

Contact your local AHEC for more information!

Health Careers in New Mexico

NMAHEC
 MSC 09 5240, HSSB 140
 University of New Mexico
 Albuquerque, NM 87131
 (505) 272-2165
<http://hsc.unm.edu/community/AHEC/>
 Facebook: @unmhsc
 Director: Helene Silverblatt, MD
 hsilverblatt@salud.unm.edu



Montañas del Norte (MdN) AHEC
 Luna Community College
 366 Luna Drive
 Las Vegas, NM 87701
 (505) 454-2583
<http://hsc.unm.edu/community/AHEC/mdnahec.shtml>
 Director: Elaine Luna
 eluna@luna.edu




What's Inside:

- Pg. 2 - Why you should be a health professional! & Reasons to become a health professional
- Pg. 3 - Public Health & BA/MD Program
- Pg. 4 - Personality Test
- Pg. 7 - Colleges in NM
- Pg. 9- A Way to Explore Health Careers
- Pg. 10- New Mexico AHEC
- Pg. 11- AHEC Scholars

Southern AHEC (SoAHEC)
 Center for Health Innovation
 205 W. Boutz Rd.
 Building 8 Suite 2
 Las Cruces, NM 88005
 (575) 597-0036
<http://swchi.org/SoAHEC/>
 Facebook: @SoAHEC
 Director: Gena Trujillo
 etrujillo@swchi.org



Forward NMAHEC
 Center for Health Innovation
 301 W. College Avenue, Ste 5
 Silver City, NM 88061
 (575) 597-0030
<http://swchi.org/forward-nm/>
 Facebook: @ForwardNM
 Director: Baudelia Salgado
 forwardnm@swchi.org








Demand for Health Professionals In New Mexico

There are not enough health care professionals in New Mexico to meet the population's need for health care services. The demand for health care workers and providers is much greater than the supply of graduates in the health field. The state of New Mexico ranks at the bottom in terms of the number of dentists, nurses, physicians, pharmacists, nurse aides, psychologists, and other health care workers.

This means that there are more jobs than there are health professionals to fill them and that's why we need you! Being a health care professional opens many doors to many opportunities that will help you to find the perfect job, with a good salary, and a sense of fulfillment that comes from helping others improve their quality of life. Best of all, as a health professional, you will have the chance to serve and give back to your own communities!

Reasons to Become a Health Professional

1. **Great Pay and Salary:** The more experience you get, or education you have, the more you can earn!
2. **Job Security:** There is ALWAYS going to be jobs in the health field, because there will always be health issues!
3. **Choices:** There are so many options in the health field the choices are endless! You can work with what interests you!
4. **Live and work anywhere or TRAVEL:** Every region in the U.S. (especially New Mexico) and all over the world has a demand for health professionals!
5. **Educational plans that fit you:** Some careers require 4-10 years of education while others take only 18-24 months! You decide what education level is best for you!
6. **Career advancement:** Many employers will pay for you to continue your education for a higher paying position!
7. **Work with people (or not):** You can find a career that matches your interests!
8. **Caring for people:** You will be helping people live healthier lives and you will feel good about making a difference!

Area Health Education Center's Goals

1. **AHEC Scholars Program:** Support the development and implementation of longitudinal interdisciplinary program curricula that implements a defined set of clinical, didactic, and community-based training activities in rural and/or underserved
2. **Community-based Experiential Training:** To improve the distribution of health care providers through meaningful and successful experiences in team-based clinical practice in rural and underserved communities.
3. **Pipeline Activities:** Improve the diversity of the health professions workforce by providing health career activities and mentoring for high school students in southern New Mexico high schools and by supporting students in a high school-based health careers club from underrepresented minority backgrounds and rural communities with a commitment to reach out to Hispanic and Native American youth.
4. **Continuing Education:** To retain health professionals, reduce isolation, enhance the quality of their practice and prepare them to transform the health care delivery system environment.
5. **Develop State-wide Evaluation Capacity and Perform State-wide Evaluation:** To assist in the development of an assessment plan for the statewide NM AHEC program in partnership/collaboration with the UNM AHEC program evaluator and program specialist.



