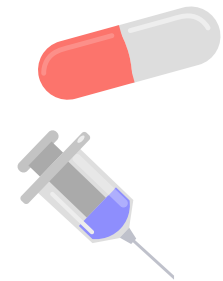
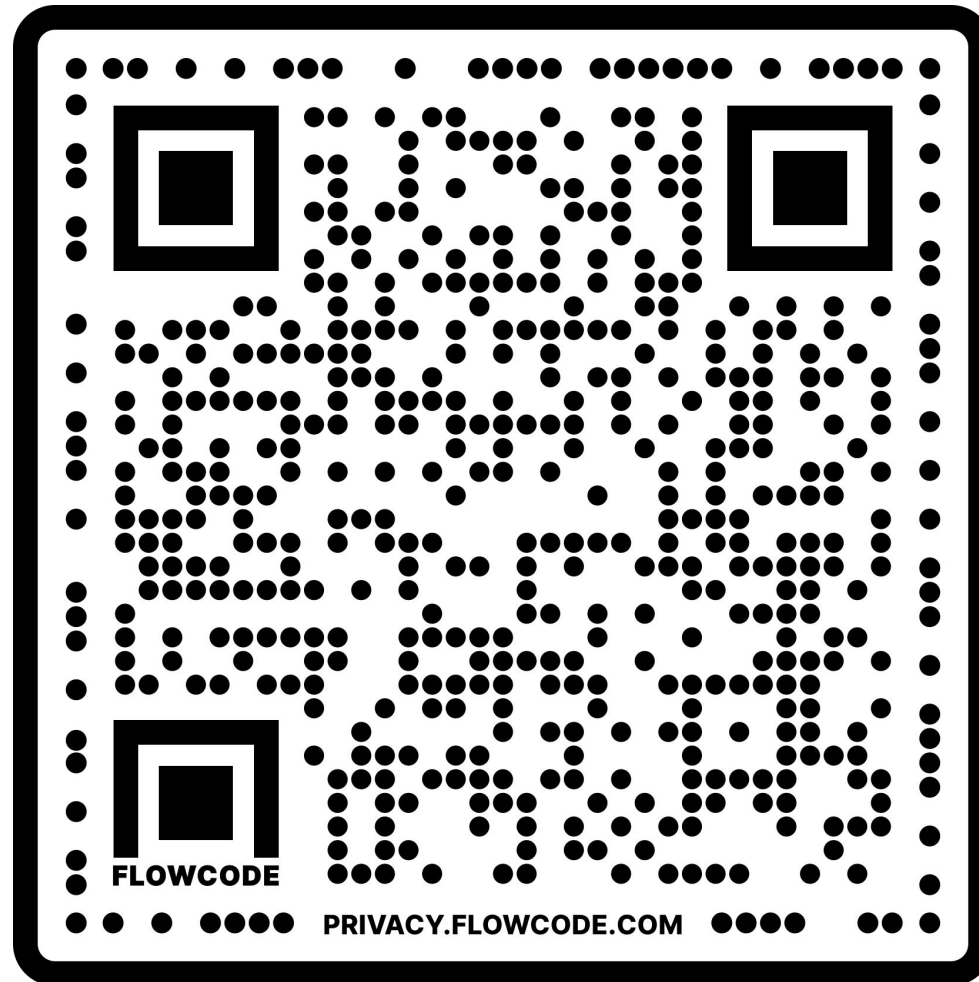
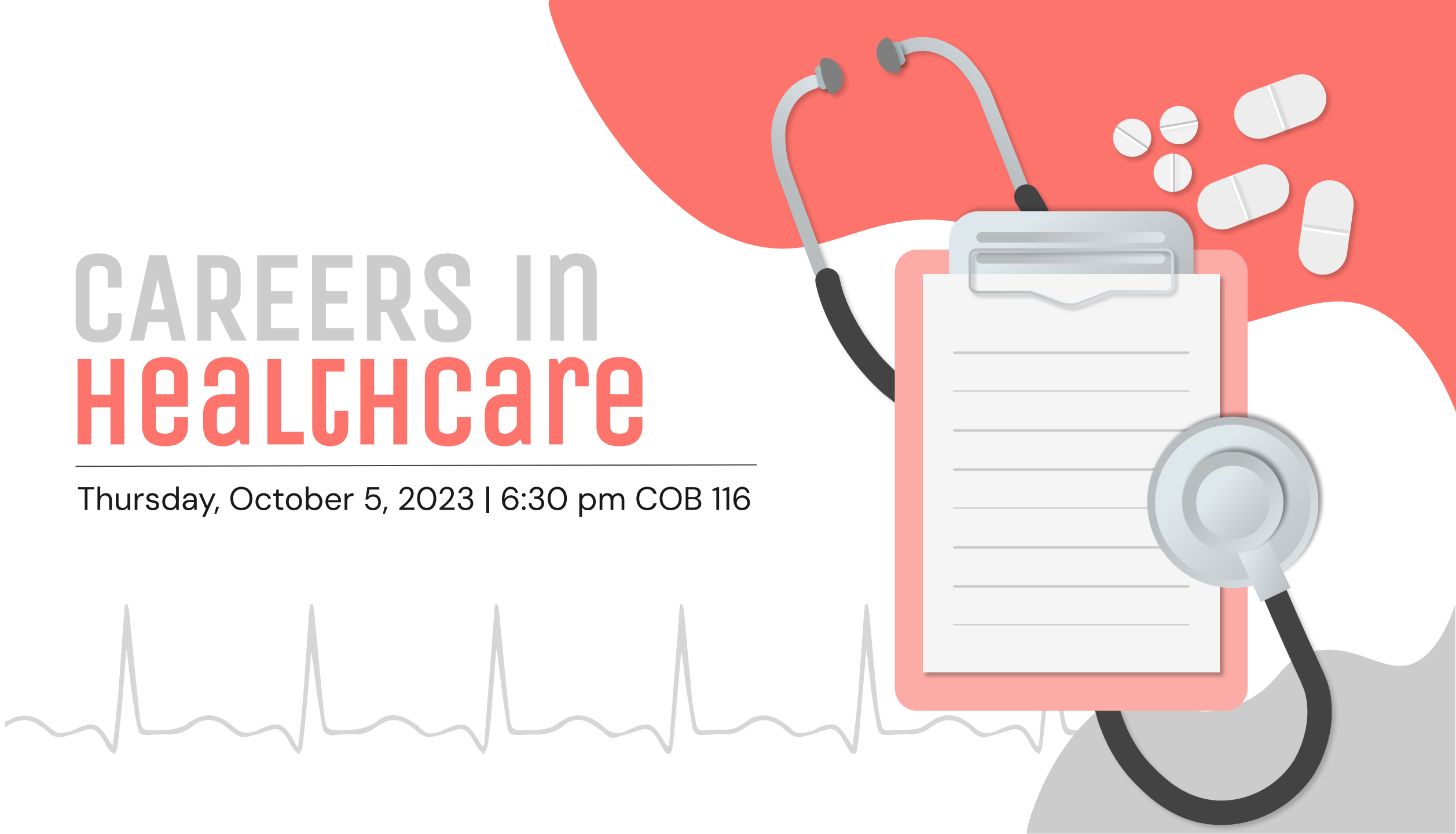


