



HSA Times

HSA Newspaper Guest Writers: Cerena De La Torre, Susana Espinosa, Scott Foreman, Yesenia Hernandez, Matthew Nino, Isabella Panagiotou, Najjia Saleem, Hayley Skripko, Heather Varnes and Kaden Yang. Newspaper Advisor: Neil Murphy.

Guest Photographers: Sierra Matsudo, Christopher Salinas, Jennastyn Velasquez, and Agnes Yoon.

Agnes Yoon and Nishtha Mistry are pictured right alongside Lisa Price and a scared little dog.

HSA interns are pictured below.



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HSA's renowned Internship Program by Najia Saleem

This month's issue is about HSA's internships. As you may know, HSA students are required to complete 100 internship hours, 30 community service hours, and 20 service hours to the HSA Academy before graduation.

Medical internships represent the path to the requirement of 100 internship hours. Furthermore, internships are work-based experiences that allow students to explore new careers, find their passion, and learn through hands-on tasks.

If HSA students want to become an intern, they must attend a work experience class, taught by Ms. Zeigler, once a week on Thursdays during seventh period, which is after school. Interns will learn basic employable skills, labor laws, safety on the job, and much more. Also, each week interns must submit their *Journal about Medical Practices* on what they learned at their place of internship. This could be an animal shelter, such as Priceless Pets and Loving

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HSA Times Contact Information

The HSA Times welcomes feedback from its readers. If readers have ideas for feature or news articles, readers want to submit an article for publication and/or submit article corrections, please e-mail Mr. Murphy at neil_murphy@chino.k12.ca.us. The HSA Times does reserve the right to edit submitted articles and critiques. Thank you.

Chino Valley Medical Center - Cerena De La Torre (pictured left), Ms. Zeigler (pictured right)



Cerena De La Torre

At the Chino Valley Medical Center, I began doing tasks on my own in comparison to constantly shadowing people. I took vitals of four different patients on my own which was very exciting. I was able to complete my entire list for Med/ Surg. Telemetry this week because I had the time to go around asking people if I could help with those tasks instead of being busy answering phones at the reception desk. I was more interactive and was actually able to help a patient who was very nervous about getting an IV started. At first, I was merely shadowing a nurse and observing how to start an IV. I had no idea that the patient was afraid of

needles, and before I knew it, I was right next to her, coaching her through the entire experience. I reassured her, "Just a few more seconds and it's over!" "Let's get it done now so we don't have to do it later" and "Look at you, you're a natural; great job!" She laughed, and before she knew it, it was over. I have to say that was the first time I realized just how much helping other people made me feel complete. I also learned how to attach a patient's heart monitor. There is a special phrase used to attach a heart monitor. Since the black clip goes above the red one on the left side of the chest, the nurse said, "smoke over fire," and since the blue clip goes above the green one on the right side of the chest, he said, "Sky

above grass" and then "the brown clip attaches in the center of the chest."

Yesenia Hernandez

The medical staff started me off easy by shadowing the unit's secretary. She was very passionate and a generally happy person with a positive attitude about her job which reflected onto me. I answered calls from patients, looked for their nurse, and also paged nurses. I helped restock medical items and filed heart strips. After I did that for a while, I shadowed an RN while she was meeting with her patients. As a result, I was able to record corresponding data, conversations and treatment plans. I learned all nurses work 12-hour shifts and take on three to four patients at the most.

Photos by Christopher Salinas. Pictured Right- Heather Varnes. Center Picture- (front row) Shiprah Zhang, Hana Roble, Cerena De La Torre, Yesenia Hernandez, and Breane Dominguez. (back row) Lawrence Cardenas, Heather Varnes and Maryam Murad.

Heather Varnes

As I was leaving the ER at 5:00 PM, a security guard interrupted my walk to the lobby. At first glance, I noticed he was pushing a large, rectangular-shaped table that I believed to have held a deceased body. He invited me to follow him, and assuming we were going

to the morgue, I followed him. Instead, we were going into the ER, the department I had just left. After a while, I came to the realization that we were picking up a deceased body, not delivering one. The security guard had me check the stickers located on the wristbands around the former patient's wrist and ankle, which held the owner's information, to confirm that they



were correct. I then zipped up the bag that the owner was laying in, and with the help of another person, pulled the body onto the bed that I originally saw the security guard pushing.

HSA and Priceless Pets



Pictured Above: Julie Trevino, Nishtha Mistry, Agnes Yoon, Jennastyn Velasquez, and Ashlee Price at Priceless Pets Rescue.



Pictured Above: Agnes Yoon, a 9th grader, is holding an adorable dog that will soon be receiving a vaccination.

Priceless Pets is a non-profit adoption center in Chino Hills, California for dogs and cats that have been surrendered or found. Mandy Stover and Lisa Price opened Priceless Pets Orphanage in 2007. Other important personnel include Ashlee Price, the Communication Director, and Julie Trevino, the Adoption Manager. Priceless Pets personnel have recently opened up a second facility in Claremont, California.

