nasp/minority.aspx

California-Hawaii Elks Association Vocational Grants

Award amounts from \$1,000

Flexible deadlines

<http://www.chea-elks.org/vocationalgrant.html>

California State PTA Scholarship: Continuing Education for School Nurses

Award amounts from \$500

Deadline November 15, 2009

<http://www.capta.org/sections/programs/school-nurses.cfm>



Fresno City College: Building Brighter Futures



Fresno City College provides a variety of opportunities to central California for those interested in health careers and building a brighter future. The largest nursing program west of the Mississippi is found here, as well as new educational partnerships with eight local hospitals located in rural areas. Hospital employees can also attend a program to assist them in reaching higher education goals and get a boost in their careers.

Fresno City College is committed to student success. Health science counselors assist students with questions on program eligibility, transferable courses, and mapping out required course work. Many of the health programs require academic study in traditional subjects such as anatomy, biology, and pharmacology. However, other areas of study include courses in electrical systems, computer systems, or records management.



An online tutoring program is also available for students. Using a computer, students can enter a virtual tutoring room and get help in accounting, chemistry, biology, math, psychology, and English/writing classes. The Online Tutoring Resource Center provides ongoing training and evaluation to provide students the best assistance possible. Students who take distance education courses or who cannot be on campus during normal tutorial center hours also benefit.

Fresno City College Programs and Related Career Opportunities

Registered Nursing	Hospitals, physician offices, outpatient care centers
Surgical Technology	Physician assistant, nursing, purchasing manager, technologist
Medical Assistant / Clinician,	Sports medicine, records technician respiratory or physical therapy
Radiologic Technology	Ultrasound or mammography technician, state inspector, diagnostics
Dental Hygiene	Dental offices, clinics, hospitals, health education, health management
Health Information	Information management, insurance

Students can apply to the health career programs when all prerequisite courses have been completed with a "C" or better, and have met the program's cumulative GPA requirements. Qualified student applicants are then accepted into the program using a "lottery selection" process. The Spring 2010 application period begins June 4, 2009 and runs through September 4, 2009.

For more information on application requirements and health career programs at Fresno City College, visit: <http://www.fresnocitycollege.edu/index.aspx?page=219>

Specialty Certifications for Nursing Career Advancement

Specialty certifications can expand your technical knowledge and give you more confidence to take the next step in your healthcare career. Nurses with specialty certifications also report increased peer recognition and professional respect from coworkers. Employers may offer financial assistance for exam fees or continuing education costs.

While the majority of nurses work in hospitals, much of the projected job growth will occur outside the hospital in home care services, physicians' offices, rehabilitation facilities, and employment services. The need for specialty care is also growing in the areas of cardiology, radiology, legal consulting, and with diseases such as AIDS or cancer.

For Nurses, specialty certifications bring more than the opportunity for better pay or a higher professional status. A deeper fulfillment in job duties and increased competency are often the result.

Certifications are available in the areas of:

Neuroscience	Transplant care
Gastroenterology	Post- and Ambulatory-Anesthesia
Hospice and Palliative care	Orthopedics
Diabetes dialysis	Diabetes education
Neonatal and pediatric care	

Nursing careers found outside the hospital setting include:

A legal nurse consultant (LNC) may work with attorneys and appear in court to testify, as opposed to direct patient care. Job duties may include the careful study of medical histories and test results, as well as offering professional opinions in writing or in court.

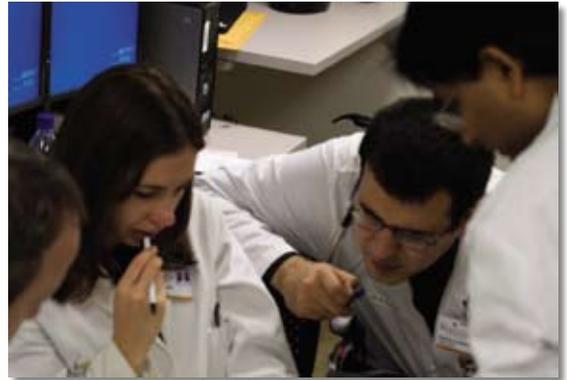
A certified registered nurse infusionist (CRNI) can demonstrate a greater depth of knowledge and job skills beyond those of a typical IV nurse. Advanced infusion nursing skills include electrolyte balance, pharmacology, pediatrics, and transfusion and antineoplastic therapy among others.

