

ASPIRING HEALERS

Session 1:
Introduction and various careers

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Introduction

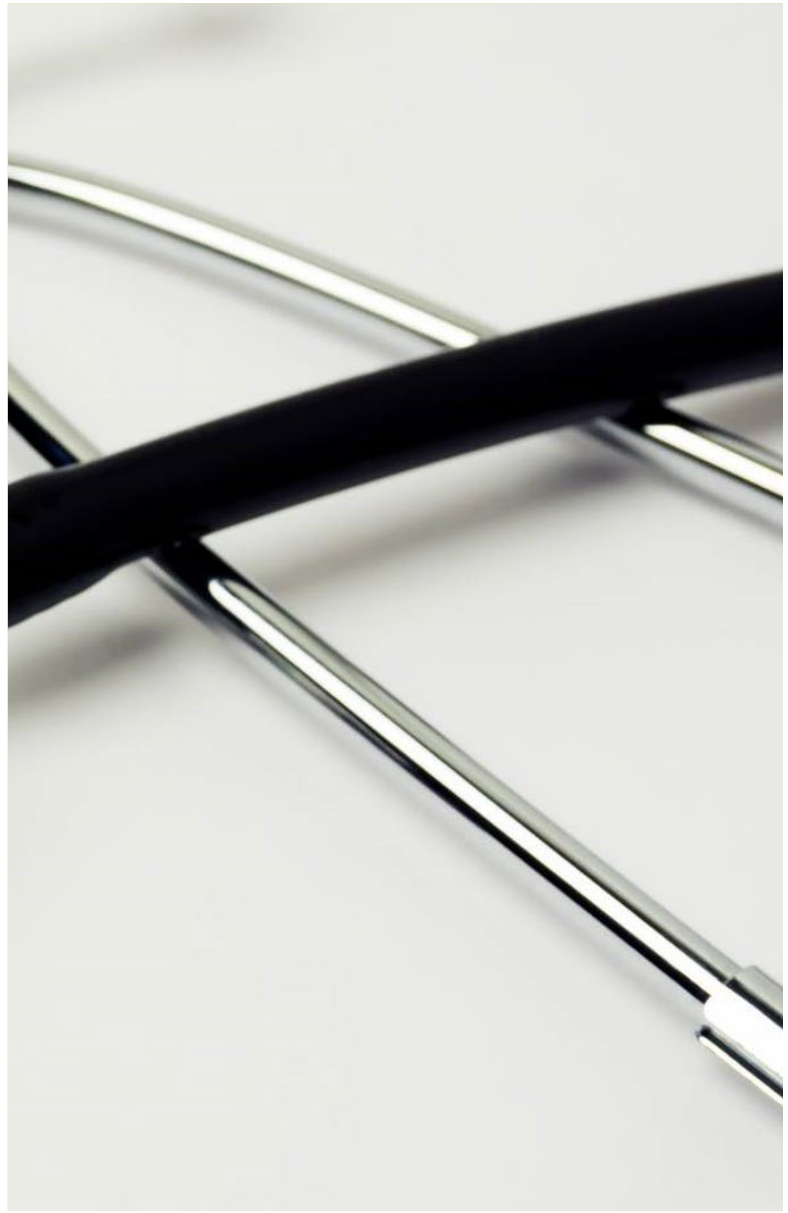
Examples of Health Careers

Health careers pathways

Why a career in health?

How to plan your future





DREAMING OF A HEALTHCARE CAREER? BEGIN YOUR JOURNEY BEFORE YOU GRADUATE FROM HIGH SCHOOL. WHILE THE PATH TO BECOMING A HEALTHCARE PROFESSIONAL MAY FEEL INTIMIDATING, STRATEGIC PREPARATION CAN SET YOU UP FOR SUCCESS.



