



# HEALTHCARE DISCOVERY

A Three Day Interprofessional Camp



## ART THERAPY

**Art Therapy** is a mental health profession using the visual arts to help clients and patients find a non-verbal means to express the issues that may need attention. It is not necessary to be an artist to become a trained art therapist, though the skills to help others in making and processing the art products must be developed as part of the educational experience. Art Therapy is used in most clinical settings, with trauma survivors, children, geriatric communities, veterans, and adults struggling with all sorts of emotional disorders.



## MUSIC THERAPY

**Music Therapy** is the clinical, evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship, provided by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can address a variety of healthcare and educational goals: promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, promote physical rehabilitation, and more (by American Music Therapy Association, AMTA). Music Therapy is used in most clinical settings. It is implemented when working with individuals with developmental and intellectual disabilities, Autism Spectrum Disorder, depression, anxiety disorder, Alzheimer's Disease and Parkinson's Disease. Some settings in which music therapists may work include: hospitals, nursing homes, mental health facilities, and special education programs.



## NUTRITION & DIETETICS

**Registered Dietitian Nutritionists (RDNs)** are food and nutrition experts who translate the science of nutrition into practical solutions for healthy living and advocate for advancing the nutritional status of Americans and people around the world. RDNs use their nutrition expertise to help individuals make unique, positive lifestyle changes. Since RDNs have expertise in food and nutrition, they work in any practice area that pertains to either or both. These include, but are not limited to, clinical nutrition in a variety of facilities (e.g.: hospital, outpatient, specialized clinics, nursing homes, private practice); working with a variety of patients (e.g.: pregnant women, children, people with eating disorders, cancer, diabetes, or other chronic conditions); individual or team sports nutrition; community nutrition; food systems; and industry, corporate wellness, research, education, and public health.



## COMMUNICATION SCIENCES & DISORDERS

A **Speech-Language Pathologist** specializes in the evaluation, diagnosis, and treatment of communication (speech/language), cognitive, and swallowing disorders. They work with individuals across the lifespan and across disorder areas. Speech-language pathologists are qualified to work with individuals who have communication (speech/language), cognitive, and swallowing disorders. Employment settings are numerous and can include schools, developmental centers, hospitals, clinics, skilled nursing facilities, rehabilitation centers, private practices, and home health. An individual can also teach/supervise in university settings, complete research, or work for product development companies.



## NURSING

**Nursing** is a profession that focuses on the health and wellbeing of clients, families, and communities. Nurses often serve as patient care coordinators, collaborating with other disciplines to ensure patients get the care they need. Depending on where they work, nurses also perform a wide variety of functions such as administering medications, providing personal care to patients, conducting physical assessments, and performing nursing procedures such as dressing changes, NG and Foley catheter insertions, just to name a few. Nurses also assist physicians and advanced practice providers such as nurse practitioners, PAs with various medical procedures. Care and compassion are the foundation of our profession and these values guide nurses as we care for our patients. Nurses work in a variety of settings such as hospitals, schools, patient's homes, communities, clinics, doctor's offices, insurance companies, and even in correctional facilities. The possibilities are endless!



## PHYSICIAN ASSISTANT

**PAs** are trusted medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, and perform and assist in procedures & surgery. PAs practice in every state and in every medical setting and specialty, improving healthcare access and quality. PAs are committed to team practice with physicians and other healthcare professionals. PAs are trained in general medicine, so they are knowledgeable about all areas of medicine and are qualified to work in any medical

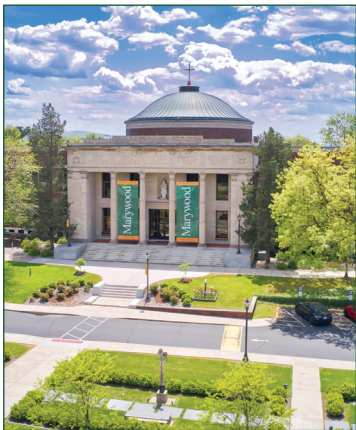


specialty. They perform a history and physical exam, order labs, x-rays then read them, order prescription medication, and give lots of patient education. PAs work in family practice, pediatrics, internal medicine, OBGYN, psychiatry, urgent care, and other specialties. PAs also work in hospitals, including the emergency department, hospital floors, and intensive care units. They can assist in surgery, including general surgery, cardiac surgery, orthopedic surgery, and neurosurgery. PAs can work in inner cities, rural areas, with the military, in prisons, or wherever patients need care.



