

# CES Health Beat

A health career bulletin from the SDSU College of Extended Studies

## Pharmacy Careers on the Rise

Pharmacy is one of the hottest fields due to its integrity, importance, and pay scale. As a medication specialist, you can choose to live in any city, create your own hours, and enjoy job security. On the job, you will be keeping up-to-date on the newest technology and balancing a variety of duties. With its technological advances and an aging population, pharmacy will continue to prove itself as a wise career choice for men and women who desire challenge, growth, flexibility, and respect.

The field for pharmacy technicians has increased due to more retail and grocery stores providing pharmacy services. Jobs are available in many settings including hospitals, drug stores, grocery, club, and some retail chain stores.

Determine if you have the skills required for a career in pharmacy. Study mathematics, health, and life sciences in high school. You should care for people, be a good team player, demonstrate ethical and honest behavior at all times, and have the perseverance to attend school for six years as well as complete continuing education (CE) credits for your career's lifetime.

As a career move, gain work experience as a pharmacy assistant while completing your certificate. Pharmacy assistants usually have less complex responsibilities than technicians. They often serve as clerks or cashiers, or else stock shelves. Experienced assistants often have an easier time finding technician jobs after graduation. Make sure to take the National Pharmacy Technician Certification Exam after graduating from your certification program. This exam is voluntary, yet will formalize your education and allow employers to know you have a standardized body of knowledge and

skills. A passed exam will earn you the title Certified Pharmacy Technician.

Retail pharmacies, like the CVS on the corner, are only one type of pharmacy. There are pharmacy careers in hospitals, managed care facilities, government offices, and research areas. Careers can also be had as a pharmacy consultant, in pharmaceutical sales, in nuclear pharmacy, at veterinary clinics, in mail order facilities, and as a teacher.



Most colleges and universities offer pre-pharmacy and pharmacy technician classes and credits. Research the different schools to find the best fit for you and your career aspirations (see inside

for the SDSU courses online and in the classroom for Spring 2009). Additionally, SDSU health care programs have been approved by Workforce Partnership and Military Spouse (CAA).

Remember to keep up with your education and re-certify every two years by completing ten contact hours of related pharmacy education each year. Continue to study and pass state boards in the state you plan to practice in. If you move to another state later in your career, you can reciprocate rather than retaking the boards. The state boards offer study materials before the test is administered.

Lastly, continue on your career path in the pharmacy fields by reading pharmacy trade magazines, joining pharmacy associations, and keeping your continuing education credits up to date.

Here's wishing you the best on your career efforts. ■

By eHow Careers & Work Editor  
Wendy Evers, Senior Director, SDSU



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*never stop learning<sup>sm</sup>*

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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. For information, call (619) 594-3946.

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



Approved Board of Behavioral Science Continuing Education Provider for CEUs.

The College of Extended Studies is a State-approved provider for the Federal Workforce Investment Act and the Military Spouse (CAA) for free training if eligible.

# How to Market Yourself in the Health Care Field

Between 2006 and 2016, the health care industry will generate three million new jobs; in fact, 35% of the fastest-growing occupations are in health care. The jobs are definitely out there, but how do you find the best one for you?

You market yourself, starting while you're taking classes. If you're in a face-to-face classroom, network with your peers and instructors. Meet each industry professional who is a guest speaker in your classes, obtaining their contact information. If your courses are online, spend time talking via email with your instructors and any contacts they recommend. In every case, briefly explain your career goals (think: 30-second elevator speech) and ask them for two additional contacts they can recommend. In no time you'll build a base for networking.

Joining one or more health care associations is also very valuable. They provide a wealth of valuable information, career guidance, and services

Health care associations provide a wealth of valuable information, career guidance, and services to members.



to members. Just going to a monthly luncheon and sitting with nine other health professionals can increase your chances of landing a job. Often they advertise job vacancies in their publications and online, sponsor job fairs, and offer placement services. Remember to have your business cards ready to hand out when introducing yourself.

Social networking is another vital avenue for career help. LinkedIn.com is a professional business networking site, where you build an online contact network which can help you find jobs. You can post your resume on your site; employers list jobs and search for potential candidates.

You'll also want to post your resume on a variety of job search web sites, such as Jobing.com (an SDSU partner), CareerBuilder.com, and Monster.com. If you're located in San Diego, you'll want to post your resume on the job board for the San Diego Association of Health Care Recruiters ([www.sdahcr.org/jobboard.html](http://www.sdahcr.org/jobboard.html)).

The majority (75% or more) of job vacancies never make it to the classified ads. But with your active network and online presence, you won't need the classifieds!

## 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.** 09SPHC 99754 DF

**Dates:** Mondays and Wednesdays, March 9-April 27, 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.** 09SPHC 99750 DF

**Dates:** Mondays and Wednesdays, March 9-April 27, 6-9:30 pm

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

### EKG Technician Certification

This comprehensive 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, medical terminology and ethics, legal aspects of patient contact, laboratory assisting, electrocardiography, and echocardiography.