# SIGN IN



# CAREERS IN HEALTHCARE

Thursday, October 5, 2023 | 6:30 pm COB 116



# AGENDA



01

ANNOUNCEMENTS & EVENTS



02

MCAT Q OF THE DAY



03

MED SCHOOL SPOTLIGHT



04

CAREERS IN HEALTHCARE

01

# ANNOUNCEMENTS & EVENTS

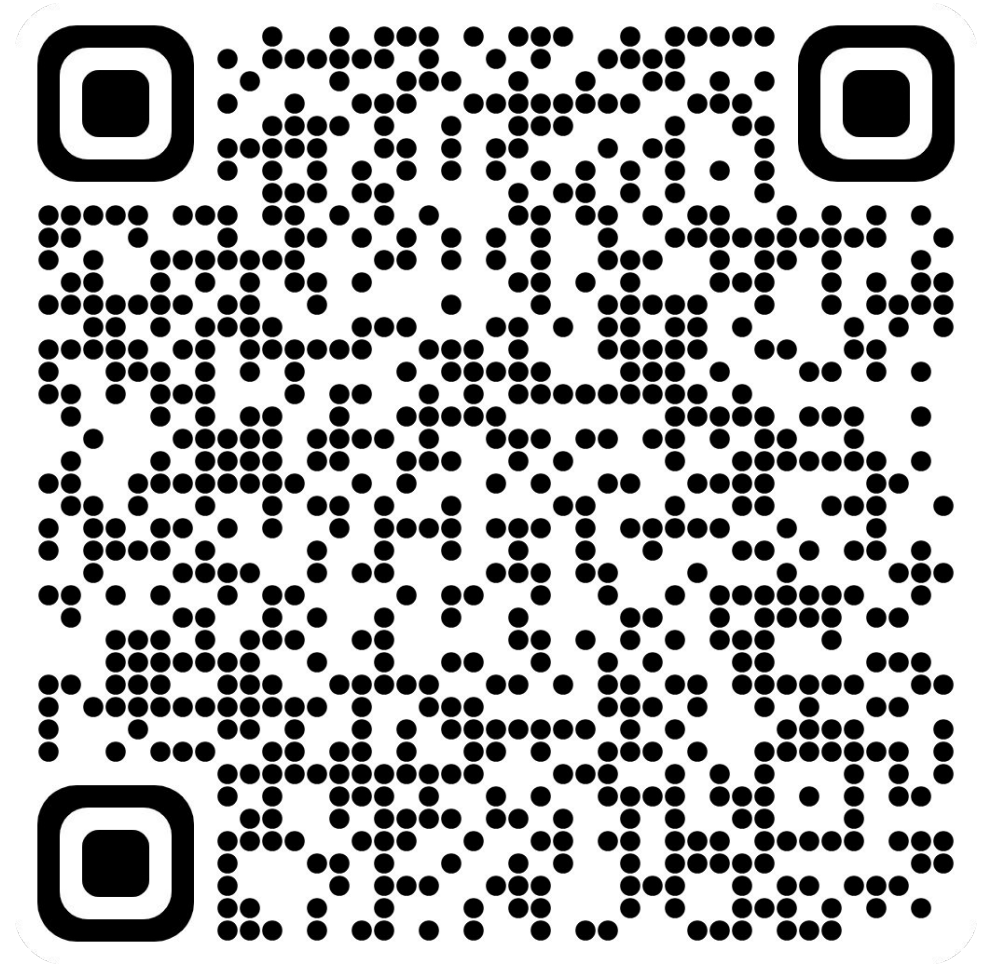


# SUTURING WORKSHOP

We are planning to host a collaboration workshop with the US Army to teach our members how to suture!

There will be suturing kits provided and the event will last between 2-4 hours (you may enter and leave at any time) to learn about suturing and practice with the kits.

Please fill out the interest form if you think you or friends may attend.

