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Casa Colina Hospital
and Centers for
Healthcare

255 E. Bonita Ave.
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(909) 596-7733



HEALTH CARE CAREERS

Audiology

Audiologist: Audiology is a highly recognized profession and has been ranked by *U.S. News and World Report* as one of the Best Careers in 2006, 2007, and 2008.

Au-di-ol-o-gists: Audiologists are the primary health-care professionals who evaluate, diagnose, treat, and manage hearing loss and balance disorders in adults and children. Audiologists

- prescribe and fit hearing aids
- assist in cochlear implant programs
- perform ear- or hearing-related surgical monitoring
- design and implement hearing conservation programs and newborn hearing screening programs
- provide hearing rehabilitation training such as
 - auditory training
 - speech reading
 - listening skills improvement

While most audiologists earn a doctor of audiology (AuD) degree, there are other doctoral degrees that audiologists can obtain, i.e., PhD, ScD, etc., from accredited universities with special training in the prevention, identification, assessment, and treatment of hearing disorders.

Audiologists must be licensed in most states.

Audiologists treat all ages and types of hearing loss: adults, teens, children, and infants.

Audiologists work in a variety of settings, such as:

- Hospitals, clinics, private practice, ENT offices, universities, K-12 schools, government, military, and VA hospitals.

Education:

PhD. program

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HEALTH CARE CAREERS

Medical and Clinical Laboratory Technologists

Medical and Clinical Laboratory Technologists, also known as clinical laboratory scientists, examine and analyze body fluids, tissues, and cells. They look for bacteria, parasites, or other microorganisms; analyze the chemical content of fluids; and match blood transfusions. They also prepare specimens for examination, count cells, and look for abnormal cells. Medical and Clinical Laboratory Technologists use automated equipment and instruments that perform a number of tests simultaneously, as well as microscopes, cell counters, and other sophisticated laboratory equipment. They analyze test results and relay them to physicians.

When conducting tests, Technologists follow well-defined procedures. They supervise lab assistants who use various computerized instruments. However, Technologists must set up and adjust the automated equipment and check its performance.

Medical and Clinical Laboratory Technologists may specialize as cytotechnologists or histotechnologists. Cytotechnologists prepare slides of body cells and microscopically examine cells for signs that may reveal the beginning of a cancerous growth. Histotechnologists cut, stain, and prepare tissue slides for microscopic examination for use in research or diagnosis. They also identify tissue parts using electron microscopy.

Education:

- Bachelor's degree in Medical Technology or one of the life sciences
- One year of clinical laboratory training
- California State license, including continuing education requirements

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HEALTH CARE CAREERS

Nursing

Registered Nurses make up the majority of workers in the health care industry. A Registered Nurse is responsible for the needs of patients suffering from illness or injury, and can provide care and cater to the needs of patients in a variety of settings, including operating rooms, ambulatory care, intensive care, physicians offices, health care clinics or specialized practices. The diversity of the Registered Nursing career opens many professional doors, such as consulting to insurance companies, "case" managing complex or traumatic injuries and illnesses, entrepreneurial opportunities within the health/fitness/nutrition industry, medical device sales and demonstration and top level management and administrative position within the government and healthcare industries. General responsibilities of a Registered Nurse can include: Observing and recording patient medical history and symptoms, establishing a plan of care for patients or adding to an existing one then putting the plan into action, managing and assigning tasks to licensed practical nurses and nursing assistants, advising and providing emotional support for patients and their families. http://www.allnursingschools.com/faqs/be_rn

Licensed Vocational Nurse (LVN) provides basic bedside nursing care to clients under the direction of a physician or Registered Nurse. The LVN utilizes scientific and technical expertise and manual skills. Duties within the scope of practice a LVN typically include, but are not limited to, provision of basic hygienic and nursing care; measurement of vital signs; basic client assessment; documentation; performance of prescribed medical treatments; administration of prescribed medications; and, performance of non-medicated intravenous therapy and blood withdrawal (requires separate Board certification). <http://www.cnicollege.edu/vocationalnursing/faq.shtml>

Education:

RN: Associates Degree or Bachelor's Degree

Master's degree maybe required for some positions
and specialties

LVN: a vocational program lasting about 1 1/2 years

State licenses required for these positions

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HEALTH CARE CAREERS

Occupational Therapy

Occupational Therapist: assist people with mental, developmental, physical disabilities, or temporary injuries to help them develop or recover activities of daily living, including work and social skills. OT's frequently work with other health care professional to develop a rehabilitation plan that meets the patient's physical and psychological needs. Therapists may introduce clients to a variety of activities to restore function, such as physical coordination exercises, paper and pencil exercises or computer programs. They also instruct those with permanent disabilities in the use of adaptive equipment such as wheelchairs and aids for eating and dressing. Therapist duties include writing evaluations and progress reports to track the client's progress and to update the treating physician. OT's may also supervise the work activities of assistants or aides who assist clients with less complex tasks of the treatment plan.

