

**Course Title:** Your Future in Health Care

**Dates:** July 26 – 31, 2009

**(New & Innovative Course)**

**Instructor Name & Title:** Christy Sherman, RN, BSN, Special Projects Coordinator, Dept of Nursing

Margaret Selby, MSN, CHPN, Senior Instructor, Dept of Nursing, Health Sciences

**Instructor Qualifications:**

Christy Sherman, BSN-University of Kentucky, Lexington, KY; MSN – Frontier School of Midwifery and Family Nursing, Hyden, Kentucky with certification as a Family Nurse Practitioner. Eight years experience as an RN.

Experience as a Public Health Nurse; Clinical Instructor/ Special Projects Coordinator; Service Coordinator (REACH-Help Me Grow); and the project coordinator for the “never Too Young...Never Too Old” Program and the River Valley Farm Safety and Rural Health Coalition.

Clinical focus in Public Health, community program development, grants management, community health care delivery systems, maternal/child health, and agricultural safety and health.

Margaret Selby: BSN Spalding University, Louisville, KY; MSN - University of Wisconsin-Madison, with 35 years as an RN.

Experience as a staff nurse (acute care and hospice/home care), staff education and university faculty (Morehead State University and Shawnee State), VP Nursing experience and hospice administrator experience.

Clinical focus in palliative and end-of-life care (currently Hospice and Palliative Care certified) and in geriatric nursing. In addition to university teaching, I teach community courses in advance care planning and enjoy playing music (especially piano and organ at church).

**Course Description:**

The goal of this course is to introduce Gifted and Talented students to the basic concepts common to all health careers, to increase awareness of the variety of opportunities within the health science fields, and to raise their consciousness regarding their personal health and safety.

This is a 4 and ½ day course highlighting four different areas of information in health science.

**Day 1: Heart and Respiratory Health**

- Anatomy and physiology of the heart and lungs
- Pathophysiology of myocardial infarction and emphysema
- Careers in the Emergency Medical Services
- Skills to be learned; CPR, Vital Signs
- Field Trip: Cardiac rehab and Respiratory Therapy; Mamie Snook, Cardiac Nurse Specialist

**Day 2: Nutritional and Metabolic Health**

- Anatomy and Physiology of GI and Metabolic Syndrome
- Introduction to Nutrition
- Pathophysiology of Diabetes Mellitus Type II and Obesity
- Role of stress and exercise in metabolic health
- Careers in Nutrition and Nursing
- Skills: BMIs, Finger Stick Blood Glucose, Skin Calipers, Body Composition Analysis
- Field Trip: SOMC (Nutritionist, Dialysis, ICU, Med Surg)

#### Day 3: Neurological Health and Trauma Prevention

- Anatomy and Physiology of the Neurological System
- Rural Road Safety
- Alcohol and Drug Use
- Fatigue and Safety
- Pathophysiology of Traumatic Brain Injury
- Careers in Public Safety
- Field Trip: State Highway Patrol Post 73 (Drunk Goggles, Breathalyzer, Dog)

#### Day 4: Public Health

- Anatomy and Physiology of the Immune System
- Mechanisms of Transmission of Infection
- Pathophysiology of Food borne Illnesses, Sexually Transmitted Infections, MRSA, E. Coli, Vaccine Preventable Disease
- Hand washing
- Principles of Public Health Investigation
- Careers in Public Health
- Skills: Hand washing, Bacterial Cultures, Role Playing Infectious Disease Investigation
- Field Trip: Health Department

#### Day 5: Becoming a Physician and Making a Plan for Healthy Living

- Interview and discussion with Chris Marazon, DO (resident physician at Southern Ohio Medical Center).
- Work in groups by school to create a plan to improve the health of their school community by sharing the information they learned this week.
- Careers in Health Education, Health Planning, and Nursing
- Skills: Group Work, Educational Material Development, Health Teaching, View cultures from Day 4

#### **Description of Teaching Strategies:**

Lecture, small group activities, problem solving, discussion, clinical observations in area health care facilities.

**Description of Facilities:**

Students will engage in lecture and classroom activities in a traditional classroom on the Shawnee State University's campus. Students will have the opportunity to engage in hands-on, laboratory activities and observe in the clinical setting both on campus and at Southern Ohio Medical Center and at other area health care agencies.

**Course and Instructor Evaluation Strategies:**

Instructor will evaluate each student individually using the Institute developed 'student evaluation form'. Instructors will attempt to meet with each student individually to discuss evaluation or mail the evaluation directly to the student after the Institute.

**Measures of Student Learning and Growth:**

Pre and Post tests will be utilized to measure learning.

**Maximum # of students: 12**

