

2016 Hawaii HOSA State Leadership Conference
Roundtable Session, 1:30-3:20 p.m.
4th Floor Ballrooms B and C

Physical Therapist Assistant Program **Table 1**

Jill Wakabayashi, Educator, Kapiolani Community College

Learn about a career as a Physical Therapist Assistant (PTA) and the Kapiolani Community College PTA Program. Participate in hands-on activities using tools and equipment used by PTA's.

Opportunities in Health Care **Table 2**

Shanyn Chung, Human Resources Specialist / Recruiter, Hawaii Pacific Health

Explore various medical and other career opportunities that are part of a major hospital system. Learn about their six-week summer internship program and how to prepare for it from our former Hawaii HOSA State Secretary.

"My Plate" **Table 3**

Amy Tousman, Nutritionist, UH Manoa

Look at nutrients and the plate/hand methods for portioning rather than specific measurements, and the difference between slow carbs and fast carbs (whole grains vs white and whole fruits/veg vs juice). Participate in interactive activities to demonstrate the amount of sugar in different size drinks and fat in a plate lunch. Look at types of jobs and educational requirements to get a degree in nutrition/dietetics.

Gross Anatomy & Function of the Heart **Table 4**

Dr. Will Jonen, Assistant Professor, KCC

Through the gross anatomy of a porcine (pig's) heart, students will be walked through the major structures of the heart and how those structures conduct the flow of blood through the heart and its associated blood vessels. The attendees will be provided with safety goggles and gloves for their protection

Volunteer Opportunities **Table 5**

Glenn Mendoza, Make A Wish Hawaii - Learn about the services at Make A Wish and the volunteer opportunities available to serve the community..

Aging, Health & Imagination, What's Your Role? **Table 6**

Colby Takeda, Administrator, The Plaza at Waikiki

Sasha Dimond, Activity Director, The Plaza at Waikiki

Are we prepared for the silver tsunami? Hawaii's senior population is living longer and multiplying at a significantly higher rate than the national average. As future health leaders, we can make a considerable impact on the health and wellbeing of our kupuna, but where do we start? Whether it is at home with your grandparents, in clinical settings, or on larger scale through community health, it's vital that we increase our competencies and grow our workforce to care of those who have spent so many years caring of us. In this dynamic presentation, we will analyze the complex issues of aging, explore opportunities to work with seniors, and dream up a society that encourages healthy aging.

Sports Medicine/Athletic Trainer – Ankle Taping **Table 7**

Scott Mochinaga, Certified Athletic Trainer, Oahu Spine & Rehab

Learn about the role of an athletic trainer, the schooling needed to become certified, and the different settings they are employed in. Participate in hands-on activity of ankle taping.

Educational Symposium 1

1:30-2:20 p.m.

3rd Floor

Emergency Nursing

Room 316A/B

Kameron Noyama, ER Nurse, Kapiolani Medical Center

Stephanie Noyama, NICU Nurse, Kapiolani Medical Center

Perry Tsuneoka, ER Nurse, Queen's Medical Center

Three nurses share their journey from high school through nursing school to entering the workforce as a new nurse.

Veterinarian Medicine

Room 319A

Dr. Heather Kihara, Veterinarian, Waipahu Waikele Pet Hospital

Learn about a career in Veterinary Medicine, the branch of medicine that deals with the prevention, diagnosis and treatment of disease, disorder and injury in non-human animals.

Hawaii Medical College

Room 328

Ron Claxton, CMA Program Coordinator

LaKeisha Violenusellis, Pharmacy Tech Coordinator

Johnathan Hughes, Admissions

Besides a discussion on new and increasing demand careers, learn about healthy snacks and eating options, admission requirements for most postsecondary institutions, and making a good first impression for an internship, interview, or admission to further education and training.

Career in Emergency Medicine

Room 323B

Danny Kao, Paramedic, American Medical Response

Learn about a career in Emergency Medicine as a Paramedic dealing with disaster and mass casualty incidents. Hands on activities with the tools and equipment found in an ambulance.

Careers in Pharmacy and Clinical Psychopharmacology

Room 325B

Eizaabeth Ackerman, PharmD UH Hilo Daniel K. Inouye College of Pharmacy (DKICP) and Judi Steinman, PhD, Program Coordinator, DKICP Master of Science in Clinical Psychopharmacology Program

This session is for you if you are interested in pharmacy, pharmaceutical sciences, clinical psychology or advanced training in clinical psychopharmacology. Learn about a career in Pharmacy, earning a Doctor of Pharmacy (PharmD) degree and the DKICP. Also learn about the DKICP MSCP program, one of four in the country to receive American Psychological Association recognition.

Educational Symposium 2

2:30-3:20 p.m.

3rd Floor

Career in Surgery

Room 316A/B

Dr. Cedric Lorenzo, Surgeon, Queen's Medical Center

Learn about a career in Surgery. Surgeons operate on patients to treat injuries, such as broken bones; diseases, such as cancerous tumors; and deformities, such as cleft palates. Dr. Lorenzo is a graduate of Waipahu High School and specializes in general surgery and bariatrics.

"Top 5 Things I Wish I Knew Before Going to Medical School"

Room 319A

Dr. Addison Bulosan, Chiropractor, The Specific Chiropractic Center – Kauai

Do you think you're ready for medical school? Whether you are planning on studying to become a nurse, doctor, or administrator, there are 5 things that you can do as a student right now that will prepare you for the rigors of medical school. Join Dr. Addison Bulosan, a born and raised local boy who practices on Kaua'i in learning what it'll take to make it in Med School and programs that offer training in this field.

"Stress Bucket"

Room 328

Peter Clines, Health Educator, HMSA

Each of us has a limited amount of stress we can "hold" to before overflow occurs. Knowing how to "drain" this stress is crucial in preventing high blood pressure, anxiety, and other health afflictions. Join us and realize practical (and often enjoyable) ways to lower the volume of stress in your "bucket".

Career in Emergency Medicine

Room 323B

Danny Kao, Paramedic, American Medical Response

Learn about a career in Emergency Medicine as a Paramedic dealing with disaster and mass casualty incidents. Hands on activities with the tools and equipment found in an ambulance.

Massage Therapy

Room 325B

Bonnie Jones, Massage Therapist, Gifted Hands

Students will be introduced to the massage practice, essential oils, and a full head, neck, shoulder routine. Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing this stress, which translates into: decreased

anxiety, enhanced sleep quality, greater energy, improved concentration, increased circulation and reduces fatigue.