



# Health Careers Technologies

News about a College Tech Prep Program from the Six District Educational Compact



HCT students who participated in HOSA Regional competition include back row from left, Sakshi Shahi, Cuyahoga Falls; Bea Rizal, Cuyahoga Falls; Hailey Neel, Woodridge; Amanda Huelsman, Stow-Munroe Falls; Sydney Young, Stow-Munroe Falls; Alyssa Haren, Stow-Munroe Falls; and Damia Balentine, Woodridge; Middle row from left, Maia Packard, Roosevelt; Kearston Stumpf, Roosevelt; and Maddy Driscoll, Hudson. Front row from left, Shery Cacas, Stow-Munroe Falls; and Ashley Adkins, Stow-Munroe Falls.

## Participating in HOSA

By Mariah Hatch, Hudson

HOSA, Health Occupations Students of America, helps prepare members to build leadership skills as well as opportunities to participate in competitive events each year at the local, state and international levels.

HCT student officers participate in the Ohio Fall Leadership Conference and others compete in Regionals and States in knowledge events such as Medical Terminology, Pathophysiology or Medical Math and skill events such as nurse assisting and CPR/ First Aid. Team events include Health Career Display, Health Education and Community Awareness and professional events, such as Public Speaking and Medical Photography.

## Lab equipment simulates real medical situations

During labs, Health Careers Technologies students learn basic and intermediate skills, such as taking vital signs and providing first aid, as well as CPR, pharmacology, phlebotomy, nurse assisting, lab assisting and medical assisting skills.

Clinical Instructor **Catie Milton**, RN, and STNA instructor **Monica Lewis**, RN, employ a variety of techniques including using a SIMs Mannequin that is connected to a computer so students can obtain blood pressure and pulse, as well as listen to heart, lung and bowel sounds.

"The more realistic we can make it for the students, the easier it is for them to transfer these skills to clinical areas," explains Milton. "For example, in our pharmacology lab, we use specially-designed arms and torso models for administering injections, and we have IV hands that can be used to give IV infusions, draw blood and place IV catheters."

Milton continues, "We have models that allow students to practice urinary catheterization and real equipment, such as the two patient areas equipped with hospital beds, electronic thermometers and pulse oximetry machines that allow students to complete their STNA classes at Kent. We also have a medical exam area equipped with working otoscopes, ophthalmoscopes, an EKG machine for Cardiac and Pulmonary Function testing, a working dental chair and a medical lab with an incubator, microscopes, centrifuges, glucometers, urinometers, hemoglobinometers and equipment to perform disinfecting, autoclaving and heat sterilization."



Health Careers Instructor Catie Milton, RN, and Sydney Bamwell, Roosevelt, practicing vital signs with SIMs mannequin, "Mr. Johnson."



**Six District Educational Compact**

Cuyahoga Falls • Hudson • Kent • Stow-Munroe Falls • Tallmadge • Woodridge

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## Getting STNA certification

During the spring of 2017, 30 Level II students took a class taught by **Monica Lewis** of Fortis College and passed the Ohio STNA exam. The two-part test includes a written exam and a timed, skill-based exam. The cost of the exam was covered by Career-Technical Education funds.

**Rhianna Sears**, Stow-Munroe Falls, explains, "Everything we did from the lectures, the test reviews and the hands-on skills labs was modeled on what we needed to know on the exams."

In April, students met at Fortis College to receive their certificates and also toured the Nursing and Medical Assisting labs, met with current Fortis students and had the opportunity to interview for positions at Kent Healthcare.

According to Lewis, obtaining an STNA license really opens a lot of doors for students, with many area nursing facilities offering sign-on bonuses. Many area hospitals hire STNAs for nurse tech positions.

"The HCT students are wonderful," says Lewis. "They have a good solid skillset coming into the program and are a joy to teach. They have earned some of the highest scores as compared to our adult learners, which is very impressive for high school students."

As part of a pre-exam review, Brianna Knapp, Roosevelt, labels all the important body parts with Post It notes.



## Touring NEOMED and anatomy lab

by **Amber Patterson**, Stow-Munroe Falls

HCT students learned about NEOMED's medicine, pharmacy and public health programs and participated in a two-hour Gross Anatomy lab led by **Dr. Dana Peterson** and medical students.

Students learned about the muscular, neurological, cardiovascular and gastrointestinal system with human cadavers dissected by the medical students. In respect for those who donated their bodies to science, all students put their phones in a locked room. They scrubbed and put on gloves, eye shields and lab jackets.

In the anatomy lab we saw many cadavers, as well as individual organs such as brains, spinal cords, hearts, livers, gall bladders and bones. Our class was split into small groups and we rotated through different stations.

While the faces of the cadavers were covered, a brief description of the person's age, gender and cause of death hung on the wall next to the table. With their skin pulled back, we were able to see the different muscles, tendons and nerves. Since none of us had ever seen a cadaver before, we were really surprised with how they looked. Although some people were shocked, others were intrigued.

One classmate **Rebecca Haight**, Tallmadge, says, "It was interesting to come outside our comfort level and have the opportunity to see the types of things we will be dealing with at some point in our careers."

Other stations dealt with the brain and spinal cord where students examined healthy brains, stroke brains and brains with blood clots. Others focused on the heart, lungs and organs of the gastrointestinal system.

## Learning about Tri-C programs

As part of an introduction to Cuyahoga Community College's Diagnostic Sonography and Respiratory Therapy programs, students toured the Tri-C Parma Campus to learn about education, training and career opportunities.

They met with staff members from Admissions to discuss the college application process and hear about scholarships. Students toured the Health Science School and sat in on an Anatomy class, met with Respiratory Therapy instructors and saw equipment such as ventilators.

Students then rotated through the general sonography, echo cardiography and the vascular studies labs. Tri-C students shared hands-on learning experiences, such as visualizing carotid arteries, reading an echocardiogram and using the specially-designed mannequins to visualize fetal ultrasounds.

## Interacting with Hattie Larham residents

Level II students spent an afternoon at the Hattie Larham Foundation in Mantua touring the facility, which is home to over 215 clients with severe medical and developmental needs.

Students saw how the facility lives up to its philosophy of "Comfort, Joy and Achievement" from the bright decorative colors, artwork created by the residents, specially adapted equipment, toy library, heated therapy pool and the welcoming attitude of the caregivers they met.

One group of students worked with residents and direct care staff in the Achieve classrooms, while another group worked with the therapeutic recreation staff to create fall crafts with clients. Activities staff included Health Careers Technologies completers and Roosevelt graduates Jessica Brown and Adel Al-Sherifi.

Students met with Human Resources professionals to discuss employment opportunities available after they complete HCT.

## What's Happening....



Spring 2017 Fortis STNA class poses with instructors Angela Textor and Catie Milton at Fortis College in Ravenna.



Brooke Bever, Cuyahoga Falls, demonstrates infant CPR.



Instructors Catie Milton and Angela Textor with recent completer Owen Hurst, Cuyahoga Falls, who completed basic training last summer and is now in the U.S. Marine Reserves and attending Hiram College.