

# Health Care Careers



# Medical Emergency Roles

Those who excel in emergency medicine are rewarded with a stable career and a way to challenge themselves personally.

The roles are often stressful, require quick thinking and provide patients with life-saving solutions when they are in distress. Because the job market is expected to be an undersupplied occupation in the years to come, the position can lead to travel opportunities and bountiful careers.

The umbrella of emergency medicine is vast, allowing experts to fill multiple roles. If emergency services' fast-paced environment sounds like a suitable fit, check out some positions to consider.

## EMERGENCY MEDICAL TECHNICIAN

EMTs and paramedics are trained to perform basic emergency medical care during transportation and at the scene of an accident or other tragedy. They must quickly assess a situation and provide life-saving efforts to maintain the health of a patient. According to the National Highway Traffic Safety Administration, first responders are responsible for assisting about 20 million patients in the United States each year.

## ER NURSES

Emergency room nurses are



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qualified for treating patients who are suffering from trauma, injury or severe medical conditions. Since they typically work in crisis mode, quick thinking and critical decision-making are imperative. To become fit for a position in this specialty role, candidates must achieve a nursing

degree and become certified based on their state's requirements. After two years in a medical environment, nurses can apply for certification from the Board of Certification for Emergency Nursing. The title can give professionals an edge when being considered for a full-

time opportunity.

## UNIT SECRETARY

An emergency administrative role in medical facilities is the unit secretary. They oversee checking in patients, reviewing insurance documents and gathering personal information. The position

requires patience and discipline as people seeking emergency care are sometimes unable to communicate their needs. To excel in the field, applicants must show tremendous organizational skills, show quality clerical training and work well under pressure.

# Use your Degree in Other Fields

A health care career isn't for everyone, and unfortunately, sometimes the realization comes when a person is earning a nursing degree or even after the fact.

However, those academic qualifications aren't only necessary for an admirable job in a medical environment. Many people with certifications use their experience and knowledge to enhance the industry rather than face the everyday struggles in a hospital or urgent care environment.

## BECOME AN EDUCATOR

A rewarding way to use your nursing knowledge is by becoming an educator. After a career as a caretaker, nurses obtain in-depth clinical experience and generally showcase tremendous communications skills. To become an instructor, candidates typically hold the required certificates and earn a master's degree in nursing. The classroom or on-site atmosphere can be much less stressful than providing full-time care for patients.

## WORK-FROM-HOME NURSE

There are multiple reasons working from home becomes a necessity for those in nursing roles. Fortunately, many jobs can be performed off-site and



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allow you to use your expertise to make a difference.

Here are some careers to pursue if life circumstances require you to practice your profession at home.

- **Telehealth nurse.**

Professionals must monitor patients' concerns, including oxygen levels, heart rates and blood glucose.

- **Case manager.** Managers

are tasked with evaluating and implementing health care plans for individual patients.

- **Legal consultant.** Law professionals in the nursing field work with attorneys to consult about invaluable medical advice.

## PHARMACEUTICAL REPRESENTATIVE

Pharmaceutical manufactur-

ers often seek qualified and knowledgeable representatives who can sell their products or help develop new medicines. To perform the job successfully, professionals must expertly discuss the benefits of the treatment and any risks involved. With a background in nursing, excelling in a medical environment can be a seamless transition.

