

First Nations of Quebec and Labrador Health  
and Social Services Commission



# HEALTH CAREERS

Activity Book For Youth

This activity book is intended for First Nations youth in grade 6 to 9. The objective is to raise awareness with respect to professions in the health field. It is an excellent opportunity to inform youth on the various health-related careers that are open to them. This tool was developed through the Aboriginal Health Human Resources Initiative (AHHRI).

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# Health Careers

There are more than 50 different health care professions. Health care professions are jobs that maintain the health and condition of the human body as well as the well-being of the community. There are health care jobs for everyone. Some are jobs as professionals, and some are jobs as assistants.

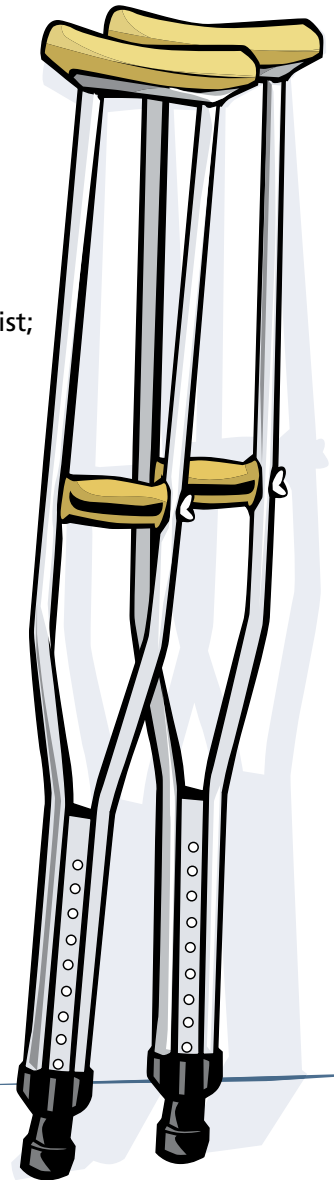
## Here are some examples of assisting occupations:

- Dental Assistant;
- Nurse's Aide or Orderly;
- Pharmacy Assistant;
- Orthopedic Technologist;
- Morgue Attendant;
- Home Care Worker;
- Ambulance Driver;
- Health Worker;
- Community Health Representative (CHR).



## Some types of health professions within some of the Health Fields are:

- Medicine: Doctor (Physician), Surgeon, Medical Researcher, Pediatrician, Coroner, Specialist;
- Nursing: Community Nurse, Nurse Practitioner, Operating Room Nurse;
- Dentistry: Dentist, Dental Hygienist, Dental Surgeon;
- Pharmaceuticals: Pharmacist, Pharmacy Technician;
- Physiotherapy: Physiotherapist;
- Psychiatry: Psychiatrist, Psychologist, Counselor;
- Nutrition: Nutritionist, Dietitian.



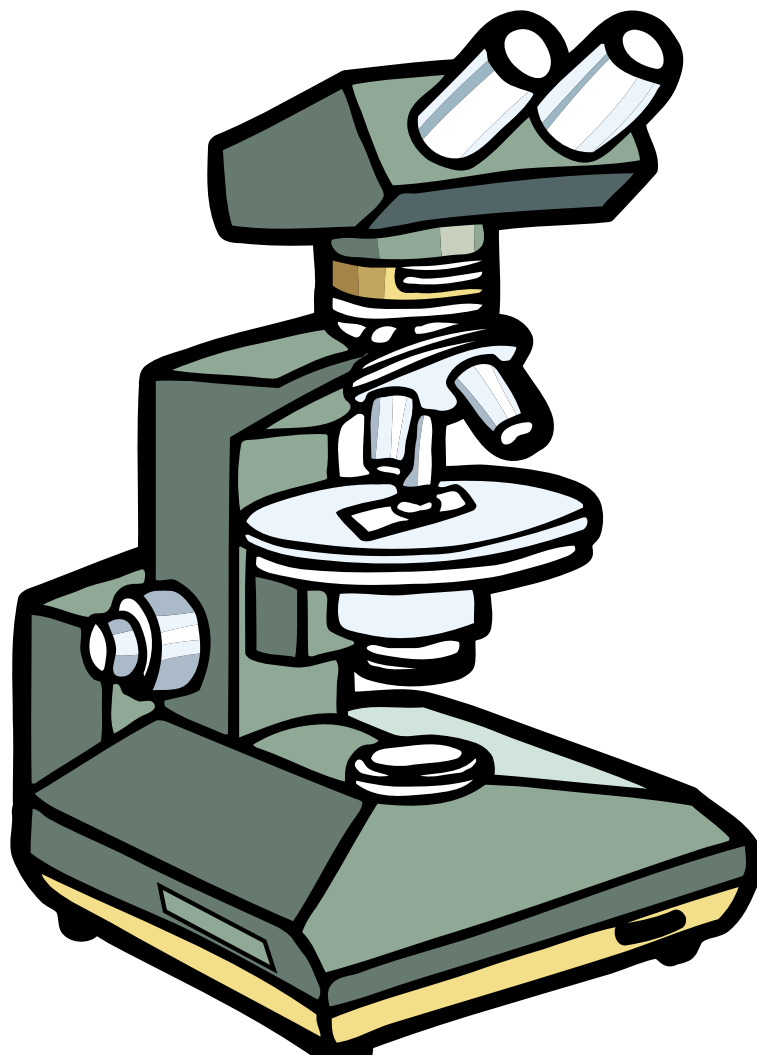
# Do You Know What These Health Fields Are?

How many careers do you know about? Please check off the ones you know.

HEALTH FIELD	Yes I know this career	WHAT IS IT?
<b>HEALTH &amp; WELLNESS</b>		
Nutritionist		One who is trained in the field of nutrition. Can help patients with allergies, health problems or a desire for weight change through a healthy diet.
Health Care Manager		Planning, overseeing, and directing departments where health care services are provided.
Midwife		Midwives are trained professionals who monitor and guide expectant mothers through pregnancy and up to childbirth.
Naturopath		They offer an alternative to conventional medicine by diagnosing, treating, and preventing disease and sickness using non-surgical methods found in nature.
Home Care Worker		May work with the elderly, persons with physical disabilities, and others who need support for everyday activities of daily living. Use a combination of social and personal care skills to help clients be as healthy and independent as possible.
Public Health Inspector		These professionals enforce health and safety regulations in the workplace and public settings to prevent accidents and disease. They also educate the public and those working in potentially hazardous settings about how to avoid and prevent problems.
<b>MEDICAL CARE &amp; TREATMENT</b>		
Dentist		Experts at diagnosing and treating problems of the teeth and gums. They use skillful hands and a thorough knowledge of dentistry and perform oral exams and surgical operations.
Dental Assistant		Work alongside dentists while patients' teeth are being examined and cleaned. Ensure that the dentist has everything needed to perform his or her job well.
Medical Secretary & Health Record Technician		A medical secretary has special training in understanding medical terminology and procedures. Health record technicians focus on creating and managing medical records.
Optician		Opticians fit patients with eyeglasses or contact lenses. They use various optical measuring devices to fill prescriptions from optometrists or eye doctors, and work with customers to choose the eyeglass frames or contacts best suited to their needs.
Optometrist		These professionals test for vision problems and diagnose diseases and disorders of the eye.
Paramedic/Emergency Medical Technician (EMT)		Ambulance attendants (EMT's) are usually the first at the scene in emergency situations. Their job is to quickly assess the medical needs of patients and provide emergency care before transporting patients to the hospital.
Pharmacist		These professionals use the expert knowledge of chemistry, biology, and medicine to ensure that people get the drugs and medicine needed for their particular healthcare needs.
Physician		Also known as Family Doctors or General Practitioners (GP's), they use their thorough knowledge of medical science and the human body to help their patients become and/or remain healthy. They are best positioned to both diagnose and recommend treatment for their patients' healthcare needs.
Registered Nurse (RN)		Provide direct nursing (primary) care to patients and may specialize in any particular health care area.
Veterinarian		Doctors who diagnose and treat sick or injured animals and work to prevent disease through routine vaccinations.