Occupational Therapy Assistants. help clients with rehabilitative activities and exercises outlined in a treatment plan developed in collaboration with an Occupational Therapist. Activities range from teaching the proper method of moving from a bed into a wheelchair to the best way to stretch and limber the muscles of the hand. Assistants monitor an individual's activities to make sure that they are performed correctly and to provide encouragement. They also record their client's progress for the Occupational Therapist. If the treatment is not having the intended effect, or the client is not improving as expected, the therapist may alter the treatment program in hopes of obtaining better results. In addition, Occupational Therapist Assistants document the patients progress.

Education:

Occupational Therapist: Master's Degree

Occupational Therapy Assistant: 2 Year Program

State license required for these positions

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HEALTH CARE CAREERS

Physical Therapy

Physical Therapists are licensed professionals who work with people that have sustained disabilities, impairments, or limitations in their overall physical function. These deviations can be the result of disease, injury or pathological processes. Physical Therapists examine, evaluate, diagnose, develop treatment plans and provide prognosis for each patient on an individual basis. Through the modalities of exercise, mobilization, manipulation, heat, cold and electrical stimulation, Physical Therapists work to restore function, improve mobility, and decrease pain with the goal of re-establishing a patient's prior functional level. Physical Therapists focus on the evaluation of strength, balance, range of motion, co-ordination, endurance, and posture of each individual patient. From this initial examination, the Physical Therapist then develops a treatment plan specific to correcting pertinent physical findings. Each patient's individual treatment plan is geared toward reaching specific rehabilitation goals that are set by the therapist and the patient together as a team. However, the Physical Therapist will help in determining realistic goals through their knowledge of pathology and prognosis.

Physical Therapy Assistant: Physical therapist assistants (PTAs) provide physical therapy services under the direction and supervision of a physical therapist. PTAs help people of all ages who have medical problems, or other health-related conditions that limit their ability to move and perform functional activities in their daily lives. PTAs work in a variety of settings including hospitals, private practices, outpatient clinics, home health, nursing homes, schools, sports facilities, and more. PTAs must complete a 2-year associate's degree and are licensed, certified, or registered in most states. Care provided by a PTA may include teaching patients/clients exercise for mobility, strength and coordination, training for activities such as walking with crutches, canes, or walkers, massage, and the use of physical agents and electrotherapy such as ultrasound and electrical stimulation.

Education:

Physical Therapist: Master's Degree

Physical Therapy Assistant: 2 year Program

State licenses required for these positions

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HEALTH CARE CAREERS

Respiratory Therapy

Respiratory Therapists also known as respiratory care practitioners- evaluate, treat, and care for patients with breathing or other cardiopulmonary disorders. Practicing under the direction of a physician, respiratory therapists assume primary for all respiratory care therapeutic treatments and diagnostic procedures, including the supervision of respiratory therapy technicians. Respiratory therapy technicians follow specific, well-defined respiratory care procedure under the direction of respiratory therapists and physicians. In clinical practice, many of the daily duties of therapists and technicians overlap. However, therapists generally have greater responsibility than technicians. For example, respiratory therapists consult with physicians and other healthcare staff to help develop and modify patient care plans. Respiratory therapists also are more likely to provide complex therapy requiring considerable independent judgment, such as caring for patients on life support in intensive-care units of hospitals. Respiratory therapists evaluate and treat all types of patients, ranging from premature infants whose lungs are not fully developed to elderly people whose lungs are diseased. Respiratory therapists provide temporary relief to patients with chronic asthma and emphysema, and they give emergency care to patients who are victims of a heart attack, stroke, drowning, or shock. To evaluate patients, respiratory therapists interview them, perform limited physical examinations and conduct diagnostic tests. For example, respiratory test a patient's breathing capacity and determine the concentration of oxygen and other gases in a patient's blood. They also measure a patient's pH, which indicates the acidity or alkalinity of the blood. To evaluate a patients lung capacity, respiratory therapists have the patient breathe into an instrument that measures the volume and flow of oxygen and other gases into an instrument that measures the volume and flow of oxygen during inhalation and exhalation. They teach patients how to inhale the aerosol properly to ensure its effectiveness. Therapists also connect patients that cannot breathe on their own to ventilators that deliver pressurized oxygen into the lungs. The therapists insert a tube into the patient's windpipe; connect the tube to the ventilator; and set the rate, volume, and oxygen concentration. Therapists perform regular assessments of patients and equipment. If a patient appear to be having difficulty breathing or if the oxygen, carbon dioxide, or PH level of the blood is abnormal, therapists change the ventilator setting according to the doctor's orders or check the equipment for mechanical problems. Respiratory therapists perform chest physiotherapy on patients to remove mucus from their lungs to make it easier to breathe. Therapists place patients in positions that help drain mucus, and then vibrate the patient's rib cages, often by tapping on the chest, and tell patients to cough. <http://www.bls.gov/oco/ocos084.htm>