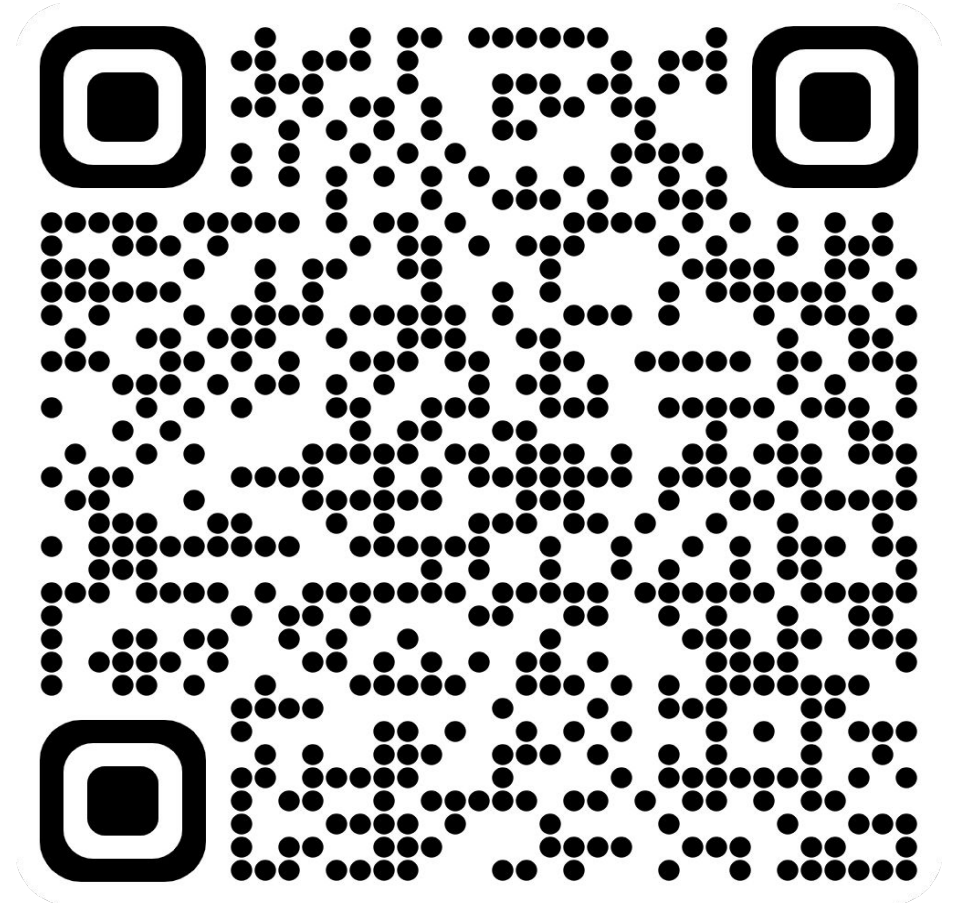


# STUDY HOURS

Join us in **GRAN 170** from 10:30 am – 2:30 pm on Monday, October 9th, 2023!

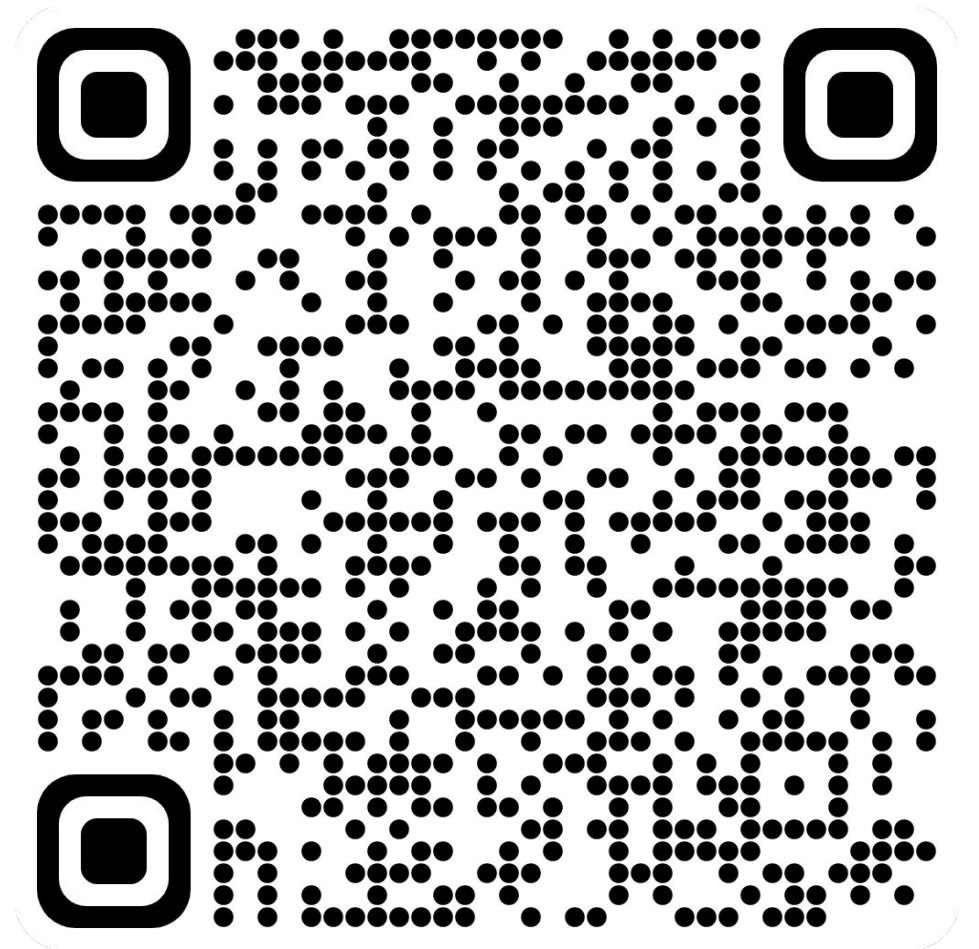
This is a form to keep track of students who join us for study hours. Reminder that Study Hours are Mondays from 10:30 am – 2:30 pm. You are welcome to study or just hang out between classes. :)

If you have any questions, please reach out to us via email or Instagram DMs!



# COMMUNITY SERVICE HOURS

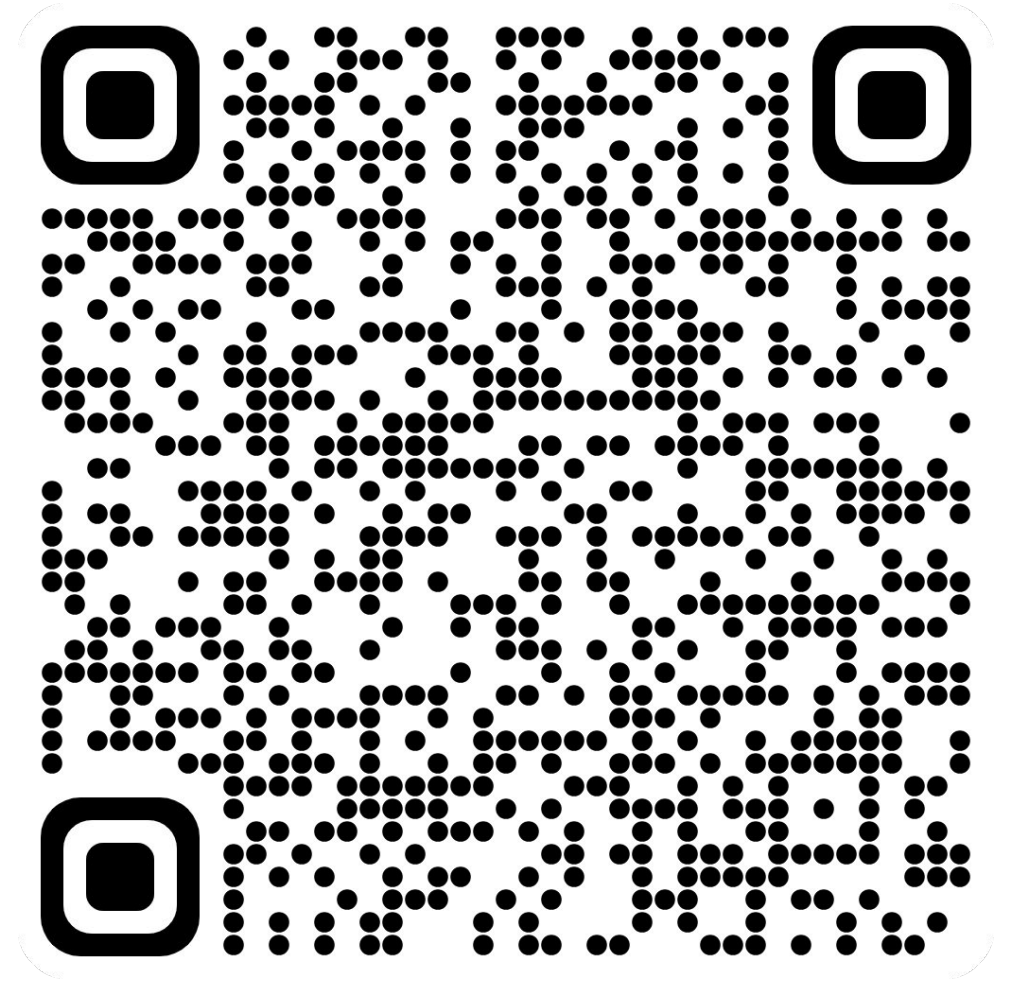
Complete volunteer work and log your hours using this form to qualify for membership tiers!