HEALTH FIELD	Yes/No	WHAT IS IT?
<b>THERAPEUTIC TREATMENT</b>		
Audiologist		Diagnose and treat hearing impairments and other disorders that prevent people from being able to communicate effectively.
Chiropractor		Diagnose, treat, and help prevent mechanical disorders of the musculoskeletal system and the effects of these disorders on general health.
Physiotherapist		Use their expert knowledge of how the body works to assess injuries and disabilities and then design rehabilitation plans.
<b>MEDICAL TECHNOLOGY</b>		
Medical Lab Technologist		Work independently, testing and running experiments on biological materials to accurately pinpoint medical conditions.
Radiation Technologist		X-Ray technicians use sophisticated computerized equipment to produce and develop x-rays that search for abnormalities in the body.
<b>MENTAL HEALTH TREATMENT</b>		
Addictions Counselor		Help people identify and deal with addictions through treatment and prevention programs.
Psychologist		Study human behavior and thought processes. Can provide therapy to patients with emotional and behavioral problems.



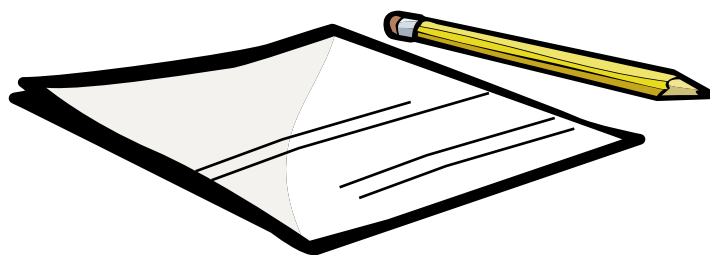
# GAME: Health Careers Word Search

Find the hidden health related words in this word search. Words can be found horizontally and vertically. Careful, some words may be backwards! Good luck!

O	N	S	U	P	R	Y	I	O	S	R	Y	R	T	E	M	O	T	P	O
C	Y	O	E	T	Y	I	O	N	P	S	I	C	G	I	P	G	R	W	Q
C	U	C	K	I	N	U	R	S	E	R	E	T	H	Y	I	O	U	X	Z
U	N	I	T	E	R	T	Y	V	E	T	E	R	I	N	A	R	I	A	N
P	R	A	N	V	E	T	F	E	C	F	R	U	M	E	E	W	E	D	D
A	E	L	E	H	E	A	L	T	H	W	O	R	K	E	R	A	D	I	R
T	G	W	M	E	D	U	C	R	P	D	E	A	G	I	K	Y	N	H	N
I	H	O	N	F	E	R	E	W	A	U	D	I	O	L	O	G	I	S	T
O	N	R	O	D	N	I	C	E	T	A	R	F	E	E	S	C	R	R	S
N	V	K	R	E	I	G	N	O	H	V	R	E	M	E	A	S	S	O	I
A	V	E	I	F	C	Z	X	R	O	L	E	S	N	U	O	C	L	T	G
L	L	R	V	E	I	A	Q	W	L	G	H	N	U	U	J	O	Y	C	O
T	O	E	N	E	D	B	V	C	O	N	M	T	T	R	E	M	I	A	L
H	U	X	E	H	E	Y	U	R	G	R	D	E	R	A	C	M	A	R	O
E	I	Y	R	T	M	I	D	W	I	F	E	S	I	N	G	U	R	P	H
R	A	D	I	O	L	O	G	I	S	T	N	E	T	F	E	N	E	O	C
A	E	N	U	T	R	I	G	I	T	O	T	N	I	C	V	I	E	R	Y
P	D	F	A	J	K	B	E	R	T	S	I	B	O	E	D	T	W	I	S
Y	J	U	P	H	A	R	M	A	C	I	S	T	N	Z	E	Y	E	H	P
R	G	N	A	I	C	I	N	H	C	E	T	B	A	L	A	B	T	C	C

## Word Bank

Audiologist • Chiropractor • Community • Counselor  
 Dentist • Environment Health Worker • Lab Technician  
 Medicine • Midwife • Nurse • Nutrition • Optometry  
 Occupational-Therapy • Pharmacist • Psychologist • Radiologist  
 Speech Pathologist • Social Worker • Veterinarian



# A Career in Nutrition?

## One of the fastest growing health careers

If promoting holistic health treatment, working with schools and communities or specializing in sport and fitness nutrition interest you, then you need to know what it takes to be a nutritionist!

Nutrition is a career that challenges you to stretch your skills ... and open new doors. It's one of the fastest growing careers in Canada.

### Explore

Do you have strong communication skills, a creative mind, good analytical skills, an interest in science and like to work with people? Then a career in nutrition may be for you. Nutritionists are the experts in food and nutrition. They work in a variety of workplaces including: health centers, tribal councils, government and fitness clubs. On the job, nutritionists promote holistic health and treatment, advise government, work with schools and childcare facilities and counsel on sport and fitness nutrition. A total of 5 years of post-secondary education is required to become a nutritionist.

### Salary

Demand for nutritionists has increased due to First Nations growing interest in preventing disease and improving their lifestyle. In 2006, hourly wages were 60% more than the national average and earnings three times higher. Depending on the workplace and type of work you choose to do, you can expect to earn between \$40,000 and \$70,000 per year as a nutritionist.

### Opportunity

Nutrition is a growing profession with the outlook for this trend continuing into the future. **Nutrition skills will be particularly in demand in the next years as the population of First Nations communities grows.** It is predicted that for the nutrition profession, training in research and disease management will be the hot areas to invest in.



