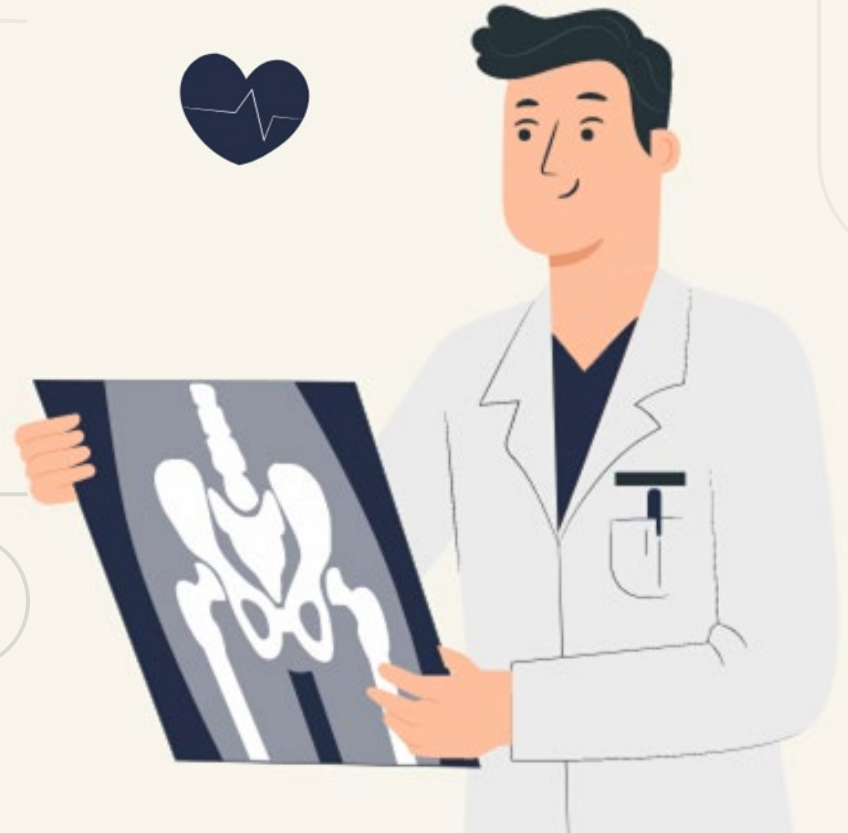


Healthcare Careers

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CSF VLSC 2023



Introduction



CSF members have been well established as academically accomplished student leaders. Often, this takes many CSF members down the field of healthcare, where they can apply their wits and leadership qualities. We will go over the basic steps to becoming different healthcare professionals, different specialty branches for each, et cetera.

Physician (M.D. & D.O.)

A physician/doctor is a health professional who maintains and restores the health of a patient through diagnosis, prognosis, and treatment of various kinds.

What truly delineates a physician from any other profession is the level of responsibility and oversight.

They are fully responsible and liable for every patient under their care, and the biggest decisions regarding their treatment plans are ultimately deferred to them.



General Timeline



1-3 Years Fellowship

- Optional
- Subspecialization

4 Years Medical School

- BS/MD Programs
- Clinical Rotations

Bachelors: 4 Years College

- Pre-Med Track
- Prerequisites
- Major Selection



Post-Training Goals

- Academic vs Private vs Community
- Re-certification

3-7 Years Residency

- Depends on specialty
- Board Certification



M.D. vs D.O.? Allopathic vs Osteopathic?

“Pathology” Emphasis

Fix the problem at hand. Treatment from purely scientific principles

Curriculum

Almost same traditional curriculum.
DO's dedicate 10% of learning to OMT techniques

In the past, there was some bias against D.O. schools due to their smaller population count, more recent implementation, and slightly less competitive nature. However, MD and DO doctors are equal in their competency to practice medicine, and deserve the same respect.

“Holistic” Emphasis

Treat the patient as a whole - mind, soul, and all. Fix the root cause too.