## FIND AN IT JOB

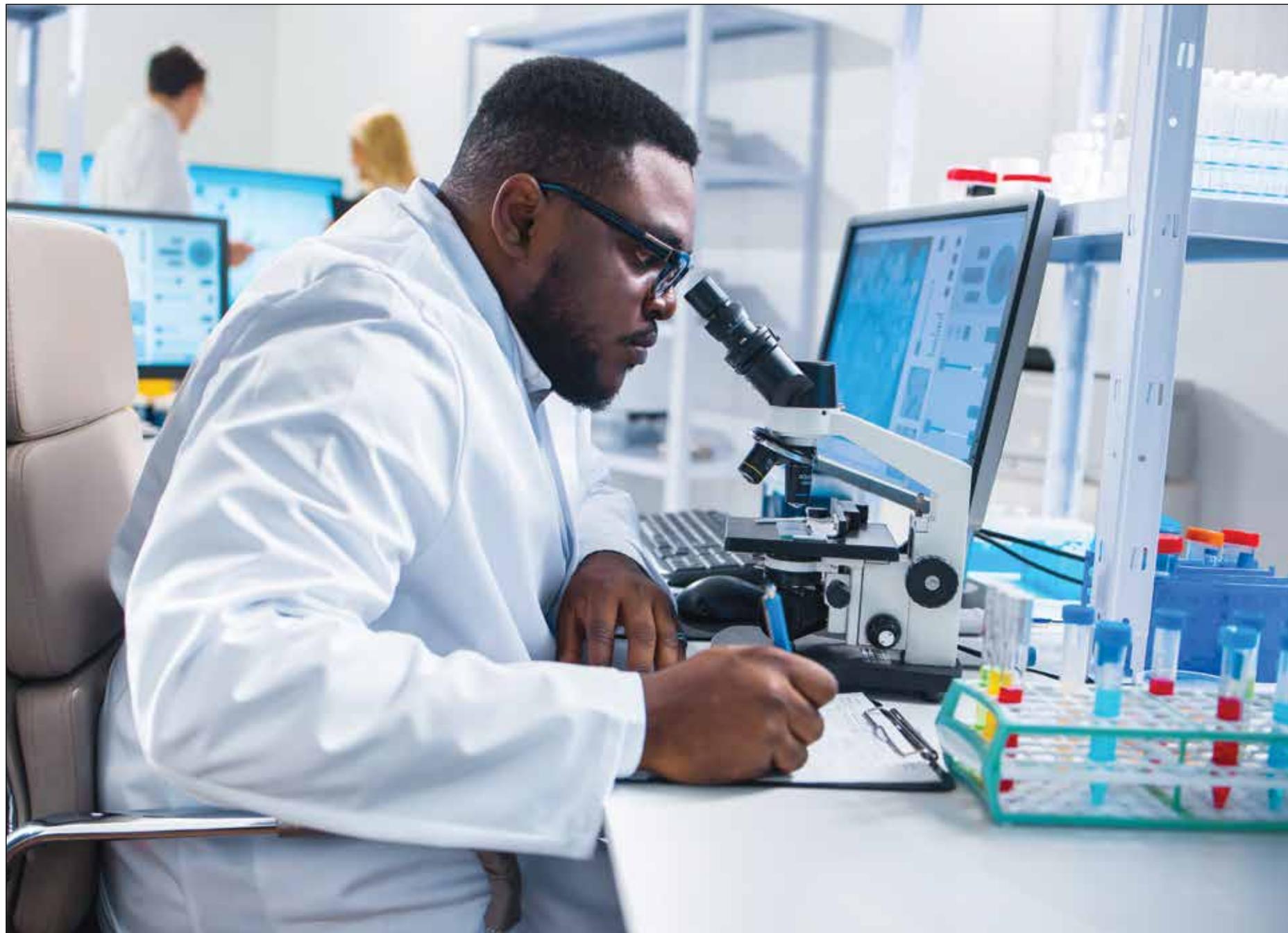
If you're finding the hectic requirements of nursing to be too overwhelming but still want to make a difference in a health care setting, an information technology profession can be a valuable career.

Specialists strive to develop new software that helps medical providers improve patient care.

# Lesser-Known Health Care Careers

The health care industry features numerous professionals to ensure top care for patients. In addition to diagnosing and treating health issues, there is a crucial cast in place to help things go smoothly behind the scenes.

For industry outsiders, many of these positions are unheard of but they can provide a rewarding and satisfying career for those involved. Often, the medical field's unique positions can lead to more flexibility for workers compared to those in more traditional roles. Here are a few lesser-known medical professions that are expected to remain in demand.



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## **CYTOLOGIST**

According to the Mayo Clinic College of Medicine and Science, a cytotechnologist is a specialist who evaluates patient's cell samples and is trained to discover changes that accurately detect conditions that are precancerous, malignant or cancerous.