**In 2005, there were only 17 Aboriginal Nutritionists in Canada!**



# GAME: Myths or Facts?

Read these statements and circle if you think it is a myth or a fact.

- 1) Not everyone can be a doctor, only smart people can.
- 2) Health and science careers take forever, so I am going to be an elder by the time I finish school and obtain my degree in a health related field.
- 3) There are no health or science careers for students with disabilities.
- 4) By choosing a health or science career, I will have the ability to make a difference in my community.
- 5) Health careers are not good paying jobs.
- 6) If I don't have all the required courses for a health career program after I finish high school, I have to choose another program.
- 7) Math is the only course I need to get into the health fields.
- 8) For many health careers you may be asked to have a medical check-up, or provide your immunization records.

Myth or Fact?

Myth or Fact?

Myth or Fact?

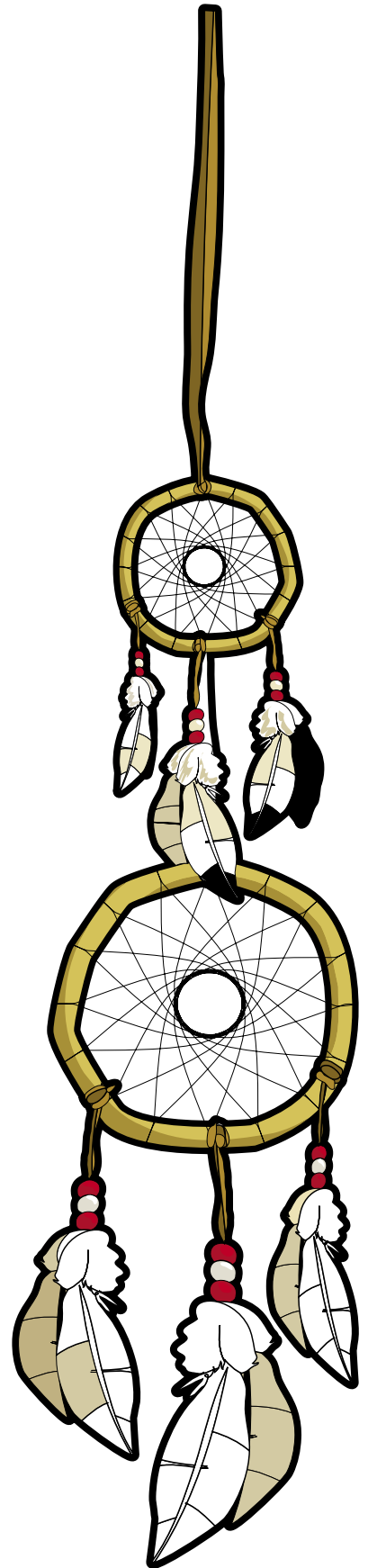
Myth or Fact?

Myth or Fact?

Myth or Fact?

Myth or Fact?

Myth or Fact?



Answers on page 27

# Think About it!

## Some Important Facts on Health Careers!

- ➡ There are more than 50 different health care professions recognized by the Government of Canada.
- ➡ Health care professions are jobs that maintain the health and condition of the human body as well as the well-being of the community.
- ➡ There are health care jobs for everyone.
- ➡ Choosing a health care profession will make a difference to you and to people who need care.
- ➡ You will contribute to improving the standard of health care in your community.
- ➡ Health careers provide a challenging and stimulating work environment.
- ➡ There are many opportunities for personal and career growth - the field has fast growth and good pay.
- ➡ Health careers can be fun and very rewarding, so think about making it a part of your future!



## Did You Know?

Here is a list of some fun facts that are related to the field of science. There are many different types of science related careers. Take a look at these facts and see if any of them interest you. If they do, maybe you should consider a future in a science related field. Enjoy!

- Did you know that there are 206 bones in the adult human body and there are 300 in children? As they grow some of the bones fuse together.
- The human eye blinks an average of 17,000 times a day and over 4,200,000 times a year!
- It is impossible to sneeze with your eyes open.
- In your lifetime, you will shed over 18 kg of skin!
- Only humans can sleep on their backs.
- The human body has enough fat to produce 7 bars of soap!
- 70% of the dust in your house is dead skin cells.
- Our eyes are always the same size from birth to adulthood, but our nose and ears never stop growing.
- The world's largest amphibian is the giant salamander. It can grow up to 150 cm (5 ft) in length. That's almost as tall as you!
- A new born blue whale measures 6 to 8 m (20-26 ft) long and weighs up to 3,000 kg (6,614lbs)!
- The poison arrow frogs of South and Central America are the most poisonous animals in the world.
- If you think you sleep a lot, think again because armadillos, opossums, and sloths spend about 80% of their lives sleeping!
- The tentacles of the giant Arctic jellyfish can reach 3.6 m (12 ft) in length.
- A mosquito has 47 teeth.
- An ostrich's eye is bigger than its brain.
- Tigers have striped skin, not just striped fur.
- Lobsters have blue blood.
- Sharks are immune to cancer.
- Crocodiles swallow stones to help them dive deeper.



# GAME: Unscramble & Match

Unscramble the health career on the left and match it to the correct definition on the right. There is a word bank at the bottom.

Good luck! 

## Scrambled Word      Unscrambled

1. neteirarivena      1. \_\_\_\_\_
2. stendit      2. \_\_\_\_\_
3. trocod      3. \_\_\_\_\_
4. lehath rowerk      4. \_\_\_\_\_
5. rensu      5. \_\_\_\_\_
6. myecerneg lademic  
nitchainec      6. \_\_\_\_\_
7. pometotrist      7. \_\_\_\_\_

## Word Definition

- Helps keep your teeth and mouth clean.
- This person gives your immunization shots.
- Drives an ambulance and performs CPR.
- Works in a community to provide health related information.
- An apple a day will keep this person away!
- Helps wounded and sick animals.
- If you think you need glasses this is the person to see.

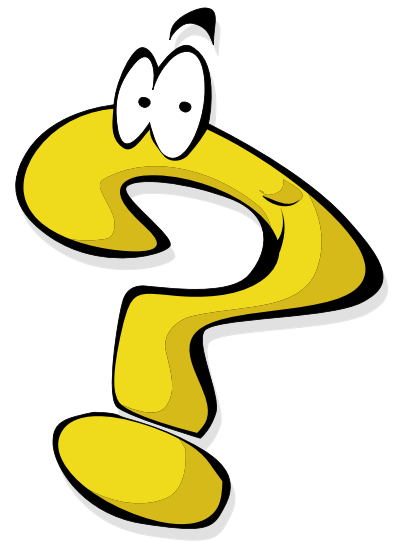
## Word Bank

Optometrist • Nurse • Veterinarian • Dentist • Health-Worker  
Emergency Medical Technician • Doctor



Answers page 27

# FAQs - Frequently Asked Questions



## 1) I am a high school student. Why should I choose a career in health?

- Health careers provide a challenging and stimulating work environment.
- There are many opportunities for personal and career growth.
- The field has fast growth and good pay.
- It can be very rewarding.
- You would have the ability to make a difference in people's lives.
- It fulfills a desire to help people.
- It also fulfills a desire to help the community

## 2) Who can I talk to about careers in health?

- Community health representatives (CHRs), nurses, dentists, doctors, emergency medical technicians (EMTs), psychologists, etc.
- Your counsellor at your school or community education centre.
- Math and science teachers.
- Your parent(s) or family members.
- Post-secondary counsellors in your community.