EXAMPLES OF CAREERS IN HEALTH AND MEDICINE









- Acupuncturist
- Anesthesiology assistant
- Art/music/dance therapist
- Athletic trainer
- Audiologist
- Certified nurse assistant
- Chiropractor
- Dental assistant/hygienist
- Dental lab technician
- Dentist
- Dietitian
- Dosimetrist
- EMT
- Exercise physiologist
- Home health aide
- Kinesiologist
- Licensed practical nurse
- Massage therapist

Therapeutic careers

- **Mammographer**- takes x-rays of the breasts
- **Computerized tomography technologist-** perform CT scans
- Magn**etic resonance technologist-** performs MRIs
- **Positron emission tomography technologist-** inject slightly radioactive substances then operate PET scanner

Diagnostic Careers ›

Environmental or Support Services

- Biomedical /clinical engineer
- Biomedical/clinical technician
- Central supply
- Environmental health and safety
- Environmental services
- Facilities manager
- Food services
- Hospital maintenance engineer
- Industrial hygienist
- Materials management
- Transport technician



- **Biological or medical scientist-** study living organisms to assist in the development for new vaccines, medications and treatments
- **Biotechnological engineers-** develop new technologies and equipment
- **Biological technician-** work under biomedical engineers
- **Process technician-** produce new technology, monitor the processes of the equipment, assess quality control measures
- **Forensic science technician-** criminalists, investigate crime scenes and process evidence

Biotechnology & Research

- **Ophthalmologist**- medical doctor who treats eye diseases and disorders
- **OD- Optometrist-** measures vision and prescribes corrective lenses
- **OMT- ophthalmic medical technologists**
- **OT- ophthalmic technicians**
- **OA- ophthalmic assistants**
- **Opticians**- make and fit corrective lenses
- **Ophthalmic lab technicians-** makes corrective lenses

Vision Careers

- **RD- dietitian-** manage food services
- **DT- dietetic technicians-** work under the dietitian
- **Dietetic assistants-** food preparation and delivery

Nutrition Careers

- **Dentist**- DDM- doctor of dental medicine or DDS- doctor of dental surgery
- **Dental hygienist-** cleans teeth, does x-rays, and fluoride treatments
- **Dental assistant-** assists the dentist during dental procedures
- **Dental lab technician-** makes dentures, crown, and dental appliances

Dental Careers

- **DVM or VMD- veterinarian-** diagnose and treat animals
- **VT- veterinary technologist or technicians-** work under the supervision of a Vet
- **Veterinary assistants** or animal care takers

Veterinary Careers

- **Psychiatrist**- medical doctor specializing in mental diseases and disorders
- **Psychologist-** study human behavior and help people deal with every day life issues and behavioral issues
- **Mental health technician-** work under a psychiatrist or psychologist to help patients and families follow treatment and rehabilitation plans
- **Social workers-** sociologists, help people who are having difficulty making adjustments and referring for community resources
- **Genetic counselors-** work with those who may be at risk for inherited disorders

Mental Health

- RN-Registered nurse-ADN or BSN
- CRNP-Nurse practitioner
- CNM- certified nurse midwife
- Nurse educators
- CRNA- certified nurse anesthetist
- CNS- clinical nurse specialist
- LPN- licensed practical nurse (1-year training program)
- LVN- licensed vocational nurse (1-year training program)
- Nursing Assistants
- CNA- certified nurse assistant
- PCT- patient care technician
- Geriatric aide
- Home health aide
- Medication aide

Nursing Careers

Medical Specialties

- **Pathologist-** diagnose diseases by studying changes in organs, tissues and cells
- **Pediatrician**- children's doctor
- **Physiatrist**- physical medicine and rehabilitation
- **Radiologist**- uses x-rays to diagnose and treat diseases
- **Sports medicine-** prevention and treatment of athletic injuries
- **Surgeon**- performs operations
- **Thoracic surgeon-** operates on the organs of the chest
- **Urologist**- kidney, bladder, or urinary system doctor

- Physicians
  - Medical doctor- MD
  - Osteopath- DO
  - Podiatrist- DPM
  - Chiropractor- DC

Physician Assistant- PA

Medical Assistant - MA

Medical Careers

Emergency Services

- **EMT**- Emergency medical technicians- provide pre-hospital care to sick and injured people
- **First responder-** usually a volunteer who has training in basic first aid
- **EMT-B**- basic first aid training
- **EMT-I**- intermediate level of training including first aid and basic life support training
- **Paramedic**- highest level of EMT (EMT-P) provides first aid and advanced life support measures

- **Surgical technologists/technicians-** assist during surgery
- **Speech language pathologist-** help people with speech and swallowing disorders
- **Audiologist**- measure hearing
- **Art, music, dance therapist-**
- **Athletic trainers-** work with athletes
- **Dialysis technicians-** work with patients with kidney failure
- **Perfusionist**- extracorporeal circulation technician- runs the heart-lung machine during thoracic surgeries