Want more information on Health Careers visit these websites :

- **Explore Health Careers:**
<http://www.explorehealthcareers.org/>
- **My Next Move:**
<http://www.mynextmove.org/>
- **Career Exploration:**
<http://careerexploration.nmsu.edu/>
- **Career and Job Search Guides:**
<http://www.careerprofiles.info/health-careers.html>
- **Public Health Online:**
<http://www.publichealthonline.org/careers/>
- **True Talent:**
<https://newmexicotruetalent.org/>

New Mexico Area Health Education Center

The national network of Area Health Education Centers (AHEC's) provide priority workforce development and community health support services to underserved populations, primary care, and primary care support disciplines. AHEC connects students to health careers, connects health professionals to communities, and connects communities to better health!

Our AHEC Offices

AHEC Program Office is located at the University of New Mexico in Albuquerque, NM.

Montañas del Norte AHEC is located at Luna Community College) in Las Vegas, NM.

Southern AHEC is located at the Center for Health Innovation field office in Las Cruces, NM.

Forward NM AHEC is located at Center for Health Innovation headquarters in Silver City, NM.

All 33 New Mexico counties are covered by one of the four AHEC centers!

Public Health: A New & Upcoming Health Profession

Public health promotes and protects the health of people and the communities where they live, learn, work and play. While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease or educating people about the risks of alcohol and tobacco use. Public health sets safety standards to protect workers and develops school nutrition programs to ensure kids have access to healthy foods. Public health works to track disease outbreaks, prevent injuries and sheds light on why some of us are more likely to suffer from poor health than others.

The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

Public Health: saves money, improves our quality of life, helps children thrive and reduces human suffering.

www.apha.org/what-is-public-health

UNM Combined BA/MD Degree Program

The Combined BA/MD Degree Program is designed to help address the physician shortage in New Mexico by assembling a class of diverse students who are committed to serving New Mexico communities. This partnership program between The University of New Mexico College of Arts and Sciences and The University of New Mexico School of Medicine is open to New Mexico high school seniors planning to begin college the fall semester after their high school graduation.

Students will first earn a [Bachelor] degree through the College of Arts & Sciences (A&S) in a challenging four-year curriculum specifically designed to prepare them for medical school and ultimately to practice medicine in New Mexico.

Upon successfully completing the undergraduate academic and eligibility requirements of the program, students will then transition to the UNM School of Medicine to complete their doctor of medicine (MD) degree.

For more information:

Combined BA/MD Degree Program
Phone: (505) 925-4500
Toll Free: 1-877-977-BAMD (2263)

Fax: (505) 925-4004
HSC-Combinedbamd@salud.unm.edu



New Mexico Representative Rudy Martinez had a round table discussion on health policy and processes with UNM BA/MD students Mary Trynee-Canete, Arlin Bustillos, Hyesun Choi, and UNM's Dr. James McKinnell during their summer internship in Silver City.

<http://som.unm.edu/education/bamd/>

Choosing a Health Career That's Right for You

I. MAKE AN INVENTORY OF YOUR INTERESTS.

Check the activities or career fields that interest you, whether you know much about them or not.