Priceless Pets averages 100 adoptions per month. An adult dog cost \$150, a puppy costs \$300, and a cat costs between \$75 and \$125. The cost includes a specialized microchip, vaccinations, and neutering.

Priceless Pets currently has over 150 student volunteers to help take care of the animals. In order to become a volunteer, each student must attend an orientation led by one of the managers. Priceless Pets also has an amazing website that lists all the adoptable dogs at both shelters. Their website is www.pricelesspetrescue.org. Both orphanages fundraise to help pay for the shelters' lease, electricity, gas, phone, food, vaccinations, water, etc. Some of the fundraisers include wine and beer tasting at local breweries, casino nights, and events at small restaurants where portions of the proceeds go back to both orphanages. All donors are private-based, meaning Priceless Pets receives no government support.

Priceless Pets is closed on Mondays and Tuesdays (open the rest of the week), but volunteers are still present on those days getting the orphanage ready for the public.

By: Hayley Skripko and Kaden Yang

Student Journal Entry (Priceless Pets)

I have learned how to administer medications for dogs.

We had to look at the medication chart and prepare meds. I did Millie's and Busby's, which was to get half a cup dog food for Millie and a cup for Busby along with some wet food. In Millie's, she needed her thyroid medicine and another medicine that helped with her health. Busby just needed to have medicine that helped with his health. I went and fed them both, making sure to separate the two so that they did not eat each other's food. by --**Levyann Pham**



Pictured above: Levyann Pham (Priceless Pets Intern)

HSA's renowned Internship Program continued

Hands Hospital or hospitals, like Chino Valley Medical Center, Pomona Valley Medical Center, or Casa de Colina.

If students are not interested in the locations above, they can intern at Fun Club, a childcare center; Fire Explorers, an exploration of fire service as a career; and even private practices by special arrangement. These locations have provided students with unique and empowering experiences.

Cerena De LaTorre, a junior who interned at Chino Valley Medical Center, witnessed a cardiac arrest and was filled with awe when a patient was resuscitated after being dead for 15 seconds. Although this was an amazing event to witness, being an intern can also be very difficult. Kaden

Yang, a freshman intern at Priceless Pets, finds that he often has to do trivial work, such as cleaning up after animals, but to him watching animals regain their health, makes his internship experience invaluable.

Similarly, Yesenia Hernandez, a junior intern at Chino Valley Medical Center, had a difficult time being quick and understanding in the ER, but her experience at the hospital has taught her a lot about hospital procedures and professionalism.

Overall, internships are excellent opportunities for students to venture into different careers by experiencing careers hands-on.

Journal Entry (Intern)

This week at Priceless Pets, I ascertained a lot of practical knowledge as well as social skills. Priceless Pets has been getting more and more

volunteers since it opened up to non-HSA students as well as HSA's students, and since I've been there longer than they have, I have been showing them the ropes. For instance, I had to show a new volunteer the proper methodology of walking a dog, starting from getting him out of the kennel to getting him back in. As of this week, I am starting to noticeably feel well versed in what goes on at Priceless Pets. I've been working faster and taking on a multitude of disparate tasks without having a specific directive to do so. I've learned a certain sense of responsibility and independence from working here.

by Scott Foreman (Priceless Pets Rescue Center)

HSA would like to extend a special thanks to Ms. Zeigler for spearheading its work-based (internship) program.

The HSA Times welcomes feedback from its readers. Please contact Mr. Murphy at neil_murphy@chino.k12.ca.us if you want to contribute articles, story ideas, corrections, etc.

The Scoop on HSA

HSA's Tutoring Program

Top HSA students tutor in the following subject areas: Foreign Language (Spanish and Mandarin), English, Math (all levels) and Science (Bio, Bio Med, Chemistry, and Anatomy and Physiology). Tutors are available on Tuesdays, Thursdays and Fridays during lunch in room 232.

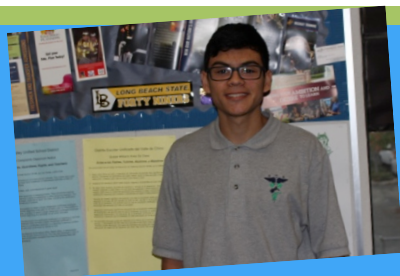
HSA Club Meetings

Club Officers meet on the second and fourth Wednesdays with Mr. Sabbara in room 211.

General club meetings are held on the first and third Wednesday of each month in the Ceramics room. Meetings typically last anywhere from ten to fifteen minutes.

HIPAA (Health Insurance Portability and Accountability Act) Certified

Ms. Zeigler and other HSA teachers checked with the personnel at the Chino Valley Medical Center, doctors at private medical groups, etc. in order to make sure that the student journal entries appearing in this issue did not violate a patient's privacy.



