

What is an AHEC?

The North Central Area Health Education Center (NC AHEC) is:

- A partner with the University of Kentucky and the University of Louisville academic medical centers in educating future health care professionals
- A community-based organization guided by an Advisory Board made up of local public health, education, business, and community leaders

Our Mission is to promote healthy communities by providing:

- Clinical rotation services for health professions students
- Community Health Education and Promotion
- Dynamic programs for high school and college students that support and promote health professions

NC AHEC delivers quality services throughout 16 counties in North Central Kentucky.

NC AHEC health careers programs deliver dynamic programs to area high school students

- Health Career Explorers
- Health Career Summer Camp
- Health Career Showcase
- AHEC Scholars
- UK/NKY Regional Medical School Support



Classroom Presentations

Health Career Overview

Students are given an overview about a variety of health careers. They will learn about job responsibilities, years of school required and average salaries. The program details the steps to take in high school and college, with information about college entry requirements.

Forensics

Students will explore concepts in forensic science. These will include anthropology, odontology, entomology, and pathology. Using these skills students will determine which missing body they have found based on the applied sciences.

Autopsy

Students will watch an actual autopsy on video and learn about the role of medical examiner. The video, produced by the LA County Coroner's Office, shows a complete autopsy to determine the cause of death. Students are required to get a signed release from parents before viewing.

Forensic Pathology

Students will learn what a trained forensic pathologist role is when determining what caused a person's death, through test and analysis from autopsy finding and collected evidence through soft tissue of human remains.

Forensic Anthropology

Students will learn how a forensic anthropologist studies human bones to determine things such as sex, race, and physical features.

 Parent Permission Slip Needed

Nutrition

Students will learn about the basics of nutrition; including a visual model of how much fat/sugar can be found in some of their favorite foods. Information about My Plate, nutrition plans and daily nutritional needs are also provided. They will learn about the nutritional content of foods, how nutrients are utilized by the body, and common conditions impacted by diet (diabetes, obesity, heart disease, etc.)

Public Health

Students will get to learn about how to prevent the spread of infectious diseases by participating in a hand-washing exercise.

Epidemiology

Students will learn about public health and epidemiology, and which health professionals are involved. Using an iPad application, students can explore how epidemics spread. They will learn basic concepts of morbidity and mortality.

Laparoscopic Surgery Demo



This presentation includes a video of an actual laparoscopic surgery. Students will learn why/how laparoscopic surgery is performed and will use laparoscopic instruments that simulate surgical procedures.



IV's & Injections



Students will learn why iv's and injections are used for medications and how the body utilizes medication. They will practice injections techniques, review anatomy of appropriate body sites and learn concepts related to asepsis, sterility. Students will be injecting simulation injection pads...not each other!

Sutures



Students will learn how sutures are used and which health care professionals perform suturing. They will review the anatomy of the skin and the process of wound healing. They will practice four suturing techniques on a simulated wound.



Hands-on Activity



Parent Permission Slip Needed

First Aid/CPR 🖐️

Students will learn basic First Aid techniques, including: taking vital signs, Heimlich maneuver, splinting, bandaging, and CPR. Classes for CPR may result in certification, using the American Red Cross protocol.



Blood Typing 🖐️ ✅

Students will learn about blood types, how they are inherited, and the implications for health care. Students will test their own blood to determine their blood type. This program requires a signed permission form and students who are mature enough to deal with biohazards properly.

Dissection 🖐️

Students are guided through a dissection of pig hearts, which are very similar to human hearts. Students will see all the chambers and blood vessels associated with the cardiac muscle. The class also explores the anatomy and physiology of the heart, and how EKGs are used in diagnosing heart problems.



Karyotyping

Students will learn about chromosomes and chromosomal disorders by completing a karyotype activity. Students will also learn about common genetic disorders, how they are inherited, and the genetic component that may result in a health problem.

Pharmacy I

Students will learn how to read and fill prescriptions. Exploring how a pharmacist works and how to sort patient medications to learn about patient literacy.

Medical Math (Pharmacy II)

Most health professionals use math daily. This class will introduce students to basic concepts in dosage calculations and will illustrate the importance of a firm understanding of math. Students will learn how to perform simple drug calculations and create “smartie” pills.

EKG



Students will explore the electrocardiogram to learn what the graph represents for the heart. The class will look at normal and abnormal graphs to understand how this tool helps medical professionals in their diagnosis of conditions.

Physical Therapy/Occupational Therapy/Speech Pathology



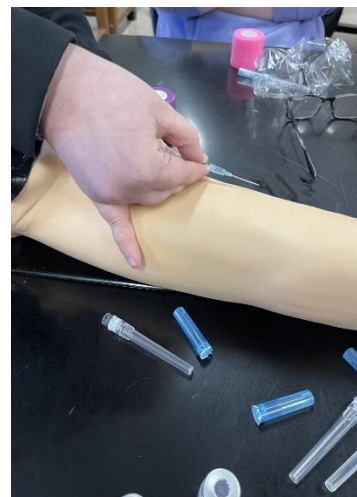
Students learn about various careers in the therapy cluster. Using tools of the trade to understand how patients learn to adapt or regain lost abilities students get to see what it is like for patients who need these services.



Medical Assisting/Phlebotomy



Students will receive an overview of the scope of practice for a Medical Assistant and Phlebotomist as well as education requirements, and potential income. Students will practice skills such as taking vitals and charting basics. Students will also utilize venipuncture pads to practice blood draw techniques while learning how phlebotomy and medical assisting correlate.



