

A Student's Guide to Exploring **Career Options in Health Care**



KootenaiHealth

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It's never too early to start exploring career options for your future!

Kootenai Health is a fantastic place to start if you're interested in health care or careers that support health care operations. Discover career options and things to consider as you begin your journey. Check out Kootenai Health's day-in-the-life videos on their career site: careers.kh.org. This allows you to explore different career paths in the health care field!



Step 1: Discover Health Care Careers

Health care is a broad field with many options. Here are some careers you might consider:

- **Athletic Trainer:** Work with athletes to prevent and treat sports-related injuries. Bachelors degree in Athletic Training or related field.
- **Medical Lab Scientist (MLS):** Performs tests on patient samples and analyzes results to help diagnose conditions. Bachelor's degree in medical laboratory science or a related field.
- **Dietician:** Assess patients' dietary needs and create nutrition plans to promote health and manage diseases. Bachelor's degree in dietetics, nutrition, or a related field.
-  **Certified Nurse Assistant (CNA):** Provide various patient care supports under the supervision of nursing team members. Completion of a CNA certificate program.
- **Medical Assistant (MA):** Help with administrative tasks and patient care in clinics and hospitals. Diploma or associate degree from an accredited medical assisting program.
- **Sterile Processing Technician:** Responsible for cleaning, sterilizing, and preparing surgical instruments and equipment to ensure they are safe for use in procedures. High school diploma – additional level require the completion of a sterile processing technician certificate program provided by Kootenai Health as a part of the typical training program.
- **Medical Social Worker:** Support patients and their families by providing counseling and connecting them with resources. Bachelor's degree in social work (BSW); most medical social workers have a Master's in Social Work (MSW).
- **Licensed Practical Nurse (LPN):** Provide basic nursing care and work under the supervision of registered nurses. Completion of an accredited practical nursing program.
- **Speech-Language Pathologist (SLP):** Assess and treat communication and swallowing disorders in patients of all ages. Master's degree in speech-language pathology.
- **Occupational Therapist (OT):** Help patients improve daily living and work skills after illness or injury. Master's degree or Doctorate in Occupational Therapy (OTD).
- **Physical Therapy Assistant (PTA):** Work with physical therapists to help patients recover mobility and manage pain. Associate degree from an accredited physical therapist assistant program.
- **Physical Therapist (PT):** PTs help patients recover movement and manage pain after injuries or surgeries. Doctor of Physical Therapy (DPT) degree.
- **Pharmacy Technician:** Pharmacy technicians assist pharmacists in dispensing medications and managing pharmacy operations. High school diploma.
- **Pharmacist:** Pharmacists dispense medications and advise patients on their proper use. Doctor of Pharmacy (PharmD) degree.
- **Nurse:** Nurses care for patients, assist doctors, and can work in various settings, from hospitals and clinics to schools. Associate degree in nursing (ADN) or Bachelor of Science in Nursing (BSN).
- **Radiologic Technologists:** Radiologic Technologists use imaging technology (like X-rays) to help diagnose patients. Associate or bachelor's degree in radiologic technology.
- **Respiratory Therapist (RT):** RTs help patients with breathing problems and manage respiratory care. Associate or bachelor's degree in respiratory therapy.

- **Surgical Technologist:** Surgical Technologists, or Scrub Techs, assist in surgical operations by preparing operating rooms, arranging equipment, and helping surgeons during procedures. Completion of a surgical technology certificate or associate degree program.

- **Polysomnographic Technologists:** Polysomnographic Technologists, or Sleep Techs, conduct sleep studies and monitor patients' sleep patterns to diagnose sleep disorders. Completion of a polysomnography program.

Non-Clinical Careers at Kootenai Health

In addition to clinical roles, Kootenai Health offers a variety of non-clinical career opportunities! Consider fields like **Nutrition, Marketing, Human Resources, Learning Development, Finance, Project Management, Coding, Business Development, Hospitality, Legal, Supply Chain, Transportation, Engineering, Security, and Information Technology.** These roles are essential for the overall functioning of health care facilities!

