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Health Careers Handbook

**Career profiles of over 60 different health
professions!**

What's Inside?

- Education
- Financial Aid
- Job Descriptions
- Salary Information



Chicago Area Health Education Center

Health Careers Handbook

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Connecting students to careers, professionals to communities and communities to better health...

Chicago Area Health Education Center is a program administered by Health and Medicine Policy Research Group

- The Area Health and Education Center (AHEC) network is a national workforce development organization.
- AHEC's mission: enhance access to quality primary and preventive health care through recruiting, training and retaining a diverse population of health professionals committed to serving underserved populations.
- In accordance with the National AHEC, the Chicago Area AHEC network is focused on increasing diversity through educational outreach to youth in underserved communities.
- AHEC supports partnerships with academic medicine and community based organizations that engage minorities in mentorship, education and problem solving in health care.

Why a health career may be of interest to you!

- Careers in health care, personal care, and social assistance are projected to experience the **fastest industry growth** between 2010 and 2020
- A **growing population** and increasing **life expectancy** means that more people are now living longer and will require a broad range of health services.
- The development of new **technology** will contribute to the expansion of careers like appliance and laboratory technicians.
- **Healthcare reform** is changing the industry; the Affordable Care act will result in an expansion of the primary care and prevention workforce, in addition to addressing health disparities.
- The future **job outlook** is positive, and excellent career choices include areas of scientific research, medicine, and public health.



Your Education: What Matters?



Building a health career consists of several steps of preparation. Most importantly, a background of knowledge and training is essential. A post-secondary education consisting of an associate, bachelors, masters, or doctorate degree is usually required in addition to a high school degree or GED. Jobs requiring a master's degree are expected to grow the fastest, while those requiring just a high school diploma will most likely experience the slowest growth. Here are some things to consider when choosing a school or program:

Program Offerings

A certain school may or may not offer the degree you are looking for. Make a list of schools in your area and check each school's website to see if your specific program is offered. Also, make sure your school has career services or a job placement office that will help you gain experience and networking opportunities.

Accreditation

Schools that are 'accredited' meet academic requirements and are approved by the U.S Department of Higher Education. Non-accredited schools often advertise lower tuition and higher acceptance rates. However, it is advised you do not attend these schools. Also, students who attend non-accredited schools do not qualify for federal financial aid, and cannot take out student loans.

Admission Requirements

Depending on the type of degree, schools require that you submit various documents, such as test scores and letters of recommendation on your behalf. Before considering a career, find out what you can do best to prepare for acceptance to your program of choice.

Cost

In choosing a career option, consider how many years you will need to attend higher education, and how much it will cost. Program costs vary, but there is a variety of sources to help you fund your career preparation

Funding Your Education

*When we talk about “financial aid,” we mean sources of money to pay for your education. A post-secondary education can range from costing several thousand dollars to over one hundred thousand dollars. However, do not let cost discourage you from pursuing a degree. There are various ways of financing your education, including scholarships, grants, state, and federal aid. **There are many forms: some need to be paid back, some don’t.***

Scholarships

“Financial Aid” generally refers to money you can ask for to pay for school. It may be given on the basis of academic merit, financial need, gender, race, religion, or other factors. Some scholarships are given out by specific colleges, and others designated for certain careers. Scholarships and grants do *not* need to be repaid after graduation, loans *do*.

Grants

Grants may be awarded by a specific academic institution, organization, or the government. For example, the Pell Grant is given to many students each year on the basis of financial need. Grants do not need to be repaid after graduation

Financial Aid (FAFSA)

FAFSA is the Free Application for Federal Student Aid. It is a form that one can fill out and receive federal student aid for tuition. Federal and state aid in the form of grants does not need to be repaid after graduation. However, some federal and state financial aid comes in the form of loans, which do need to be repaid.

Loans

Loans are given out by banks and the Federal government, and **must be repaid** after graduation. Before taking out a loan, consider the loan payments and their duration after graduation. Private/federal/interest rates

National Service Corps

Healthcare professionals providing health services in underserved communities are offered loan repayment or scholarship opportunities for an education up to four years.



Where to Find More Information



Helpful Websites about Careers and College Planning

- What's Next Illinois: www.whatsnextillinois.org (available in Spanish)
- Big Future: bigfuture.collegeboard.org/ (available in Spanish)
- U.S. Dept. of Labor Occupational Handbook: <http://www.bls.gov/ooh/>
- Choose Your Future (Office of Pathways to College and Career (OPCC) at Chicago Public Schools) www.chooseyourfuture.org

How to Find Specific Schools and Academic Programs

- Visit www.explorehealthcareers.org. At the top, click on “Find Schools and Academic Programs”
- Visit “What's Next Illinois?” www.whatsnextillinois.org. Create a login to save your searches and personalize your portfolio, or you can search the website without an account.
 - At the top, click on “college planning”
 - Click on “explore programs and majors”
 - Click on “Health Science”
 - Once you choose a career, click on “Schools offering this program” on the left side bar

How to Find Funding Opportunities

- On www.explorehealthcareers.org, click on Career explorer, and then funding opportunities. You can search by Search by Career, Type of Aid, Ethnicity or State
- On www.whatsnextillinois.org, click on Financial Aid Planning. Here you will find various articles on planning, scholarships, calculating expenses, and financial fitness
- On bigfuture.collegeboard.org, click on Pay for College. Under Financial Aid 101, you will find many videos about gaining financial aid, and information about calculating costs, scholarships and grants, and loans

Where to hear from real professionals and students

- On www.explorehealthcareers.org, click on Profiles.

Where to Learn about Service and Volunteering in the Health Profession

- On www.explorehealthcareers.org, Click Issues in Healthcare and then Humanism in Healthcare.

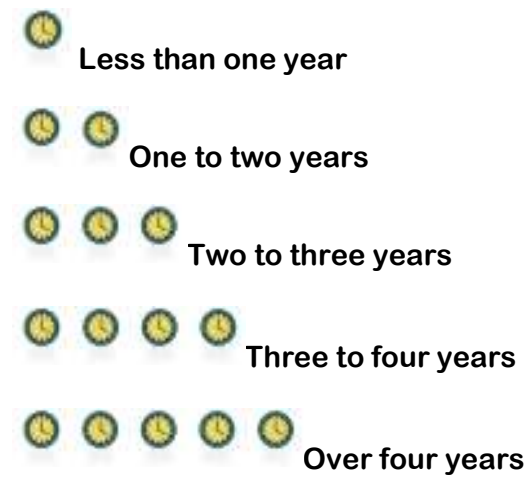
Rating Health Career Choices

This key is designed to help you see which careers may be of interest to you. Each career profile is rated on the basis of what level education is required for a certain profession, how long it takes the complete after high school, how much it may cost total, and the salary you may expect to earn over the course of your career.

Cost of Education and Training



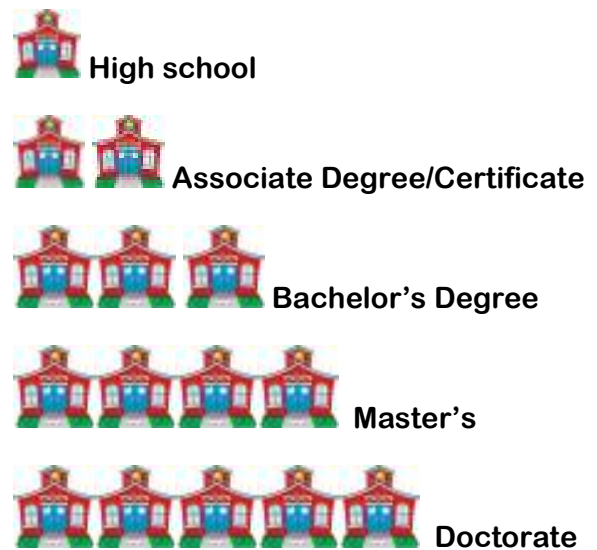
Duration of Education and Training



Salary



Education Requirements





Climbing the Career Ladder



There are many possible stepping stones between career levels, and many opportunities for growth and learning throughout all health professions. Each step on the career ladder can mean more responsibilities, higher salary, and opportunities for leadership positions.

Here are some ways to progress within a career:

1. Go back to school.

This is the most common way to advance. In order to move up, a job may require you to take more classes (called prerequisites) and get a higher level degree. Most of these classes (prerequisites) you can take at a community college or professional program before enrolling back in school. Many advanced careers require you to pass additional tests after you get your degree. For example, to become a *pharmacy assistant*, you don't need to pass a test, but to become a *pharmacist* you need to pass the Board of Pharmacy Licensure Examination, which you need several years of school to prepare for.

2. Ask to learn and do more.

Showing that you are interested in gaining more responsibilities will put a spotlight on your motivation to advance. Perhaps your supervisor will allow you to observe more complicated tasks and you can decide if a formal career move is right for you.

3. Find a mentor

Seek out someone whose job you are interested in, and build a relationship with them. They may provide helpful advice to you about how to move up within a particular field. For example, if you are a certified nurse assistant (CNA), ask to shadow a nurse practitioner (NP) to find out more about their career path.

Top 3 Careers with the Most Opportunity to Advance

1. Nursing

Certified Nurse's Assistant → Registered Nurse → Bachelor of Science in Nursing → Advanced Practice Nurse → Doctor of Nursing Practice

2. Dentistry

Dental assistant → Dentist

3. Public Health and Administration

Advancing may or may not require additional education, usually in the form of a master's degree. A career pathway can look something like this: Administrative Assistant → Coordinator or Research Assistant → Manager → Assistant Director → Director.
OR Community Health Worker → Health Educator → University Health Lecturer

* = Degree or certificate can usually be completed at a community college

Health Careers

Acupuncture/Oriental Medicine Practitioner

Addiction Worker

Athletic Trainer

Audiologist

Biomedical Engineer

Cardiovascular Technologist and Technician *

Child Life Specialist

Chiropractor

Clinical Lab Technician *

Community Health Worker

Dental Assistant *

Dental Hygienist *

Dentist

Diagnostic Medical Sonographer *

Dietetic Technician *

Dietician/Nutritionist

EMT/Paramedic *

Environmental Health Scientist

Health Educator

Home Health/Personal Care Aide

Licensed Practical Nurse *

Massage Therapist

Medical and Health Services Manager

Medical Appliance Technician *

Medical Assistant *

Medical Equipment Preparer *

Medical Office Administrator

* = Degree or certificate can usually be completed at a community college

Medical Records/ Health Information Technician *

Medical Transcriptionist *

Nuclear Medicine Technologist *

Nurse Anesthetist

Nurse Midwife (CNM)

Nurse's Assistant (CNA) *

Occupational Therapist

Optometrist

Orthotist and Prosthetist

Pharmacist

Pharmacy Technician *

Phlebotomist *

Physical Therapist

Physical Therapy Assistant *

Physician

Physician's Assistant

Psychiatric Technician

Psychologist

Public Health Careers

Radiation Therapist *

Radiologic Technologist and Assistant *

Recreational Therapist (Art, Dance, Music, Horticulture and Recreation)

Registered Nurse

Respiratory Therapist

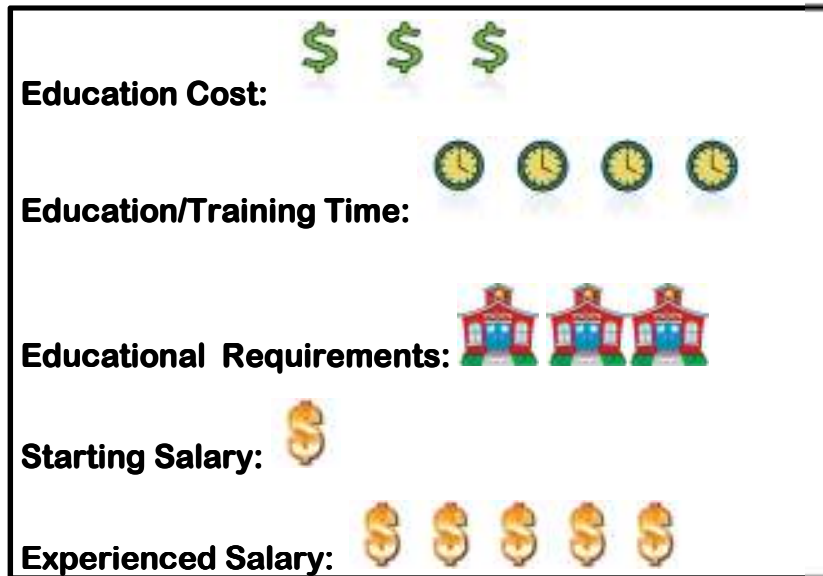
Social Worker

Speech Language Pathologist

Surgical Technologist *

Acupuncture/Oriental Medicine Practitioner

Oriental Medicine incorporates acupuncture, herbology, Chinese massage, lifestyle counseling, and other traditional modalities to help patients achieve balance.



