

CES Health Beat

A health career bulletin from the SDSU College of Extended Studies

Critical Roles in Health Care

A slowing economy may force some of us to think about our careers and consider something different. Others may fall victim to a faltering economy and will need to seek something new.

In every challenge, there is opportunity for those who are willing to seize it. It may make sense to change careers, with health care being an attractive option. Some of you may already be transitioning to a health care career.

If you are considering changing careers, there are many opportunities within health care. Sometimes people only think of nurses and physicians, but there are also other health care professionals that play critical roles. Positions in rehabilitation, lab, radiology/imaging, respiratory therapy, pharmacy, etc., are all important professions within health care.

Health care roles have a wide range of training requirements, from less than a year to an advanced degree. With the multitude of training programs available, be sure to enroll in a fully accredited program.

If you are completing training and getting ready to search for that first new role, you are probably like many people, wondering where to start and how to be successful.

Start with your friends! Let them know you are looking; seek their input and advice, especially if they work at a company you are targeting.

Also, be flexible! You may or may not get your "ideal" position the first time. You may need to work for a smaller facility, a different environment, or a different role than you

wanted to, but the experience you gain makes you stronger to your ideal company when you're looking for your next position.

Finally, be sure to use the Internet to find opportunities, including hospital and medical group web sites. Use them to research and review open positions in detail

so you can find the best possible match to your interests. ■

Written by Michael K. Peterson, PHR, president of the San Diego Association for Health Care Recruitment and recruitment supervisor for Sharp HealthCare, SDSU Class of 1999 alumnus, School of Public Administration.

Mr. Peterson has previously worked for three Fortune-500 companies and

currently works for Sharp HealthCare, which was recognized as a 2007 Malcolm Baldrige National Quality Award recipient, the nation's highest Presidential honor for quality and organizational performance excellence.

He holds a Bachelor's Degree in Public Administration and a Professional Certificate in Human Resource Management, both from San Diego State University. He also holds a PHR certification and is a graduate of the Human Resource Leadership Program at the University of California San Diego.

He currently also serves as president of the San Diego Association for Health Care Recruitment, an affiliate of NAHCR. In the past he has been a member of numerous professional organizations, including the National Human Resources Association, where he was a two-term vice president of membership for the San Diego affiliate.



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Welcome!

San Diego State University's College of Extended Studies is now offering online and in-class professional health care programs that will help you soar in your chosen profession. The purpose of this bulletin is to keep you informed both of the health care industry, and ways to advance your career as you never stop learning through education.

To be removed or added to the mailing list for this bulletin, email us at extended.std@sdsu.edu, or call us at (619) 594-5821.

Lifting a Fork to Heart Health

Over the past few decades, nutrition has emerged as an important way to promote good health and longevity. As nutritional science has developed, we've seen its clinical applications extend to a variety of disease processes, including coronary heart disease (CHD).

Labeled a disease of lifestyle, CHD is the leading cause of death in the United States. Can diet profoundly affect health and wellness in the face of such a killer?

Research studies answer with an unequivocal yes!

Consider our current dietary picture.

Most U.S. residents consume a refined diet laden with foods that contain white sugar, white flour, and rich, fatty ingredients. Americans consume at least 18 percent of their calories as refined sugar, a substance devoid of vitamins and minerals.

An additional 20 percent of a typical American's diet consists of refined products, primarily white bread, whose whole-grain precursor contained 28 essential nutrients that were stripped during processing.

Many epidemiologic studies have identified strong correlations between Western diseases and dietary habits. The incidence of cardiovascular disease (CVD) is higher among people who consume an American diet than among people who consume Asian, Scandinavian, or Mediterranean diets.

As early as the 1980s, the Oxford-China-Cornell Project on Nutrition, Health, and Environment proved that a balanced diet of whole grains, vegetables, fruits, healthy fats, and proteins could promote weight loss and reduce the incidence of fatal heart disease, cancer, diabetes, and other degenerative diseases.

The project documented a 1,700 percent greater likelihood that middle-aged U.S. men would die from heart disease

compared with men who followed a typical Asian diet. American women had a five times higher risk of heart disease death than Chinese women. Based on these findings, as well as ongoing nutritional trials, we see the value of whole foods in disease prevention, especially where cardiovascular protection is concerned.

Mounting evidence shows that a whole food diet is an effective intervention for CVD.

Whole foods are raw, unrefined, and minimally processed. All unprocessed grains, fruits, beans, vegetables, and meats fall in this category.