Other Therapeutic Services

- **Epidemiologist-** identify and track diseases as they occur in populations
- **Medical interpreter-** translate and communicate with non-English speaking patients
- **Medical illustrator-** draws pictures and diagrams for use by other medical practitioners
- **Medical librarians-** manage the resources for medical library
- **Cybrarian**- manage internet and digital information and resources

Health Information Careers

- **Health care administrator-** manages large health care facilities
- **Biomedical engineer-** combine knowledge of engineering with biology and biomechanical principles to design and build new medical technologies and equipment
- **Biomedical equipment technician-** work on medical equipment
- **Central supply-** order supplies for all departments and maintain an adequate inventory of necessary materials for health care facilities
- **Housekeeping**- maintain the safety and cleanliness of each health are facility

Support Services

- **Funeral directors-** own and oversee the total operations of a funeral home or mortuary
- **Embalmers**- prepare the bodies of deceased people for burial or cremation
- **Mortuary assistants-** assist the funeral director with the arrangements for burial

Mortuary Careers



HEALTH CAREERS PATHWAYS

Nutrition

Finding ways to balance individuals' food and nutrition and their impact on patients' health.

SAMPLE CAREERS:

Clinical Dietetics

Public Health Nutrition

Education and Research



Disease Prevention and Control

Focuses on communicable and non-communicable diseases.

SAMPLE CAREERS:

Community Health Work

Education and Research

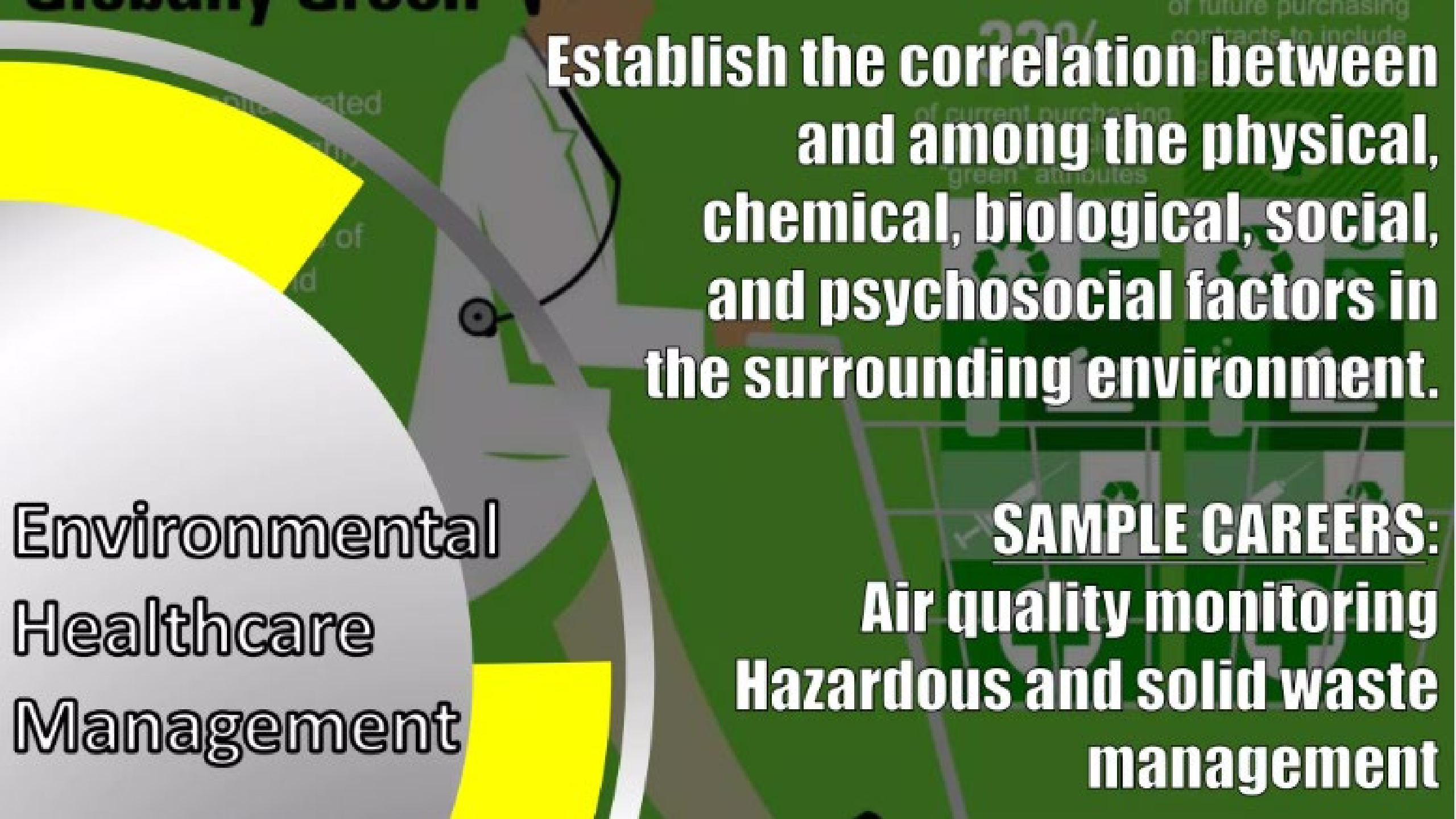
Dental Health



Deals with various oral conditions.

SAMPLE CAREERS:

Dental Hygiene
Dental Nursing
Dental Health Support



Environmental Healthcare Management

Establish the correlation between and among the physical, chemical, biological, social, and psychosocial factors in the surrounding environment.

SAMPLE CAREERS:

Air quality monitoring

Hazardous and solid waste management

Drug Prevention and Control

Seeking to reduce community and individual problems related to alcohol and drug abuse.

SAMPLE CAREERS:

Drug Enforcement

Drug and Alcohol rehabilitation


Emergency
Medical
Services
Specializes in out-of-hospital medical care.
SAMPLE CAREERS:
Emergency Medical Aid
Paramedic





WHY A CAREER IN HEALTH?

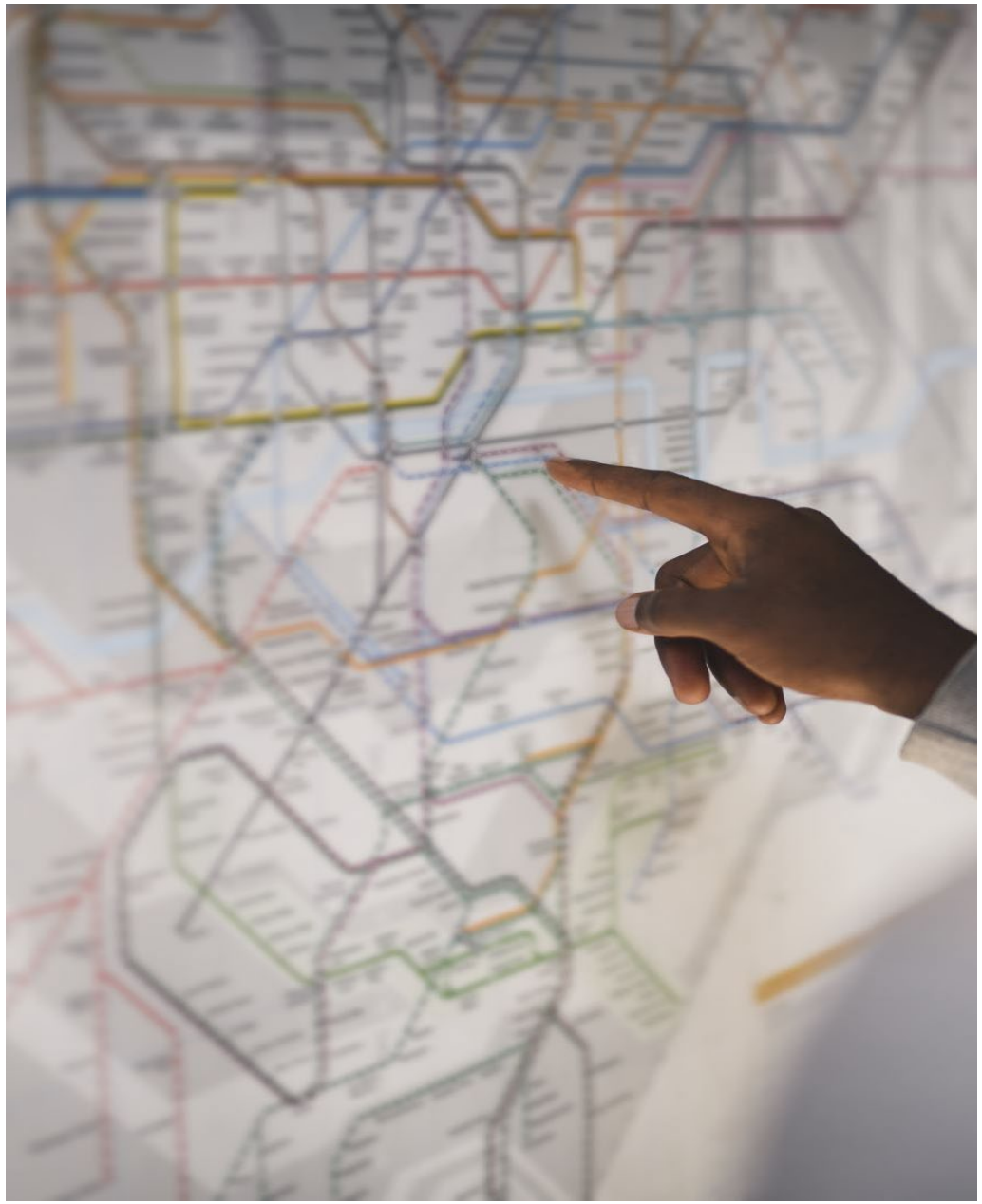
- **Good salary**
- **Job security**
- **Helping people**
- **Making a difference in people's life**
- **No routine**
- **Lots of possibilities to advance your career**
- **Career flexibility**