What do acupuncture/oriental medicine practitioners do?

- Acupuncture/Oriental Medicine (AOM) is an ancient and empirical system of medicine based on the concept of qi (pronounced “chee”), which is usually translated as energy.
- Acupuncture/Oriental Medicine treatments identify a pattern of energetic imbalance within a patient and address that imbalance with treatments like acupuncture needling, cupping, acupressure, and Chinese herbal preparations.
- Acupuncture practitioners treat patients by manipulating thin, solid needles that have been inserted into acupuncture points in the skin. According to Traditional Chinese medicine, stimulating these points can correct imbalances in the flow of qi through channels known as meridians.
- Chinese Herbal Medicine is used to treat illnesses and ailments through the use of herbs. A diagnosis is made, and a combination of herbs is used to treat the problem.

Needling is part of mainstream Chinese medicine whose beginnings date back 5,000 years. Qi streams through identified meridians, or channels, in the body. The needles which are inserted in specific points along meridians and sub meridians help to exchange and balance the energy in corresponding parts of the body.

Addiction Worker

Addiction Workers advise people with alcoholism or other types of addiction such as eating disorders, drug abuse, or behavioral problems.

Education Cost: \$ \$ \$

Education/Training Time: 🕒 🕒 🕒 🕒 🕒

Educational Requirements: 🏫 🏫 🏫

Starting Salary: 💰

Experienced Salary: 💰 💰 💰



What do addiction workers do?

- An addiction worker implements treatment and recovery plans, and performs assessments of their patient's psychological condition. They may administer urine samples to determine whether a patient is drug-free. Addiction workers consult with other professionals in order to assess the physical or mental state of their patients.
- Substance abuse and behavioral disorder counselors work with clients both one-on-one and in group sessions. They teach clients how to cope with stress and life's problems in ways that help them recover. They help clients rebuild professional relationships and, if necessary, reestablish their career. They also help clients improve their personal relationships and find ways to discuss their addiction or other problem with family and friends.

Each case varies according to the personality of the individual. In the words of one counselor, "You never know what will come up. I spend a lot my time making referrals, but most of what I do is crisis intervention." Crisis intervention demands a sympathetic, nonjudgmental attitude and a supportive approach no matter what situation the addict is in.

Athletic Trainer

Athletic trainers prevent, diagnose, and treat muscle and bone injuries while working with people of all ages and skill levels.

Education Cost:	\$\$\$
Education/Training Time:	🕒🕒🕒🕒
Educational Requirements:	🏫🏫🏫
Starting Salary:	💰💰
Experienced Salary:	💰💰💰



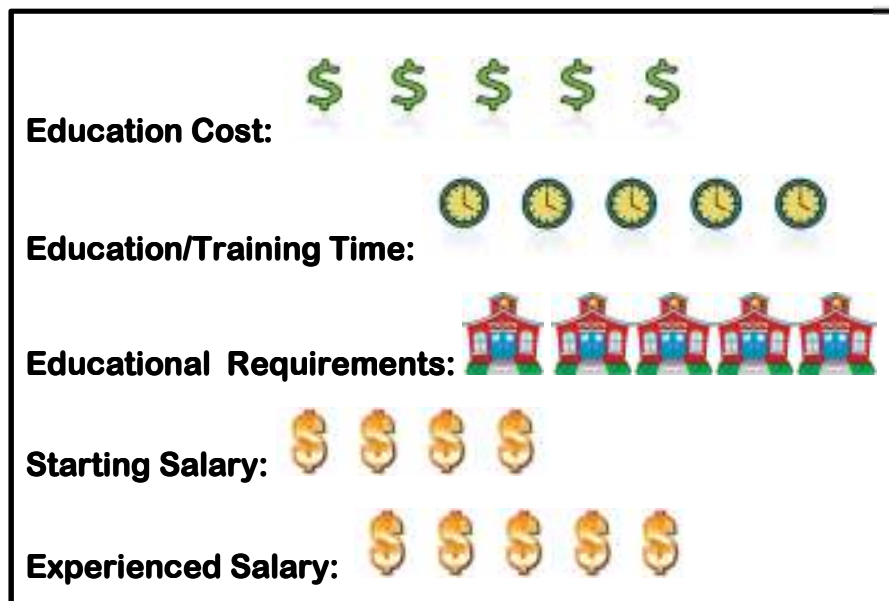
What do athletic trainers do?

- Athletic trainers are usually one of the first healthcare providers on the scene when injuries occur. Athletic trainers work under the direction of a licensed physician and with other healthcare providers. They often discuss specific injuries and treatment options or evaluate and treat patients as directed by a physician. Some athletic trainers meet with a team physician or consulting physician regularly.
- Athletic trainers may do any of the following tasks: Apply protective or injury-preventive devices such as tape, bandages, and braces, recognize and evaluate injuries, provide first aid or emergency care, or develop and carry out rehabilitation programs for injured athletes. Athletic trainers should not be confused with fitness trainers and instructors, including personal trainers.

Athletic trainers can find jobs in schools, with sports teams, in the armed forces, dance companies, sales and as physician extenders.

Audiologist

Audiologists diagnose and treat hearing and balance problems using various forms of technology.



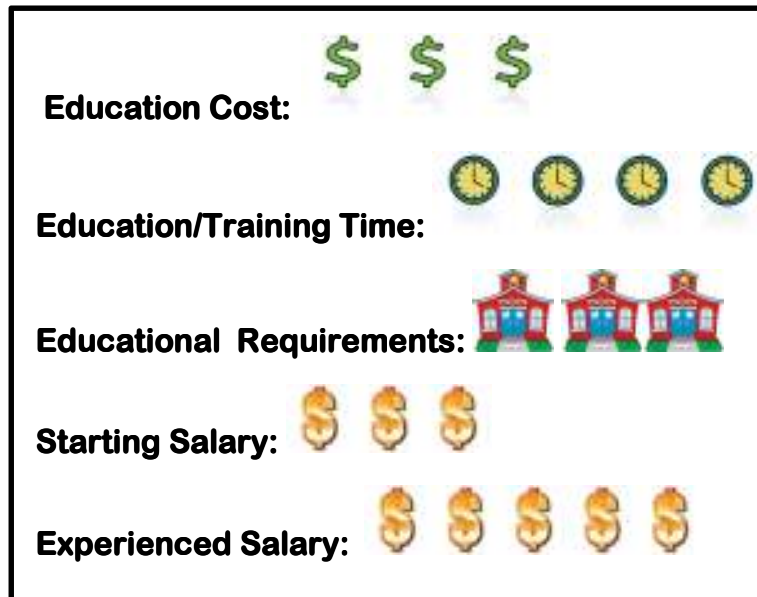
What do audiologists do?

- Audiologists use audiometers, computers, and other devices to test patients' hearing ability and balance, determine the extent of hearing damage, and identify the underlying cause.
- Treatment options vary and may include cleaning wax out of ear canals, fitting and checking hearing aids, or fitting and programming the patient with cochlear implants to improve hearing. Audiologists also counsel patients on other ways to cope with profound hearing loss, such as by learning to lip read or use American Sign Language.
- Some audiologists specialize in working with the elderly or with children. Others design products to help protect the hearing of workers on the job. Audiologists who are self-employed build a client base, hire employees, keep records, order equipment and supplies, and do other tasks related to running a business.

On Mondays, Tuesdays, and Wednesdays I see patients. Some are subjects in studies; others come in for auditory testing because they have a hearing complaint. On other days I have administrative and research tasks to do.

Biomedical Engineer

Biomedical engineers design systems, machines, and products to replace body parts while bringing together knowledge of biology, medicine, and engineering.



What do biomedical engineers do?

- Biomedical engineers may design instruments, devices, and/or conduct research needed to solve clinical problems. Biomedical engineers design electrical circuits, software to run medical equipment, or computer simulations to test new drug therapies. They also design and build artificial body parts to replace injured limbs. The work of these engineers spans many professional fields. For example, although their expertise is based in engineering and biology, they often design computer software to run complicated instruments, such as three-dimensional x-ray machines.
- Some work in hospitals where therapy occurs and others work in laboratories doing research. Still others work in manufacturing settings where they design biomedical engineering products. Additionally, engineers also work in commercial offices where they make or support business decisions.

To be a successful biomedical engineer, you should: have a strong aptitude for math and science, have logical and creative thinking skills, and be patient and persevering

Cardiovascular Technologist and Technician

Cardiovascular technologists and technicians help doctors diagnose heart conditions and ailments in patients by using imaging technology.

Education Cost:	💰 💰
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💵 💵
Experienced Salary:	💵 💵 💵



What do cardiovascular technologists and technicians do?

- Cardiovascular technologists monitor patients' heart rates and help diagnose and treat problems with patients' hearts. The procedures can be invasive (such as inserting catheters) or noninvasive (such as using ultrasound equipment to take images of the heart).
- Cardiovascular technicians prepare patients for procedures by taking their medical history and answering their questions. Technologists and technicians may work with imaging technology such as electrocardiograms or sonographers
- They prepare and maintain imaging equipment and perform noninvasive procedures such as taking ultrasound images. Cardiovascular technologists analyze images to check for any abnormalities and discuss their findings with physicians.

Technologists and technicians generally work a 5-day, 40-hour week that may include weekends. Those in labs tend to work longer hours and may work evenings. They also may be on call during the night and on weekends.

Child Life Specialist

Child Life Specialists help children and their families navigate the emotionally and physically demanding process of hospitalization.

Education Cost: \$ \$ \$

Education/Training Time: 🕒 🕒 🕒 🕒

Educational Requirements: 🏫 🏫 🏫

Starting Salary: 💰

Experienced Salary: 💰 💰



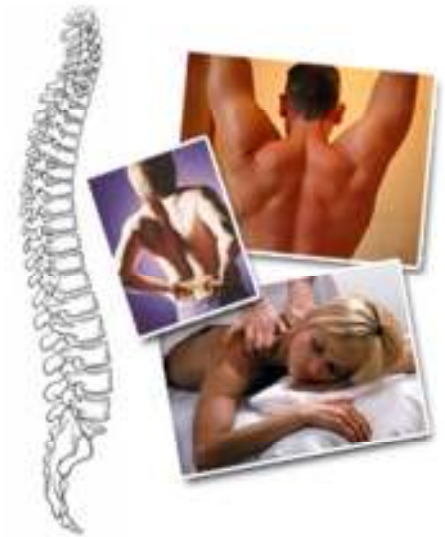
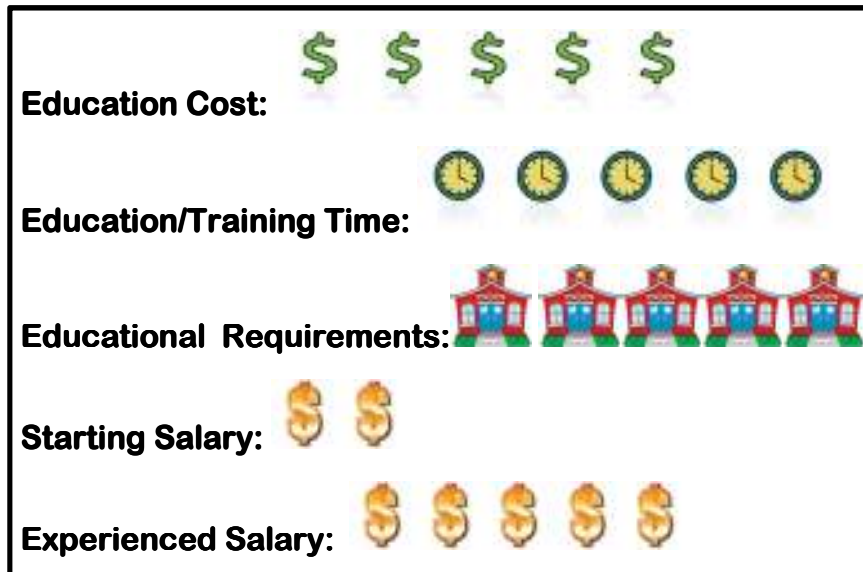
What do child life specialists do?