## 3) Are there certain courses I should take in high school?

- Math, biology, chemistry, physics, English (or French), computers, social studies.
- Grades are important and should be 70 per cent or higher.

## 4) What if I have graduated but do not have all the required courses to enter a health career program?

Most CEGEPs and Colleges offer access or transition programs to assist individuals succeed in post-secondary education. Some of these programs are specifically designed to help students obtain the marks they need to enter health career programs. Many access programs are two semesters (one school year).

## 5) What if I want a Health Career but I don't want to go to University?

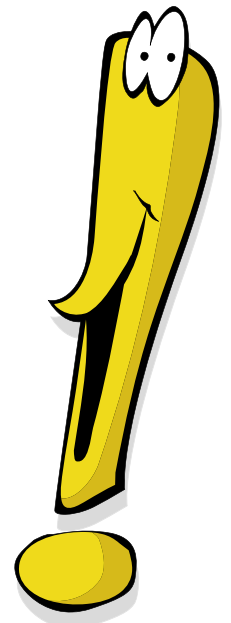
There are health care jobs for everyone. Health care professions referred to as "Assisting Occupations" only need some high school or a high school diploma, a trade/vocational certificate or college diploma, and/or on-the-job training.



# GAME: True or False?

Read the following statements and circle if you think it is true or false.

1. Occupational therapists (OTs) use many techniques to help people learn or re-learn to carry out activities of daily life such as eating, dressing, writing, cooking, going to work etc. **True or False**
2. Ophthalmologists are physicians (M.D.) who specialize in diagnosing and treating diseases and injuries of the foot. **True or False**
3. If you have a pet that is injured or feeling ill you would bring them to see an emergency medical technician (EMT). **True or False**
4. After a visit from the doctor, you need to pick up your prescription at your local pharmacy; the radiologist will prepare your prescription. **True or False**
5. Nutritionists focus on the promotion of healthy eating. They carry out research and educational programs to help individuals, groups, and entire communities reduce their health risks through nutrition programs. **True or False**
6. Midwives specialize in cooking, doing laundry, and cleaning houses. **True or False**
7. Psychologists study the behavior, emotions and thinking processes of people to better understand their behavior. **True or False**



Answers page 27



# Education, Education, Education...

Looks like this is the answer to choosing a career in the health care field. You can probably find a “job” in a health care setting right out of high school – maybe a file clerk at a hospital or an assistant of some kind, but if you’re looking for a job with a career – you should think about at least one year of education following high school!

## Easy Career Path Selection

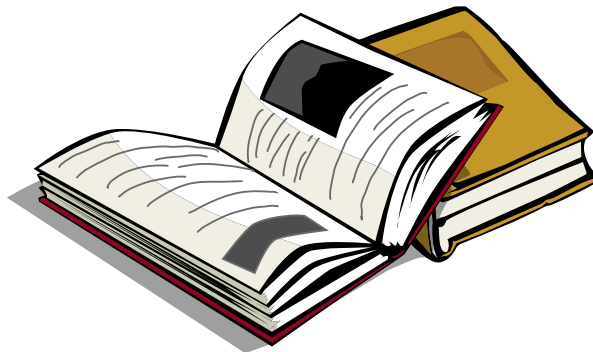
Find out what kind of education you need for different careers. Which careers should you consider, based on the length of training and education that is most suited to you? Some careers require a one-year certificate, while others require up to 12 years of post-secondary education!

## Certification in Health Care

There are professional standards for many careers related to health care. Often, in addition to a college or university education, professions require a period of supervised training (or internship) followed by an exam in order to be certified by the profession.

Here’s a quick look at how much education is required for health care careers.

(1-3 Years of Study)	(3-4 Years of Study)	(5 or More Years of Study)
Acupuncturist	Gerontologist	Naturopath
Biotechnologist	Nutritionist	Pharmacist
Radiation Technologist	Health Care Manager	Chiropractor
Optician	Midwife	Family Therapist
Dental Hygienist	Public Health Inspector	Psychiatrist
Medical Secretary/Health Record Technician	Kinesiologist	Psychologist
Paramedic/Ambulance Attendant (EMT)	Occupational Therapist	Dentist
Personal Support Worker	Physiotherapist	Audiologist/Speech Therapist
Massage Therapist	Podiatrist/Chiropodist	Family Doctor
Cardiology Technologist	Respiratory Therapist	Physician Specialist
Ultrasound Technologist	Addictions Counselor	Nurse Practitioner
Dental Assistant	Optometrist	Veterinarian
Denturist	Registered Nurse	
Medical Laboratory Technologist		
Registered Practical Nurse		



# GAME: Match them!

Match the appropriate health career on the left to the appropriate job description given on the right.

Good luck! 

## JOB TITLE

- ① Nutritionist
- ② Naturopath
- ③ Midwife
- ④ Psychologist
- ⑤ Paramedic/EMT
- ⑥ Optometrist
- ⑦ Lab Technologist
- ⑧ Physiotherapist

## JOB DESCRIPTION

- Works in an ambulance and treats people in emergencies
- Treats people using methods found in nature
- Helps people choose the best foods for a healthy lifestyle
- Studies human behavior and thought processes
- Recognized for their knowledge of childbirth
- Test people for vision problems and fitting of eyeglasses
- Assess injuries and disabilities and designs rehabilitation programs
- Tests and runs experiments on blood and other body fluids and tissues.



Answers on page 28



# How do I become a doctor? Where do I begin...?

## What do doctors do?

Doctors are involved with improving health. Although this may sound simple, there are hundreds of ways to improve health. For example, helping to take away someone's pain from a disease and starting a national campaign to stop smoking are two very different ways in which health can be improved.

Obviously, the field of medicine is incredibly diverse and flexible. Many physicians work with patients in hospitals and doctors offices. You will also find doctors in research laboratories, health clinics, government offices and even businesses. Doctors who decide to work with patients have dozens of choices - they can work with children, pregnant women, the elderly or those with specific health issues such as heart, brain or stomach problems.

It is important to understand that doctors are not always "saving lives". Rather they are a member of a team along with the patient, the patient's family and friends, and other health care workers such as nurses, physiotherapists and other physicians. By working with all these groups the doctors can try and provide the best quality of health for the individual and society.