WHAT YOU NEED TO BE AWARE OF

- Seeing trauma
- Impact on your mental health
- Severe burnout and stress
- Shifts at various times
- Working holidays, weekends, nights
- Long work hours
- Debt
- Physical hazards
- The consequence of making one mistake
- Delivering bad news



HOW TO PLAN FOR YOUR FUTURE?

- **Self-Assessment**
- **Career Exploration**
- **Decision making**
- **Plan of action**

SELF-ASSESSMENT

Identify your

1. **Strengths**
2. **Skills**
3. **Personality**
4. **Values**

To help you get started…

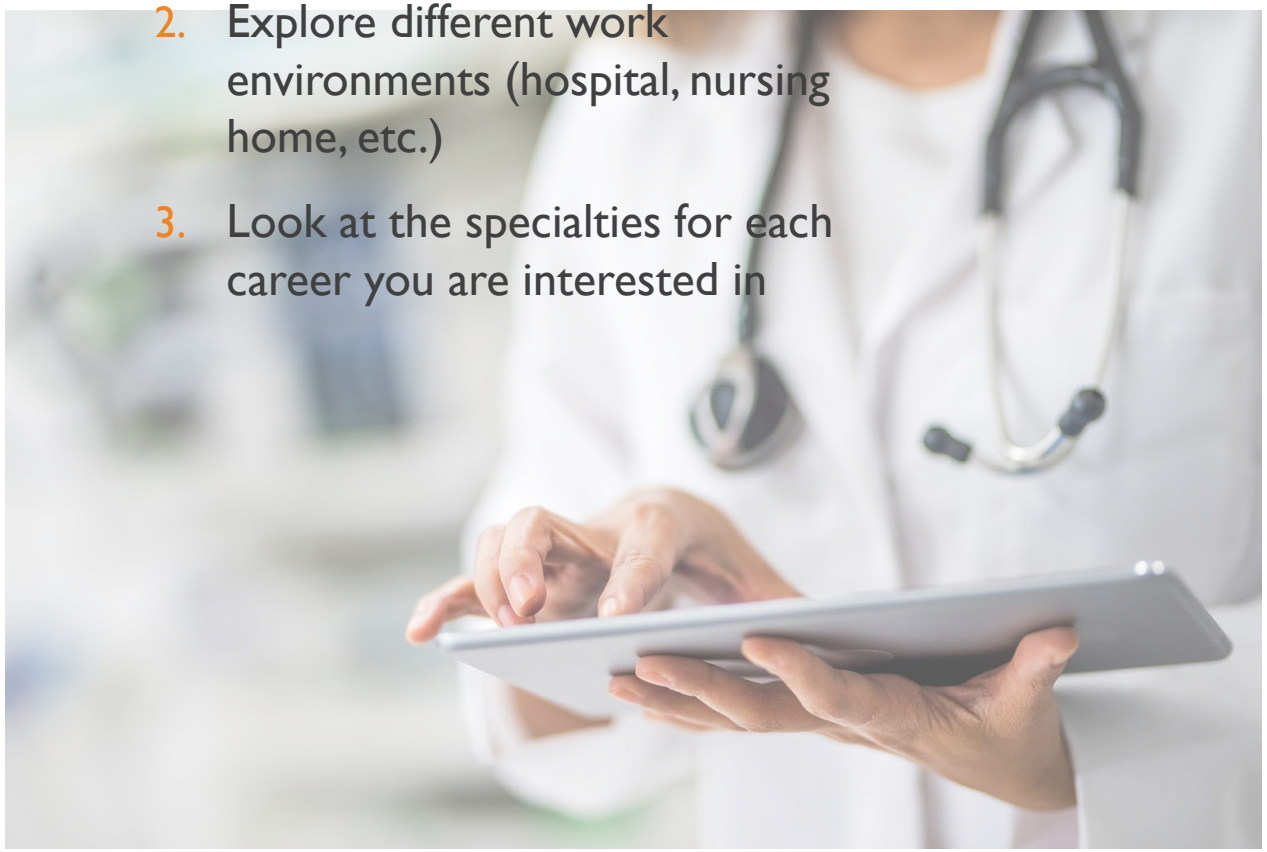
https://www.skillsyouneed.com/quiz/343479

