



FEB
23RD
2024
VIRTUAL EVENT



HEALTH CARE CAREER DAY CLASSROOM ACTIVITIES & RESOURCES

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This resource guide contains links to activities and information related to the featured health care specialties showcased at the **2024 Health Care Career Day**. Health care career exploration activities are also included. Feel free to use these resources in your classroom as you prepare for Health Care Career Day, or as a follow-up discussion and additional assignments after this event.

HEALTH CARE CAREER EXPLORATION:

- Suggest that each student complete the Missouri Health Careers Quiz located at: [Homepage - missourihealthcareers.com](https://missourihealthcareers.com).
- Print and review the [Health Science Pathways and Career Specialties](#) document provided by the National Consortium for Health Science Education (NCHSE).
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to Career Exploration found under the Basic Lessons section.
- Once completing the first three activities, partner students with similar health care career interests and use the [Health Career Display Competitive Event Guidelines](#) to create a class assignment. The rubric provided within the guidelines can be utilized for grading purposes. The presentation can be optional.
- Review the **Hidden Careers in Health Care Handbook** for additional information and resources located at: [Handbook-Activities.pdf \(mhanet.com\)](#).
- Download Health Science Pathway Posters for your classroom at [Free Resources | National Consortium for Health Science Education \(healthscienceconsortium.org\)](#).

LABORATORY — BJC Healthcare – Barnes-Jewish Hospital Laboratory

Would you like to save a life without directly working with patients? Are you obsessed with forensic files? Laboratory personnel perform specialized tests on blood, bodily fluids and tissue samples to detect disease, infection and chemical imbalances. These tests are very important in choosing the best way to treat patients. Put your diagnostic skills to the test with this in-demand career!

- Learn more about knowledge used in the Laboratory setting by reviewing HOSA Competitive Event Guidelines:
 - [Biotechnology Competitive Event Guidelines](#)
 - [Biotechnology Sample Scenario](#)
 - [Clinical Laboratory Science Competitive Event Guidelines](#)
 - [Clinical Laboratory Science Sample Scenario](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Laboratory setting:
 - “WHO Vaccine Series” mini lesson found under the Basic Lessons section
 - “Did You Say Biotechnology?” mini lesson found under the Competitive Events section

BEHAVIORAL HEALTH CARE — Compass Health Network

A healthy mind is a great treasure, as mental illness affects over 50% of families in the United States. Behavioral health care refers to the prevention, diagnosis and treatment of conditions like mental health disorders and stress-related crises. Learn more during this session about careers that work to promote well-being in Missouri.

- Share the following video featuring Kevin’s Story:

- [Kevins-Story](#)
- Discuss the following blog from the National Alliance on Mental Illness (NAMI) with your class:
 - [9-Ways-to-Fight-Mental-Health-Stigma](#)
- Review the information regarding Stigma and what you can do:
 - [Get-Involved/Pledge-to-Be-StigmaFree](#)
- Suggest that each student complete the StigmaFree Quiz:
 - [StigmaFree-Me/Stigma-Free-Quiz](#)
- If applicable for your classroom, have students complete the StigmaFree Pledge:
 - [Pledge-to-Be-StigmaFree/StigmaFree-Me/StigmaFree-Pledge](#)
- Find additional video resources, if applicable:
 - <https://www.nami.org/Support-Education/Video-Resource-Library>
- Learn more about knowledge used in the Behavioral Health Care setting by reviewing HOSA Competitive Event Guidelines:
 - [Mental Health Promotion Competitive Event Guidelines](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lesson related to the Behavioral Health setting:
 - “Talking about Mental Health” mini lesson found under the Basic Lessons section
 - “Mental Health” mini lesson found under the **Health Related** Topics section

ORTHOPAEDICS & SPORTS MEDICINE— Jefferson City Medical Group

Are you interested in the musculoskeletal system and how the body moves? Do you want to help treat and prevent sports-related injuries? Orthopaedics and sports medicine focuses on injuries and diseases of the musculoskeletal system, including joints, bones, tendons, muscles, ligaments and nerves.

- Learn more about knowledge used in the Sports Medicine setting by reviewing HOSA Competitive Event Guidelines:
 - [Sports Medicine Competitive Event Guidelines](#)
 - [Sports Medicine Sample Scenario](#)
- Review a video and find additional resources on teaching Sports Medicine through Realityworks: [Activities and Resources for Teaching Sports Medicine Classes - Realityworks](#)

RADIOLOGY — CoxHealth

What if X-ray vision was your superpower? Careers in radiology involve diagnosing and treating injuries and diseases using medical imaging procedures. Learn more about the career opportunities in both diagnostic and interventional radiology during this session. This career offers an inside look at your health!