## PSYCHOLOGY

**Psychology** is the scientific study of the brain and behavior. Psychologists have a wide-array of specialties and work in a variety of settings providing mental health treatment, research, teaching, consultation, and more. Psychologists who train to work in healthcare settings and provide assessment and treatment within those settings are sometimes called health service psychologists. Health service psychologists provide assessment, clinical interventions, and consultation with other professionals to treat a wide variety of conditions. Psychologists most commonly treat mental health conditions, but they can also promote health and well-being, and work to prevent, treat and manage illness and disability. For students who might be interested in treating mental illness who do not want to pursue doctoral degrees, they can pursue master's programs in counseling and appropriate licensure. Health service psychologists can have a wide variety of specialties and work in a wide variety of settings, including but not limited to private practice, medical and psychiatric hospitals, primary care, Veterans Affairs Medical Centers, military settings, colleges and universities, prisons, and forensic settings. Health service psychologists all have competency in assessment, intervention, and consultation; in addition to these competencies, many also conduct research, teach, supervise psychology students/trainees, and more.



## EXERCISE SCIENCE

**Exercise science** as a discipline that encompasses the anatomy of the human body, physical conditioning, diet and nutrition, injury prevention, and sports. Some exercise science degree programs allow students to further specialize in concentrations such as sports management, kinesiology, athletic training, and physical therapy. Graduates with a B.S. in exercise science often become personal trainers and fitness instructors. Other career options for this major include: Wellness program manager, clinical rehabilitation supervisor, exercise specialist, athletic director, strength and conditioning coach, and personal trainer. Individuals wanting to coach other individuals, such as adult athletes, in physical fitness, health wellness, sport injury recovery, or nutrition, may be interested in pursuing a bachelor's degree in exercise science.



## RESPIRATORY THERAPY

**Respiratory Therapy** is a profession that treats respiratory diseases along with doctors, nurses, and other healthcare workers. Therapists provide breathing treatments, pulmonary function testing, life support management, procedures both therapeutic and diagnostic, as well as working in home care environments. Respiratory Therapists can provide these procedures in hospitals, nursing homes, rehabilitation facilities, critical care, home care, or physician offices. They can also provide respiratory therapy consulting and even move into leadership, as the BSRT provides introductory education for respiratory or cardiopulmonary management.



## SOCIAL WORK

**Social work** is a practice-based profession that promotes social change, development, cohesion, and the empowerment of people and communities. Social work practice involves the understanding of human development, behavior, and social, economic, and cultural institutions and interactions. Social workers work with many different populations and types of people, particularly focusing on those who are vulnerable, oppressed, and living in poverty. Child, family, and school social workers help children, school staff, and family members resolve problems. In some instances, this may mean placing children in foster care. They may also connect struggling parents with resources to help better care for and raise their children, as well as work alongside students and teachers to address bullying, learning disabilities, and other impairments/barriers. Medical and public health social workers help the seriously ill and those with chronic health problems to find adequate care, access public resources like Medicare and Medicaid, or locate services such as in-home nursing care. They often play a critical role in supporting clients as they navigate the numerous healthcare and public service systems that coordinate healthcare. Mental health and substance abuse social workers support people with mental health or substance abuse problems. Therapy is one common intervention used by social workers to help clients address these problems. Assisting people to find financially accessible rehabilitative programs or long-term mental healthcare is another service that is offered.