The experts use microscopes to analyze abnormalities in human body cells. Those interested in pursuing this career path must have a solid knowledge of biology, chemistry and

math. Typically, one must obtain a bachelor's degree in cytotechnology, biology or life sciences.

## **MEDICAL ILLUSTRATOR**

If you have a passion for creativity and want to make a difference in the health care field, a medical illustrator profession can be rewarding. Visualization specialists are crucial in the

industry by creating health literacy documents that help patients understand different bodies' conditions. Experts must have a firm grasp of medical and scientific knowledge and have the skill to display a visual narrative that is educational and engaging.

Available positions may be difficult to acquire as the Association of Medical

Illustrators estimates that there are only 2,000 practitioners in the United States. However, many talented artists should consider sitting down with local health care providers and offering their services because the role is limited.

## **ENVIRONMENTAL HEALTH DIRECTOR**

Health directors are respon-

sible for ensuring facilities are up to code and identify hazardous conditions relating to biological, chemical and radiological materials. Their presence is critical to ensure safety in health care offices, clinics and hospitals. Experts are typically required to hold a master's degree in health physics, industrial hygiene or a related subject.

# Prepare for a Residency Interview

Many health care careers and jurisdictions require that a professional must partake in a residency before becoming certified.

The experience allows potential experts the chance to obtain training in real-life situations. Before you can put the things you learned from books into action, you must be accepted into a facility that offers in-depth training inside a medical environment.

While each residency role can differ, most opportunities involve a similar interview process. Getting invited to a meeting is the first challenge and requires months of preparation and paperwork.

Before you begin interacting with representatives, hiring managers and faculty, it's crucial to be prepared and confident as you navigate the journey.

## INTERVIEW PREP

Before an interview, it's imperative to prepare yourself by researching common questions that may arise. For instance, a director may ask you to tell them about yourself. You should have a general idea of discussing your interest in specialties or how you overcame academic adversity. Make sure your answers come off with sincerity rather than sounding like



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you rehearsed the entire meeting.

You should also consider practicing before an interview. If possible, ask a peer with a medical background to ask you questions and judge your performance. When you must go alone, try to record yourself during a mock meeting a few times and work on aspects

that need improvement.

## DURING THE INTERVIEW

As an expert, it's a good idea to ask your own questions when sitting down with a residency manager. This action shows that you researched their program, and you have a true passion for excelling during the experience. Here

are some suggestions to inquire about, as encouraged by the American Academy of Family Physicians.

- What kind of feedback are you hearing from your graduates?
- How would you describe the patient demographics?
- Where are most of your graduates located, and what

types of practices are they going to from residency?

- How do you think your program compares with other programs?

Asking the right questions will show your interest while providing the answers to determine if the residency is the right fit for your future vision.

# Opportunities in Telemedicine

COVID-19 is responsible for changing numerous industries throughout America. As the virus spread, hospitality facilities like restaurants and grocery stores adapted to serve people while keeping their businesses afloat. One area where the contagious disease boosted demand is in the telemedicine sector, creating new health care opportunities.



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Before the outbreak, only 14% of Americans took advantage of telemedicine services. According to a Doximity report, the statistic grew to about 57% of people partaking in at least one telemedicine appointment in 2020. The study also shows that these virtual visits generated an estimated \$29.3 billion last year, and experts expect the trend to remain a common practice.

Here are some positions with growth potential as telemedicine becomes a new type of normalcy.

## **PHYSICIAN**

As a telehealth physician, you will use online chats, video streaming or

phone calls to communicate with patients in another location. Professionals use virtual outreach portals to diagnose and treat minor, non-emergency conditions like flu symptoms, minor infections or abrasions. The role of a telemedicine expert is vast but often includes:

- Managing pain and illnesses for chronically ill patients.
- Assigning prescription medications.
- Monitoring symptoms or progress as patients recover from surgery.
- Assessing mental and physical health concerns.

Many physicians in the telehealth role practice both virtually and in an

office setting. The flexibility offers a unique way to provide care for those who trust you to ensure optimal health.