# PEER MENTORING

Members will have the opportunity to reach out to any board member for mentoring/advice about anything needed.

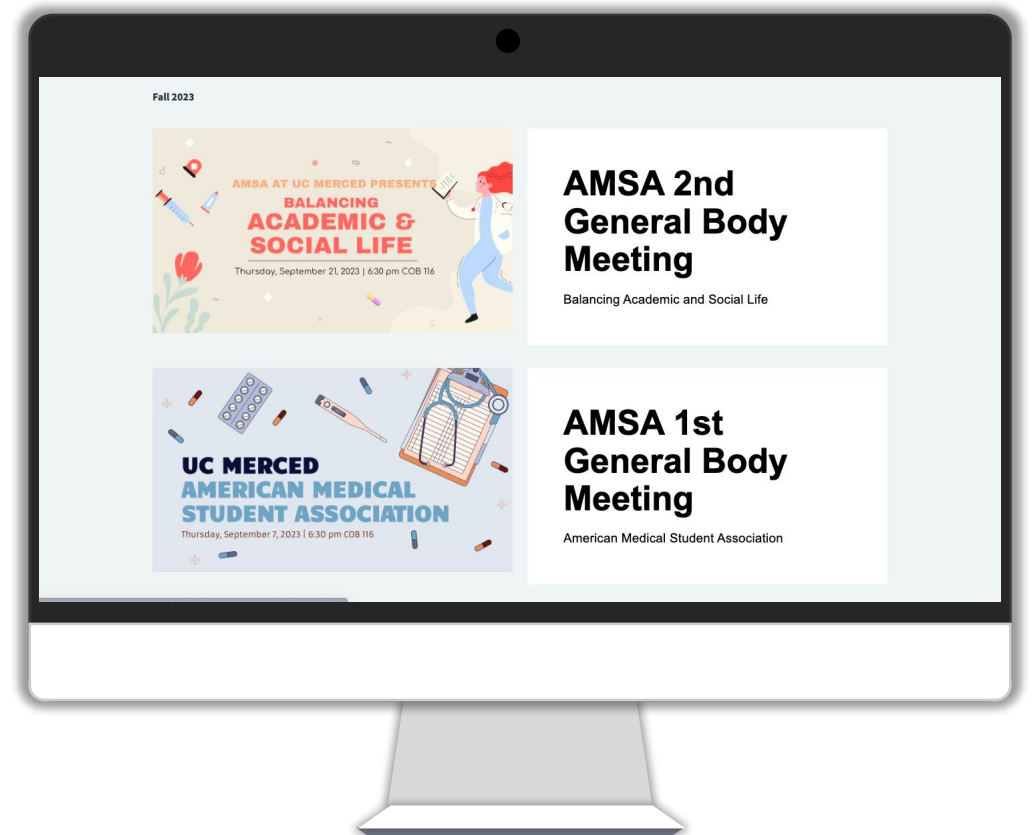
- Board members will be staying in a designated, reserved room every Tuesday during Study Hours/Peer Mentoring starting next week.
- Fill out the Google form here and sign up for peer mentoring if you are interested!





# WEBSITE UPDATED!

Access our website at [amsaucmerced.com](https://amsaucmerced.com) to view uploaded meeting slides, forms, and information about events and our executive board!



02

# MCAT QUESTION OF THE DAY



## QUESTION

Cellular respiration is the set of metabolic reactions that occur in cells to produce energy in the form of ATP. During cellular respiration, high energy intermediates are created that can then be oxidized to make ATP. During what stage are these intermediates produced?

- a. the citric acid cycle
- b. oxidative phosphorylation
- c. the citric acid cycle and glycolysis
- d. oxidative phosphorylation and citric acid cycle
- e. glycolysis

# ANSWER

## The citric acid cycle and glycolysis

The citric acid cycle and glycolysis yield high energy intermediates that can then be made used to make ATP. Each Turn of the citric acid cycle generates NADH and FADH<sub>2</sub>, and each cycle of glycolysis generates NADH. These intermediates can then donate their electrons and become oxidized in the electron transport chain. Production of these electron donors is essential to the function of the electron transport chain.



03

MED SCHOOL  
SPOTLIGHT

# TOURO UNIVERSITY SCHOOL OF MEDICINE

## PHYSICIAN ASSISTANT / PUBLIC HEALTH PROGRAM

Touro California's one-of-a-kind joint MSPAS/MPH program views and teaches healthcare using a social justice framework and a public health lens to educate PAs who will provide culturally sensitive care and advocate for under-resourced communities – treating the person and the place they call home. MSPAS/MPH program combines intensive academic training with eight clinical rotations and one public health field study. Your PA education will prepare you to diagnose and treat medical problems, assist in surgery, and write prescriptions. At the same time, your public health education will prepare you to address health challenges at a societal level.

# APPLICATION PROCESS/ REQUIREMENTS

- All applicants are required to submit an application through the Central Application Service for Physician Assistant Programs (CASPA)
- The Touro California Joint MSPAS/MPH Program requires three letters of recommendation, which are generally submitted with the CASPA application. One letter must be from a licensed healthcare provider.