Step 2: Research Your Interests and Explore Options

1. **Self-Reflection:** Think about what you enjoy. Do you like helping people? Are you interested in science? Do you enjoy working in teams or with numbers or technology?
 - **Job Satisfaction:** Consider what would make you happy in a job. Do you love being creative, or would you enjoy caring for others?
 - **Work Environment:** Do you prefer a fast-paced hospital setting, a quiet clinic, working from home, or an office?
 - **Salary and Advancement:** Research potential salaries, growth opportunities and pathways.
2. **Talk to Professionals:** Ask family members, teachers, or friends who work in health care about their jobs. What do they love about it? What challenges do they face?
3. **Check Out Career Information and Videos:** Explore online resources, including Kootenai Health's career website, to find detailed information and watch videos that showcase different health care roles and what they entail. To better understand different careers at Kootenai Health, check out the "Day in the Life" videos on the careers website. You can view them by scanning the QR code or visiting: careers.kh.org/life-at-kootenai/a-day-in-the-life/



4. **Volunteer:** You can participate in Kootenai Health's Teen Volunteer Program when you are 14 years old or older. Teen volunteer sessions are available throughout the year.
5. **Senior Project:** If you plan to complete a senior project related to health care or a role supported by one of our teams, consider completing your project with Kootenai Health! You might explore patient care, health care technology, nursing, finance, or public health initiatives. Collaborating with a mentor from Kootenai Health could also enhance your project. You can submit a request to complete your job shadow hours online through our website!



Step 3: Understand Job Requirements

Different careers require different levels of education. Here's a quick breakdown:

- **High School Diploma:** Positions like EKG Techs, Nutrition Techs, and Sterile Processing Techs require a high school diploma.
- **Certification Programs:** Positions like Certified Nurse Assistant (CNA), Monitor Techs, and Medical Assistants require certification that can be obtained locally.
- **Associate's Degree:** Many nursing and radiologic technology programs require an associate's degree.
- **Bachelor's Degree:** Many nursing and respiratory therapist positions require a bachelor's degree.
- **Graduate School:** Positions like providers and pharmacists attend medical or pharmacy school, which requires additional years of education.

In addition to educational qualifications, it's important to understand the specific experience and skills required for various roles. Here are some things to consider:

- **Hands-On Experience:** Many health care positions value practical experiences, such as internships, volunteer work, or job shadowing. This helps you build essential skills and understand the day-to-day responsibilities of the job.
- **Skills Development:** Certain roles may require specific skills, such as communication, empathy, technical skills, or critical thinking. Research these skills and look for opportunities to develop them through classes, extracurricular activities, early jobs, or volunteer work.
- **Licensing and Certifications:** Some careers require additional certifications or licenses beyond your degree. Make sure to check the requirements for your chosen field to stay informed and prepared.



Step 4: Explore Financing for your Education and Training

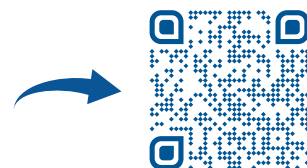
Understanding resources to help you pay for your education and training can make a huge difference. There are many resources available to help make your dreams a reality! Here are some options to consider:

- **Tuition Reimbursement at Kootenai Health:** If you work at Kootenai Health full-time or part-time, you will be eligible for tuition reimbursement after 90 days of employment, allowing you to receive up to \$5,200 annually for your educational expenses.
- **Scholarship Programs:** Look into scholarship programs offered by organizations like the Kootenai Health Foundation, which provides financial assistance to students.
- **Idaho Launch Program:** This program may also offer funding and resources to help students in Idaho access training and education in high-demand fields, including health care.

Step 5: Stay Curious and Keep Learning

- **Science and Math:** Focus on your science and math classes in school. They're crucial for health care careers.
- **Stay Updated:** Read books, watch documentaries, and follow news about health care and other career areas to understand current trends and opportunities.
- **Join Clubs:** Participate in clubs, health-related and other community activities, and volunteer.

Your future is full of possibilities! Exploring health care careers can be a rewarding journey. Take the time to research, ask questions, and get involved in your community. With passion and dedication, you can find a fulfilling career at Kootenai Health or with another great employer!



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Notes:



Notes:





Safety

Extraordinary Vision

Compassion

Innovative

Community

Patient-centered

Engagement

Empowering

Stewards



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If you have questions or want to learn more about career opportunities at Kootenai Health, please reach out to the team at:



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