https://www.careeronestop.org/ExploreCareers/Assessments/skills.aspx?secondaryNavPanels=AQ%3D%3D

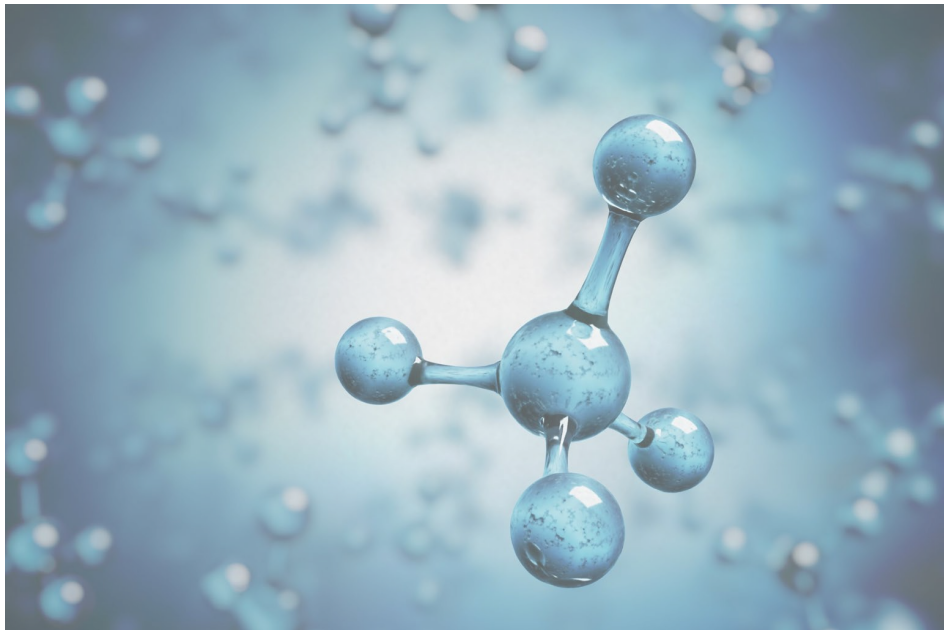
https://www.jobbank.gc.ca/abilities

CAREER EXPLORATION

1. Look at different careers
2. Explore different work environments (hospital, nursing home, etc.)
3. Look at the specialties for each career you are interested in