## Experience Required:

### Patient Care:

- CNA hours are often a combination of Patient Care and Health Care. Monitoring vitals, wound care, and assisting with medical procedures are examples of patient care duties

### Health Care:

- Health Care Experience includes paid or volunteer work where you are not directly responsible for a patient's care, but may still have patient interaction; for example, filling prescriptions as a pharmacy tech, performing clerical work (answering phones, filing paperwork, registering folks for insurance, etc.)
- 3.0 GPA or higher
- Physician assistant shadowing recommended
- Community Service recommended
- Tuition (Per term): \$18,735

# NURSING SCHOOL: UNIVERSITY OF SAN FRANCISCO

## MASTER OF SCIENCE IN NURSING

The Master's Entry MSN option prepares students for licensure as RNs while integrating graduate-level curriculum that prepares them for nurse-leader positions. Students complete 68 credits over the course of two (2) years of full-time continuous study at USF's Main campus in San Francisco or in Orange County, with classroom instruction three (3) days weekly and clinical practice two (2) days weekly.

Full-time, two year program

Classes are offered spring, summer, and fall semesters

68 units

National Council Licensure Examination (NCLEX) taken during fifth semester

Complete more than 1,000 clinical and internship hours in hospitals and other health care settings

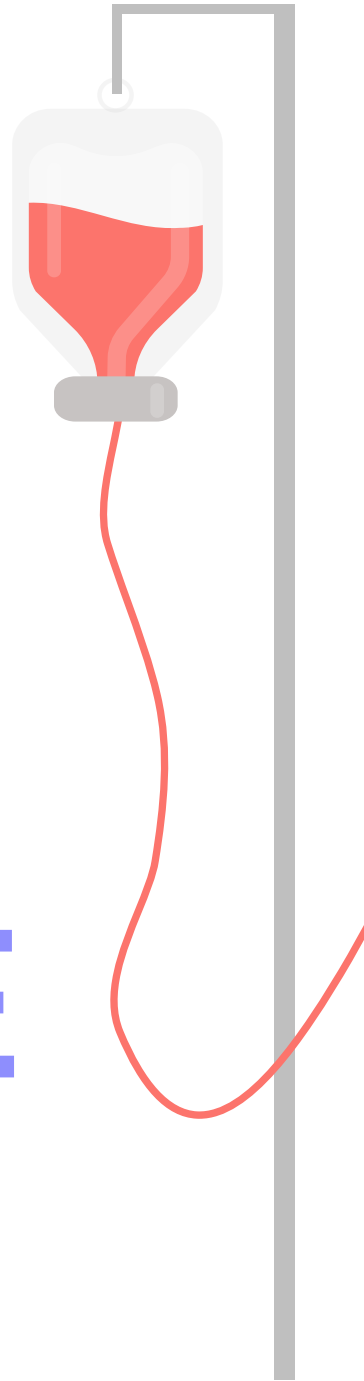
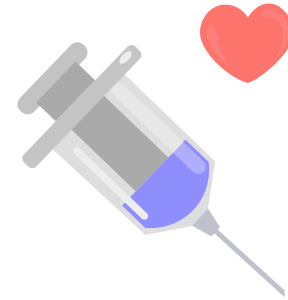
- A preferred Bachelor's institution GPA of 3.0 or above
- Professional resumé (1-2 page limit)
- Two letters of recommendation