- Find interactive resources related to Radiology:
 - [Radcademy](#)
 - [Innerbody](#)

RESPIRATORY THERAPY — University of Missouri Health Care

Even minutes without oxygen can mean the difference between life and death. Respiratory therapists play a critical role in this and have the ability to save lives every day. Respiratory therapists diagnose and treat breathing difficulties in an array of situations, so accuracy and critical thinking skills are key. Make every breath count with respiratory therapy.

- Learn more about knowledge used in the Respiratory Therapy setting by reviewing HOSA Competitive Event Guidelines:
 - [Respiratory Therapy Competitive Event Guidelines](#)

- [Respiratory Therapy Sample Scenario](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Respiratory Therapy setting:
 - “Vaping” mini lesson found under the **Health Related** Topics section
 - “Vital Signs” mini lesson found under the Body Systems section
- Review the following video: [59+ Things Students Learn in Respiratory Therapy School](#)

PHARMACY TECHNICIAN & PHARMACIST — Western Missouri Medical Center

Are you a fan of chemistry? A career as a pharmacist or pharmacy technician may be for you. Explore the interactions of medications on human beings. From preparing prescriptions to educating patients, the daily duties in a pharmacy are far and wide! Beyond the counter, this career offers compassion in every capsule.

- Learn more about knowledge used in the Pharmacology setting by reviewing HOSA Competitive Event Guidelines:
 - [Pharmacy Science Competitive Event Guidelines](#)
 - [Pharmacy Science Sample Scenario](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Pharmacy setting:
 - “Fentanyl Kills” mini lesson found under the Competitive Events section
 - “Opioid Epidemic” mini lesson found under the **Health Related** Topics section

HOME HEALTH CARE — Missouri Alliance for Home Care

Work with new patients from all walks of life in a field where you’ll never experience the same day twice. Home health care is filled with unique challenges in an ever-changing setting. Home health care professionals foster independence while improving their patient’s quality of life. There’s no place like home!

- Learn more about knowledge used in the Home Health setting by reviewing HOSA Competitive Event Guidelines:
 - [Home Health Aide Competitive Event Guidelines](#)
 - [Home Health Aide Sample Scenario](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Home Health setting:
 - “Health Disparities to Health Equity” mini lesson found under the Competitive Events section

DENTISTRY — State Office of Dental Health

Would you like to change lives one smile at a time? Dentistry is the treatment of diseases and other conditions that affect the teeth and gums. Find out more about the various roles of health care personnel working in a dental office during this session. A career in dentistry will give others something to smile about!

- Learn more about knowledge used in the Dentistry setting by reviewing HOSA Competitive Event Guidelines:
 - [Dental Science Competitive Event Guidelines](#)
 - [Dental Science Sample Scenario](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Home Health setting:
 - “Oral Health = Overall Health” mini lesson found under the **Health Related** Topics section
- Visit the American Dental Association (ADA) website to explore Dentistry at [High School and College Students | American Dental Association \(ada.org\)](#)

EMERGENCY DEPARTMENT NURSE to PHYSICIAN — Ozarks Healthcare

When seconds count, training makes all the difference. If you work well under pressure, a career in the Emergency Department may be for you. A physician who specializes in Emergency Medicine focuses on immediate medical care for people who are seriously ill or injured. Immediate decision-making and action may be necessary in this setting as physicians work alongside nurses and other allied health professionals to offer the best care to those in need. These health care professionals prepare for the unexpected knowing failure is not an option.

- Learn more about knowledge used in the Emergency Medicine setting by reviewing HOSA Competitive Event Guidelines:
 - [CERT Skills Competitive Event Guidelines](#)
 - [CPR-First Aid Competitive Event Guidelines](#)
 - [Emergency Medical Technician Competitive Event Guidelines](#)
 - [MRC Partnership Competitive Event Guidelines](#)
- At [On-Demand Learning Opportunities – HOSA](#), review the following Mini Lessons related to the Home Health setting:
 - “Cardiovascular” mini lesson found under the Body Systems section
 - “Cranial Nerves” mini lesson found under the Body Systems section
- Find out more about American Red Cross volunteer opportunities:
[How To Volunteer | American Red Cross](#)

NEXT STEPS IN DEVELOPING YOUR FUTURE IN HEALTH

The Missouri Department of Higher Education and Workforce Development’s Journey to College portal can be a great next step search site that puts every college degree program in one, easy to search data base. From Jefferson College, to Central Methodist University, to Goldfarb School of Nursing, and all schools in-between.
<https://web.dhewd.mo.gov/collegedegreeearch/>



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