



Health Science Academy

Senior Edition

Volume 8, Issue 4
December 2017

LA CROSSE SCHOOLS

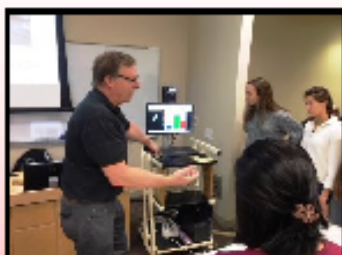
HEALTH OCCUPATIONS PROVIDE MULTIPLE AVENUES FOR LEARNING

Seniors in the HSA Health Occupations class have multiple avenues to investigate careers after revamping the curriculum this year. The class meets together on Monday, Tuesdays and Fridays to discuss content including medical math, ethics, education and training, employment requirements and other topics. But on Wednesdays, students have the opportunity to immerse into one of three programming opportunities.

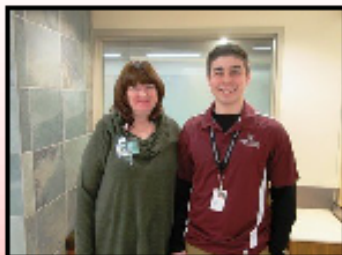
Certified Nursing Assistant training is offered as one of those opportunities. The training is conducted by Nurse Educator Paul Larson from Gundersen. During the fall semester the seniors in this program are in the classroom and lab at the HSC and will begin clinicals at Gundersen during second semester.

The new mentorship program offers seniors in this avenue to do an extensive job shadow with healthcare professionals on Wednesdays. A BIG thank you to our partners from Mayo, Gundersen, and other healthcare facilities who are sponsoring students. During the fall term, students were selected to participate in mentorship programs in nursing, social work, medical specialties, dentistry, emergency, surgery, imaging, pharmacy, peds oncology, and orthopedics. The second term for mentorship will begin in February where the fields of lab foundations, cardiology, and oncology will be added.

The third "Wednesday" avenue is in Advanced Health Topics where students learn, experience, and research in a specific area of healthcare. This fall's concentration was in Sports Medicine. Students enjoyed guest speakers, labs, tours, and taking a deeper look into the world of Sports Medicine. Topics for next semester will include Alternative Healing, Mental Health and Addiction, and Death and Dying.



Tom Kerozek from UWL explains technology used in Sports Medicine



Roy Balder with his mentorship sponsor, Sue Einerwold, in Imaging



Cheyenne Bonasik and Maria McHugh practice skills in the CNA lab.

Mark Your Calendar

December 21—Test/Quiz Make-up session
December 23-January 1—Winter Break
January 2—HSA classes resume
January 5—Med Term Final Exam
January 9—LiveStream Surgery
January 15—No HSA
January 16—Health Occupations Final Exam
January 24—LiveStream Surgery
January 31—Advance Topics to Tomah VA Hospital



Academy Contacts

Tom Kammer	TKammer@lacrossesd.org
Nahmie George	NGeorge@lacrossesd.org
Tammy Gruen	TGruen@lacrossesd.org
Paul Larson CNA	PJLarson@gundersenhealth.org
Annette O'Hern	annetelohern@gmail.com
Rachel Moore	RMoore@lacrossesd.org
(Attendance)	Central: 789-3008
	Logan & travelers: 789-3207

THANK YOU FROM THE SENIORS FOR GREAT JOB SHADOWS



The seniors just completed their HSA job shadow program in December. Throughout the Academy, the students have had an opportunity for up to six individual job shadows with healthcare professionals. Most seniors commented that this was the "best part of the Academy so far!" Seniors will be completing a final presentation reflecting on their job shadow experiences in January. Thank you to all of the healthcare providers who shared their time and expertise with our students in the HSA job shadow program.



Mr. Nahmie George

Health Occupations Instructor

WHAT'S HAPPENING IN THE CLASSROOM

Health Occupations II Our latest unit in Health Occ II was a unit on Ethics in Health Care. We examined many different ethical dilemmas health care workers may encounter on the job. We had some great classroom discussion about what is "right" and what is "wrong." Students also had the opportunity to write an editorial on an ethical dilemma in health care that they feel strongly about. Our next unit will focus on medical math. Get those calculators out!

Medical Terminology The senior students are almost finished with Medical Terminology. We will be quizzing this week on the reproductive system which is the last of the eleven human systems that were studied this semester. Next week will be the last unit test before they take the Medical Terminology final on January 5th. Remember that the students will be earning three transcripted credits from Western Technical College for the Medical Terminology class that they are taking this semester. The seniors are looking forward to starting the first Advanced Anatomy and Physiology class ever offered in the Academy. Students will earn transcripted credits from Western Technical College for the Anatomy class.



Mr. Tom Kammer

Medical Terminology Instructor



Mrs. Tamara Gruen

Global Issues Instructor

Global Issues in Healthcare We have been spending quite a bit of time on the environment and how it affects our health. Water is a very important resource and there are many battles going on over water rights across the globe. An important question that is asked is this, "Is water a right or can it be owned?" We have looked at policies that different global companies have about water and how they use water and other resources.

We also listened to Dr. Matthew Bersagel Braley, a professor at Viterbo University, speak about Religion as Social Health Determinant. Essentially looking at how religion can play a role in healthcare here in the US and around the world.