## **THERAPIST**

Online counselors provide services and mental health support for clients through video conferencing or phone interviews. Experts can communicate by setting appointments or offering on-demand services when a client is experiencing an emergency. As you progress and build relationships with subjects, it's common for therapists to create custom plans to meet individual needs. In some cases, a telehealth counselor may determine that a patient

requires more personal attention and will recommend an in-person therapy session.

## **PHARMACIST**

The American Society of Health-System Pharmacists reports that pharmacy experts rely on telehealth technology to manage medication therapy during the pandemic. As an online representative, professionals can seamlessly connect with clients and offer support when they face concerns. Pharmacists who practice remotely can also advise on taking certain medications and how to overcome adverse reactions.

# Must-Have Skills in Health Care

If you're considering a health care role, there are multiple skills one must have to practice successfully.

In addition to rigorous studying and training, professionals must be proficient in traits that can enhance a patient's comfort and confidence when under your care. Check out a few soft techniques that are prominent in the industry, as suggested by Carrington College.

## EMPATHY

Empathy and compassion are critical health care skills. As patients learn of a crippling illness or the loss of a loved one, a caring shoulder to explain the situation is a necessity. Before committing to a job in the industry, make sure you can discuss difficult conditions without allowing the circumstances to affect your work performance or personal life. As a trusted health care provider, the patient requires you to be at your best when addressing uncomfortable issues.

## COMMUNICATION

Clear communication is vital in any workplace, but in a health care setting, it is crucial. Workers must be able to demonstrate clear instructions for patients, co-workers and supervisors regarding various health conditions. The



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Institute for Healthcare Communication suggests that evidence indicates strong positive relationships between a health care team member's communication skills and a patient's capacity to follow medical recommendations.

## STRESS MANAGEMENT

Since lives are at stake in a

medical atmosphere, maintaining your stress levels is imperative. Working in a hectic environment and keeping a calm demeanor can be challenging, but failure to do so can change the results during a life-and-death situation.

If you're experiencing a sense of burnout during your career, make sure to research

and practice stress management techniques. Activities like exercise, participating in therapy sessions or listening to calming music can be great ways to maintain a positive attitude.

Try different things to find the practice that provides you with the most relaxation for your mental health.

## TEAMWORK

In a health care environment, you must act as a team with your co-workers. Collaborating on the best plan for a positive patient outcome is important. If you find yourself in a disagreement, it's beneficial to have a calm discussion rather than acting out by ignoring a peer's advice.

# Where Do You Want to Work?

The position of a health care worker opens many doors to opportunities and can create exciting work environments.