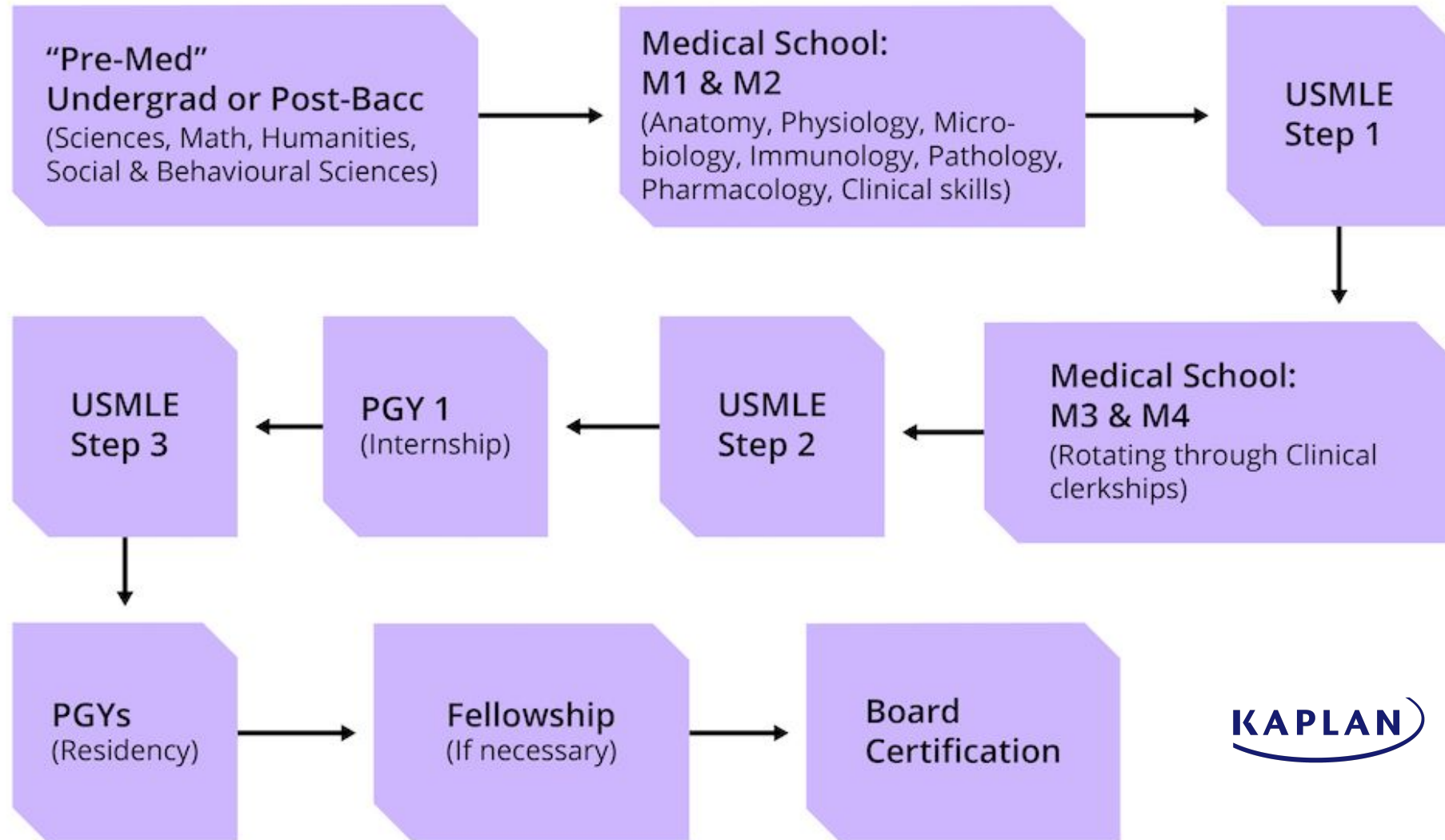
04

careers in

HEALTHCARE & MEDICINE



# PATHWAY TO BECOMING A MEDICAL PROFESSIONAL



# OPTOMETRY (OD)

## Responsibilities:

- Perform vision testing
- Evaluate eyes for any pre-existing health conditions or diseases
- Prescribing glasses, contacts, and other visual aids
- Diagnose sight problems such as: myopia, hyperopia, astigmatism, and more.
- Refer patients to ophthalmologists or designated ocular specialists



## Optometrist Salary (California):

Minimum: \$117,437

Median: \$150,361

Maximum: \$181,336

## Optometry Schools in California

- Western University of Health Sciences College of Optometry (Pomona, CA)
- University of California, Berkeley School of Optometry (Berkeley, CA)
- Southern California College of Optometry at Marshall B. Ketchum University (Fullerton, CA)



## Admissions Cycle

- Varies for different programs
- OptomCAS is used for enrollment services to apply
- 4 year BA/BS recommended
- 2–3 letters of recommendation required
  - 1 from accredited optometrist
  - 1–2 from university faculty

## Admissions Test

OAT: Average Score is 300–320

Other standardized tests accepted (MCAT, DAT, GRE, PCAT)

# OPHTHALMOLOGY

## Responsibilities:

- Responsible for treating ocular problems
- Diagnosing ailments (illness/disease)
- Prescribing medicine and corrective lenses
- Performing surgical eye procedures
- Involved in advanced clinical studies and research



## Optometrist Salary (California):

Minimum: \$242,679

Median: \$348,900

Maximum: \$444,804



## Education (Traditional Route)

- Undergraduate
  - 4 years (any major)
- Medical School
  - Year 1 and 2: Academics and Lab
  - Year 1 and 2 preparing for USMLE Step 1
  - Year 3 and 4: Clinic/Hospital Rotations
  - Year 3 and 4 preparing for USMLE Step 2

## Internship & Residency

Usually 3–7 years

- Would need to pass board exam prior to residency

## Specialization & Fellowships Usually 1–3 years (Optional)

## Medical Schools in California (with Ophthalmology Residency)

- ❖ UC Davis School of Medicine
- ❖ UC Irvine School of Medicine
- ❖ UC San Diego School of Medicine
- ❖ UCSF School of Medicine



## Admissions Tests

- Medical College Admission Test (MCAT) for Medical School
- United States Medical Licensing Examination (USMLE) for Residency

## Admissions for Medical School

- Admissions Cycle varies for different schools
  - AMCAS is used for enrollment services to apply
- Secondary Applications (if application is selected)
- 3-5 letters of recommendation
  - Letters from faculty/instructors depend on different MD programs



# FAMILY MEDICINE

## Responsibilities

- May prescribe or administer treatment
- Order, perform, and interpret tests
- Analyze records, reports, and examination information to diagnose patients' condition.
- Treat all genders and age groups, and build long-term patient relationships.
- Develop personal relationships with patients and follow up with them

Salary in California

\$243,000

Hourly Wage in California

\$96.43







## Schools with Family Medicine Program

- UC Davis
- Kaiser Permanente
- UCLA Medical Center
- UC Irvine
- UCSF
- Northridge Hospital Center
- (69 Total Programs)

## Education

- 4 years of undergrad
- 4 years medical school
- 3 years residency for family medicine

## Admissions Tests

- USMLE
- Board Certification

# OBSTETRICS AND GYNECOLOGY (OB/GYN)

## Responsibilities

- Diagnose and treat reproductive-related problem
- Educating patients about reproductive health
- Perform screening exams: pap smears & breast exams
- Work with people who are expecting children



## OB/GYN Salary (California):

Minimum: \$252, 437

Median: \$338,465

Maximum: \$469,959

## Education (Traditional Route)

### Undergraduate

- 4 years (any major)

### Graduate

- 4 years Med School
- 4 year Residency
- 1-2 Year Fellowship

## Admissions

- Admissions Cycle varies for different programs
- AMCAS is used for enrollment services to apply
- 4 year BA/BS recommended
- 2-3 letters of recommendation

## Residency Programs in California

- UC Davis, UCSF, UCSF Fresno, UCSD, UCLA, Irvine
- Kaiser Permanente
- Stanford

## Admissions Test

- MCAT: Average Score is 513-525
- Other standardized tests accepted in addition to the MCAT



# PHYSICIAN ASSISTANT

## Responsibilities:

- PA performs many of the same diagnostic, preventative, and health maintenance services as a physician.
  - Taking health history, performing examinations, making diagnosis, ordering treatments or medications.
  - works with a physician to provide medical care and guidance needed by a patient.



**Salary in California**  
\$119,511 to \$143,143 annually  
**Hourly Wage in California**  
~\$64.83

## Education ( Traditional Route):

- Must have a bachelor's degree and completed prerequisites according to the specific program you want to apply to.
- Must have healthcare experience.
- Apply to attend an accredited PA program
  - Most are 3 yr (27 month) long program
- Become certified
- Obtain a state license
- Maintain your certificate!

## PA Programs:

1. Duke University (Top 1)
  - 2.3% acceptance rate, 3.5 GPA, need pt care hours 2,000+,
2. University of Southern California USC (#10)
  - Required 3.0 GPA, class of 2024 was 3.49 avg , APP due Nov 1st
3. Loma Linda University
  - 38/2231 were accepted, avg 3.5 GPA, avg pt care hrs 4914

## Requirements:

1. Bachelor's degree
2. GRE test (varies)
3. Patient Care/Clinical Hours 2,000+
4. Good GPA: 3.5+ and science 2.7 +



# NEUROSURGEON

## Neurosurgeon Responsibilities:

- Oversee and coordinate a team of surgeon that are in the operating room
- Being able to perform and interpret results such as MRI, PET scans, and CT scans.
- Diagnose and treats the body's nervous system including the brain, the spinal cord, the spinal column, and all the nerves that extend from the spinal cord.
- Perform complex surgeries like, open surgery, minimally invasive surgery, endoscopic surgery, microsurgery, radiosurgery, endovascular surgery, and chronic pain procedures.