Hands-on Activity

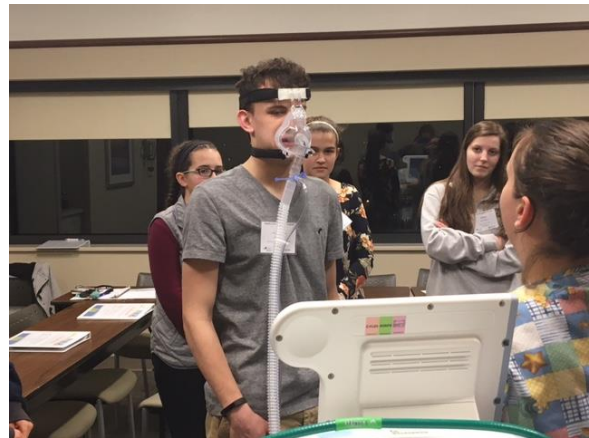


Parent Permission Slip Needed

School Health Career Club Options

High School Health Career Club

Schools can create a health career club. The club can meet during the school day (during club day times) or after school. The AHEC office would provide the programming that allows club members to explore various careers.



Kentucky AHEC Health Professions Investigators

Area Health Education Centers across Kentucky have started a new Health Career program where students can join via zoom twice a month January through May for a live presentation by a health professional. Each AHEC can accept up to 35 students to join. There is no restriction on grade level. Freshman are as welcome as seniors. Apply at <http://www.northcentralkyahec.org/health-careers.html>

- KHEEA and UK Summer Camps
- Forensic Science/Medicine
- Exercise Science/Occupational Therapy
- Speech-Language Pathology
- Dental Hygiene
- ADN/Nursing
- Occupational Therapy Assistant/Physical Therapy Assistant
- Optometry
- Clinical Laboratory Science
- Surgeries

Gaps2Gowns- Nursing Pipeline Program

Students will discover the different types of nursing, shadow nurses in real-world settings, learn skills such as resume building, and speak to professionals in the field.

GAPS2GOWNS

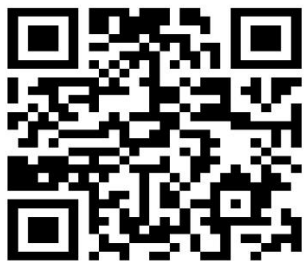
NURSING PIPELINE PROGRAM

Shadow nurses to get an inside look at
their day-to-day.

Learn skills such as resume building
and interviewing.

Begin your future, now!

2 ways to apply



<https://forms.gle/nQwWN6kUxYmwVazu9>



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Health Career Showcase

Northern KY Health Career Showcase

September 19, 2023

Northern Kentucky University- Student Union

20 Kenton Dr., Highland Heights, KY

The Northern KY Showcase provides students an opportunity to talk with health care professionals. Students learn about the education, salary, and responsibilities associated with various occupations. Many presenters bring a hands-on activity for students to explore or learn a skill used by health professionals. You can register for the event on our website!! www.northcentralkyahec.org



Health Career Explorers

The program is on hold right now. High school students will have the unique chance to meet with practicing healthcare professionals, see what equipment and tools they use in their job, and to practice some procedures in a simulation environment.

We are hosting the Health Career Explorers program at the St. Elizabeth Training and Education Center (SETEC). We will be using medical-case scenarios to highlight the importance of team-based patient care and the different health professions involved from incident to recover



Our goal is to give high school students a broad picture of as many health careers as possible, to help them decide on a future in healthcare.

For more information on Health Career Explorers Program, please visit our website. Thank you! www.northcentralkyahec.org

Summer Camps

High school students from across the Tri-State can experience health career education in hands-on activities. Students will be able to:

- Participate in instructor-led activities
- Speak directly with health professionals currently working in their field
- Learn about educational requirements in specific health professions
- Learn about the equipment and tools used in the profession
- See what a day in life of the professional looks like



On the left is a photo of students learning how to insert an IV.

On the right is a photo of students taking an ultrasound.

WHEN: June 2024

TIME: 9:00 am- 3:00 pm

WHERE: 790 Thomas More Pkwy, Edgewood, KY 41017

HANDS-ON SUPPLIES: Everything you need to perform the hands-on activities will be provided by North Central AHEC.

For more information on Virtual Health Career Summer Camp, please visit our website: <http://www.northcentralkyahec.org/health-careers-camp.html>

Resources

Career Matrix



The career matrix is a listing of all health-related educational programs offered in Kentucky colleges and universities (and a few in Ohio). All educational levels from certificates to doctoral degrees are listed, along with college websites. The matrix is updated annually and can be found on our website. **Click on links below:**

[*College and University Matrix](#)

[*Community College Matrix](#)

Health Career Resources Guide



The career resource guide is accessible on our website to give quick information about most health care careers available to your students. Explore current information about health care careers, average salaries, schools, and resources on each career. The guide is updated bi-annually and can be found on our website:

<http://www.northcentralkyahec.org/resources.html>

Other Educational Resources

www.explorehealthcareers.org

Everything you want to know about a wide variety of health careers.

www.scholarships.com

Search through millions of scholarships and grants to match you with the scholarships grants and other financial aid that suits you perfectly.

www.drkit.org

Career videos featuring health professionals who give practical advice to students. It is an online job shadowing site.

www.careeronestop.org

Learn about careers, find career information, and locate career resources and advice with **CareerOneStop**.

www.kheaa.com

The Kentucky Higher Education Assistance Authority (**KHEAA**) is a public corporation and governmental agency and instrumentality of the Commonwealth established in 1966 to improve students' access to higher education.

"Connecting Students to Careers, Professionals to Communities, and Communities to Better Health."

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