Numerous studies have documented the role of whole food diets high in fruit, vegetables, legumes, whole grains, poultry, and fish is associated with a lower risk for CVD. Numerous population studies have linked a diet rich in fish – and the omega-3 fatty acids they contain – with better heart health.

In large studies of 84,251 women and 42,148 men, researchers reported a significant inverse association between consumption of fruits and vegetables (particularly green, leafy vegetables and vitamin C-rich fruits and vegetables) and CVD risk. In several prospective

studies, researchers found that a higher consumption of whole grains compared with refined grains lowered the risk for cardiovascular disease.

Heart disease remains a preventable disease, yet nutritional interventions often are overlooked for their power to improve patient outcomes. In a time when fast-food restaurants hawk breakfast burritos laden with an unbelievable 60 grams of fat and more than 900 calories, the nutritional prescription should be the first one we write.

By *Mary C. Dutkiewicz, NP* a reprint from *ADVANCE Healthy Aging News Magazine*.

Can diet profoundly affect health and wellness in the face of such a killer? Research studies answer with an unequivocal yes!



Classroom Certification

Location: SDSU Extended Studies/Gateway Centers, corner of Campanile Drive and Hardy Avenue.

Medical Assistant Administration Program

This 50-hour course prepares students to function effectively in many of the administrative and clerical positions in the health care industry. Administrative medical assistant, medical secretary, medical records clerk, and health unit coordinator are all positions in great demand. This program covers important background information on anatomy and physiology, medical terminology, insurance billing and coding, medical ethics, customer service, and legal aspects.

Please note: This program does not include a national or state certification as part of its overall objectives.

Noncredit Schedule No. 08FAHC 99754 DF

Dates: Mondays and Wednesdays, Oct. 13-Dec. 3, 6-9:30 pm

Fee: \$1,199 (Materials are included.)

Pharmacy Technician

This comprehensive 50-hour course will prepare students to enter the pharmacy field and to take the Pharmacy Technician Certification Boards PTCB exam. Content includes medical terminology specific to the pharmacy, interpreting prescriptions and defining drugs by generic and brand names, dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, and inventory control.

Noncredit Schedule No. 08FAHC 99750 DF

Dates: Mondays and Wednesdays, Oct. 13-Dec. 3, 6-9:30 pm

Fee: \$1,199 (Materials are included.)



Be among the first 20 to sign up for a Fall 2008 classroom course and receive a \$50 VISA gift card!

EKG Technician Certification

This 50-hour EKG Technician Certification Program prepares students to function as EKG technicians and to take the American Society of Phlebotomy Technician (ASPT) Electrocardiograph (EKG) Technician exam and other national certification exams. This course will include important practice and background information on anatomy of the heart; physiology; medical disease processes terminology, and ethics; legal aspects of patient contact; laboratory assisting; electrocardiography; and echocardiography.

Noncredit Schedule No. 08FAHC 99752 DF

Dates: Tuesdays and Thursdays, Oct. 14-Dec. 4, 6-9:30 pm (No class meeting Nov. 11)

Fee: \$1,199 (Materials are included.)

Medical Billing and Coding

This 70-hour course offers the skills to solve insurance billing problems. Learn how to file claims using the CPT and ICD-9 manual, complete insurance forms, trace delinquent claims, appeal denied claims, and use generic forms to streamline billing procedures. The course covers CPT (introduction, guidelines, evaluation and management), specialty fields such as surgery, radiology, and laboratory; and ICD-9 introduction and guidelines.

Noncredit Schedule No. 08FAHC 99751 DF

Dates: Tuesdays and Thursdays, Oct. 14-Jan. 8, 6-9:30 pm (No class meeting Nov. 11)

Fee: \$1,699 (Materials are included.)

New Online Health Care Programs

Administrative Medical Specialist with Medical Billing and Coding

This 300-hour online program teaches students medical office operations, with an emphasis on billing and coding, processing insurance forms, and using medical software. This program provides training on medical billing software as well as preparation for the Certified Coding Associate (CCA) national certification exam. All materials provided.

Noncredit Schedule No. 08FAHO 99760 DF

Dates: August 25-Dec. 31 (Register anytime between August 25 and Dec. 31. Class may be completed up to six months after starting.)

Fee: \$1,995 (Materials are included.)

Medical Billing and Coding

In this 240-hour program students can learn medical billing and coding from the comfort of their own homes with this instructor-facilitated program. Students are prepared for an entry-level position doing medical billing and/or coding in a medical office setting and are prepared to sit for the Certified Coding Associate (CCA) national certification exam.