- Child life specialists use their knowledge of child development and developmentally appropriate interventions to educate, prepare and support children through difficult tests, procedures and the sometimes drastic changes that happen within their families due to chronic or acute illness, treatment and recovery.
- As part of the health care team, child life professionals advocate for the special needs of children and their families. Child life programs provide children with opportunities to engage in normal play and recreational activities that promote growth, development and feelings of success and fulfillment. Child life professionals promote the role of parents and other family members as full partners on the health care team and promote the philosophy of patient- and family-centered care.

One child life specialist says the best part about her job is “is knowing that I made a difference in a child or a family's life. Seeing them so stressed because they've gone through so much and knowing that I can work with the hospital team and make their stay better.”

Chiropractor

Chiropractors treat patients with health problems of the musculoskeletal system, which is made up of bones, muscles, ligaments, and tendons.



What do chiropractors do?

- Chiropractors focus on patients' overall health. Many believe that misalignments of the spinal joints interfere with a person's nervous system and can result in lower resistance to disease and many different conditions of diminished health. Some chiropractors use procedures such as acupuncture, massage therapy, and ultrasound. They also may apply supports, such as straps, tape, braces, or shoe inserts, to treat patients and alleviate pain.
- Some chiropractors specialize in sports injuries, neurology, orthopedics, pediatrics, nutrition, internal disorders, or diagnostic imaging. Many chiropractors are solo or group practitioners who also have the administrative responsibilities of running a practice. In larger offices, chiropractors delegate these tasks to office managers and chiropractic assistants. Chiropractors in private practice are responsible for developing a patient base, hiring employees, and keeping records.

According to Christine, chiropractors do a lot more than just bend bones all day. "Chiropractors teach patients about the body and its problems," she says. "I end up talking all day. I give my patients the best treatment plan, and sometimes I use X-rays to help identify the problem."

Clinical Laboratory Technician

Medical laboratory technicians collect samples and analyze them in a laboratory for scientific study

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰 💰



What do medical and clinical laboratory technicians do?

- Medical and clinical lab technicians typically analyze body fluids such as blood, urine, and tissue samples to determine normal or abnormal findings. They collect and study blood samples for use in transfusions by identifying the number of cells, the cell morphology or the blood group, blood type, and compatibility with other blood types. Technicians also operate sophisticated laboratory equipment such as microscopes and cell counters. After logging data from medical tests and entering results into a patient's medical record, technicians discuss results and findings of laboratory tests and procedures with physicians.

My major tasks and duties include:

- **Handling daily staffing issues:**
Each morning I make sure the chemistry section is staffed properly, and that there are enough people to work in each sub-section of the laboratory.
- **Setting-up and testing equipment:**
I often help set-up and test the equipment we use each day, especially when we are short of staff.

- Medical laboratory technicians usually work under the supervision of medical laboratory technologists or laboratory managers.

Dental Assistant

Dental assistants work alongside the dentist to prepare patients for procedures, help during procedures and complete administrative office tasks.

Education Cost: \$

Education/Training Time: 🕒 🕒

Educational Requirements: 🏫 🏫

Starting Salary: 💰

Experienced Salary: 💰 💰



What do dental assistants do?

- Dental assistants typically work with patients to make them comfortable in the dental chair and to prepare them for treatments and procedures. They sterilize dental instruments, prepare the work area for patient treatment by setting out instruments and materials, and help dentists by handing instruments during procedures. Often times, dental assistants will keep patient's mouths dry by using equipment, instruct patients in proper dental hygiene, and schedule patient appointments.
- Dental assistants may also work in the office and assist with record keeping, scheduling, working on billing, etc.

You will rarely see a dentist saying "open wide" without a trusted dental assistant just as nearby. For a dentist to do the intricate work they do, a dental assistant helps by retracting (pulling the cheek to the side to make room) or reigning in an unruly tongue (as tongues can often be).

Dental Hygienist

Dental Hygienists clean teeth, examine patients for oral diseases, and educate patients on how to best take care of their teeth, gums, and mouth.

Education Cost: \$

Education/Training Time: 🕒 🕒

Educational Requirements: 🏫 🏫

Starting Salary: 💰 💰

Experienced Salary: 💰 💰 💰 💰



What do dental hygienists do?

- Dental hygienists remove soft and hard deposits from teeth, teach patients how to practice good oral hygiene, and provide other preventive dental care. They examine patients' teeth and gums, recording the presence of diseases or abnormalities. Dental hygienists use hand and rotary instruments and ultrasonic devices that are used to clean and polish teeth, which include removing tartar, stains, and plaque.
- Hygienists use x-ray machines to take dental pictures, and sometimes develop the film. They may use models of teeth to explain oral hygiene, perform root planning as a periodontal therapy, or apply cavity-preventative agents such as fluorides and pit and fissure sealants.
- Dental hygienists also help patients develop and maintain good oral health. Hygienists sometimes make a diagnosis and other times prepare clinical and laboratory diagnostic tests for the dentist to interpret. Hygienists sometimes work chair-side with the dentist during treatment.

“My job is rewarding and satisfying. When I am part of something that confirms or denies what we need to know to deliver better healthcare to the world, I feel proud and honored that I have been a contributor. It’s an incredible feeling.”- Sherri, a dental hygienist for the NIH

Dentist

Dentists diagnose and treat problems with a patient's teeth, gums, and other parts of the mouth, and also provide advice and instruction on how to best take care of one's oral health.



What do dentists do?

- Dentists diagnose and treat problems with teeth and tissues in the mouth, along with giving advice and administering care to help prevent future problems. They provide instruction on diet, brushing, flossing, the use of fluorides, and other aspects of dental care. They remove tooth decay, fill cavities, examine X rays, straighten teeth, and repair fractured teeth. They also perform corrective surgery on gums and supporting bones to treat gum diseases. Dentists extract teeth and make models and measurements for dentures to replace missing teeth. They also administer anesthetics and write prescriptions for antibiotics and other medications.
- Dentists use a variety of equipment, including x-ray machines, drills, mouth mirrors, probes, forceps, brushes, and scalpels. Lasers, digital scanners, and other computer technologies also may be used.

A typical day at the clinic

7:45 to 10:00 a.m. – Work with residents reviewing cases and clinical rounds. This is when we review each patient's progress and make decisions about their oral care and the dental work that they are going to receive.

1:00 to 2:00 p.m. – Attend oral biology seminars given by medical students and residents about their research.

2:00 to 5:00 p.m. – See patients for general dentistry in the dental faculty private practice.

Diagnostic Medical Sonographer

Diagnostic medical sonographers use special imaging equipment that directs sound waves into a patient's body to assess and diagnose various medical conditions.

Education Cost: \$

Education/Training Time: 🕒 🕒

Educational Requirements: 🏫 🏫

Starting Salary: 💰 💰 💰

Experienced Salary: 💰 💰 💰 💰 💰



What do diagnostic medical sonographers do?

- Diagnostic medical sonographers typically prepare patients for procedures by taking a patient's history and answering any questions about the procedure. They apply a gel to aid the sound waves' ability to show the inside of the body, and operate equipment to get diagnostic images of areas in the patient's body. Diagnostic medical sonographers analyze the images to check for quality and adequate coverage of the area needed for diagnosis.
- Diagnostic ultrasound uses high-frequency sound waves to produce images of the inside of the body. The sonographer presses an instrument called an ultrasound transducer to the parts of the patient's body that are being examined. For example, a sonographer may perform an ultrasound on a pregnant woman to check how the baby is growing and developing.

There are a host of programs that can train sonographers, although experts say employers are looking for graduates of accredited programs who've had experience in a clinical setting.

"An accredited program is the way you'd like to go," says Joy Guthrie, the ultrasound supervisor and sonography program director at Community Regional Medical Center in Fresno, Calif. "It's by far my strongest recommendation."

Dietetic Technician

Dietetic technicians work with dietitians to plan menus and prepare food for people with special nutritional needs.

Education Cost: \$

Education/Training Time: ⌚ ⌚

Educational Requirements: 🏫 🏫

Starting Salary: 💰

Experienced Salary: 💰 💰




What do dietetic technicians do?


- They often work in hospitals, nursing homes, and long-term care facilities. They are also employed by schools, day care centers, weight management clinics, government agencies and prisons.
- Dietetic technicians know a great deal about nutrition and how what we eat and drink influences our health. For people who have food allergies or other special dietary needs, dietetic technicians develop and prepare tasty, nutritious recipes that satisfy dietary restrictions.
- Our eating habits have a significant impact on our health. Changes in diet can help reduce the risk of obesity, diabetes, heart disease and other health problems. Dietetic technicians help people take control of their health by helping them understand how to make better choices about the food they eat.


What I like best about my work is interacting with patients. I meet daily with people from all nationalities. I feel enlightened just by exposure to patients who have been through so much adversity and yet persevere. My teachers used to say, "It's not always about the food, but the interactions you have with your patients." They were right. I find it very rewarding.
- Antoinette Colbert, B.S., Clinical Center, NIH


Dietician and Nutritionist


Dietitians and nutritionists are experts in food and nutrition; they advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.

Education Cost: 

Education/Training Time: 

Educational Requirements: 

Starting Salary: 

Experienced Salary: 



What do dietitians and nutritionists do?

- Dietitians work with individuals to explain nutrition issues and assess patients health needs and diet. They develop meal plans, taking both cost and clients' preferences into account. Dietitians evaluate the effects of meal plans and change the plans as needed. They promote better nutrition by giving talks to groups about diet, nutrition, and the relationship between good eating habits and preventing or managing specific diseases.
- Some dietitians and nutritionists provide customized information for specific individuals. For example, a dietitian or nutritionist might teach a patient with high blood pressure how to use less salt when preparing meals. Others work with groups of people who have similar needs. A dietitian or nutritionist might, for example, plan a diet with reduced fat and sugar to help overweight people lose weight.

Dietitians study a variety of subjects, ranging from food and nutrition sciences, foodservice systems management, Business, economics, computer science, culinary arts, sociology and communication to science courses such as biochemistry, physiology, microbiology, anatomy and chemistry.

Emergency Medical Technician (EMT) and Paramedic

EMT's and Paramedics care for the sick or injured in emergency medical settings, and transport patients to medical facilities.

Education Cost: \$ \$

Education/Training Time: 🕒 🕒

Educational Requirements: 🏫 🏫

Starting Salary: 💰

Experienced Salary: 💰 💰 💰 💰



What do EMT's and Paramedics Do?

- A 911 operator sends EMTs and paramedics to the scene of an emergency, where they often work with police and firefighters. EMT's and paramedics provide emergency assistance.
- When taking a patient to the hospital, one EMT or paramedic may drive the ambulance while another monitors the patient's vital signs and gives additional care. Some paramedics work as part of a helicopter's flight crew to transport critically ill or injured patients to a hospital.
- EMTs and paramedics also take patients from one medical facility to another. Some patients may need to be transferred to a hospital that specializes in treating their injury or illness or to a facility that provides long-term care, such as a nursing home.