## Neurosurgeon Salary in California:

- Mean Salary: \$721,301
- Range Salary: \$543,001 – \$912,601



## Education:

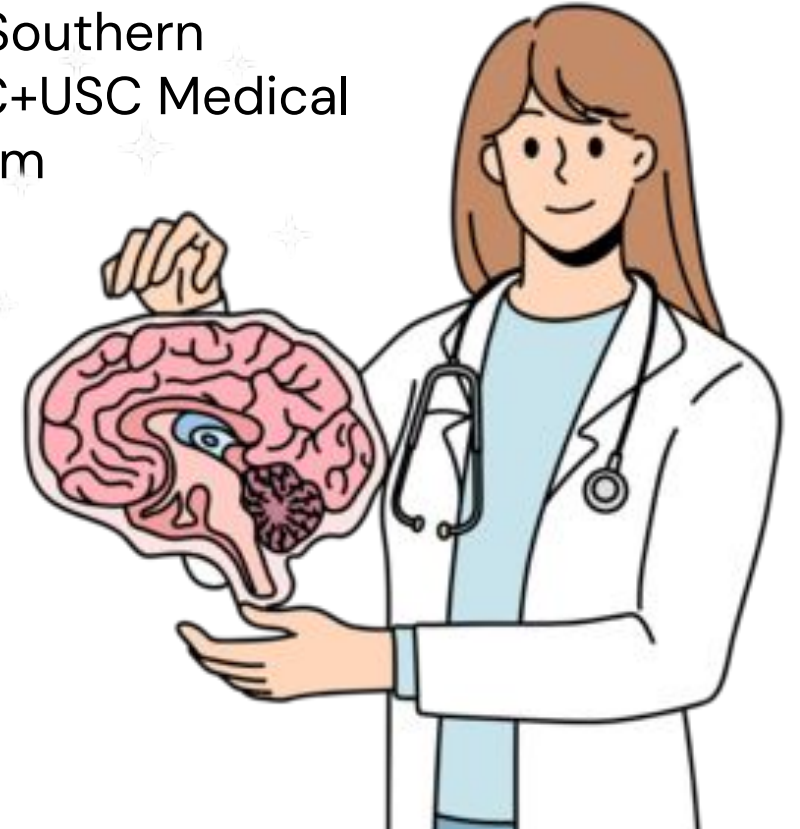
- 4 years of undergraduate (Bachelor's Degree)
- MCAT exam
- Medical School
- Take the Medical Licensing Exam
- Complete Internship and Residency

## Admissions:

- The Admission Cycle depends on which school you apply to
- American Medical College Application Service is used to apply.
- MCAT score
- 4 years of undergraduate school BA/BS recommended
- Shadowing/Internship/Clinical Hours Highly recommended

## Neurosurgery Schools in California:

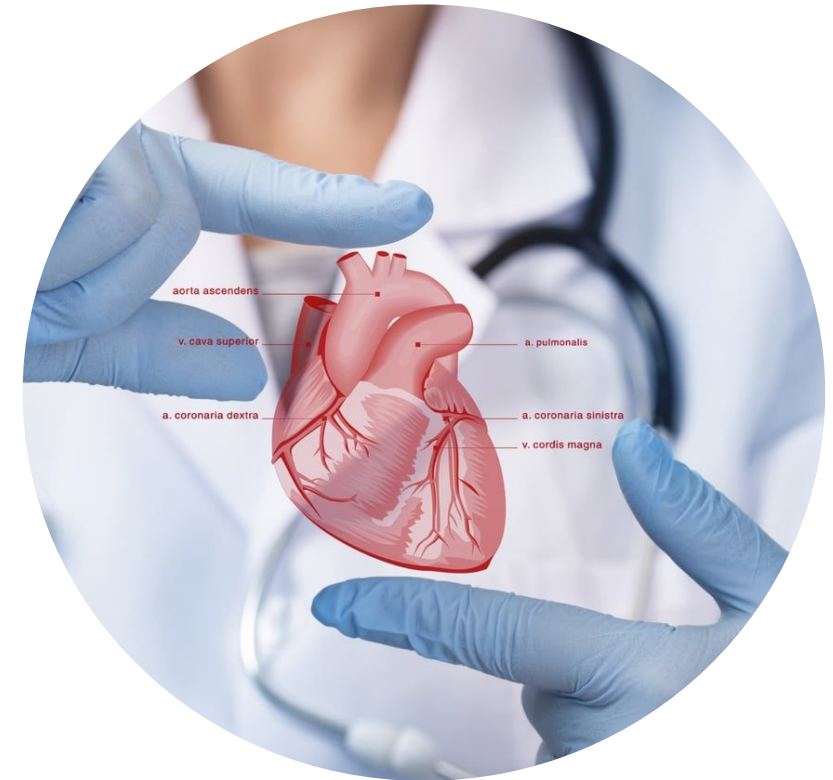
- UCLA David Geffen School of Medicine/UCLA Medical Center Program
- University of California Davis Health Program
- Riverside University Health System Program
- University of Southern California/LAC+USC Medical Center Program



# CARDIOLOGIST

## Cardiologist Responsibilities

- Diagnose and treat disorders and diseases of the cardiovascular system.
- Perform patient exams and order or conduct diagnostic testing.
- Conduct early-detection screenings.
- Order medical tests, like echocardiograms, angiograms, or cardiac catheterization
- Counsel patients about risks with heart disease
- Develop ongoing treatment and disease-management plans.
- Suggest diet and wellness changes to patients
- Treat heart attacks, heart rhythm issues, and heart failure
- Prescribed heart medications
- Coordinate referrals as necessary



## Cardiologist Salary

- Annual mean: \$353,970
- Hourly wage: \$170.18



## Education

- 4-year bachelor's degree
- 4 years of medical school
- To earn M.D. (Medical Doctor) or D.O. (Doctor of Osteopathic Medicine)
- Cardiology residency program
- may last 3 years or more

## Admission

- Varies for each institution
- Finish 4 yrs of BA/BS
- Take MCAT ( mean: 510) (Varies By Institution)
- Mean GPA: 3.7 (Varies By Institution)
- AMCAS is used for enrollment services to apply
- 3-5 letters of recommendation (Letters from faculty/instructors depend on different MD programs)

## Tests Needed

- MCAT to apply to Medical School (during college)
- United States Medical Licensing Exams (USMLE) (3 parts to it )
- Specialty Certification Exam (after residency)

## Schools W/ Cardiology Programs

- UC Davis School of Medicine
- UC Irvine School of Medicine
- UC San Diego School of Medicine
- Dell Medical School ( Austin, TX)



# DENTISTRY

## Dentist's Responsibilities

- Interacting with patients to promote better oral health
- Diagnose and treat dental issues
- Clean teeth, correct bite issues, and perform surgeries
- Prescribe medications for pain and antibiotics
- Using tools such as drills, probes, mirrors, and brushes.