## What does it take to be a good physician?

Communication & Caring

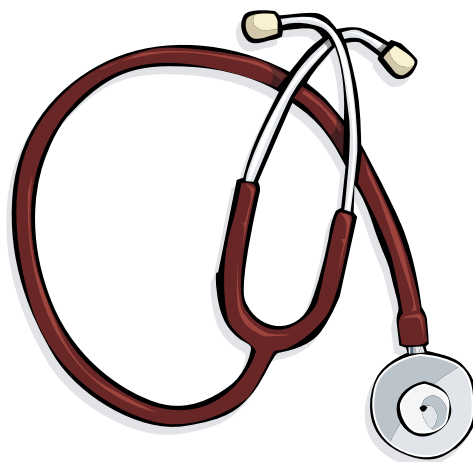
Knowledge

Life Long Learning

Commitment

## Who can be a doctor?

It is important to realize that almost anyone can be a doctor. Right now 50% of all medical students are female. Many of the students are married, have worked full-time for several years and may have children. There are doctors of every cultural background. There are also some doctors who suffer from mental or physical handicaps.



# How do I become a doctor? What do I do next?

## HIGH SCHOOL

You should check with your school counselor to find out what is needed.

## COLLEGE/UNIVERSITY

Medical schools in Canada require you to complete as a minimum anywhere from two to four years of full time undergraduate courses depending on the school. The majority of students gaining entrance to medicine have a degree of some kind. In college, you will probably take the science courses required by most medical schools - these classes are known as the 'pre-med' curriculum. The more common prerequisites are physics, chemistry, organic chemistry, biology, English, and biochemistry.

During your final year of college you will apply to one or more of Canada's 16 medical schools. Since each school has slightly different requirements and application forms, it is important to contact them early. You can write to them to receive free applications and information. You may also have to take a standardized multiple choice exam that tests several areas of scientific knowledge and language.

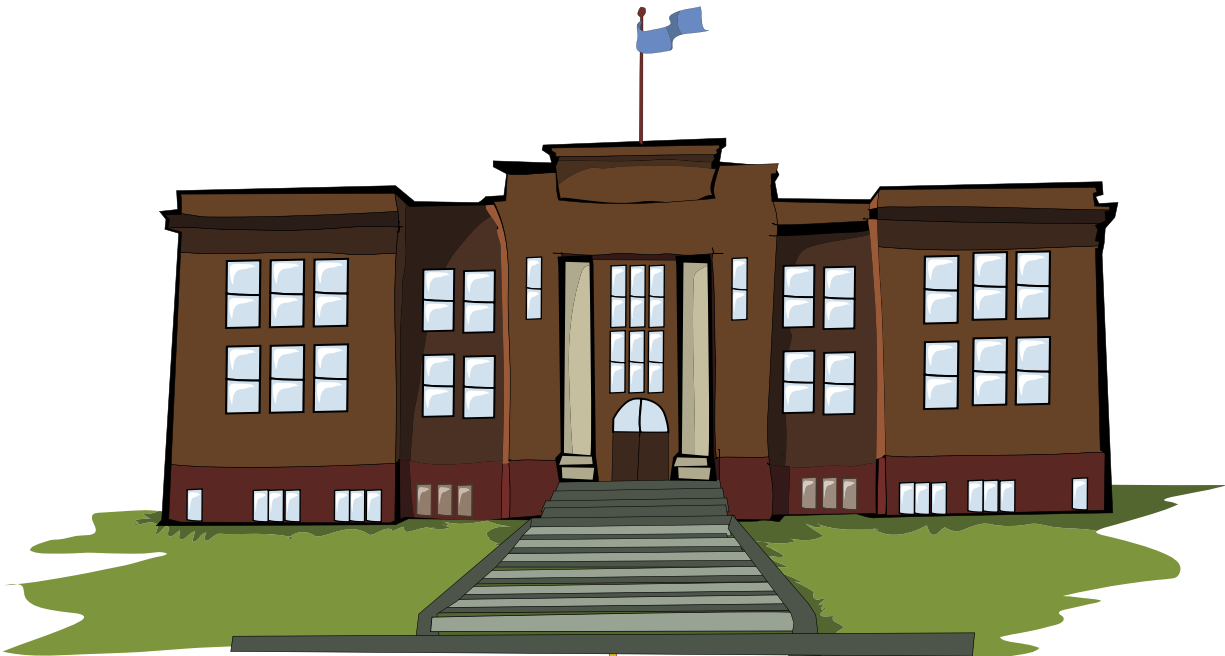
## MEDICAL SCHOOL

Medical school ranges from 3-4 years. The first two years are generally basic courses about the human body and how it works in times of health and of illness. The final 1-2 years is spent working in actual hospitals and doctor's offices.

## RESIDENCY

After completion of medical school you are required to take additional training in an area of specific focus (e.g. family practice or general surgery). Depending on the field this may range from 2-7 years. At the end of your residency you will write an exam that will allow you to practice medicine in Canada.

You can do it if you just put your mind to it! 