“I chose to become an emergency medical technician because of a great volunteer experience. When I was 16, I volunteered at the local fire department along with three of my best friends from high school. Early on, I took the necessary classes and became certified in cardiovascular pulmonary resuscitation (CPR), and advanced first aid. I continued to advance from there and eventually became an EMT” - Darryl Lowery, Emergency Medical Technician, NIH Fire Department.

Environmental Health Scientist

Environmental scientists and specialists use their knowledge of the natural sciences to identify problems and find solutions that minimize hazards to the health of the environment and the population.

Education Cost: 💰 💰 💰

Education/Training Time: 🕒 🕒 🕒 🕒

Educational Requirements: 🏫 🏫 🏫

Starting Salary: 💵 💵

Experienced Salary: 💵 💵 💵 💵 💵




What do environmental health scientists do?


- Environmental scientists and specialists analyze environmental problems and develop solutions. For example, many environmental scientists and specialists work to reclaim lands and waters that have been contaminated by pollution.
- Others assess the risks new construction projects pose to the environment and make recommendations to governments and businesses on how to minimize the environmental impact of these projects. They also identify ways that human behavior can be changed to avoid problems such as the depletion of the ozone layer.


Do you want to make a difference in preventing pollution? If you are concerned about the environment and its effect on human health, you should consider training as an environmental health specialist. As an environmental health specialist, you should be innovative and passionate about environmental issues. You should also be interested in research, health and biology.


Health Educator

Health educators teach people about behaviors that promote wellness, and develop programs and materials to encourage people to make healthy decisions.

Education Cost: 

Education/Training Time: 

Educational Requirements: 

Starting Salary: 

Experienced Salary: 



What do health educators do?

- In health care facilities, health educators often work one-on-one with patients and their families. They teach patients about their diagnoses and about necessary treatments or procedures. Health educators also help organize health screenings, such as blood pressure checks, and health classes on topics such as correctly installing a car seat. They train medical staff to interact better with patients. For example, they may teach doctors how to explain complicated procedures to patients in simple language.
- In public health departments, health educators administer public health campaigns on topics such as proper nutrition. They develop materials to be used by other public health officials. During emergencies, they provide safety information to the public and the media. They help health-related nonprofits obtain funding and other resources. Some health educators work with other professionals to create public policies that support healthy behaviors. Some participate in statewide and local committees on topics such as aging.

If you pursue a career in this field, you may help to:

- stop the spread of sexually transmitted diseases, such as herpes and HIV/AIDS
- help young people recognize and avoid the dangers of alcohol and drug abuse
- reduce obesity among children

Home Health and Personal Care Aid

Home health and personal care aides help people who are disabled, chronically ill, or cognitively impaired with activities such as bathing, dressing, and taking medication.

Education Cost:	💰
Education/Training Time:	🕒
Educational Requirements:	🏫
Starting Salary:	💵
Experienced Salary:	💵



What do home health and personal care aids do?

- Home health and personal care aides typically help clients in their daily personal tasks, such as bathing or dressing; do light housekeeping, such as laundry, washing dishes, and vacuuming in a client's home. Home aids organize a client's schedule and plan appointments, and arrange transportation to doctors' offices or for other kinds of outings.
- Aides often keep track of when a client's prescriptions need to be filled or when the client has his or her next doctor's appointment. Aides may prepare leisure activities, including exercise, to keep their clients active and healthy. They may go for walks with their clients or play games with them. In some states, home health aides may be able to provide some medical services. Aides may be expected to complete unpleasant tasks such as emptying a client's bedpan or changing soiled bed linens.

These workers spend so much time with their patients that, in many instances, they become like family members. "Your patients become like your family and your friends, so you have to like what you do or else you can't do it," says Carolyn Gay, a certified nursing assistant and home care worker of 20 years. - US

Career News

⭐ Projected to be the fastest growing job between 2010-2020 ⭐

Licensed Practical Nurse

Licensed practical and licensed vocational nurses provide basic nursing care and work under the direction of registered nurses and doctors.

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰 💰
Experienced Salary:	💰 💰 💰



What do licensed practical nurses do?

- A licensed practical nurse is a general practice nurse, who handles basic caretaking duties. Under the supervision of physicians and registered nurses, LPNs care for patients who are sick, injured, recuperating or disabled. LPNs provide general bedside care, including measuring and recording patients' vital signs such as height, weight, temperature, blood pressure, pulse and respiration. LPNs are also in charge of preparing and giving injections, enemas, catheters, treating bedsores and applying medical dressings.
- They spend a great deal of time working alongside the patient, helping them with daily needs, such as bathing, dressing, personal hygiene, maneuvering in bed, as well as standing, walking and eating. LPNs tend to patients on a more personal level than most health care professionals do. They address patients' emotional needs on a daily basis by simply conversing with them.

Most licensed practical nurses in hospitals and nursing homes work a 40-hour week, but because patients need around-the-clock care, some work nights, weekends, and holidays. They often stand for long periods and help patients move in bed, stand, or walk.

Massage Therapist

Massage therapists treat clients by using touch to manipulate the soft-tissue muscles of the body to relieve pain, rehabilitate injuries, reduce stress, and increase relaxation.

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰



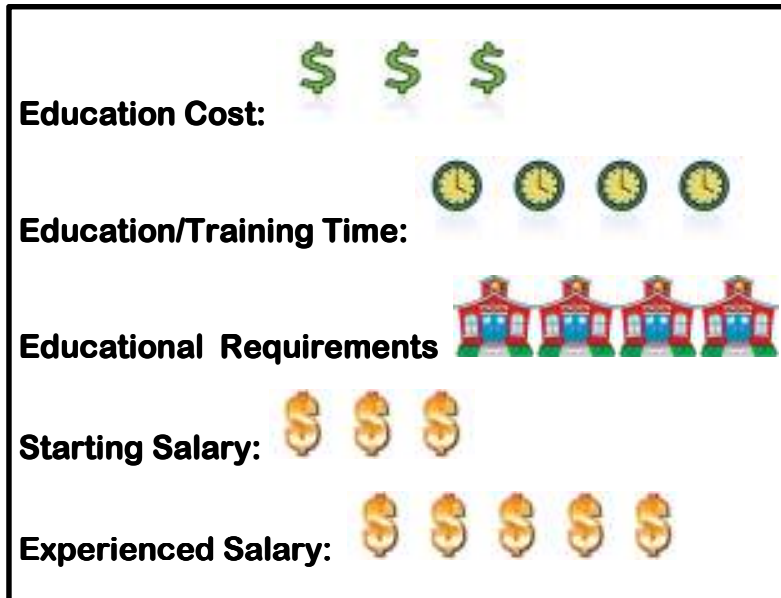
What do Massage Therapists do?

- Massage therapists use their hands, fingers, forearms, elbows, and sometimes feet to knead muscles and soft tissue of the body to treat injuries and to promote general wellness. A massage can be as short as 5–10 minutes or could last more than an hour. Therapists also may use lotions and oils, massage tables or chairs, and medical heat lamps when treating a client. Massage therapists may offer clients information about additional relaxation techniques to practice between sessions.
- Massage therapists can specialize in many different types of massage, called modalities. Swedish massage, deep-tissue massage, and sports massage are just a few of the many modalities of massage therapy. Massage therapists can work in clinics, hotels, fitness centers, spas, and other settings.
- Usually, the type of massage given depends on the client's needs and physical condition. For example, therapists may use a special technique for elderly clients that they would not use for athletes. Some forms of massage are given solely to one type of client; for example, prenatal massage is given to pregnant women

Eileen, who has been in massage for over ten years-: "A massage therapist is trained in therapy with soft tissue or muscle, and it's different from a chiropractor or an osteopath in that there's no manipulation of the skeletal structure. You can be working with people for relaxation and stress management, or rehabilitation purposes, or specific injuries."

Medical and Health Services Manager

Medical and health services managers plan, direct, and coordinate medical and health services.



What do medical and health services managers do?

- They might manage an entire facility, specialize in managing a specific clinical area or department, or manage a medical practice for a group of physicians. Medical and health service managers work to improve efficiency and quality in delivering healthcare services, keep up to date on new laws and regulations so the facility complies with them, and supervise assistant administrators in facilities that are large enough to need them.
- Manage finances of the facility, such as patient fees and billing, create work schedules, organize records, and communicate with members of the staff and department heads. They may also represent the facility at investor meetings or on governing boards

Most medical and health services managers work long hours. Nursing care facilities and hospitals operate around the clock; administrators and managers be called at all hours to deal with problems. They also travel to attend meetings or inspect satellite facilities. Source: Healthcare Salary Online

Medical Appliance Technician

Medical appliance technicians construct, fit, and repair medical supportive devices, including prosthetic limbs, arch supports, facial parts, and foot and leg braces

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements	🏫
Starting Salary:	💰 💰
Experienced Salary:	💰 💰



What do medical appliance technicians do?

- Technicians read work orders or specifications from a podiatrist, orthotist, prosthetist, or other healthcare professional. They decide which materials will be needed and create a pattern for the unmolded or unshaped plastic material.
- Medical appliance technicians bend, form, shape materials and use hand or power tools to create devices, and repair or change medical supportive devices as directed by a healthcare professional.
- Medical appliance technicians use different types of materials, such as metal, plastic, and leather, to create a variety of medical devices for patients who need them because of a birth defect, an accident, disease, amputation, or the effects of aging. For example, some medical appliance technicians make hearing aids.

After graduating from high school, I worked in the repair and manufacture of boats. Eventually, I chose to return to school and continue my education. I wanted a career in a science and health related field that would combine my skills and interests. While researching career possibilities, I found a philosophical similarity between the mechanics of boat building and the making of prostheses and orthoses. They both rely on being structurally strong yet light, comfortable, ultimately safe, and aesthetically handsome. I knew if I could apply my experience with the right education, I might be able to make a difference by helping people who are physically challenged continue with their normal everyday lives. - Ron Dickey, Medical Appliance Technician Washington, D.C.

Medical Assistant

Medical assistants complete administrative and clinical tasks in healthcare settings

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰



What do Medical Assistants do?

- Medical assistants perform administrative and clinical tasks to keep the offices of health practitioners running smoothly.
- Administrative medical assistants update and file patients' medical records, fill out insurance forms, and arrange for hospital admissions and laboratory services. They also perform tasks such as answering telephones, greeting patients, handling correspondence, scheduling appointments, and handling billing and bookkeeping.
- Clinical medical assistants have tasks that include taking medical histories and recording vital signs, explaining treatment procedures to patients, preparing patients for examinations, and assisting physicians during examinations. They might draw blood, prepare patients for x rays, take electrocardiograms, remove sutures, and change dressings.

Q: What do you love about your medical assistant job?

A: I love working with patients, and having the opportunity to really help someone.

Q: What are the biggest challenges you face in your job?

A: One of the biggest challenges is dealing with all the red tape with insurance companies.

Q: What advice would you give to someone interested in medical assistant jobs?

A: Even though this is a hands-on job, you can expect to do lots of paperwork. Keep in mind that there may be less patient contact than you think.

Medical Equipment Preparer

Medical equipment preparers prepare, sterilize, install, or clean laboratory or healthcare equipment, and may perform routine laboratory tasks and operate or inspect equipment.

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰



What do medical equipment preparers do?

- Medical equipment preparers clean instruments to prepare them for sterilization, operate and maintain steam autoclaves, keep records of loads completed, items in loads, and maintenance procedures performed. They also organize and assemble routine or specialty surgical instrument trays or other sterilized supplies, filling special requests as needed.
- Medical equipment preparers examine equipment to detect leaks, worn or loose parts, or other indications of disrepair. They start equipment and observe gauges and equipment operation to detect malfunctions and to ensure equipment is operating to prescribed standards.
- Report defective equipment to appropriate supervisors or staff, stock crash carts or other medical supplies, purge wastes from equipment by connecting equipment to water sources and flushing water through systems.