A holistic nursing certification (HNC) offers a greater understanding of the self, and how actions affect a patient's mind-body-spirit. This insight can be a very powerful addition to existing talents and skills.

The wound-continance certification (WOC) offers an improvement of existing skill sets which can dramatically affect a patient's quality of life. Previously known as an enterostomal therapist, this specialty has grown to include a variety of areas including surgical wounds, diabetic or pressure ulcers, bowel and bladder continence, pre- and post-op teaching, and temporary ostomies.

There are specialty associations, certification boards, and other organizations which provide study materials and testing information. Many of these career organizations also have active membership groups. Specialty certifications for nurses, while not required, offer opportunities to expand comprehensive care for patients and build skills into new directions through advanced training. Become a specialty certified role model and stand out in your workplace today.

For more information on nursing careers and specialty certifications, visit: <http://www.bls.gov/oco/ocos083.htm>



CPR Training – Save a Life and Find a Job

For a person with cardiac arrest, the delay of care for even a few seconds, can have life-threatening results. A Cardio-Pulmonary Resuscitation (CPR) certificate may help you save a life, but it also shows a commitment to building your medical skills, which may help you qualify for a job.

There are quite a few jobs that prefer or require CPR training, including childcare or daycare workers, lifeguards, camp staff, bus drivers, residential care personnel, personal trainers, and some teaching positions.

“The American Heart Association states that effective CPR provided by a bystander immediately after cardiac arrest can double a victim’s chance of survival.”

What is CPR?

CPR is the combination of rescue breathing and chest compressions to a stricken individual. It has been taught for over 40 years and has saved countless victims from cardiac arrest. The American Heart Association states that effective CPR provided by a bystander immediately after cardiac arrest can double a victim’s chance of survival. If more people knew CPR, death from sudden cardiac arrest would be less likely.

Locate a CPR / First Aid Course

CPR courses are often taught alongside First Aid courses. During First Aid training, students are taught the basics of identifying and reacting to a variety of life-threatening situations including respiratory failure or choking. Specific skills are taught, including applying bandages, caring for cuts and burns, and providing relief to victims of sprains, strains, poisonings, and stings.

To locate a CPR or First Aid course in your area, start by checking with student associations, church groups, or fitness centers you may know of or belong to.

Most classroom courses last only a few hours and costs are reasonable. Online courses are also available. However, Red Cross standards indicate that individuals must attend a skill session and perform CPR skills on a manikin with a Red Cross authorized instructor.

After completing a CPR / First Aid course, students are issued a certificate or card. Both CPR and a First Aid Certificate can be a valuable tool when confronting an emergency situation, or when seeking a job.



To find out more about CPR and First Aid training courses in your area, visit:

The American Red Cross

www.redcross.org or 1-800-RED-CROSS

The American Heart Association

www.americanheart.org or (877)AHA-4CPR

Taking a Closer Look – Health Careers in the Los Angeles Region

The greater Los Angeles region has incredible opportunities for those interested in pursuing an allied health career. Allied health professions usually fall into two categories: technical/assistant positions or therapist/technologist positions. These professionals may work independently or within healthcare teams to track, communicate, or assist in ongoing patient care.

Fastest Growing Allied Health Careers in the Los Angeles Region (Los Angeles, San Bernardino, Riverside, Santa Barbara, and Ventura counties)

Health Occupation	Education	2006 Average Annual Salary for Region
Home Health Aide	Certificate (<1 yr)	\$18,470 – \$20,634
Nursing Aide (CNA)	Certificate (<1 yr)	\$21,653 – \$25,875
Medical Assistant	Certificate (1-2 yr)	\$25,126 – \$29,952
Dental Assistant	Certificate (1-2 yr)	\$27,664 – \$33,738
Dental Hygienist	Associate's Degree	\$71,344 – \$76,752

Data from the May 2008 Report, Allied Health Workforce Analysis – Los Angeles Region, prepared by the UCSF Center for the Health Professions and supported by The California Endowment.