Application Process & Tests

MD: AAMC app. During med school, you take USMLE. DO: AACOM. During med school, you take COMLEX



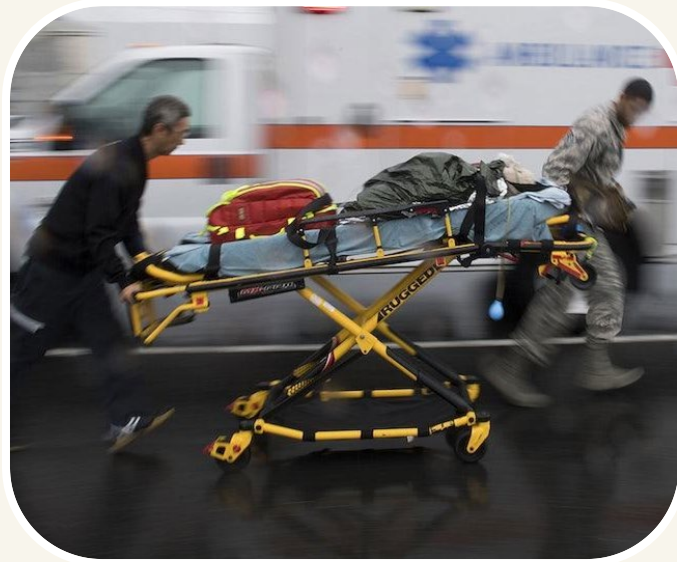
Different Specialties!



The Ultimate List of Doctor Subspecialties

EMT & Paramedic

Both are the ones providing initial Emergency Medical Services upon arriving on scene. They work closely with firefighters and the police. Their primary responsibility is to get you to more advanced medical care alive.



EMT vs Paramedic



EMT

EMTs are qualified to assess critical illnesses and injuries, provide first aid treatment, and perform basic life -saving health care.



Paramedic

Paramedics are more highly trained EMTs capable of more advanced medical procedures, such as providing oral and intravenous medication, monitoring electrocardiograms (EKG), and performing tracheotomies.

Becoming an EMT

1. Meet the prerequisites to join a program. Generally, most programs require that applicants are at least 18 years of age, possess a high school diploma or GED, and pass a background check. The exact requirements might vary from program to program, though, so make sure to check before applying.

2. Join an EMT training program. You'll need to join an EMT program to work as an emergency medical care professional. Typically, these programs provide approximately 170 hours of training and cover such topics as identifying life-threatening illnesses and injuries, administering CPR, and splinting injuries.

3. Become a national registered EMT. Once you've completed your training, you can take the National Registry of Emergency Medical Technicians (NREMT) exam, which consists of both a written and psychomotor exam. Those who pass become nationally registered and receive an EMT certificate.

4. Get state licensed. Like other medical professionals, EMTs must be licensed by the states in which they practice. The exact requirements will vary from state to state, though, so make sure to check with your state's EMT requirements first.

Becoming a Paramedic (taking it further)

- 1. Gain work experience as an EMT.** In order to become a paramedic, you must first become an EMT. Typically, paramedic programs require that applicants have at least six months of prior work experience as an EMT, so make sure to get at least six months of professional experience before applying to a program.
- 2. Gain prerequisite qualifications.** To qualify for paramedic programs, you will likely need some required qualifications, so take time to research them before applying. One of the most common requirements is that applicants possess an American Heart Association's Basic Life Support (BLS) card.
- 3. Join a paramedic associate degree program.** Once you have the requisite EMT work experience, you will need to complete an accredited paramedic program. Typically, these programs can provide anywhere from 1,200 to 1,800 hours and can take anywhere from six to 24 months to complete. Topics cover topics like anatomy and physiology, traumatic injuries, and cardiology.
- 4. Become a nationally registered paramedic.** After you complete your paramedic training, you can take the NREMT paramedic exam, which consists of both a written and psychomotor exam.
- 5. Gain state licensure.** Like other health care professions, paramedics must be licensed by the state in which they practice. Contact your state licensing department to see what you must do to gain licensure in order to practice professionally.

Physical Therapist



What They Do:



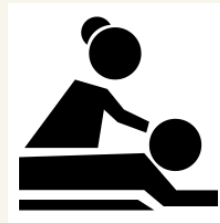
Patients will typically come to a physical therapist after being referred by their primary physician.