People in this career frequently:

- Use their hands to handle, control, or feel objects, tools, or controls.
- Repeat the same movements.
- Stand or walk for long periods of time.
- Bend or twist their body

Medical Office Administrator

Secretaries and administrative assistants perform routine clerical and organizational tasks. They organize files, draft messages, schedule appointments, and support other staff.

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements:	🏫
Starting Salary:	💰
Experienced Salary:	💰 💰





What do medical office administrators do?


- Secretaries and administrative assistants perform a variety of clerical and organizational tasks that are necessary to run an organization efficiently. They use computer software to create spreadsheets, compose messages, manage databases, and produce presentations, reports, and documents. They also may negotiate with vendors, buy supplies, manage stockrooms or corporate libraries, and get data from various sources. Specific job duties vary by experience, job title, and specialty.
- Medical office assistants transcribe dictation, prepare messages, and help physicians or medical scientists with reports, speeches, articles, and conference proceedings. They also take simple medical histories, arrange for patients to be hospitalized, and order supplies. Medical secretaries need to be familiar with medical terminology, insurance rules, billing practices, medical records, and hospital or laboratory procedures.


Medical Records and Health Information Technician


Medical records and health information technicians organize and manage health information in paper and electronic systems.

Education Cost: 

Education/Training Time: 

Educational Requirements: 

Starting Salary: 

Experienced Salary: 



What do medical health records and information technicians do?

- Use various classification systems to code and categorize patient information for insurance reimbursement purposes, for databases and registries, and to maintain patients' medical and treatment histories.
- They work regularly with physicians and other healthcare professionals. They meet with doctors and other health practitioners to make sure that records are complete and accurate.
- The increasing use of electronic health records (EHRs) will continue to change the job responsibilities of medical records and health information technicians.

Medical coders are in high-demand. Even though software has been developed to assist with the role, a qualified person is needed to enter the data, and follow up on any discrepancies between the health care provider (physician), the hospital, and the insurance company. An effective and efficient coder is essential to the financial success of a practice. Medical coders do not have much interaction with patients. If you like a lot of regular interaction with patients then this role may not be for you.

Source: healthcareers.about.com

Medical Transcriptionist

Medical transcriptionists listen to voice recordings that physicians and other health professionals make and convert them into written reports.

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰



What do Medical Transcriptionists do?

- The primary function of the medical transcriptionist is to listen to audio files made by physicians and other health care personnel. These audio files must be transcribed into accurate electronic medical reports, correspondence, and administrative materials. The text is then keyed into a word processing program or a personal computer system. The medical transcriptionist must carefully edit this text for grammar and clarity errors.
- This professional is able to produce documents that include the following reports: discharge summaries, physical examination reports, medical history reports, operative reports, autopsy reports, and consultation reports. After these reports are completed, the medical transcriptionist returns the electronic files to the health professionals for correction and signatures. Most medical transcription employers strongly prefer candidates with training from an accredited institution.

The training for medical transcription is relatively easy to acquire in terms of cost and time investment, when compared to some other medical careers particularly. However, if you really thrive on working with people, you may find the work a bit monotonous.

Source: healthcareers.about.com

Nuclear Medicine Technologist

Nuclear medicine technologists use a scanner to create images of various areas of a patient's body, prepare radioactive drugs and administer them to patients undergoing the scans.

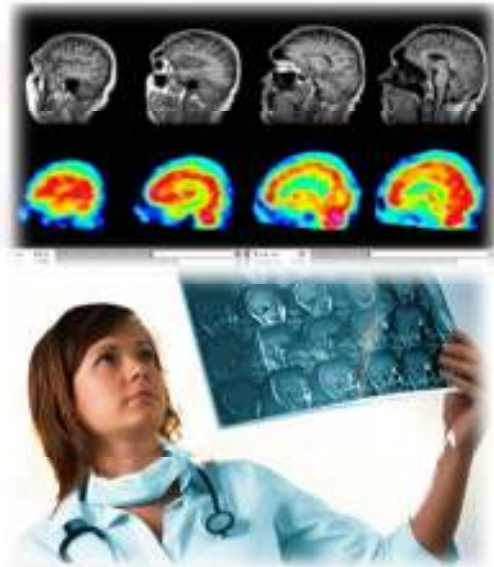
Education Cost: \$

Education/Training Time: ⌚ ⌚ ⌚

Educational Requirements: 🏫 🏫

Starting Salary: 💰 💰 💰

Experienced Salary: 💰 💰 💰 💰 💰



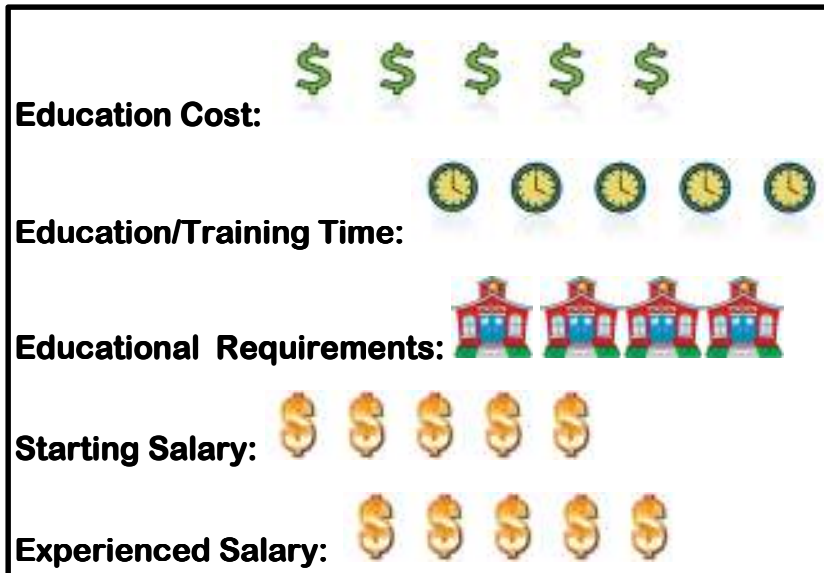
What do nuclear medicine technologists do?

- Radioactive drugs give off radiation, allowing special scanners to monitor tissue and organ functions. Abnormal areas show higher-than-expected or lower-than-expected concentrations of radioactivity. Physicians then interpret the images to help diagnose the patient's condition. For example, tumors can be seen in organs during a scan because of their concentration of the radioactive drugs.
- Nuclear medicine technologists typically explain imaging procedures to the patient and answer questions. They follow safety procedures to protect the patient and themselves from excessive radiation exposure.

My daily activities consist of preparing the radioactive materials that we give to our patients and getting the camera and computer systems up-to-date. Patients start arriving around 7:30 a.m. They receive injections of the material for their tests and then return later for testing. The imaging of a patient takes a half-hour to an hour. Once finished, I move on to computer processing, computer analysis and showing results to physicians. I have patient and physician interaction and also interaction with data. There's a good mix. You are not doing the same thing all day. You get to work on a computer, perform spreadsheet analysis and go into the pharmacy to prepare the materials that you are going to use. You are involved in every step along the way. –Elton from Mavo Clinic

Nurse Anesthetist

Certified nurse anesthetists (CRNA) provide anesthetics to patients in collaboration with healthcare professionals in surgical, obstetric, and trauma settings



What do nurse anesthetists do?

- A nurse anesthetist may administer anesthesia to patients undergoing medical procedures or are in need of pain management.
- A certified registered nurse anesthetist cares for a patient before, during and after a medical procedure or surgery by performing a patient assessment, preparing the patient for anesthesia, administering and maintaining the anesthesia to ensure proper sedation and pain management, overseeing patient recovery from anesthesia and caring for the patient's immediate post-operative needs.

Nurse Anesthetists have been providing anesthesia in the U.S. for over 125 years, beginning with their care of wounded soldiers during the Civil War. There currently are more than 36,000 nurse anesthetists in the U.S. – approximately 45% of who are men (as compared with 8% men in the nursing profession as a whole). CRNAs are the sole providers of anesthesia in approximately two thirds of all rural hospitals in the United States, enabling these healthcare facilities to offer obstetrical, surgical, and trauma stabilization services. In some states, CRNAs are the sole providers in nearly 100% of the rural hospitals.

Source: ExploreHealthCareers.org

Nurse Assistant

Nursing aides and attendants help provide basic care for patients in hospitals and residents of long-term care facilities, such as nursing homes

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰



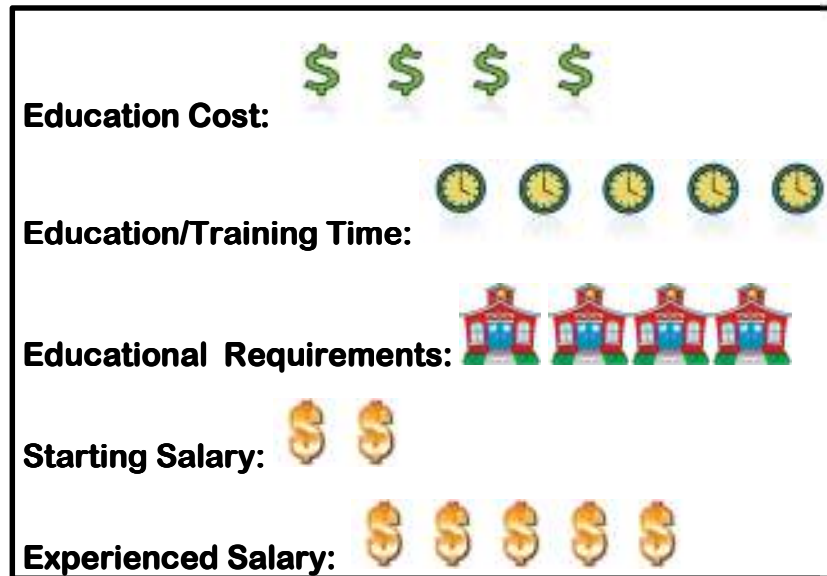
What do nurse assistants and aids do?

- Nursing aides, sometimes called nursing attendants or nursing assistants, provide basic care and help with basic living activities. They typically clean and bathe patients or residents, help patients use the toilet and dress, and turn, reposition, and transfer patients between beds and wheelchairs. Nurse assistants listen to and record patients' health concerns and report that information to nurses.
- In nursing homes, aides and attendants are often the principal caregivers. They have more contact with residents than other members of the staff. Because some residents stay in a nursing home for months or years, aides and attendants may develop close, caring relationships with their patients.

"The Best day is when you see the appreciation in a patient's eyes and you know that all you are doing for them is actually making a difference. It's a stressful job, but at the end of the day you know that you have done your part to help someone and do some good in life. Sometimes you are all they have and you have to keep that in mind every day that you go to work" –Vicky Rae
Source: Monster.com

Nurse Midwife

Nurse-Midwives provide counseling and care during preconception, pregnancy, childbirth, and the post-partum period.




What do nurse-midwives do?


- A nurse-midwife may do many different things from helping deliver a baby to teaching about breastfeeding, nutrition, and other maternal and child health issues
- Nurse-midwives help women find their best choice in contraception and help new families grow in health during prenatal care
- Skilled midwifery can reduce the need for high-tech interventions for most women in labor, but midwives also are trained in the latest scientific procedures to assist in normal deliveries.
- Midwives approach women's health care, pregnant or not, as normal life events and provide personalized care to empower women and families.


Many people mistakenly think that midwives do nothing but assist with births. In fact, although attending births is an integral and rewarding part of the job, this is only a fraction of what midwives actually do. On average, CNMs/CMs spend 10% of their time in the direct care of birthing women and their newborns.


Occupational Therapist


Occupational therapists treat patients with injuries, illnesses, or disabilities through the therapeutic use of everyday activities.

Education Cost: 

Education/Training Time: 

Educational Requirements: 

Starting Salary: 

Experienced Salary: 



What do occupational therapists do?