1. Work on a farm or help save a rainforest.	<input type="checkbox"/>	25. Work outside in a national park	<input type="checkbox"/>
2. Solve complicated math problems	<input type="checkbox"/>	26. Research a law case	<input type="checkbox"/>
3. Act in a movie or play	<input type="checkbox"/>	27. Play a musical instrument	<input type="checkbox"/>
4. Study social groups in society	<input type="checkbox"/>	28. Work with babies or children	<input type="checkbox"/>
5. Interview strangers for the TV news	<input type="checkbox"/>	29. Run for class office	<input type="checkbox"/>
6. Learn about and study the economy	<input type="checkbox"/>	30. Work after school to save money	<input type="checkbox"/>
7. Study "how-to" mechanics manuals	<input type="checkbox"/>	31. Set up a sound system	<input type="checkbox"/>
8. Perform science lab experiments	<input type="checkbox"/>	32. Read science fiction	<input type="checkbox"/>
9. Manage an art gallery	<input type="checkbox"/>	33. Write a short story, play or novel	<input type="checkbox"/>
10. Conduct a religious service	<input type="checkbox"/>	34. Entertain at a party	<input type="checkbox"/>
11. Bargain at a flea market	<input type="checkbox"/>	35. Work in a politician's office	<input type="checkbox"/>
12. Write up graphs on charts with statistics	<input type="checkbox"/>	36. Enter documents into computers	<input type="checkbox"/>
13. Build cabinets or furniture	<input type="checkbox"/>	37. Build a jet aircraft model	<input type="checkbox"/>
14. Study nature outdoors or trace the effects of pollution on the environment	<input type="checkbox"/>	38. Use an electron microscope or high-tech medical instrument	<input type="checkbox"/>
15. Write a movie screenplay	<input type="checkbox"/>	39. Design a new line of clothes	<input type="checkbox"/>
16. Lead a club or scout troop	<input type="checkbox"/>	40. Read and discuss literature	<input type="checkbox"/>
17. Buy merchandise for a store	<input type="checkbox"/>	41. Debate political and social issues on TV	<input type="checkbox"/>
18. Work nine to five in a corporate office	<input type="checkbox"/>	42. Keep accurate records of a business	<input type="checkbox"/>
19. Operate heavy machines	<input type="checkbox"/>	43. Repair a car engine	<input type="checkbox"/>
20. Play chess	<input type="checkbox"/>	44. Identify constellations of stars	<input type="checkbox"/>
21. Work on an art or a music magazine	<input type="checkbox"/>	45. Take pottery classes	<input type="checkbox"/>
22. Get involved in a charity or community organization	<input type="checkbox"/>	46. Work with senior citizens	<input type="checkbox"/>
23. Do fast-paced, high-pressure sales work	<input type="checkbox"/>	47. Sell products on commission	<input type="checkbox"/>
24. Design computer games and programs	<input type="checkbox"/>	48. Set up a budget for running a large company or government agency.	<input type="checkbox"/>

2. ADD UP YOUR SCORES.

Below, circle the numbers you checked off in part 1 (above). Count the number of circles in each row. Then put the total number of circles in each row in the Total box at the end of each line.

PERSONALITY TYPES	TOTAL							
A. DOERS	1	7	13	19	25	31	37	43
B. INVESTIGATORS	2	8	14	20	26	32	38	44
C. ARTISTS	3	9	15	21	27	33	39	45
D. HELPERS	4	10	16	22	28	34	40	46
E. ENTERPRISERS	5	11	17	23	29	35	41	47
F. DETAILERS	6	12	18	24	30	36	42	48

3. EVALUATE YOURSELF.

In what two personality types did you score the highest? Write their names in the blank spaces below.

--	--

A Way To Explore Health Careers

1.

Why do I need a high school plan?

You must take a certain number of courses or "units" to meet state graduation requirements. Some are "core" or required courses. Others are "electives" courses, choices you can use to explore careers or other interests.

Your teacher or counselor will let you know:

- ◆ How many units you need for graduation
- ◆ The core requirements in your state and which courses will fulfill them
- ◆ The number of electives units required and the choices available to you.

Plan well. Then the courses you choose will meet graduation requirements and give you the background you need to prepare for the future.

2.

Are you interested in a Health Career?