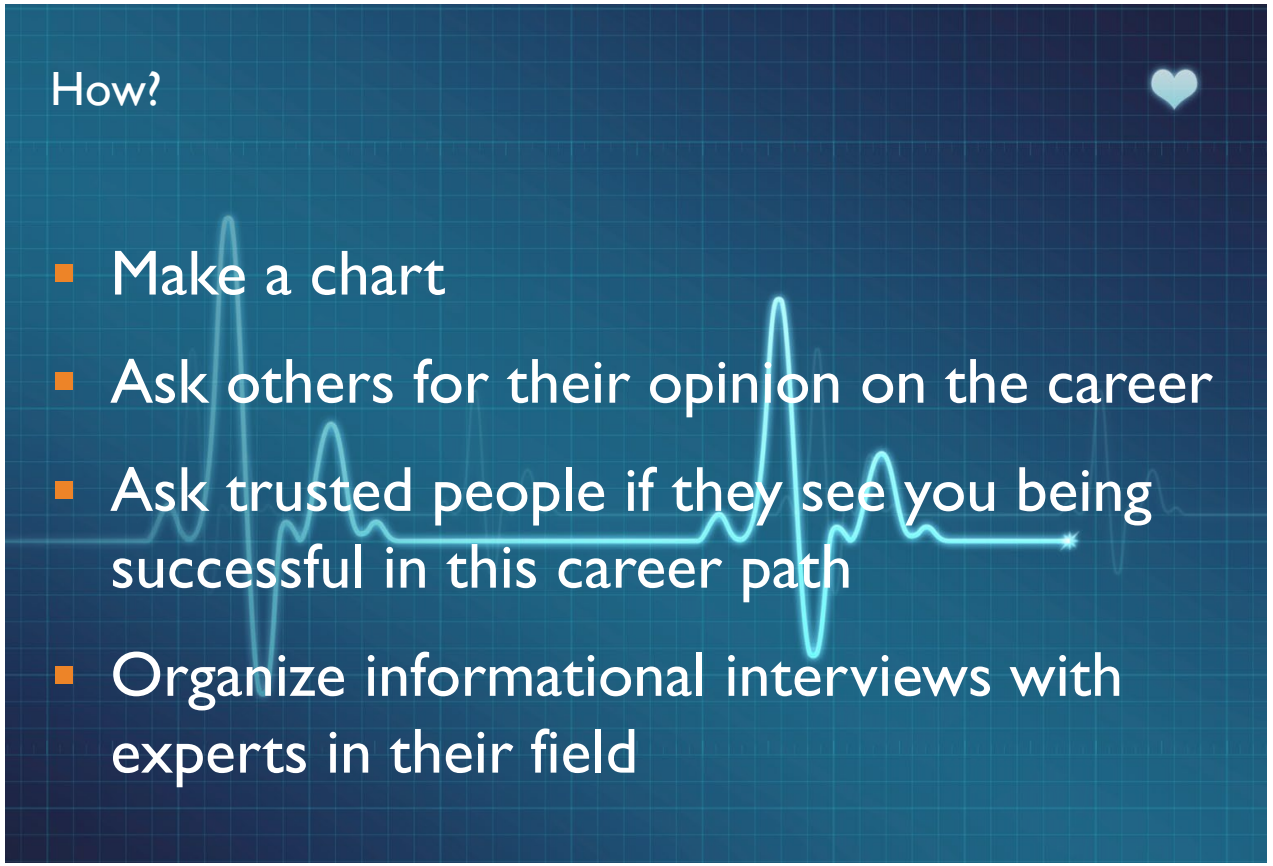
How?



- Talk to experts in their field
- Go to job and career fairs
- Talk to professors
- Do co-op or internship programs
- Do some online research

DECISION MAKING

1. Narrow down your options
2. Rank your options from most wanted to "not a bad option"
3. List pros and cons
4. Compare your self-assessment to the demands of the job
5. Visualize what your future would look like



PLAN OF ACTION

- Plan achievable goals
- Develop strategies to achieve your goals
- Organize your goals from most urgent to less urgent
- Create helpful resources (people you can talk to, resources you can access, etc.)



USEFUL RESOURCES

Health Careers Manitoba

https://healthcareersmanitoba.ca/students/high-school-students/

The Medical Careers Exploration Program for Indigenous Youth

https://hsc.mb.ca/careers/students/the-medical-careers-exploration-program-mcep/

Medicine Summer Schools in Canada

https://www.immerse.education/knowledge-base/15-medicine-summer-schools-in-canada-for-high-school-students

Types of Healthcare Careers

https://www.joinoutset.com/post/types-of-healthcare-careers