- Patients with permanent disabilities, such as cerebral palsy, often need help performing daily tasks. Therapists show patients how to use appropriate adaptive equipment, such as leg or knee braces, wheelchairs, and eating aids.
- Some therapists provide early intervention therapy to infants and toddlers who have, or are at risk of having, developmental delays. Therapists who work with the elderly help their patients lead more independent and active lives. Occupational therapists also may work in mental health settings where they help patients who suffer from developmental disabilities, mental illness, or emotional problems.
- In some cases, occupational therapists help patients create functional work environments. They evaluate the work space, plan work activities, and meet with the patient's employer to collaborate on changes to the patient's work environment or schedule.

I chose to become an occupational therapist because I always liked science. I began to consider occupational therapy (OT) as a career when my identical twin sister fell-off a horse and broke her arm. She required OT during her recovery. While working on my biology degree, I was further inspired to consider OT. I worked in the lab of my mentor whose daughter was an occupational therapist. - Karoline D. Harvey, Occupational Therapist, Walter Reed Army Medical Center, Washington, D.C.


Optometrist

Optometrists perform eye exams to check for vision problems and diseases. They prescribe eyeglasses or contact lenses as needed.

Education Cost: 

Education/Training Time: 

Educational Requirements: 

Starting Salary: 

Experienced Salary: 



What do optometrists do?

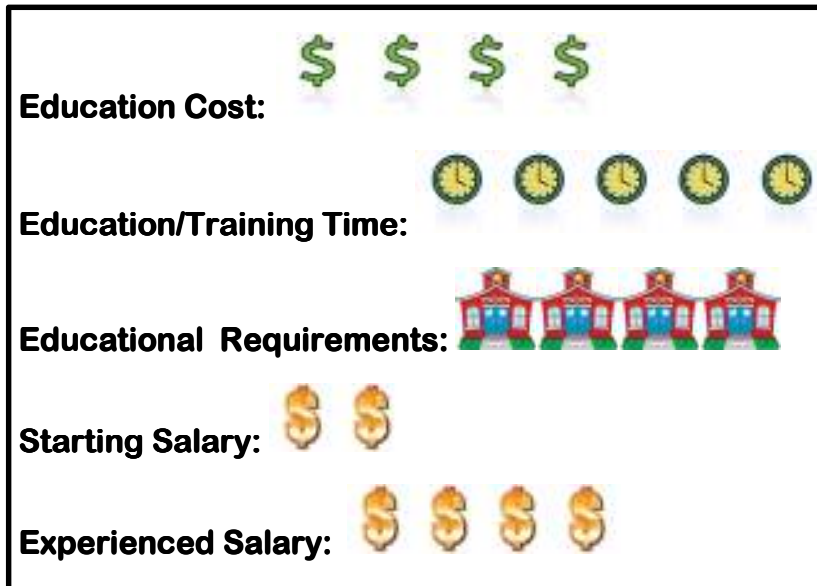
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- Optometrists perform vision tests to check for sight problems, such as nearsightedness or farsightedness. They prescribe eyeglasses, contact lenses, medications and provide other treatments, such as vision therapy or low-vision rehabilitation. Optometrists provide pre- and postoperative care to patients undergoing eye surgery—for example, examining a patient's eyes the day after surgery. Also, optometrists promote eye health by counseling patients, including explaining how to clean and wear contact lenses.
- Some optometrists spend much of their time providing specialized care, particularly if they are working in a group practice with other optometrists or doctors. For example, some optometrists mostly treat patients with only partial or no sight, a condition known as low vision. Others may focus on pre- or postoperative care if they work in a facility that does many eye surgeries. Optometrists may also teach or do research in optometry colleges or work as consultants in the eye care industry.

U.S. News & World Report listed optometry as one of the Best Jobs for Investigative People, because it's "a profession with a high cure rate, regular hours, good pay, and realistic potential for being successfully self-employed."

Orthotist and Prosthetist

Orthotics and prosthetics design medical support devices such as artificial limbs and measure and fit patients for them



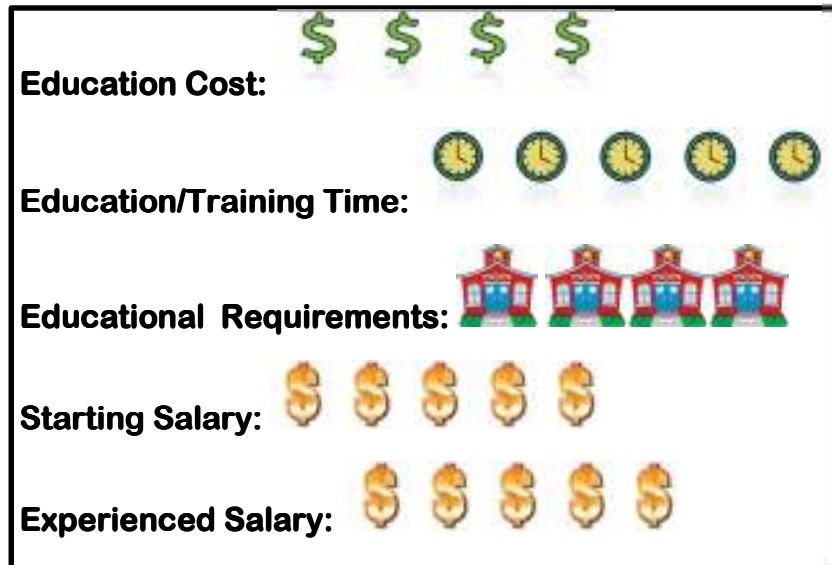
What do orthotists and prosthetists do?

- Evaluate and interview patients to determine their needs
- Measure patients to design and fit medical devices
- Design orthopedic and prosthetic devices based on physicians' prescriptions
- Take a mold of the part of the body that will be fitted with a brace or artificial limb
- Select materials to be used for the orthotic or prosthetic device
- Fit, test, and adjust devices on patients
- Instruct patients in how to use and care for their devices
- Repair or update prosthetic and orthotic devices
- Document care in patients' records

Many people enter this field because they or someone they know has benefited from a prosthetic or orthotic device. It is extremely rewarding to watch someone with a severe impairment regain lost abilities and enjoy new independence. Advances in technology, such as microprocessors, myoelectric joints and computer imaging, make this a particularly exciting time to be involved in O&P.

Pharmacist

Pharmacists dispense prescription medications to patients and offer advice on their safe use.



What do Pharmacists do?

- Pharmacists distribute prescription drugs to individuals. They also advise their patients, physicians, and other health practitioners on the selection, dosages, interactions, and side effects of medications, as well as monitor the health and progress of those patients to ensure that they are using their medications safely and effectively. Compounding—the actual mixing of ingredients to form medications—is a small part of a pharmacist's practice, because most medicines are produced by pharmaceutical companies in standard dosages and drug delivery forms.
- Most pharmacists work in a community setting, such as a retail drugstore, or in a healthcare facility, such as a hospital. Pharmacists in community pharmacies dispense medications, counsel patients on the use of prescription and over-the-counter medications, and advise physicians about medication therapy.

I chose to become a pharmacist because I have always had a strong interest in biology. It seemed natural for me to gravitate toward a career as a pharmacist. Pharmacy offered me the opportunity to focus on human biology and drugs used to cure or manage specific diseases. It also gave me the opportunity to learn more about new and existing drugs and their effects on humans.

After I finished my graduate degree, I did a one-year residency program at John Hopkins. Though a residency is not required for many programs, it is a favorable training practice for those who anticipate working in a hospital. - Leslie Adams, Pharm. D., Pharmacist, National Institutes of Health

Pharmacy Technician

Pharmacy technicians help licensed pharmacists dispense prescription medication.

Education Cost:	\$
Education/Training Time:	🕒
Educational Requirements:	🏫🏫
Starting Salary:	💰
Experienced Salary:	💰💰



What do Pharmacy Technicians do?

- Pharmacy technicians help licensed pharmacists prepare prescription medications, provide customer service, and perform administrative duties within a pharmacy setting.
- Pharmacy technicians generally are responsible for receiving prescription requests, counting tablets, and labeling bottles. Technicians receive written prescription requests from patients. They must verify that the information on the prescription is complete and accurate. To prepare the prescription, technicians retrieve, count, pour, weigh, measure, and sometimes mix the medication. Then they prepare the prescription labels, select the type of container, and affix the prescription and auxiliary labels to the container.

Students contemplating pharmacy school should consider part-time careers as technicians. “Before they commit to a six-year college education program, it’s always a great opportunity to get some experience and make sure that is a career path that you are interested,” “And it also provides a great job while you’re in school, so you’re studying and learning that material in a practical setting as well.”
Source: US News.com

Phlebotomist

Phlebotomists collect blood for donation or so the blood can be analyzed in a clinical laboratory.

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰



What do phlebotomists do?

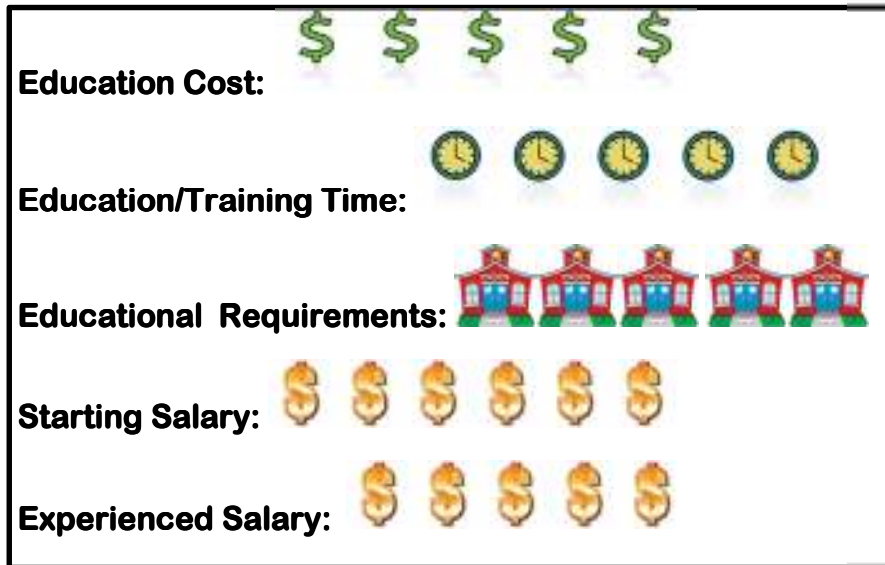
- Blood tests are used to diagnose illness, evaluate the effectiveness of medications, and determine whether a patient is receiving proper nutrition. To collect blood from an arm vein, the phlebotomist first applies a tourniquet to the upper arm to slow blood flow. An alcohol swab is used to disinfect a small area near the inside of the elbow. The phlebotomist then locates a vein and inserts a needle, a process called “venipuncture.”
- Phlebotomists can also sample blood through skin puncture, such as pricking finger to test a patient’s blood sugar or determine blood type.
- The phlebotomist must ensure that all equipment is properly sanitized before it is used to collect blood. Accurate labeling, proper storage and careful transport are also key responsibilities.

The best day is when you go all day without missing a vein! You walk into the room, and the patient already tells you "The last person was not able to get me, and they stuck me 14 times in this arm alone!" I finally convince the patient to at least let me look and I obtain the blood with no problem. And the patient says "You are the best Phlebotomist I have ever had!" That makes me feel good that I did something right for the patient.

Source: Monster.com

Physician

Physicians and surgeons diagnose and treat injuries and illnesses in patients.



What do physicians do?

- Physicians examine patients, take medical histories, prescribe medications, and order, perform, and interpret diagnostic tests. They often counsel patients on diet, hygiene, and preventive health care. Surgeons operate on patients to treat injuries, such as broken bones; diseases, such as cancerous tumors; and deformities, such as cleft palates.
- There are many specialties of physicians. One type of specialty is a family and general physician. Family physicians assess and treat a range of conditions that occur in everyday life. These conditions include anything from sinus and respiratory infections to broken bones. Family and general physicians typically have a base of regular, long-term patients. These doctors sometimes refer patients with more serious conditions to specialists or other healthcare facilities for additional care.
- Surgeons use a variety of instruments, and with patients under anesthesia, correct physical deformities, repairs bone and tissue after injuries, or performs preventive surgeries on patients.

