



# UNIVERSITY OF NORTH DAKOTA HEALTHCARE

## WHICH HEALTHCARE CAREER IS THE RIGHT FIT FOR YOU?

As you are considering what career to pursue, you should look for a career that matches your skills, interests, and personality. What can you see yourself doing and enjoying for years to come? Seek a career that would allow you to contribute to the world in a way that would make you feel proud and satisfied.

Whether it's the health administrators who keep doctors' offices and hospitals running smoothly, public health experts who create contingency plans for the next epidemic, doctors and nurses scrubbing in for surgery or nutritionists creating a nutrition plan for an elementary school, there is an almost limitless variety of opportunities within the field of healthcare.

UND prides itself on providing many specialized staff and resources to help you explore your academic options towards your educational and career goals. Connect with the Academic & Career Exploration team or your academic advisor to learn more about these exploration tools.

**Whichever career you choose, you can begin your path to becoming a healthcare professional at UND!**



## MEDICINE

Medical Doctors (MDs) are physicians who diagnose and treat injuries and diseases. Doctors can work as primary care physicians or can specialize in a variety of areas including surgery, anesthesiology, cardiology, neurology, and pediatrics, to name a few. MDs attend allopathic medical school where they are educated with a focus on scientific and research-based medicine.

## OSTEOPATHIC MEDICINE

Doctors of Osteopathic Medicine (DOs) are physicians who diagnose and treat injuries and diseases. DOs can specialize in a variety of areas such as surgery, anesthesiology, cardiology, neurology, and others, though over half practice in primary care. DOs attend osteopathic medical school where they are educated with a patient-centered approach and learn the hands-on osteopathic manipulative treatment (OMT) method.

## PHYSICIAN ASSISTANT

Physician assistants (PAs) are medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications and often serve as a patient's principal healthcare provider. PAs practice in every medical setting and in all specialties such as primary care, internal medicine, emergency medicine, pediatrics, geriatrics, orthopedics, and more.



## VETERINARY MEDICINE

Veterinarians diagnose and treat the illnesses and injuries of animals. Veterinarians can specialize in caring for not only pets, but also livestock and wildlife as well. Job duties may include administering immunizations, testing for disease, prescribing medications, performing surgeries, research, and advising owners on caring for their animals.

## DENTISTRY

Dentists diagnose and treat disease of the teeth, gums, and related parts of the mouth. Most dentists are general practitioners and handle a variety of dental needs. Other dentists practice in a specialty area such as pediatric dentistry, dental anesthesiology, endodontics, oral surgery, or orthodontics. Dentists in private practice often employ and oversee dental hygienists, dental assistants, and administrative staff such as receptionists.

## CHIROPRACTIC

Chiropractors care for patients' neuromusculoskeletal system. Traditionally, they use spinal adjustments and manipulation to treat pain and maintain alignment in the spine, believing that proper alignment improves the neuromusculoskeletal system's ability to perform and thus improves the functioning of other systems throughout the body. These days there are many philosophies within chiropractic, not all of which utilize spinal adjustment as their primary method of care. Chiropractors in private practice are responsible for marketing their businesses, hiring staff, and keeping records.

## OPTOMETRY

Optometrists diagnose and treat visual problems, manage diseases, injuries, and other disorders of the eyes, and prescribe eyeglasses or contact lenses as needed. Optometrists who own their practice also spend time on general business activities such as hiring employees, ordering supplies, and marketing their business.

## PODIATRIC MEDICINE

A podiatrist, also known as a podiatric physician or surgeon, provides medical and surgical care for people with foot, ankle, and lower leg problems. They diagnose illnesses, treat injuries, prescribe medication, and perform surgery involving the lower extremities. Many podiatrists spend most of their time performing surgeries such as foot and ankle reconstruction, though some specialize in areas such as sports medicine, pediatrics, and diabetic foot care.

## PHARMACY

Pharmacists dispense prescription medications to and sometimes create customized medications for patients, offering their expertise in the safe use of prescriptions. Pharmacists may also conduct health and wellness screenings, provide immunizations, oversee the medications given to patients, and provide advice on healthy lifestyles. Pharmacists can work in a variety of settings including chain drug stores, hospitals, clinics, research facilities, or privately-owned pharmacies. Some pharmacists who own their pharmacy or manage a chain pharmacy spend time on business activities, such as hiring staff and inventory management.