**Noncredit Schedule No.** 09SPHC 99752 DF

**Dates:** Tuesdays and Thursdays, March 10-April 28, 6-9:30 pm (No class March 31)

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

To find out if you are eligible for **FREE Military Spouse Training**, visit [www.milspouse.org](http://www.milspouse.org), call Navy Base Fleet and Family Support Services at (619) 556-9866, the Camp Pendleton Family Member Employment Assistance Program at (760) 725-4737, or Lifelong Learning Base Education Center at (760) 725-6414.

## Medical Billing and Coding

This 70-hour course offers the skills needed to solve insurance billing problems. Learn to file claims using the CPT and ICD-9 manual, complete insurance forms, trace delinquent claims, and appeal denied claims. Course covers specialty fields such as surgery, radiology and laboratory and CPT and ICD-9 introduction and guidelines.

**Noncredit Schedule No.** 09SPHC 99751 DF

**Dates:** Tuesdays and Thursdays,  
March 10-May 19, 6-9:30 pm (No class March 31)

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



## Online Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports

Designed to meet the growing demand of allied health/medical professionals, registered dietitians, fitness professionals, personal trainers, and the general public. Contemporary nutritional topics such as meal plan analysis, functional food implementation, antioxidants, public nutrition, sports nutrition, vitamin supplementation, and weight management will be studied.

**Instructor:** Melissa Halas-Liang, MA, RD, CNSD, CDE.

**Module One – Feb. 9-March 15**  
**(Registration Deadline is Feb. 6)**

### 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? Learn what to eat and how to decrease the incidence of many common diseases such as metabolic syndrome, diabetes, cancer, and heart disease.

**Noncredit Schedule No.** 09SPNU 99789 DF

**Fee:** \$399 (Materials included in fee.)

### Weight Management and Nutrition in the Life Cycle

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.

**Noncredit Schedule No.** 09SPNU 99790 DF

**Fee:** \$399 (Materials included in fee.)

**Module Two – March 16-April 19**  
**(Registration Deadline is March 13)**

### 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.

**Noncredit Schedule No.** 09SPNU 99791 DF

**Fee:** \$399 (Materials included in fee.)

### 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. Learn to understand critical information on the truth behind vitamins, minerals, and antioxidants.

**Noncredit Schedule No.** 09SPNU 99792 DF

**Fee:** \$399 (Materials included in fee.)



## Online Health Care Courses

Career-focused online courses are designed to give you the latest in learning and to provide the skills necessary to acquire professional caliber positions in many high demand occupations.

- Anytime, easy entry and exit
- Register Jan. 1-June 1
- Finish up to six months from start date

These self-paced programs are designed with a team of professionals to provide the most effective web-based learning experience possible. Programs can be completed generally in less than six months. Instructors are actively involved in the students' online learning experience by responding to any questions or concerns as well as encouraging and motivating students to succeed.

Each program includes everything needed to succeed (books, lessons, quizzes, and assignments)! Grades are a combination of computer-graded tests and the instructor's evaluation of the students' work. Students love the quality as well as the convenience of anytime, anywhere learning!

## Administrative Dental Assistant

This 150-hour online certificate program teaches the essential administrative tasks for managing the business aspects of a dental practice and becoming an Administrative Dental Assistant. This program includes instruction in dental terminology and anatomy, medical records management, accounts receivable and reimbursement management, insurance and patient billing, patient scheduling, and procedural and diagnostic coding. All materials provided.

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# Online Health Care Programs continued from page 3

## Administrative Medical Specialist (AMS) with Medical Billing and Coding

This 300-hour certificate program teaches the skills needed to work as an entry level Administrative Medical Specialist (AMS), Medical Billing Specialist, and/or Medical Coder. Learn medical office operations, billing and coding, processing insurance forms, as well as every aspect of the Medical Receptionist/Front Desk position. Students will also be prepared to sit for the CCA national certification exam. A high school degree or equivalent is required. All materials provided.

## Medical Billing and Coding

This 240-hour certificate program prepares students to fill entry-level positions for medical billing and coding positions. Students learn skills needed to solve insurance billing problems, manually file claims, insurance forms, trace and appeal claims, and more. Course covers CPT introduction, guidelines, evaluation and management; specialty fields (i.e. surgery, radiology, laboratory), and ICD-9 introduction and guidelines. Students will be prepared to sit for the CCA national certification exam. A high school degree or equivalent is required. All materials provided.

## Pharmacy Technician

This 240-hour course prepares students to enter the pharmacy field and to take the Pharmacy Technician Certification Board's PTCB exam. Learn medical terminology specific to pharmacy, interpreting prescriptions, defining drugs by generic and brand names, dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, and inventory control. A high school degree or equivalent is required. All materials are included.

## Certified National Pharmaceutical Representative (CNPR)

This 120-hour course was developed in response to a rising need for entry-level certified pharmaceutical sales representatives. Designed to prepare students for a career as a Pharmaceutical Sales Representative and for national certification through NAPSRS, students will learn the general medical terminology and other necessary information as well as effective pharmaceutical selling techniques. This program is designed to make you a more attractive candidate to pharmaceutical companies. A high school degree or equivalent is required. All materials are included.

For information, course descriptions, and to register for these and other **Online Health Care Programs**, visit [www.gatlineducation.com/sdsuextendedstudies](http://www.gatlineducation.com/sdsuextendedstudies), or call toll free (877) 221-5151.

## 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](http://www.neverstoplearning.net/healthbeat)



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