## Did you that too?

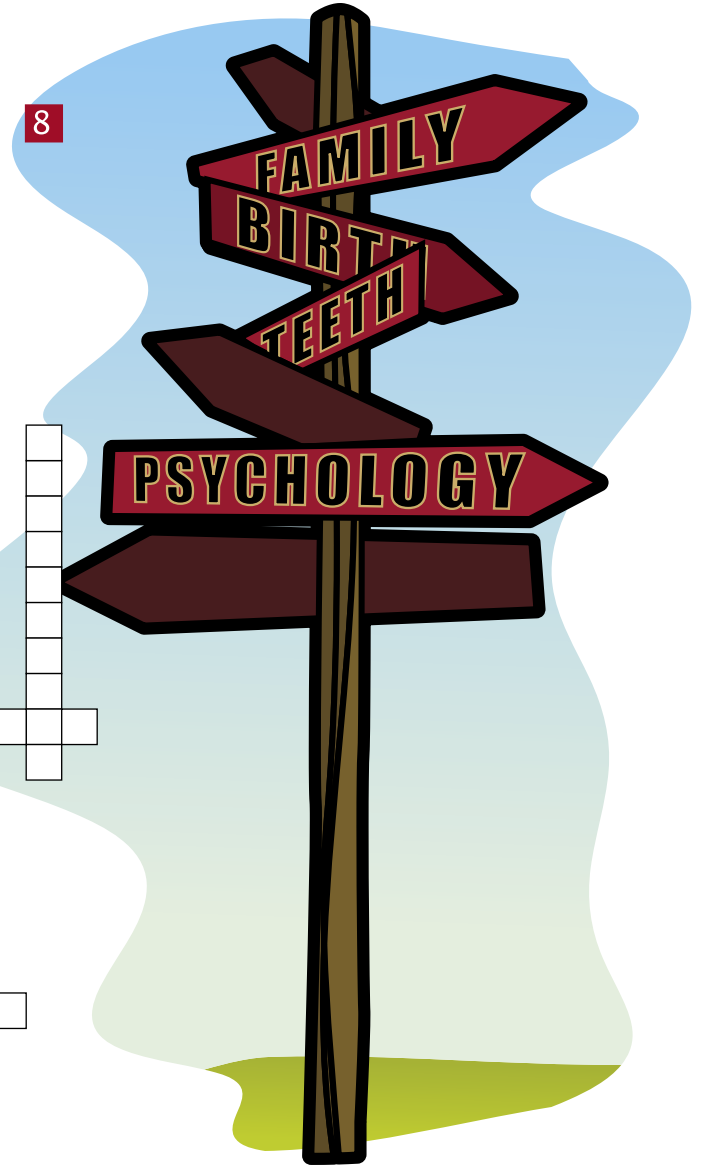
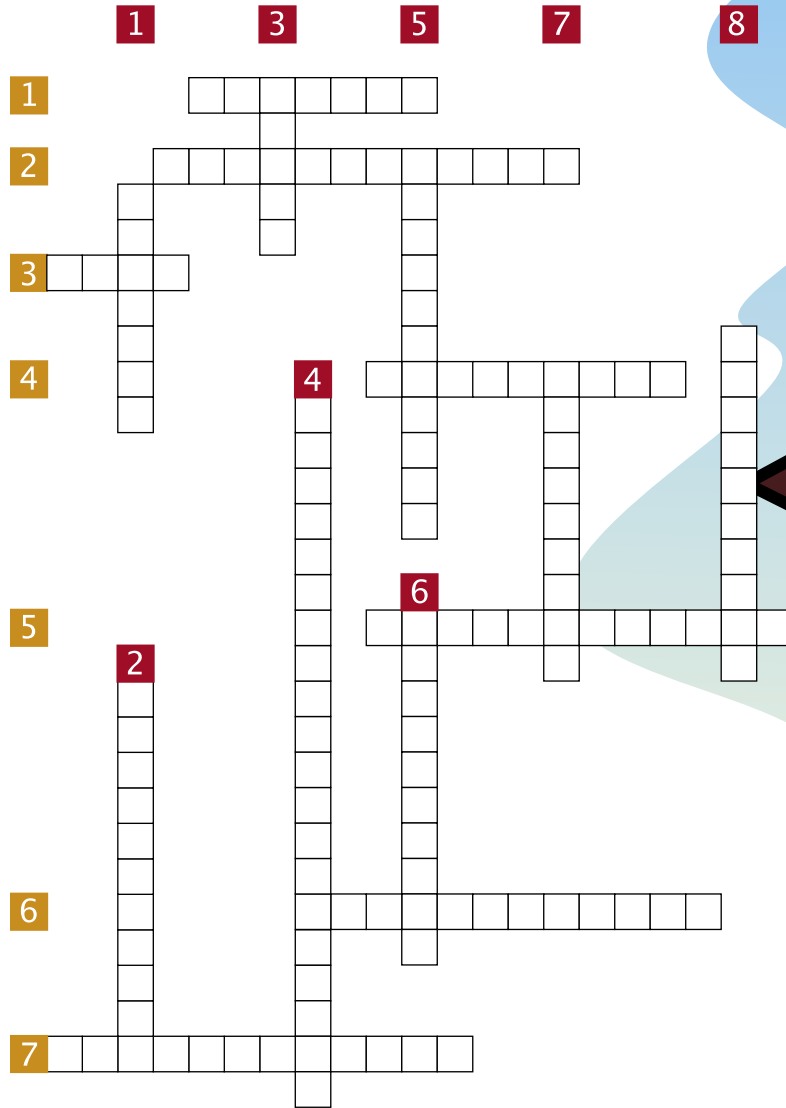
Here's another list of fun facts related to the field of science. See if any of these interest you. Enjoy!

- Elephants have been known to remain standing after they die.
- Rats multiply so quickly that in 18 months, two rats could have over 1 million descendents!
- Ants do not sleep.
- The embryos of tiger sharks fight each other while in the mother's womb. The survivor will be the baby shark being born.
- A cockroach can live for several weeks without its head.
- The cosmos contains approximately 50,000,000,000 galaxies!
- There are between 100,000,000,000 and 1,000,000,000,000 stars in a normal galaxy!
- If you could drive to the sun at an average speed of 90 km an hour, it would take about 193 years.
- If you could throw a snowball fast enough, it would totally vaporize when it hits a brick wall.
- No matter its size or thickness, no piece of paper can be folded in half more than 7 times.
- By raising your legs slowly and lying on your back, you can't sink in quicksand.
- A bolt of lightning is about 29,982 degrees Celsius; six times hotter than the sun!
- The moon is one million times drier than the desert.
- The temperature can be determined by counting the number of cricket chirps in fourteen seconds and adding 40!
- Oxygen, carbon, hydrogen, and nitrogen make up 90% of the human body.
- The United States consumes 25% of the entire world's energy.
- When hydrogen is burned, water is formed.
- Diamonds are the hardest substances known to man.

 Science is Fun!



# GAME: Word Puzzle



## Down

1. Assists women in birth.
2. Concerned with diseases of the eye.
3. Gives primary care to patients such as immunization shots.
4. Assists medical researchers in a lab.
5. Primarily concerned with the ear.
6. Helps families with problems.
7. Acquiring knowledge and skills to teach.
8. Gives prescription drugs.

## Across

1. Concerned with your teeth.
2. Focuses on mechanical disorders of the musculoskeletal system.
3. Someone who helps with some nursing duties.
4. Helps and guides people with problems.
5. Primarily concerned with the ear.
6. Focuses mainly on nutrition and healthy eating.
7. Helps animals who are sick.

Answers on page 28



# Career Chart

Here is a good way to decide on some career choices by looking at years of study, opportunity, and possible salary in addition to your own personal interests in the types of health careers...