You will want to choose tough core academic or applied technology courses like these if you're interested in a health career:

- ◆ English
- ◆ Algebra I and II, geometry and advanced math
- ◆ Biology, chemistry, and physics
- ◆ Psychology
- ◆ Computer Science, including keyboarding, and word and data processing

You also will want to use your electives on programs that offer health occupations education, such as:

- ◆ Tech Prep
- ◆ Cooperative Education
- ◆ School-to-career programs
- ◆ Career-technical education

Programs like these will enhance your opportunities for further education and employment.

3.

What other things should I consider?

When drafting your high school plan, you'll need to think about questions like these:

- ◆ What kind of work do I want to do after high school?
- ◆ What work environment is important to me? In-doors? Out and about? At a desk? Moving around? Working by myself or with others? Being boss? Regular hours? A flexible schedule?
- ◆ What additional education do I need career-technical school, community college, four-year college or university? What requirements must I have to get into a program at one of these schools?
- ◆ How much money do I need to support myself after I get my education?

4.

Who can help me with my plan?

While you're thinking about all of these questions, you also need a chance to explore.

- ◆ Join a student organization such as HOSA
- ◆ Talk with people whose jobs interests you
- ◆ "Try out" a career or work environment by volunteering
- ◆ Get parents or guardians, advisors, school counselors and teachers to provide advice and suggestions about your future plan.
- ◆ Take the career "self-test" on [page 5]. Ask your school counselor about others. These quizzes can help you match your interests, aptitudes and personality traits with a variety of career choices
- ◆ Read a lot about your career interests in books, magazines, and on the internet.

Planning wisely for high school will really pay off for you in just a few years!

Colleges and Universities in New Mexico

New Mexico State University – Dona Ana Las Cruces, NM http://dacc.nmsu.edu	Dental Assistant, Dental Hygienist, Electrocardiogram Technician, Emergency Medical Technician, Health Educator, Health Care/ Nursing Assistant, and more.
New Mexico State University – Main Campus Las Cruces, NM www.nmsu.edu	Athletic Trainer, Dietician, Genetics and Biotechnology, Public Health, Pharmacy, Nurse-MSN, Nutrition, Speech Pathologist and many, many more!
Northern New Mexico Community College Española, NM / El Rito, NM www.nnmc.edu	Biology, Chemistry, Nursing, Practical Nursing, Psychology and Radiologic Technologist
Pima Medical Institute Albuquerque, NM www.pmi.edu/locations/Albuquerque.asp	Dental Hygienist, Diagnostics Medical Sonography, Occupational Therapy Assistant, Radiographer, Respiratory Care Therapist, Veterinary Assistant, Veterinary Technician and more.
San Juan College Farmington, NM www.sjc.cc.nm.us	Biology, Chemistry, Dental Hygienist, Emergency Medical Services, Health Information Technology, Medical Laboratory Technician, Nursing and many more!
Santa Fe Community College Santa Fe, NM www.sfcc.edu	Dental Assistant, Fitness Instructor Training, Medical Assistant, Nursing Assistant, Nursing, Nutritionist and more!
University of New Mexico – Gallup Gallup, NM www.gallup.unm.edu	Dental Assistant, Dental Hygienist, Diabetes Prevention Specialist, Health Information Technology and lots more!
University of New Mexico – Main Campus Albuquerque, NM www.unm.edu	Athletic Trainer, Audiologist, Dental Hygienist, Dietician, Exercise Science, Medical Laboratory Technician, Nuclear Medicine Technician, Nutrition, Certified Midwifery, Pharmacy, Physician, Psychologist, Speech Pathologist and many more.
University of New Mexico – Valencia Los Lunas, NM www.unm.edu/~unmvc	Emergency Medical Services, Group Fitness Instructor, Health Education, Nursing, Medical Assistant and Phlebotomy
Western New Mexico University – Silver City Silver City, NM www.wnmu.edu	Athletic Trainer, Biology, Chemistry, Cell and Molecular Biology, Kinesiology, Medical Technician, Nurse-BSN, Certified Nurse Assistant, Nurse-Licensed Practical (LPN), Psychologist and Rehabilitation Services,