## Dentist Salary (California)

- Minimum: \$149,268
- Median: \$197,886
- Maximum: \$256,324





## Admissions

- The ADEA AADSAS application opens on May 10
- 4 – year Bachelor’s degree required
- 2 letters of rec needed from science faculty and 1 letter needed from a dentist
- Average GPA: 3.5
- Extracurriculars such as volunteering, shadowing, and research are strongly recommended.

## Tests

DAT:

Average Matriculant score is 20, 75th percentile.

## Dental Program:

Four years of Dental school, some 3, and then you may apply for residency (years vary)

## Dental Schools in California

- University of Southern California School of Dentistry
- University of Pacific Dental School
- Western Dental School

# PEDIATRICS

## Responsibilities:

- Prescribe medications
- Examine patients to assess general physical conditions
- Prescribe treatments or therapies
- Treat chronic illnesses or disorders
- Order medical diagnostics or clinical tests

## Schools with Pediatric programs:

- University of Pennsylvania
- Harvard University
- Johns Hopkins University
- University of California– San Francisco
- University of Washington



## Salary:

\$200,00 k – \$285,000  
k per year

## Education:

- 4 years as an undergraduate in college
- 4 years in Medical School
- 3 years of pediatric residency
- 2-6 years for subspecialties

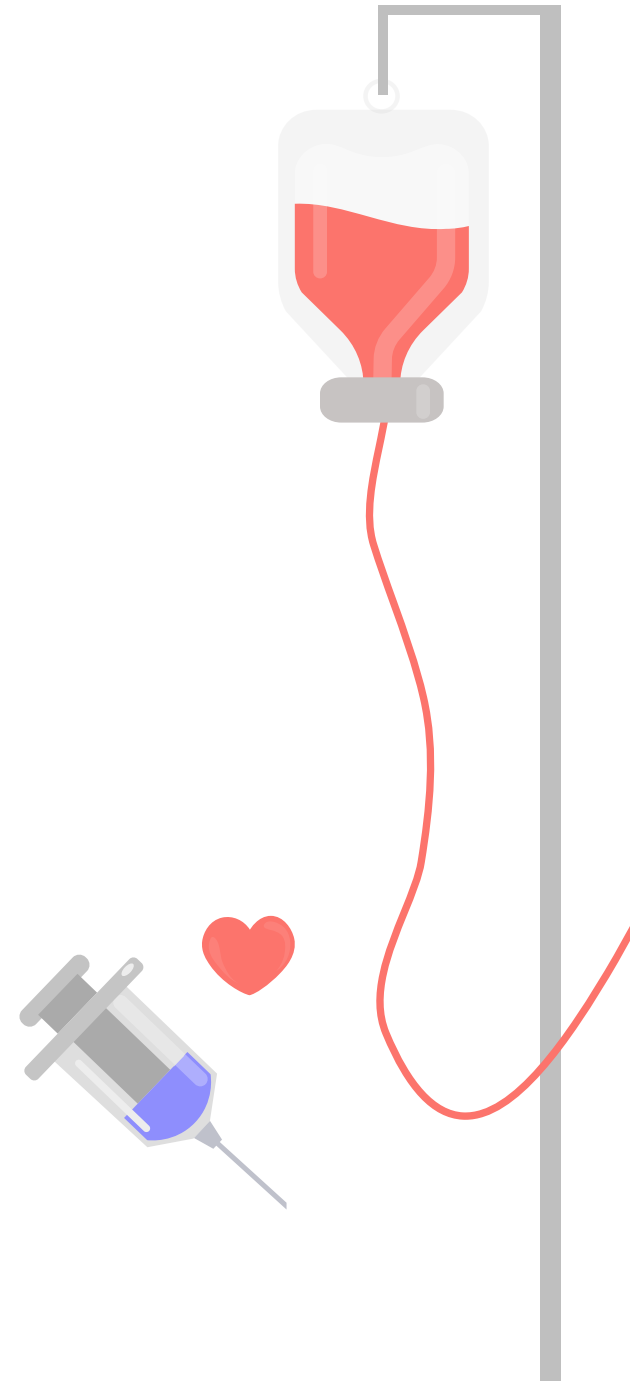
## Admissions into pediatric residency programs:

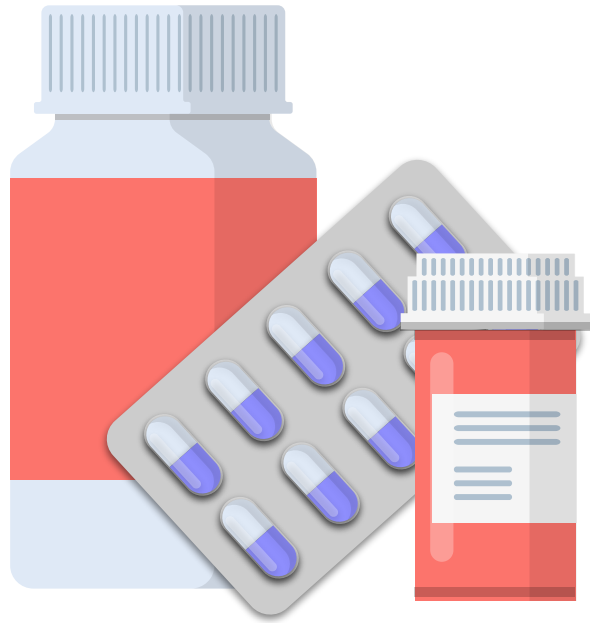
- Earn an undergraduate degree
  - GPA: 3.6+
- Attend medical school
- USMLE/COMLEX Step 1 CK score: 235+
- USMLE/COMLEX Step 2 CK score: 215-230



# КАНОС!

Get into groups and get ready to play!





# THANK YOU!

**Next Meeting: Thursday, October 19th, 2023**

**Do you have any questions?**

@amsa.ucmerced  
amsaucmerced.com

# SIGN IN