Many doctors work long hours, at all times of day and night. About 3 out of 10 physicians worked more than 60 hours a week in 2008. Becoming a doctor requires more training than most other jobs. It usually takes at least 11 years to become a doctor: 4 years of college, 4 years of medical school, and 3 years working in a hospital. For some specialties, doctors may have to work in a hospital for up to 8 years before they are fully trained. To become a doctor, you should study biology, chemistry, physics, math, and English. It is not easy to get into medical school. You have to do very well in college and on medical school entrance tests. *Source: BLS.gov*

Physical Therapist

Physical therapists help people who have injuries or illnesses improve their movement and manage their pain during periods of rehabilitation



What do Physical Therapists Do?

- Physical therapists are healthcare professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions, illnesses, or injuries that limits their abilities to move and perform functional activities as well as they would like in their daily lives.
- Physical therapists examine each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness-oriented programs for healthier and more active lifestyles.

“All day I help people get back in charge of their lives,” wrote one physical therapist from Tucson, Arizona, “and that makes me feel great!” This sense of contributing to peoples’ quality of life is important to those entering the field. Physical therapy is emotionally and physically demanding, and a patient’s progress has to be measured in extremely small increments. Still, those who find it rewarding are extremely happy with their choice of occupation.

Physical Therapist Assistant

Physical Therapist Assistants work alongside Physical Therapists and help patients recover from injury, illness, and regain movement after surgery.

Education Cost: \$ \$

Education/Training Time: 🕒 🕒

Educational Requirements: 🏫 🏫

Starting Salary: 💰

Experienced Salary: 💰



What do Physical Therapist Assistants do?

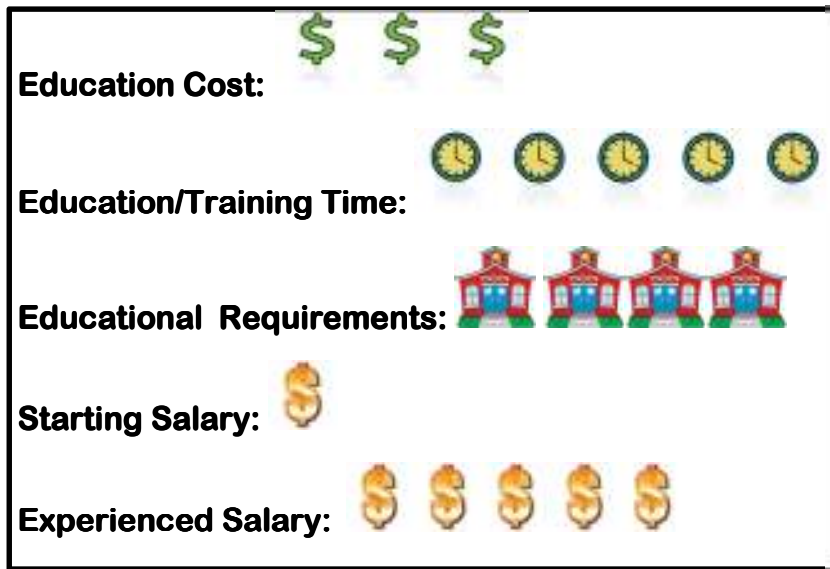
- Physical therapist aides often do tasks that are indirectly related to patient care, such as cleaning and setting up the treatment area, moving patients, and clerical tasks.
- Physical therapist assistants help physical therapists provide care to patients. They give therapy through exercise; therapeutic methods, such as electrical stimulation, mechanical traction, and ultrasound; massage; and gait and balance training. Physical therapist aids observe patients before and during therapy, help patients do exercises, use devices and equipment such as walkers to help patients, and educate patients and family members about what to do after treatment.

Here are a few of the pros and cons associated with being a PTA:

- The work requires a lot of kneeling, bending, and stooping, which can be physically taxing.
- Physical therapist assistants generally have limited authority to make decisions and little or no autonomy on the job since they must be supervised by a physical therapist.
- Due to the high demand for PTAs, along with an increasingly older population, there is no shortage of jobs.
- It provides the ability to make a truly positive difference in the lives of other people.

Physician Assistant

Physician assistants, also known as PAs, practice medicine under the direction of physicians and surgeons, examine patients, diagnose injuries and illnesses, and provide treatment.



What do physician assistants do?

- The physician assistant is academically and clinically prepared to practice medicine with the direction and responsible supervision of a doctor of medicine or osteopathy. PAs make clinical decisions and provide a broad range of diagnostic, therapeutic, preventive, and health maintenance services. The clinical role of PAs includes primary and specialty care in medical and surgical practice settings. PA practice is centered on patient care and may include educational, research, and administrative activities.
- Physician assistants work in all areas of medicine, including primary care and family medicine, emergency medicine, and psychiatry. The work of physician assistants depends in large part on their specialty and what their supervising physician needs them to do. For example, a physician assistant working in surgery may close incisions and provide care before and after the operation. A physician assistant working in pediatrics may examine a child or give routine vaccinations.

What's to like: No med school, no grueling internship, more freedom to move from one specialty to another -- yet all the satisfaction of delivering care. "No day is exactly the same, and I love that variety," says Wayne VonSeggen, 61, of Wake Forest University Baptist Medical Center in Winston-Salem, N.C. "It's also very challenging intellectually to work with doctors to try to help solve problems."

What's not to like: High stress and considerably lower pay than what doctors make. In such a supportive role, you can't be an entrepreneur.
Source: CNN Money

Psychiatric Technician and Aide

Psychiatric technicians and aides care for people who have mental illness and developmental disabilities.

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰
Experienced Salary:	💰 💰



What do Psychiatric technicians and aids do?

- *Psychiatric technicians* observe patients' behavior, listen to their concerns, and record their condition, lead patients in therapeutic and recreational activities
- Give medications and other treatments, following instructions from doctors and other medical professionals, help with admitting and discharging patients, help patients with activities of daily living, including eating and bathing, and restrain patients who may become physically violent
- *Psychiatric aides* monitor patients' behavior and location in a mental healthcare facility. Help patients with their daily living activities, such as bathing or dressing, serve meals and help patients eat, and help keep facilities clean by doing tasks such as changing bed linens
- Interact with patients, leading them in educational or therapeutic activities. Aids may also participate in group activities, such as playing sports or going on field trips.

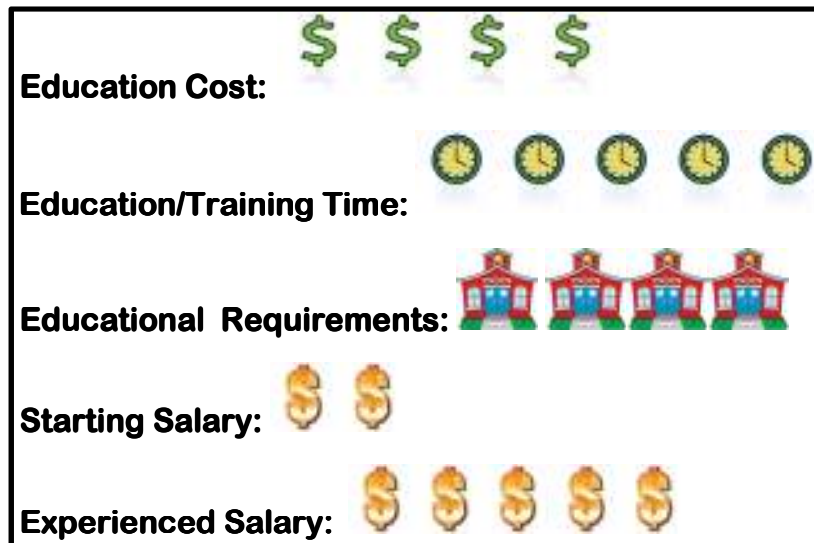
Psychiatric technicians spend their careers working with individuals in need of mental healthcare.

Performing the job well takes understanding, discretion and a desire to help people. Strong communication skills and the ability to remain calm in intense situations are also necessary attributes for this occupation. If you aspire to help others and possess these characteristics, you may be well suited to a career as a psychiatric technician.

Source: Florida Tech. University

Psychologist

Psychologists study mental processes and human behavior by observing, interpreting, and recording how people and other animals relate to one another and the environment.



What do psychologists do?

- Psychologists often look for patterns that will help them understand and predict behavior using scientific methods, principles, or procedures to test their ideas. Through such research studies, psychologists have learned much that can help increase understanding between individuals, groups, organizations, institutions, nations, and cultures.
- Areas of specialization within clinical psychology include health psychology, neuropsychology, and child psychology. Types of psychology include: research in psychology, clinical psychology, counseling psychology, school psychology, industrial-organizational psychology, developmental psychology, social psychology, experimental or research psychology, and forensic psychology.

Most psychologists say they love their work. They cite the variety of daily tasks and the flexibility of their schedules. They are thrilled by the exciting changes taking place in the field — from adapting technology to benefit humans, to working as part of primary health care teams. They are endeavoring to provide answers to research questions in such diverse areas as prevention, perception and learning, and they are using new technology and knowledge to train the next generation. It is an exciting time to be a psychologist.

Source: APA

Public Health

Public health is the “big picture” science and art of creating healthy communities through education, research, and promotion of healthy lifestyles. In public health, the focus is on health promotion and disease/injury prevention; this is in contrast to the medical model of care, which focuses more heavily upon diagnosing and treating illnesses and conditions after they occur. Public health professionals deal more specifically with populations, rather than individual patients.



What are types of careers in Public Health?

- You can choose from over fifteen degrees within public health, including undergraduate, masters and doctoral degrees.
- There are over 20 major fields of study. The five core disciplines are: Behavioral Science/Health Education, Biostatistics, Environmental Health, Epidemiology, and Health Services Administration.
- Public health careers offer something for everyone. Epidemiology and biostatistics involve mathematics and modeling. Environmental health includes a wide range of science skills. Health administration incorporates business and management skills. Health education involves skills required to develop community-wide prevention programs. Health policy includes an understanding of law-making processes.
- Public health professionals work in a variety of settings, including: Federal, state, and local government agencies, Clinics and hospitals, insurance companies, International/ Global Health agencies, Pharmaceutical and hospital supply firms, Educational institutions, Advocacy groups, and Law firms and legal support organizations.

Public health is a diverse and dynamic field. A host of specialists, including teachers, journalists, researchers, administrators, environmentalists, demographers, social workers, laboratory scientists, and attorneys, work to protect the health of the public.

Public health is a field geared toward serving others. The field of public health offers great personal fulfillment - working towards improving people's health and well being is a rewarding day's work.

Radiation Therapist

Radiation therapists treat cancer and other diseases in patients by giving radiation treatments.

Education Cost: \$

Education/Training Time: ⌚ ⌚ ⌚

Educational Requirements: 🏫 🏫

Starting Salary: 💰 💰 💰 💰

Experienced Salary: 💰 💰 💰 💰 💰



What do Radiation therapists do?

- Radiation therapists typically examine machines to make sure they are safe and work properly, explain treatments to patients and answer questions, and follow safety procedures to protect the patient and themselves from overexposure.
- Therapists X-ray the patient to determine the exact location of the area requiring treatment, check the computer programs to make sure that they will give the correct dose of radiation to the correct area of the patient's body, and then operate the equipment to treat the patient with radiation.
- Most radiation therapy uses machines called linear accelerators. These machines direct high-energy x rays at specific cancer cells in a patient's body, shrinking or removing them.