DOER

If you love working with your hands chances are you're a "doer." You like to build and fix things. Using tools comes naturally. You may prefer solving concrete rather than abstract problems. Many doers, including professionals like these, grow up to have "hands-on" careers:

Therapeutic Services

- Athletic Trainer
- Chiropractor
- Dentist
- Dental hygienist or assistant
- Dietitian
- Dental laboratory technician
- Emergency medical technician
- Home health aide
- Nurse or nursing assistant
- Occupation therapist
- Optician
- Paramedic
- Physical therapist
- Radiation therapist
- Respiratory therapist
- Surgeon
- Surgical technician
- Veterinarian
- Veterinary technician

Diagnostic Services

- Dentist
- Occupation therapist
- Ophthalmologist
- Optometrist
- Physical therapist
- Physician
- Respiratory therapist
- Veterinarian

Health Informatics

- Community services specialist
- Medical assistant
- Social worker

Support Services

- Biomedical technician
- Environmental health and safety manager
- Facilities manger
- Hospital Maintenance engineer

Biotechnology Research and Development

- Biomedical engineer
- Clinical laboratory technologist
- Medical researcher
- Quality assurance technician

INVESTIGATOR

Investigators are observant and curious. They have a feel for gathering and figuring out information. Many love science, math or history. They may prefer to work more on their own than with others. Does that sound like you? Perhaps you'd like to be one of these professionals:

Therapeutic Services

- Forensic nurse
- Pharmacist
- Physician
- Veterinarian

Diagnostic Services

- Histotechnologist
- Pathologists' assistant
- Physician
- Radiologic technologist
- Radiologist
- Speech pathologist
- Veterinarian

Health Informatics

- Computer security specialist
- Data analyst
- Epidemiologist
- Health writer
- Medical librarian
- Medical video producer

Support Services

- Biomedical technician
- Environmental health and safety manager
- Hospital maintenance engineer

Biotechnology Research and Development

- Biochemist
- Geneticist
- Medical researcher
- Toxicologist

ARTIST

Artists are creative, imaginative and like to express themselves. They may work with words and pictures or music and dance. They also may work with materials and machines that produce artistic products. The following may be a way to use your artistic talents:

Therapeutic Services

- Athletic trainer
- Art therapist
- Dance therapist
- Music therapist
- Dental laboratory technician
- Occupational therapist
- Orthodontist
- Orthotics
- Plastic surgeon
- Prosthetics
- Prosthodontist

Diagnostic Services

- Orthotics
- Plastic surgeon
- Prosthetics
- Prosthodontist

Health Informatics

- Hospital or health agency public relation director
- Medical editor or reporter
- Medical illustrator or photographer

Support Services

- Food services worker

Biotechnology Research and Development

- Robotics engineer

HELPER

Helpers are expert communicators. They work well in groups and interact well with all kinds of people. Do you see yourself working on a health care team? Can you imagine teaching people new skills or helping them with health problems, like these professionals?

Therapeutic Services

Athletic trainer
Emergency medical technician
Forensic nurse
Home health aide
Nurse or nursing assistant
Nutritionist
Occupational therapist
Optician
Paramedic
Physical therapist
Physician
Psychiatrist
Psychologist
Respiratory therapist
Veterinarian
Veterinary technician

Diagnostic Services

Ophthalmologist
Optometrist
Physician
Psychiatrist
Psychologist
Veterinarian

Health Informatics

Admitting clerk
Billing office representative
Clinical department director
Community services specialist
Health educator
Hospital chaplain
Medical assistant
Patient advocate
Social worker

Support Services

Biomedical technician
Food service worker
Maintenance/repair technician
Transport technician

Biotechnology Research and Development

Biomedical engineer
Geneticist

ENTERPRISER

Do you have strong leadership qualities? Can you organize and prioritize? Are you competitive, a risk-taker? Can you persuade others to see things your way? Enterprisers have the social skills of helpers and the hands-on skills of doers like these:

Therapeutic Services

Community health service provider
Medical practice owner or partner
Specialized surgical clinic owner/operator
Visiting nurse

Diagnostic Services

Laboratory owner or operator
Medical practice owner or partner

Health Informatics

Fund-raising director
Hospital or health agency executive director

Support Services

Financial, marketing, human resources, other top manager
Medical equipment entrepreneur
Pharmaceutical distributor

Biotechnology Research and Development

Biomedical patent attorney
Laboratory owner or operator
Medical scientist
Pharmaceutical scientist
Private research laboratory owner

DETAILER

Detailers have great focusing skills. They analyze facts and numbers. They're observant and able to evaluate what they perceive. They often prefer a steady routing. They like being part of a team, though not always in leadership roles. The health services career cluster has many careers for detailers like these:

Therapeutic Services

Dental laboratory technician
Forensic nurse
Pharmacist
Pharmacy technician

Diagnostic Services

Laboratory technician
Medical staff administrator
Medical technologist
Pathologist or medical examiner

Health Informatics

Accountant
Administrative assistant
Admitting clerk
Coder
Epidemiologist
Health information technician
Insurance clerk
Medical illustrator
Medical records manager
Medical secretary
Transcriptionist

Support Services

Biomedical technician
Environmental health and safety manager
Facilities manager

Biotechnology Research and Development

Biochemist
Biomedical engineer
Biomedical patent attorney
Geneticist
Medical researcher
Medical scientist
Pharmaceutical scientist
Toxicologist

Colleges and Universities in New Mexico

Luna Community College Las Vegas, NM www.luna.edu	Dental Assistant, Nurse - ADN and Practical Nursing
Mesalands Community College Tucumcari, NM www.mesalands.edu	Pre-Medicine, Pre-Dentistry, Pre-Nursing, Pre-Veterinary, Certified Nursing Assistant and Phlebotomy
Navajo Technical College Crownpoint, NM www.navajotech.edu	Certified Nursing Assistant, Pre-Nursing Studies, Registered Nursing, and Veterinary Technology
National American University Albuquerque, NM www.national.edu	Clinical/ Medical Laboratory Technician, Emergency Medical Services, Cardiovascular Technology, Nursing and more!
New Mexico State University – Alamogordo Alamogordo, NM http://nmsua.edu/	Emergency Medical Technician, Biomedical Electronic Technician, Physical Education and Nutrition and others.
New Mexico State University – Carlsbad Carlsbad, NM http://www.cavern.nmsu.edu/	Biology, Chemistry, Health Information, Nursing, Phycology, Surgical Technician and more!
Anamarc College Santa Teresa, NM www.anamarc.edu	Health Information/ Medical Records Technology Technician, Licensed Practical/Vocational Nurse training, Nursing– RN and more...
ATI Career Training Center Albuquerque, NM www.atienterprises.edu	Allied Health and Medical Assisting Services
Central New Mexico Community College Albuquerque, NM www.cnm.edu	Dental Coordinator, Dental Assistant, Diagnostic Medical Sonographer, Emergency Medical Technician, Health Informatics, Nurse-Licensed Practical (LPN), Polysomnography, Radiographer, Respiratory Care Therapist and more!
Clovis Community College Clovis, NM www.clovis.edu	Athletic Training, Emergency Medical Services, Nurse-ADN, Nurse-Licensed Practical (LPN), Radiologic Technologist, Physical Therapy Assistant, Health and Physical Education
Eastern New Mexico University – Portales Portales, NM www.enmu.edu	Biology, Emergency Medical Services Management, Medical Technology, Nurse-BSN, Pre-veterinary, Physical Education, Forensic Science, and Health and Wellness
Eastern New Mexico University – Roswell Roswell, NM www.roswell.enmu.edu	Emergency Medical Technician, Nurse-Licensed Practical (LPN), Occupational Therapist Assistant, Paramedic, Phlebotomist and many more!