Career	Schooling Required	Job Opportunity	Estimated Annual Salary
<b>Health &amp; Wellness</b>			
Nutritionist	5-8 Years Post Secondary	Very Good	\$35,000 - \$65,000 /yr
Gerontologist	3-12 Years Post-Secondary	Good	\$35,000 - \$65,000 /yr
Health Care Manager	3-12 Years Post-Secondary	Good	\$40,000 - \$100,000 /yr
Midwife	4 Years Post-Secondary	Good	\$40,000 - \$70,000 /yr
Naturopath	4 Years Post-Secondary	Good	\$50,000 - \$60,000 /yr
Home Care Worker	1 Year Post-Secondary	Good	\$12,000 - \$25,000 /yr
Environmental Health Officer	3-4 Years Post-Secondary	Good	\$35,000 - \$50,000 /yr
<b>Medical Care &amp; Treatment</b>			
Dentist	7-8 Years Post-Secondary	Very Good	\$90,000 - \$200,000 /yr
Dental Assistant	1 Year Post-Secondary	Good	\$33,500 /yr
Dental Hygienist	1-3 Years Post-Secondary	Very Good	\$20,000 - \$60,000 /yr
Denturist	2-3 Years Post-Secondary	Good	\$30,000 - \$100,000 /yr
Medical Secretary & Health Record Technician	1-3 Years Post-Secondary	Good	\$35,000 - \$50,000 /yr
Nurse Practitioner	5-6 Years Post-Secondary	Good	\$60,000 - \$80,000 /yr
Optician	2-3 Years Post-Secondary	Very Good	\$39,000 - \$60,000 /yr
Optometrist	7-8 Years Post-Secondary	Good	\$50,000 - \$100,000 /yr
Paramedic/Ambulance Attendant (EMT)	2-3 Years Post-Secondary	Good	\$35,000 - \$45,000 /yr
Pharmacist	5 Years Post-Secondary	Good	\$50,000 - \$90,000 /yr
Physician: Family / General Practitioner	8-12 Years Post-Secondary	Very Good	\$100,000 - \$200,000 /yr
Physician: Specialist	8-16 Years Post-Secondary	Very Good	\$100,000 - \$200,000 /yr
Registered Practical Nurse (RPN)	2 Years Post-Secondary	Good	\$25,000 - \$40,000 /yr
Registered Nurse (RN)	4 Years Post-Secondary	Very Good	\$35,000 - \$70,000 /yr
Veterinarian	6-8 Years Post-Secondary	Good	\$35,000 - \$100,000 /yr
<b>Therapeutic Treatment</b>			
Acupuncturist	3 Years Post-Secondary	Good	\$30,000 - \$60,000 /yr
Audiologist/Speech Therapist	3 Years Post-Secondary	Good	\$37,000 - \$60,000 /yr
Chiropractor	7-8 Years Post-Secondary	Very Good	\$60,000 - \$75,000 /yr
Kinesiologist	4-7 Years Post-Secondary	Good	\$25,000 - \$50,000 /yr
Massage Therapist	2 Years Post-Secondary	Good	\$17.00 / hour
Occupational Therapist	5-6 Years Post-Secondary	Good	\$40,000 - \$55,000 /yr
Physiotherapist	4-5 Years Post-Secondary	Good	\$40,000 - \$100,000 /yr
Podiatrist/Chiropodist	8 Years Post-Secondary	Good	\$76,000 - \$130,000 /yr
Respiratory Therapist	3-4 Years Post-Secondary	Good	\$35,000 - \$55,000 /yr



Medical Technology			
Biotechnologist	2-3 Years Post-Secondary	Good	\$35,000 - \$45,000 /yr
Cardio Technologist	2-3 Years Post-Secondary	Good	\$20,000 - \$50,000 /yr
Medical Lab Technologist	2-4 Years Post-Secondary	Very Good	\$25,000 - \$40,000 /yr
Radiation Technologist	3 Years Post-Secondary	Very Good	Approx. \$45,000 /yr
Ultrasound Technologist	2-4 Years Post-Secondary	Very Good	\$43,000 - \$58,000 /yr
Mental Health Treatment			
Addictions Counselor	1-6 Years Post-Secondary	Good	Approx. \$35,000 /yr
Marriage & Family Therapist	5-7 Years Post-Secondary	Good	Approx. \$40,000 /yr
Psychiatrist	10-12 Years Post-Secondary	Very Good	\$130,000 - \$170,000 /yr
Psychologist	6-9 Years Post-Secondary	Good	\$30,000 - \$100,000 /yr

 Did you know?

**Nurses are in the highest demand in the health field!**



# GAME: Who am I?

Read each paragraph and choose the right career for each statement

- 1) "I provide care, treatment, counseling and health education to ill or injured people; I also monitor patients' conditions, give them medications and treatments prescribed by a doctor; I may work in a clinical setting, a hospital, school or public health department. My average starting salary is \$35,000. Who am I?"
  - a) Registered Nurse (RN)
  - b) Lab technician
  - c) Audiologist
  - d) Prime Minister
  
- 2) "I may diagnose and treat oral problems affecting your teeth, gums, tongues, lips and jaw. I generally work in a clinical setting, but I may also work in a hospital, public health department, and even the military. A general practice will provide me with a starting salary of \$90,000. Who am I?"
  - a) Health Educator
  - b) Dentist
  - c) Psychologist
  - d) Tooth Fairy
  
- 3) "Nutrition for health is my goal; I plan nutrition programs to help both sick and healthy people who need to improve their nutrition; I can work in a variety of different places such as hospitals, clinics, research laboratories, public health departments, private practices and the food industry. My average starting salary is \$35,000. Who am I?"
  - a) Nutritionist
  - b) Vegetarian
  - c) Therapist
  - d) Registered Nurse (RN)
  
- 4) "I am a member of the emergency medical team; I provide basic and advanced life support to seriously ill or injured patients before these patients reach the hospital; I transport these patients by ambulance, and even aircrafts to appropriate medical centers. My average salary ranges from \$35,000-\$45,000. Who am I?"
  - a) Veterinarian
  - b) Emergency Medical Technician (EMT)
  - c) Pilot
  - d) Midwife
  
- 5) "My specialty is to identify and try to prevent or eliminate environmental health hazards such as chemicals, fumes, dust, human and industrial wastes, radioactive materials and germs; I work in a variety of settings including public health departments. Swimming pools are inspected for cleanliness and safety by me. My salary ranges from \$35,000-\$50,000. Who am I?"
  - a) Audiologist
  - b) Health Educator
  - c) Environmental Health Officer
  - d) Pool Guy
  
- 6) "My job is to operate medical records departments in health centers and other facilities; I design and manage health information systems so they meet medical, legal and ethical standards; I may work in hospitals, outpatient clinics, insurance companies, government agencies, educational institutions and private industry. My average starting salary is \$35,000. Who am I?"
  - a) Health Record Technician
  - b) Pharmacist
  - c) Social Worker
  - d) Janitor

See answers on page 28

# Career Choice Research

Below there is an example of how you can research Health Careers on the internet. On the next 2 pages, you will find a copy of this grid for you to use for your own search...There are some links to useful web pages (listed under resources on pages 26) to provide you with some facts, or you can do your own internet search using Google to find career information.

Health Career: Emergency Medical Technician (EMT)	
<b>Description:</b> Assesses emergency situations; sets priorities for emergency services; provides basic life support medical care, such as First Aid, CPR and any other emergency treatment necessary to stabilize a patient for transportation to the nearest hospital.	<b>Education:</b> High school graduate or equivalent; completion of a training program in a college or other recognized program in emergency medical technology, emergency health care, and supervised practical training.
<b>Useful High School Subjects:</b> Sciences, Math, First aid, English, French	<b>Useful Experience/Skills:</b> Ability to cope with stressful working conditions; multi-disciplinary teamwork; interpersonal skills
<b>Average Starting Salary:</b> \$13.58 to \$18.73 hourly wage.	<b>Employment Outlook:</b> Employment opportunities are above average due to aging population and increased health care funding; employment is possible with private ambulance services, hospitals, fire departments, manufacturing and mining companies, as well as government departments.
<b>My Interest Rating: 9/10</b>	<b>My Skills:</b> I like to help people. I think fast in emergencies.