## OCCUPATIONAL THERAPY

Occupational therapists (OT) work with people of all ages with various health issues to adapt surroundings and tasks to help people live better with disabilities, injuries, or illnesses. OTs work in many different settings such as clinics, hospitals, and nursing facilities.

## PHYSICAL THERAPY

Physical Therapists (PT) diagnose and treat patients across the lifespan with health conditions that affect the movement system. PTs can work in general practice or specialize in areas such as geriatrics, neurology, orthopedics, pediatrics, or sports medicine. PTs work with their patients to restore strength, range of motion, and balance, decrease



pain, and improve functional mobility (i.e. walking). PTs can work in a variety of settings including hospitals, clinics, long-term care facilities, private practice, athletics facilities, and schools.

## ATHLETIC TRAINING

Athletic trainers (AT) prevent and treat injuries for all active people. They often work closely with athletes, but they aren't limited to one type of patient. ATs provide primary care, injury and illness prevention, wellness promotion and education, emergency care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. ATs can work in a variety of settings including primary care and outpatient facilities, high schools, sports medicine clinics, colleges, and professional sports teams.

## KINESIOLOGY

With a degree in Kinesiology, you'll be equipped to support health and fitness in a fast-growing field by teaching physical education, coaching, or training people of all ages. Individuals in this field can play an active role in promoting wellness and combating medical concerns such as obesity and diabetes through encouraging physical fitness as a personal trainer or a strength and conditioning coach.



## NURSING

Registered Nurses (RN) work directly with patients, doctors, and other health care professionals and provide hands-on care to a patient. RNs help with many health-related tasks like recording medical histories and symptoms, administering medicine and treatments, assisting with minor surgery, removing stitches and bandaging wounds, and measuring a patient's vital signs such as temperature, blood pressure and pulse. RNs work in a variety of medical and community settings including hospitals, clinics, nursing homes, prisons, and long-term care facilities. A Bachelor of Science in Nursing degree in addition to RN licensure can open up many more job opportunities within the field of nursing. Nurse practitioners (NP) are registered nurses with an advanced educational degree & clinical experience. They provide health care to people of all ages with an emphasis on wellness through complete physical examinations, diagnostic screening for health disorders, vaccinations, injuries, etc. Over 75% of NPs are primary care nurse practitioners, and can work in hospitals, clinics, and other outpatient settings.

## DIETETICS

Registered Dietitian Nutritionists (RDNs) are educated at the graduate level and collaborate with physicians to treat clinical conditions and formulate therapeutic diets based on a patient's physiological needs and food habits. In addition to working in healthcare facilities, dietitians may also develop nutrition programs for public health clinics, fitness centers, and other businesses, work in food manufacturing, oversee large-scale meal planning and preparation in health care facilities, company cafeterias, prisons and schools, or work in their own private practice.

## HUMAN NUTRITION

A nutritionist is a professional with an advanced degree (graduate or doctorate) that provides nutrition education to individuals and groups and organizes public health programs that promote healthy diets. Those who complete a bachelor's in Human Nutrition can work for community programs (such as the WIC and Head Start) immediately after graduation, or can continue their education with the master's-level Human Nutrition program, or other graduate-level programs to become Registered Dietician Nutritionists (RDN), Certified Nutrition Specialists (CNS), or other health professionals.

## SOCIAL WORK

Social workers help individuals, families, and communities solve and cope with problems in their everyday lives such as illness, divorce, or unemployment. Social workers develop and organize programs to enhance the social development of individuals or groups, counsel patients and their families, advocate on the patient's behalf for referrals to other social services, and design community action programs to address environmental and social conditions in the community. Social workers can work in a variety of settings including schools, hospitals, governmental organizations, community centers, nursing homes, and private practices.

## PSYCHOLOGY/COUNSELING/PSYCHIATRY

Clinical and counseling psychologists assess, diagnose, and treat mental, emotional, and behavioral disorders by means of interview and observation. They treat clients by means of individual, family, or group psychotherapy and behavior modification programs.