Noncredit Schedule No. 08FAHO 99768 DF

Dates: August 25-Dec. 31 (Register anytime between August 25 and Dec. 31. Class may be completed up to six months after starting.)

Fee: \$1,699 (Materials are included.)

Pharmacy Technician

This 240-hour program will teach the skills needed to gain employment as a pharmacy technician in either the hospital or retail setting.

Noncredit Schedule No. 08FAHO 99769 DF

Dates: August 25-Dec. 31 (Register anytime between August 25 and Dec. 31. Class may be completed up to six months after starting.)

Fee: \$1,899 (Materials are included.)

Revenue Cycle Management for Health Care Providers

This 120-hour nationally recognized Revenue Cycle Management and training program teaches students the skills necessary to evaluate the performance of revenue-cycle systems and processes. This course enables students to develop an understanding of the components of the revenue cycle, the best methods for benchmarking performance, and proven methods of improving cash flow.

Noncredit Schedule No. 08FAHO 99766 DF

Dates: August 25-Dec. 31 (Register anytime between August 25 and Dec. 31. Class may be completed up to six months after starting.)

Fee: \$995 (Materials are included.)



Professional Certificate in Nutrition for Optimal Health, Wellness, and Sport

This program is designed to meet the growing demand of allied health/medical professionals, registered dietitians, fitness professionals, personal trainers, and the general public. This innovative and comprehensive web-based certificate program provides an in-depth examination of contemporary nutritional topics such as meal plan analysis, functional food implementation, antioxidants, public nutrition, sports nutrition, vitamin supplementation, and weight management.

Module One – Fall, Sept. 22-Oct. 26

(Registration deadline: Sept. 19)

Weight Management and Nutrition in the Life Cycle

With almost 20 percent of America's children and 60 percent of America's adults classified as overweight/obese there is an ever-pressing need to understand the influences on both child and adult food habits and nutrient intakes. This course teaches students the principles behind helping a client to set and achieve weight goals while working in conjunction with a registered dietitian in a team approach. You will obtain tools and handouts which can be effective when teaching and reinforcing positive food habits and behaviors. In addition, discover how the right nutrition can help you stay young while growing older.

Instructor: Melissa Halas-Liang, M.A., RD, CNSD, CDE.

Noncredit Schedule No. 08FANU 99790 DF

Fee: \$399

Nutrition and You: Functional Foods

Heard about the health benefits of cocoa on cardiovascular health? What do garlic, tomato sauce, and tofu have in common? Which spices and herbs need to be consumed in your daily diet? There is truth to the expression "you are what you eat." In this course you will learn what to eat and how to decrease the incidence of many common diseases such as metabolic syndrome, diabetes, cancer, and heart disease.

Instructor: Melissa Halas-Liang, M.A., RD, CNSD, CDE.

Noncredit Schedule No. 08FANU 99789 DF

Fee: \$399

See *Professional Certificate in Nutrition*, continued on page 4

Professional Certificate in Nutrition continued from page 3

Module Two – Fall, Oct. 27-Nov. 30

(Registration deadline: Oct. 24)

Introduction to Sports Nutrition and Performance

If you currently work as a fitness professional, need a refresher or introduction to sports nutrition as a health care provider, need to improve your competitive edge as an athlete or weekend warrior, or are a sports nutrition dietitian looking for new information, this class will help meet your personal or professional goals. Learn what to eat before competing, understand the principles of healthy meal planning for athletes and be able to identify safe sport supplements such as protein powders, creatine, and sport drinks.

Instructor: Melissa Halas-Liang, M.A., RD, CNSD, CDE.

Noncredit Schedule No. 08FANU 99791 DF

Fee: \$399

Public Nutrition and Wellness Education

This course delves more deeply into nutrition and disease prevention. Master the tools needed to provide educated answers on how to stay healthy, reduce the risk of chronic disease, prevent disease, and improve the overall well-being of your clients or yourself. Whether you're educating the public as a health, medical, or fitness professional or teaching your family how to live healthier, this course helps you navigate through mixed messages on nutrition.

Instructor: Melissa Halas-Liang, M.A., RD, CNSD, CDE.

Noncredit Schedule No. 08FANU 99792 DF

Fee: \$399

Three Easy Ways to Register

By phone: (619) 594-5152

By mail: College of Extended Studies
Registration, 5250 Campanile Drive,
San Diego, CA 92182

Online: www.neverstoplearning.net/healthbeat

- **Fast, skill-based hands-on learning**
- **Easy access parking**
- **On-campus trolley stop**
- **Extraordinary industry experts**
- **Evening or online classes to fit your schedule**

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