The Los Angeles region will have huge changes in the next few decades. One of the major changes will be in expansion of the 65 and over population which is expected to grow by 120 percent by 2030. This rapid expansion will create a wide variety of job opportunities.

The highest projected employment opportunities will occur in Los Angeles, Riverside, and San Bernardino counties. Many of the fastest growing jobs are entry-level, such as medical assistants and home health or nursing aides, which may require a minimum amount of training. But there are exceptions, such as the projected need for dental hygienists in this region, which requires an Associate Degree.

Health career certifications, associate degrees, and other educational programs are offered throughout the region. Prepare yourself and find your career launching pad by exploring the allied health career programs offered at your local college. Get started today!

For more information on Allied Health Careers, visit: <http://www.explorehealthcareers.org/en/Field.1.aspx>

...*“Making it Happen” (continued from page 1)*

Several of the workshops were presented in Hmong or Spanish. These workshops were well-attended and offered detailed information for parents and students, who otherwise may not have attended the event.

The event is sponsored annually by the California Post Secondary Education Commission, the Admissions and Outreach office at CSUS, and a mix of universities, community colleges, educational programs, and other community organizations. Be sure to save the date of April 17, 2010, when this event returns to CSUS.

For more information about “College – Making It Happen,” visit:

<http://www.certicc.org/collegemakingit.aspx>

For more information about California State University, Sacramento, visit:

<http://www.csus.edu/>

For more information on The Teal Group’s youth development and empowerment series, visit:

<http://www.tealgroup.org>

A Valuable Web Resource for Students



A valuable Web site resource to explore career and college options is available now at www.californiacolleges.edu. This online resource provides a wealth of information from community colleges, state universities, and the UC system.

The informational Web site is sponsored by the State of California, in partnership with the California Education Roundtable.

This free information allows users to explore admission policies, athletic programs, majors, and career choices. Guidance is also available on how to plan and pay for higher education. Students and parents can find comprehensive information on scholarships and financing. Counselors can find help on course transfer requirements and specialized programs. Educators can locate lesson plans and handouts to educate students and parents, both in English and Spanish.

Detailed school data for more than 215 public and private California colleges and universities is updated annually and is easily navigated. Student progress in meeting college eligibility requirements can be tracked using the "High School Planner" section, where users save their individual data on coursework, grades, and activities.

Join thousands online who use the information to keep active in their career goals. Go online today and keep connected to your future by visiting www.californiacolleges.edu!

Healthcare Pathways

Office of Statewide Health Planning & Development
Healthcare Workforce Development Division
400 R Street, Room 330
Sacramento, CA 95811
(916) 326-3700
www.oshpd.ca.gov/hwdd/

State of California

Arnold Schwarzenegger
Governor

California Health & Human Services Agency

Kimberly Belshé
Secretary

Office of Statewide Health Planning & Development

David M. Carlisle M.D., Ph.D.
Director

Bob David

Chief Deputy Director

Healthcare Workforce Development Division

Angela L. Minniefield, M.P.A.
Deputy Director

Healthcare Pathways is a quarterly publication of the Office of Statewide Health Planning and Development's Healthcare Workforce Development Division. Please submit your comments, suggestions and ideas by phone at (916) 326-3700.



Staff Writer & Graphics

Kevin Romero
Program Coordinator
Health Careers Training Program

Managing Editor

Felicia M. Borges
Manager
Health Careers Training Program

Guest Articles

We welcome contributions.

Send us your ideas, letters, announcements, or stories today! Announcements of scheduled events to be published must be mailed to our editorial office at least three months in advance. Be sure to include your name, address, and telephone number on all correspondence. *The Healthcare Pathways* editorial staff reserves the right to edit all material.



Please Recycle

oshpd