Counselors work with people to help them adjust and resolve problems in personal, social, educational & career matters. Through counseling, they work with patients to identify their personal attributes such as abilities, interest, values, personality type and methods of coping with problems, and identify resources and other methods for the patient to manage problems.

Psychiatrists diagnose and treat mental, emotional and behavioral disorders ranging from paranoia and schizophrenia, severe stress, insomnia, and anxiety. Psychiatrists will develop a treatment plan through a combination of psychotherapy, psychoanalysis, medication, and hospitalization. They search for causes of emotional problems and prescribe behavior modification and medication. Training for psychiatrists consists of undergraduate school plus graduation from a medical school with specialization in psychiatry.

## REHABILITATION & HUMAN SERVICES

A program that focuses on helping people with physical, learning, cognitive, and addiction disorders increase their independence and quality of life. The interdisciplinary program prepares you for a variety of careers in rehabilitation with an interdisciplinary approach from the perspectives of the health sciences, social sciences, psychology, and related fields. Includes instruction in psychological, social, and cultural aspects of disability and rehabilitation; sensory and motor function and dysfunction; biomechanics and kinesiology; assistive technology; rehabilitation instrumentation and methodology; statistics; and health and rehabilitation policy. Graduates of the program are in high demand

for positions in vocational rehabilitation, hospital rehabilitation, case management, and chemical dependency programs.

## BIOMEDICAL ENGINEERING

Biomedical engineers combine engineering principles with medical principles to design and create equipment, devices, computer systems, and software for improving human health. They design and test health care instruments and devices for repairing or treating ailments & deformities, such as metal and plastic hips, pacemakers, artificial organs and limbs, and design software to run medical equipment like three-dimensional x-ray machines. Biomedical engineers work in a variety of settings including hospitals, laboratories, manufacturing settings, and commercial offices.

## MEDICAL LABORATORY SCIENCE

Medical laboratory scientists (MLS) perform, interpret, and ensure accuracy of diagnostic medical testing of a variety of biological samples. MLSs collaborate with the healthcare team to help diagnose and monitor disease processes, as well as monitor effectiveness of therapeutic interventions. It is estimated 60 to 70 percent of all decisions regarding a patient's diagnosis, treatment, hospital admission, and discharge are based on the results of the tests MLSs perform. MLSs work in a variety of settings including hospitals, clinics, forensic or public health laboratories, veterinary clinics, pharmaceutical and biotechnology companies, and research institutions.



## HEALTH STUDIES

A program that combines a strong foundation in the liberal arts with a broad education in the natural and human sciences to prepare you for a successful career in any aspect of health care. It offers students a broader understanding of health care perspectives and opens the door to alternative career options such as Health Administration, Health Data & Informatics, Health Management, Health Promotion, or Health & Law.

## PUBLIC HEALTH EDUCATION

Public health educators deal with health from the perspective of populations, whether small community groups or large populations on a global scale. They develop and implement educational campaigns and programs with the goal of strengthening public health infrastructure and promoting healthy environments, habits, and behaviors. Their work can focus on a variety of public health issues such as disease prevention, air quality concerns, mental health, disaster preparedness, and substance abuse prevention, and they can work in a number of settings including community health clinics, hospitals, schools, community centers, nonprofit organizations, and governmental health departments.

## COMMUNICATION SCIENCES & DISORDERS

Speech-language pathologists (SLP) work with children and adults who have problems with speech and language, such as stuttering, voice disorders, or inability to speak or understand language. SLPs will evaluate and diagnose disorders, track treatment progress, and document any changes to the individual's condition or treatment plan. SLPs can work in a variety of settings including hospitals, clinics, schools, long term care facilities, and private practices.

Audiologists diagnose and treat a patient's hearing, balance, or related ear problems. Treatment may include cleaning wax out of ear canals, fitting and checking hearing aids, or working with physicians to fit the patient with cochlear implants to improve hearing. They can also plan methods for the prevention of damage to the sense of hearing especially in noisy environments like in construction, manufacturing, aviation, and military systems. Audiologists work in a variety of settings including hospitals, clinics, schools, long term care facilities, government organizations, and private practices.



If you'd like to join or change your program, contact UND Advising for more information.

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