During my third week I was assigned to lab/phlebotomy where I learned about the four sections of the lab: hematology, chemistry, blood bank, and micro. Hematology counted the cells and platelets, chemistry had machines that tagged the certain elements in the cells with either a strong pigment or nuclear material to be able to measure the amount of the certain element. The blood bank stored the vials of indicators as well as the blood bags and plasma bags. After the lab receives blood, personnel check for pathogens by placing the blood in small vials with rubber beads that prevent the fermentation and absorb all of the poisons that will harm bacteria. The pathogens grow in the vials until the indicator on the vial changes color showing a spike in co2 within the vial. The vial is then moved into Micro where it is placed on a petri dish and left to grow. After it has finished growing, the pathologists view the slide under a microscope to see which diseases the patient may or may not have. I received the opportunity of watching a phlebotomist draw blood and took note of how he "felt" for the vein even if he could still see it. I helped by tearing the orders out of the machine after they were printed and helped tear tourniquets off of the roll and placed them in plastic bags for the next shift of phlebotomists to use when they draw blood.

Matthew Nino (CVMC)

Isabella Panagiotou (Beach Cities Dermatology)

During my internship at Beach Cities Dermatology, I learned about the MOHs procedure. This procedure is performed when skin cancer needs to be removed, but cannot be fully removed through more than a simple excision. First, the area is sterilized with alcohol and iodine and is also numbed with injections of lidocaine. Then, the doctor skillfully removes a single layer of skin where the biopsy originally showed signs of cancer. That piece of skin is given to the histology technician, who stains and places the tissue onto a microscope slide. Then, the doctor takes the slide and reads it under the microscope to determine whether or not there is cancer still present. If so, he would remove a second layer of skin. This process is repeated multiple times until cancer is not visible in the following layers of skin. In my opinion, this is my favorite procedure to watch and assist with because there are so many people working together to try and help as many people as they can.

1. One of the most common conditions I saw was actinic keratosis. These are discolored, raised bumps on the skin that are caused by chronic sun exposure. They usually appear in older people, as they have had lifelong sun exposure, which has damaged their skin. These bumps are precancerous, which means they can develop into cancer if left untreated. To treat these

scaly bumps, a doctor will freeze them with cryotherapy, or liquid nitrogen so that they will not develop into cancer.

2. The second most common condition was an epidermoid cyst. These occur when a pore becomes clogged with dead skin cells and extra fluid. They feel like a large pea underneath the skin that can grow and become very painful. Sometimes they can excrete pus-like yellow fluid that has an atrocious odor. Doctors can drain them or they can be excised entirely with a small surgical procedure.

3. The third most common condition I observed was cancer. Basal cell carcinoma and squamous cell carcinoma are the most common forms of cancer, and they appear mostly in sun-exposed areas as rough, scaly bumps or patches. Melanoma cell carcinomas are the least common, but the most deadly. They can appear anywhere as a growth or an abnormal mole.

No matter which cancer it is, they all must be removed through the aforementioned MOHs procedure.

Susana Espinosa (Comp. ----- Medical Group---Pediatrician)

This week at my medical internship I continued to closely shadow Dr. ---. Dr. --had a very interesting yet odd patient come in with her two invalid children. The frantic mom came for a visit exclaiming that her children were "pooping out worms!" We

See Susana Espinosa, Page 6



Susana Espinosa Continued

We didn't quite know what to expect walking into the patients' room, but we certainly did not expect what awaited. We presumed to believe that maybe the mother took a photo of her children's feces. She did not do that at all.

Instead, the mother took the worms out of her children's feces with her hands and put them in separate zip lock baggies for Dr. --- to examine.

It was indeed an interesting situation to encounter. There were about three worms and all three were at least three-and-a-half inches long. It was unbelievable. Dr. --- did not touch the worms for obvious reasons but did send them to a lab to get examined. I will most definitely never forget this day.

Both Photos by Sierra Matsudo

Pictured Above-Susana Espinosa
Pictured Left- Yesenia Hernandez

Answers to November's Brain Teasers (Proposition 64):

- 1) taxation
- 2) initiative
- 3) Gary Johnson
- 4) Colorado
- 5) tetrahydrocannabinol
- 6) psychoactive
- 7) therapeutic
- 8) decarboxylation
- 9) revenue
- 10) traffic fatalities

November's winner: Stevee Vela (9th grade Student).

HSA Brain Teasers

Please submit your answers in person to Mr. Murphy in **room 232 before or after school**.

The first student who submits his/her correct answers will win a **Starbuck's** gift card. This month's HSA theme is centered on HSA's internship program.

Example (fill in the missing vowels):

Pr _ c _ l _ ss P _ ts (**Answer: Priceless Pets**)

- 1) t _ l _ m _ t r y _ f f _ c _
- 2) C _ n t _ r N _ r s _ s _ r _ _
- 3) _ c c _ l
- 4) s _ r g _ _ n's k n _ t
- 5) h _ m _ t _ l _ g y
- 6) t _ _ r n _ q _ _ t _
- 7) p h l _ b _ t _ m _ s t s
- 8) _ x c _ s _ _ n
- 9) L _ d _ c _ _ n _
- 10) c r _ _ t h _ r _ p y

Answers will be provided in the next edition along with the name of the winner.