“During my 2 years of training, including both summers, I learned that the primary responsibilities of a radiation therapist included implementing treatment programs prescribed by a radiation oncologist, and assisting in the planning of treatment. The responsibilities required highly specialized technical skills, as well as, highly developed personal skills for interacting effectively with other members of the oncology treatment team, the patients and their families. I developed skills through an intensive didactic curriculum along with a clinical internship supervised by registered radiation therapists. Internship training was provided at clinical affiliates. After my training was complete, I was eligible to apply for certification. I took and passed my exam.”

Karen Lynne Ullman, Research Radiation Therapist, NIH Center for Cancer Research

Radiologic Technologist

Radiologic technologists perform diagnostic imaging examinations, such as x rays, on patients.

Education Cost: \$

Education/Training Time: 🕒 🕒

Educational Requirements: 🏫 🏫

Starting Salary: 💰 💰

Experienced Salary: 💰 💰 💰 💰



What do Radiologic Technologists do?

- Radiologic technologists and technicians perform diagnostic imaging examinations like x-rays, computed tomography, magnetic resonance imaging, and mammography. Some radiologic technologists and technicians, referred to as *radiographers*, produce x-ray films (radiographs) of parts of the human body for use in diagnosing medical problems.
- They prepare patients for radiologic examinations by explaining the procedure, removing jewelry and other articles through which x rays cannot pass, and positioning patients so that the parts of the body can be appropriately radiographed
- In addition to preparing patients and operating equipment, radiologic technologists and technicians keep patient records and adjust and maintain equipment. They also may prepare work schedules, evaluate purchases of equipment, or manage a radiology department.

Those who are interested in computers, as well as working with their hands may find working with this type of equipment enjoyable.

Projected employment growth in this field is expected to be good.

You must be a people person to work in this job, and many of the patients that you work with may be in pain.

Attention to detail is important in this work as you will be dealing with equipment that can be dangerous if not used properly.

Recreational Therapist

Recreational therapists plan, direct, and coordinate recreation programs for people with disabilities or illnesses using techniques including arts and crafts, drama, music, dance, sports, games, and field trips.

Education Cost: \$\$\$

Education/Training Time: ⌚⌚⌚⌚

Educational Requirements: 🏫🏫🏫

Starting Salary: 💰

Experienced Salary: 💰💰💰



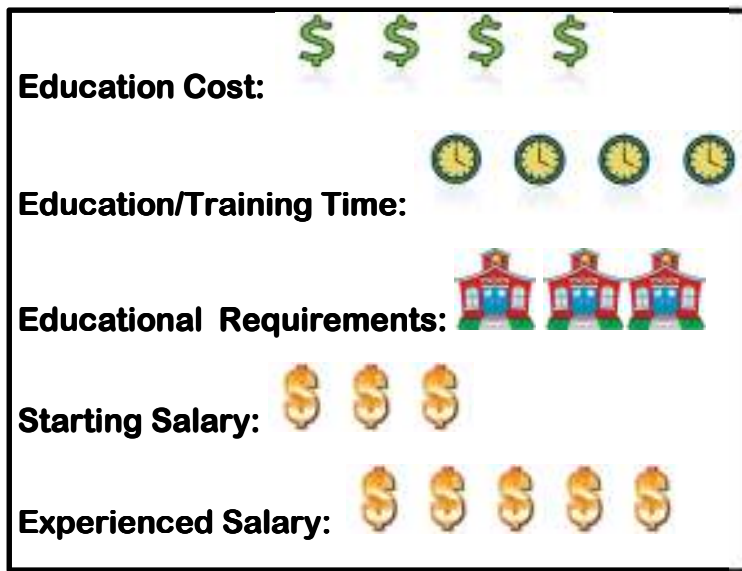
What do recreational therapists do?

- Recreational therapists help people reduce depression, stress, and anxiety; recover basic physical and mental abilities; build confidence; and socialize effectively. They help people with disabilities integrate into the community by teaching them how to use community resources and recreational activities.
- Recreational therapists use activities, such as arts and crafts, dance and movement, gardening or sports, to help their clients. For example, people who are paralyzed on one side may need therapists to teach them to recover basic motor skills, such as picking up a cup with their functional side. Therapists may help people with disabilities by teaching them how to use community resources, such as public transportation or parks.
- Recreational therapists work in places such as substance abuse centers, rehabilitation centers, assisted living facilities, special education departments, and parks and recreation departments.

Michael, a recreational therapist advises, "Spend a day with a recreational therapist to see if you would enjoy the job as a career," Michael advises. "Volunteer in various settings in which a recreational therapist is likely to work." Source: Myfootpath.com

Registered Nurse

Registered nurses (RNs) provide and coordinate patient care, educate patients and the public about various health conditions, and provide advice and emotional support to patients and their family members.



What do registered nurses do?

- Record patients' medical histories and symptoms
- Give patients medicines and treatments and set up plans for patients' care or contribute to existing plans
- Observe patients and record the observations, consult with doctors and other healthcare professionals
- Operate and monitor medical equipment, help perform diagnostic tests and analyze results
- Teach patients and their families how to manage their illnesses or injuries and explain what to do at home after treatment

Jackie, a nurse, recommends volunteering to find out if this is the right career for you. "It is very important to get a job as a nurse assistant or a medical assistant to be more comfortable and knowledgeable with the health system," says Jackie. "It is a very intimidating thing. You should really make sure that it is something you want to pursue, and a job like this lets you know what it's like to a certain extent. It's all about the communication between you and the doctors and patients."

"The first year is the most challenging experience you will have," Jackie explains. "You will be terrified, but you will learn fast. Surround yourself with people that are going to help you, and never stop educating yourself."

Respiratory Therapist

Respiratory therapists care for patients who have trouble breathing; for example, from a chronic respiratory disease, such as asthma or emphysema

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰 💰 💰
Experienced Salary:	💰 💰 💰



What do respiratory therapists do?

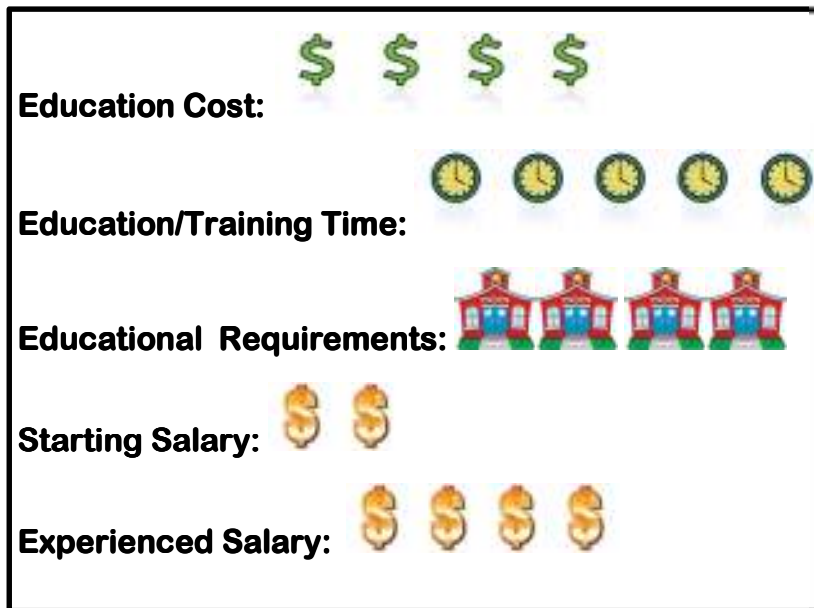
- Respiratory therapists use various tests to evaluate patients. For example, therapists test lung capacity by having patients breathe into an instrument that measures the volume and flow of oxygen when they inhale and exhale. Respiratory therapists may also take blood samples and use a blood gas analyzer to test the oxygen and carbon dioxide levels present.
- Respiratory therapists perform chest physiotherapy on patients to remove mucus from their lungs and make it easier for them to breathe. Removing mucus is necessary for patients suffering from lung diseases, such as cystic fibrosis, and involves the therapist vibrating the patient's rib cage, often by tapping the patient's chest and encouraging him or her to cough.
- Respiratory therapists may connect patients who cannot breathe on their own to ventilators to deliver oxygen to the lungs. Therapists insert a tube in the patient's windpipe (trachea), and connect the tube to ventilator equipment. They set and monitor the equipment to ensure that the patient is receiving the correct amount of oxygen at the correct rate.

What I like best about my job is the diversity of responsibilities and work that is performed. At the Clinical Center we perform lots of diagnostic tests like blood gas analysis, EKG's, and intensive physiological monitoring. What I like least about my job is the amount of required daily paperwork.

Source: NIH

Social Worker

There are two main types of social workers: direct-service social workers, who help people solve and cope with problems in their everyday lives, and clinical social workers, who diagnose and treat mental, behavioral, and emotional issues.



What do social workers do?

- Social workers help people cope with challenges in every stage of their lives. They help with a wide range of situations, such as adopting a child or being diagnosed with a terminal illness. Social workers work with many populations, including children, people with disabilities, and people with addictions.
- Many clinical social workers work in private practice. Some work in a group practice with other social workers or mental health professionals. In private practice, clinical social workers often do administrative and recordkeeping tasks. Among these tasks is working with clients and insurance companies to receive payment for their services. In addition, social workers market their practice to bring in new clients and to network with other professionals who may recommend them.

“You need an understanding that people go through their own experiences and have their own perspective. Sometimes on the surface, it could seem that the main problem is not having a job or not being able to pay their bills, but when you explore the problem with the client, you might find that there are layers of self-doubt or low self-esteem or depression or anxiety that are barriers for their development. You have to look at what’s underneath the surface and help the clients understand how to do the same thing.” –Susan, a social worker

Speech-Language Pathologist

Speech-language pathologists diagnose and treat communication and swallowing disorders in patients.



What do speech language pathologists do?

- Speech-language pathologists, sometimes called speech therapists, assess, diagnose, treat, and help to prevent communication and swallowing disorders in patients. Speech, language, and swallowing disorders result from a variety of causes such as a stroke, brain injury, hearing loss, developmental delay, a cleft palate, cerebral palsy, or emotional problems.
- Speech-language pathologists work with patients who have problems with speech, such as being unable to speak at all or speaking with difficulty, or with rhythm and fluency, such as stuttering. They may work with those who are unable to understand language or with people who have voice disorders, such as inappropriate pitch or a harsh voice.
- Speech-language pathologists must also do various administrative tasks, including keeping good records, diagnoses, treatment progress, and final evaluation when the patient finishes the therapy.

What is most challenging about what you do?

Working with people that may never fully recover. Like if they had just a massive stroke and won't ever be back to where they were. You know you can help them make improvements but they won't be able to live like they were before the stroke. And that's very tough sometimes. Source: jobshadow.com

Surgical Technologist

Surgical technologists, also called operating room technicians, assist in surgical operations. They prepare operating rooms, arrange equipment, and help doctors and nurses during surgeries.

Education Cost:	\$
Education/Training Time:	🕒 🕒
Educational Requirements:	🏫 🏫
Starting Salary:	💰 💰
Experienced Salary:	💰 💰 💰



What do surgical technologists do?

- Surgical technologists work as members of a healthcare team alongside physicians and surgeons, registered nurses, and other healthcare workers. Before an operation, surgical technologists prepare the operating room by setting up surgical instruments and equipment. They also prepare patients for surgery by washing and disinfecting incision sites, positioning patients on the operating table, and covering patients with sterile drapes. Surgical technologists prepare sterile solutions used in surgery and check that all surgical equipment is working properly. They help the surgical team put on sterile gowns and gloves.
- During an operation, surgical technologists pass instruments and supplies to surgeons and first assistants. Technologists also may prepare, care for, and dispose of specimens taken for laboratory analysis. In addition, they apply dressings. After an operation, surgical technologists may help transfer patients to recovery rooms and may clean and restock operating rooms.

Did You Know?

You can't be squeamish in this line of work, since you'll hand the surgeon tools during surgery and monitor the patient's blood pressure, heart rate, and other vital signs. It helps to be organized, responsible, attentive to detail, and a great team player. Source: College Board

Sources

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