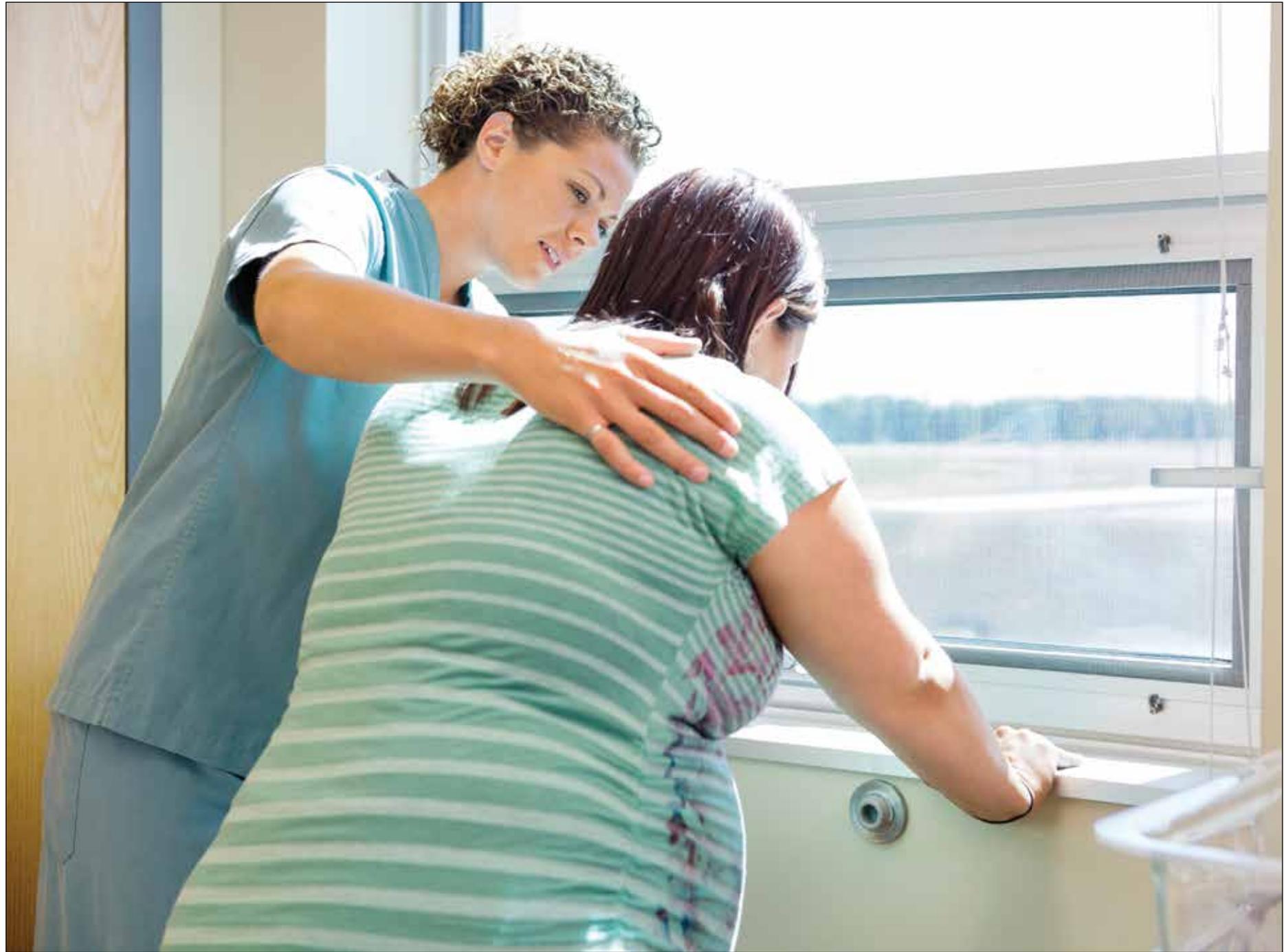
Medical professionals are often required to work outside of a hospital setting as their life-saving knowledge is needed in the field. Whether you're looking for a change of pace from your current role in health or are trying to break into the industry, consider the environment where your skills can be most impactful.

When deciding which setting is right for you, it's imperative to consider the type of emergencies you will face. For instance, experts like EMTs are often the first responders to life-threatening accidents. Professionals must use rapid decision-making skills to ensure a patient is stable before transporting them to a more permanent care facility.

On the other hand, working in a long-term care outlet can be less hectic. Be honest with your abilities to handle stressful situations before committing to a health care career. Here are some different atmospheres where medical experts are needed to operate.

## **BIRTHING ROLES**

If you're passionate about welcoming lives into the world, consider finding a career path that positions you into a birthing facility. Many



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hospitals offer a dedicated center for births, or you may work in a clinical setting that provides support during the anticipation of labor. According to the American Association of Birth Centers, another type of facility is a birthing center — a clinic for childbirth that focuses on the midwifery model.

## **HOSPICE HOMES**

Hospice workers are providers who practice based on guidelines from a patient's physician. They are required to offer medical and emotional support as people face potential end-of-life situations. While some patients are physically able to receive care from their own homes, there

are dedicated facilities deemed hospice homes for those who meet significant needs.

## **REHABILITATION CENTERS**

As people recover from injuries or surgery, some require physical therapy to retrain their bodies to per-

form specific tasks. As an employee in a rehabilitation center, workers offer support patients with physical, occupational and speech therapy to help regain skills needed for daily life. These facilities can be found in standalone clinics or may be included on the hospital rehabilitation floor.