The students were also offered opportunities to listen to Mariah Idrissi, who came to UWL's campus to speak about being one of the first Muslim women to be a fashion model. She also speaks to breaking down barriers that are in place because of misconceptions about Islam and is an advocate for women and children's rights.

CNA Students in the Health Science Academy's Nurse Aide Training Program continue their learning in the classroom and skills lab settings. Classroom and skills lab days have focused on building effective communication skills, and integrating the basic principles of infection control and patient safety into each new skill that they learn. New classroom topics included nutrition and fluids, wound and skin care, personal hygiene, and vital signs. In the Skills Lab, students demonstrated proficiency with measuring vital signs (pulse and respirations), and several personal hygiene skills. In mid-October, the students had their first clinical experience on the Medical and Surgical units at Gundersen Health System. This earlier than usual clinical experience introduced the students to the hospital environment, and allowed the students to observe (and assist) healthcare team members communicating with and providing direct care for patients.



Mr. Paul Larson, MS RN

Nursing Instructor

Volume 9, Issue 2

December 2017



LA CROSSE SCHOOLS

VOLUNTEERING AN IMPORTANT PART OF HSA

Each year the Health Science Academy students are encouraged to give back to their community through a variety of service opportunities. Students are asked to give at least 20 hours per year to a variety of health-related causes.

Volunteering for these health-related causes and events give Academy students a "hands on" opportunity to serve others and their community. It's a way for students to learn about community and public health. And, volunteering is also a small way for the HSA to say "thank you" to the many partners who give so much to the Academy.

Examples of the service provided by the HSA students this fall include working events such as Steppin' Out in Pink, The Enchanted Forest, Rotary Lights, iFeed, Salvation Army, Northside Community Clinic, WAFER, and many others, in addition to volunteering at each of the hospitals. Last year the Academy students gave over 1,500 hours of service and this year's students are well on the way of surpassing that number!



Academy Contacts

Tom Kammer	TKammer@lacrossesd.org
Nahmie George	NGeorge@lacrossesd.org
Tammy Gruen	TGruen@lacrossesd.org
Annette O'Hern	annetteloborn@gmail.com
Rachel Moore	RMoore@lacrossesd.org
(Attendance)	Central: 789-3008
	Logan & travelers: 789-3207

Mark Your Calendar

December 21—Test/Quiz Make-up session
December 23—January 1—Winter Break
January 2—HSA classes resume
January 15—No HSA
January 16—Anat & Phys Final Exam
January 17—AP Psych Final Exam
January 17—Exercise Phys Final Exam
January 22—No HSA
January 30—Field Experience



JUNIORS APPRECIATE FIELD EXPERIENCES

A BIG thank you to Gundersen and Mayo Health Systems for providing fantastic field experiences for first semester. These experiences are directly tied in to our curriculum. Below are some snapshots of recent trips.



WHAT'S HAPPENING IN THE CLASSROOM

AP Psychology Students have completed Unit 6 Learning and will be started on Unit 7 Cognition and Memory. We have learned structures and functions of the various parts of the brain and how they are related to our behavior. We also have studied Sensation and Perception; how we take in information and why we might perceive the information we take in differently. We did an activity called sensation stations, which involved the use of perception and inversion goggles, jumping rope and spelling at the same time, a dizzy bat challenge and tasting sweet, salty and sour items. Please encourage your students to be studying for the AP exam in May if they are planning on taking the test (10 - 15 minutes a night studying vocabulary will do wonders). The cost is approximately \$92 (less if you are free and reduced lunch - it was free at Logan and Central last year with free and reduced lunch). With a 3 or better on the exam you can earn up to 3 college credits. More information will be coming out in February.



Mrs. Tamara Gruen
Psychology Instructor



Mr. Nahmie George
Health Occupations Instructor

Health Occupations Our latest unit in Health Occ 1 has been examining how health insurance works in the United States. We have learned all about premiums, claims, copayments, coinsurance, and deductibles. We have discussed the pros and cons of universal health coverage. I have encouraged the students to talk with their parents/guardians about the type of health coverage they have. If they have not talked to you yet, feel free to initiate that conversation as they now know all about how health insurance works!

Exercise Physiology Students have been working hard to meet the goal stated in their beginning of the year SMART goal. In addition to the time they have at the YMCA on Thursday mornings, students are required to document 150 minutes of activity weekly. At the end of the first semester, we will be testing our progress and adjusting our SMART goals for the rest of the year if necessary.

Anatomy & Physiology The junior students are just finishing up the muscular system this week. It has been an activity filled unit with the students working together at the YMCA with a partner to do video break down of a muscle movement that they chose. Students will describe the action of all of the muscles and bone involved, and any pertinent injuries that would affect the movement. They also had tours at either Mayo or Gundersen Health Systems to visit and learn about the Physical Therapy Departments. The students will be taking a practical this week that will involve testing their abilities to name and identify over fifty different human muscles on the cadavers at UW-L. They will also work with partners to identify and pin 30 different muscle on skinned rats. The week will end with a written test on muscle contraction physiology. Our next system of study before finals will be on the Nervous System.



Mr. Tom Kammer
A & P Instructor