They work in hospitals, private practices, home health agencies, outpatient rehab centers, and clinics. They often need to use their bodies to work with patients



A physical therapist will examine a patient then create a recovery plan. They often focus on treatments that reduce the need for surgery and prescriptive drugs.



They use a combination of exercise, stretches, hands-on techniques, and equipment to restore function or relieve pain.

Bachelor's Degree

Pre-PT track. You have certain prerequisites to complete in order to apply to DPT programs. You can choose any major,

DPT: Doctor of Physical Therapy Program (Grad School)

3-4 years. 80% of the curriculum is classroom and lab, 20% clinical practice.

A 3+3 Program will combine both separate degrees to expedite the process (like a BS/MD)

Certification & Specialization

Certification is optional. To acquire it, you must have your doctoral degree from your accredited program, 2,000 hours of clinical experience, and pass a certification exam.

To begin practicing in the U.S., you need to get a **state license** .

You can also choose to do an **additional residency or fellowship** for a few years to specialize in a certain area, such as pediatrics, sports, cardiology, etc.



What about professions that deal with mental health?

Clinical Psychologist

What they do



They are licensed to perform various psychological tests to treat mental illness. They can diagnose and formulate treatment plans too. When you think of a therapist, this is them!



Common work settings include treatment facilities, rehab centers, psychiatric hospital units, offices, or a private practice setting.



They do not prescribe medications, that's what a psychiatrist does, which is a specialty of a Doctor. Psychologists use support and various therapy techniques.

Doctoral Degree (PhD)

In the U.S., the PhD program is 5-7 years, as it has the 1-2 years Masters degree built in. You can choose to split it up with separate Masters and PhD programs. You must complete a dissertation (independent research project that fills in knowledge)

Post-doctoral Fellowship

Many states, in order to have you qualify for licensure in them, need you to complete a 1 -2 year postdoc psychology fellowship to build clinical experience

Licensure

You must pass the Examination for Professional Practice in Psychology (EPPP) to acquire licensure. To pass, you must answer about 70% of the questions correctly.



Licensed Practical Nurses, Registered Nurses, & Nurse Practitioners

LPNs, RNs, and NPs

So many different paths ...what's the difference?

LPN

Duties:

Provide basic medical and nursing care, ensure the comfort of patients, report patient status

Education:

Completion of an accredited 1 year LPN program, usually at a community college.

You can later build on it by taking it to a ADN or BSN, if you want to advance further.

Licensing/Certification:

National Council Licensure Examination (NCLEXPN) in order to obtain a license and be able to work as an LPN.

RN

Duties:

Administer medication and treatment to patients, coordinate patient care plans, perform diagnostic tests, oversee other workers.

Education:

1. ADN (associates of nursing): 2 -3 years
2. BSN (bachelors of nursing): 4 years

To take it further, you can do a masters or doctorate degree in nursing

Licensing/Certification:

National Council Licensure Examination (NCLEXRN) in order to be able to work as an RN

Nurse Practitioners

Capabilities

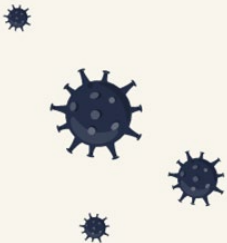
prescribe treatment,
order lab tests, and
diagnose patients
without the oversight
of a physician.

Licensing

- Pass the national board exam
- Then obtain state licensure

Education

Must already have a BSN. Then enroll in a graduate program for an MSN or DNP



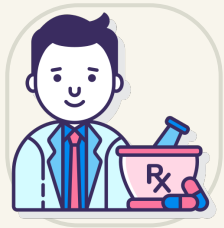
There's so many ways you can help others!



**Physician
Assistants**



Dentists



Pharmacists



Dieticians

Choosing a Profession is about fit ...

Whatever you do should align with you! If that's not healthcare, that's totally fine!

The realm of healthcare is certainly not perfect or glamorous.

You can cross one potential pathway off of your list of considerations.



Advice

Don't do it for the money or lifestyle!

- You can do plenty of other professions and make more money with a better lifestyle

Don't do it out of pressure, norms, or family desires!

- The commitment is big, and you will hate doing it if it's not something you care about

DO WHAT YOU LOVE!

Thanks!

Do you have any other questions? Feel free to connect with me!

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