## My Career Search 1

Conduct your own search on a career that you are interested in. Use the previous page as a guideline to help you with your career search. There is a list of internet resources on page 26 to help you.

<b>Health Career:</b>	
<b>Description:</b>	<b>Education:</b>
<b>Useful High School Subjects:</b>	<b>Useful Experience/Skills:</b>
<b>Average Starting Salary:</b>	<b>Employment Outlook:</b>
<b>My Interest Rating:</b>	<b>My Skills:</b>

## My Career Search 2

Try a search on another career that you may also be interested in. Don't forget there is a list of internet resources on page 26 to help you find information to fill in each space on your chart.

<b>Health Career:</b>	
<b>Description:</b>	<b>Education:</b>
<b>Useful High School Subjects:</b>	<b>Useful Experience/Skills:</b>
<b>Average Starting Salary:</b>	<b>Employment Outlook:</b>
<b>My Interest Rating:</b>	<b>My Skills:</b>



# Resources

## For information related to Health Careers:

- 1) Community Health Careers:  
<http://www.communityhealthcareers.ca/careers.htm>
- 2) Job Futures:  
<http://jobfutures.ca/en/home.shtml>
- 3) National Aboriginal Health Organization (NAHO):  
<http://www.naho.ca>
- 4) Vocational Information Center-Health Career Guide:  
<http://www.khake.com/page22.html>
- 5) Greensboro AHEC kids:  
<http://www.aheckids.com>
- 6) A Career in Nutrition:  
[http://dietitians.ca/public/content/career\\_in\\_nutrition/index.asp](http://dietitians.ca/public/content/career_in_nutrition/index.asp)
- 7) **Listing of Health Career Scholarships** from First Nations of Quebec and Labrador Health and Social Services Commission Website  
[http://www.cssspnql.com/cssspnql/ui/index.jsp?lang=\\_en](http://www.cssspnql.com/cssspnql/ui/index.jsp?lang=_en) (clic on "Health")

## For Information on Medical Training Programs:

- 1) Nursing Schools:  
<http://www.canadianrn.com/directory/educate.htm>
- 2) Canadian Medical School Profiles:  
[http://www.cfms.org/pre\\_med/profiles.cfm](http://www.cfms.org/pre_med/profiles.cfm)
- 3) McGill University Medical School:  
[http://www.medicine.mcgill.ca/admissions/additionalinfo/firstnations\\_en.htm](http://www.medicine.mcgill.ca/admissions/additionalinfo/firstnations_en.htm)
- 4) Indigenous Physicians Association of Canada:  
[www.ipac-amic.org](http://www.ipac-amic.org)

## For information related to Science Careers:

- 1) High Tech Science-Fun Science Facts: <http://www.hightechscience.org/funfacts.htm>
- 2) Careers in Life Science - Information for Students in Grades K-12:  
<http://www.the-aps.org/education/k-12misc/careers.htm>



# Answers to games

## Myths or Facts? (Page 9)

- 1) **Myth** - Everyone has the potential to be a doctor. You can do anything if you put your mind to it. Passion, dedication, and a lot of hard work will help you succeed.
- 2) **Myth** - Not all health careers require a university degree. Some are obtained through CEGEP or College for Applied Arts & Technology.
- 3) **Myth** - There are many careers in health and medicine for students with disabilities. In fact, there are no limits on an individual's choice of careers. Be sure to check your school's facilities for access to students with particular disabilities and consult with student services.
- 4) **Fact** - By obtaining a career in the health field you will have the ability to make a difference for others and your community.
- 5) **Myth** - Many health careers have a starting salary that range between \$20,000-\$30,000. Some are even more than that!
- 6) **Myth** - There are colleges throughout Canada that offer access or transition programs to assist individuals succeed in post-secondary education. Some of these programs are specifically designed to help students obtain the marks they need to enter health career programs.
- 7) **Myth** - Although math is an important course for the health fields, physics, chemistry and science, are also equally important.
- 8) **Fact** - For many health careers, you may be asked by the school to have a medical check-up. Most health careers also involve submitting health and immunization records.

## Unscramble & Match (Page 12)

1. **Veterinarian** - Helps wounded and sick animals
2. **Dentist** - Helps keep your mouth and teeth clean
3. **Doctor** - An apple a day will keep this person away!
4. **Health Worker** - Works in a community to provide health related information
5. **Nurse** - This person gives you your immunization shots
6. **Emergency Medical Technician** - Drives an ambulance and performs CPR
7. **Lab Technician** - Provides assistance to medical researchers in a laboratory
8. **Audiologist** - Helps you maintain good hearing
9. **Optometrist** - If you think you need glasses this is the person to see.

## True or False? (Page 14)

1. **True**
2. **False**: Ophthalmologists are physicians who specialize in diagnosing and treating diseases of the eye.
3. **False**: If your pet was injured or feeling ill, you would bring it to a veterinarian who specializes in animal health.
4. **False**: Pharmacists are experts in preparing medicine.
5. **True**
6. **False**: Midwives assist women in childbirth.
7. **True**



## Match Them! (Page 16)

- (1) Nutritionist: Helps people choose the best foods for a healthy lifestyle.
- (2) Naturopath: Treats people using methods found in nature.
- (3) Midwife: Recognized for their knowledge of childbirth.
- (4) Psychologist: Studies human behavior and thought processes.
- (5) Paramedic/EMT: Works in an ambulance and treats people in emergencies.
- (6) Optometrist: Test people for vision problems and fitting of eyeglasses.
- (7) Lab Technologist: Tests and runs experiments on blood and other body fluids and tissues.
- (8) Physiotherapist: Assess injuries and disabilities and designs rehabilitation programs.

## Word Puzzle (Page 20)

### Down:

1. Midwife
2. Optometrist
3. Nurse
4. Laboratory Technician
5. Audiologist
6. Social Work
7. Education
8. Pharmacist

### Across:

1. Dentist
2. Chiropractor
3. Aide
4. Counselor
5. Psychologist
6. Nutritionist
7. Veterinarian

## Who Am I? (Page 23)

- 1) a - Registered Nurse (RN)
- 2) b - Dentist
- 3) a - Dietitian
- 4) b - Emergency Medical Technician (EMT)
- 5) c - Environmental Health Officer
- 6) a - Health Record Technician







**The First Nations of Quebec and Labrador Health  
and Social Services Commission**

[www.cssspnql.com](http://www.cssspnql.com)