Education:

Pharmacist: Master's Degree but often times a PhD. program

Pharmacy Tech: Vocational Program varies in length

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HEALTH CARE CAREERS

Radiology

Radiologic Technologists also 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 and positioning patients so that the parts of the body can be appropriately radiographed. To prevent unnecessary exposure to radiation, these workers surround the exposed area with radiation protection devices, such as lead shields, or limit the size of the x-ray beam. Using instruments similar to a measuring tape, they may measure the thickness of the section to be radiographed and set controls on the x-ray machine to produce radiographs of the appropriate density, detail, and contrast. Radiologic Technologists must follow physicians' orders precisely and conform to regulations concerning the use of radiation to protect themselves, their patients, and their co-workers from unnecessary exposure. In addition to preparing patients and operating equipment, Radiologic Technologists keep patient records and adjust and maintain equipment. Experienced radiographers may perform more complex imaging procedures. When performing fluoroscopies, for example, radiographers prepare a solution of contrast medium for the patient to drink, allowing the radiologist (a physician who interprets radiographs) to see soft tissues in the body. Some radiographers specialize in computed tomography (CT), commonly known as "cat scans", and are sometimes referred to as *CT Technologists*. Radiographers also can specialize in Magnetic Resonance Imaging as a *MRI Technologist*. MRI, like CT, produces multiple cross-sectional images to create a 3-dimensional image. Unlike CT, MR uses non-ionizing radio frequency to generate image contrast. Another common specialty for radiographers specialize in is mammography. Mammographers use low dose x-ray systems to produce images of the breast. <http://www.bls.gov/oco/ocos105.htm>

Education:

Associates Degree

State license required for this position

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HEALTH CARE CAREERS

Recreational Therapists

Recreational Therapists provide treatment services and recreation activities to individuals with disabilities, illnesses, or other disabling conditions. Therapists treat and maintain the physical, mental, and emotional well-being of clients using a variety of techniques, such as, arts and crafts, animals, sports, games, dance and movements, drama, music, and community outings. Therapists help individuals reduce depression and anxiety. They also help individuals recover basic motor functioning and reasoning abilities, build confidence, and socialize effectively to enable greater independence as well as reduce or eliminate the effects of illness or disability. Recreational Therapists also help integrate people with disabilities into the community by helping them use community resources and recreational activities.

Education:

- Bachelor's Degree in Therapeutic Recreation
- Certification by the National Council for Therapeutic Recreation Certification (NCTRC) preferred by most employers

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HEALTH CARE CAREERS

Speech Therapy

Speech-Language Pathologists (SLP), are licensed professionals that assess, diagnose, treat and help prevent disorders related to speech, language, cognitive-communication, voice, swallowing, and fluency. Speech-language pathologists work with people who cannot produce speech sounds or cannot produce them clearly, with speech rhythm and fluency problems, such as stuttering; with voice disorders, such as inappropriate pitch or harsh voice; with problems understanding and producing language; who wish to improve their communication skills by modifying an accent; and with cognitive communication impairments, such as attention, memory, and problem solving disorders. They also work with people who have swallowing difficulties. Speech-language pathologists develop an individualized plan of care, tailored to each patient's needs. Speech-language pathologists keep records on the initial evaluation, progress and discharge of clients. <http://www.bls.gov/oco/ocos099.htm>

Speech-Language Pathology Assistants (SPLA) are support personnel who, following academic and/or on-the-job training, perform tasks prescribed, directed, and supervised by Licensed Speech-Language Pathologists. Assistants working with Speech Language Pathologists assist clients of all ages to overcome communication disorders. SPLA's carry out treatment plans, observe and report the results, schedule activities and maintain therapeutic equipment. http://www.asha.org/about/membership-certification/faq_slpasst.htm

Education:

SLP: Master's Degree

SLPA: Associates Degree Program

State licenses required for these positions