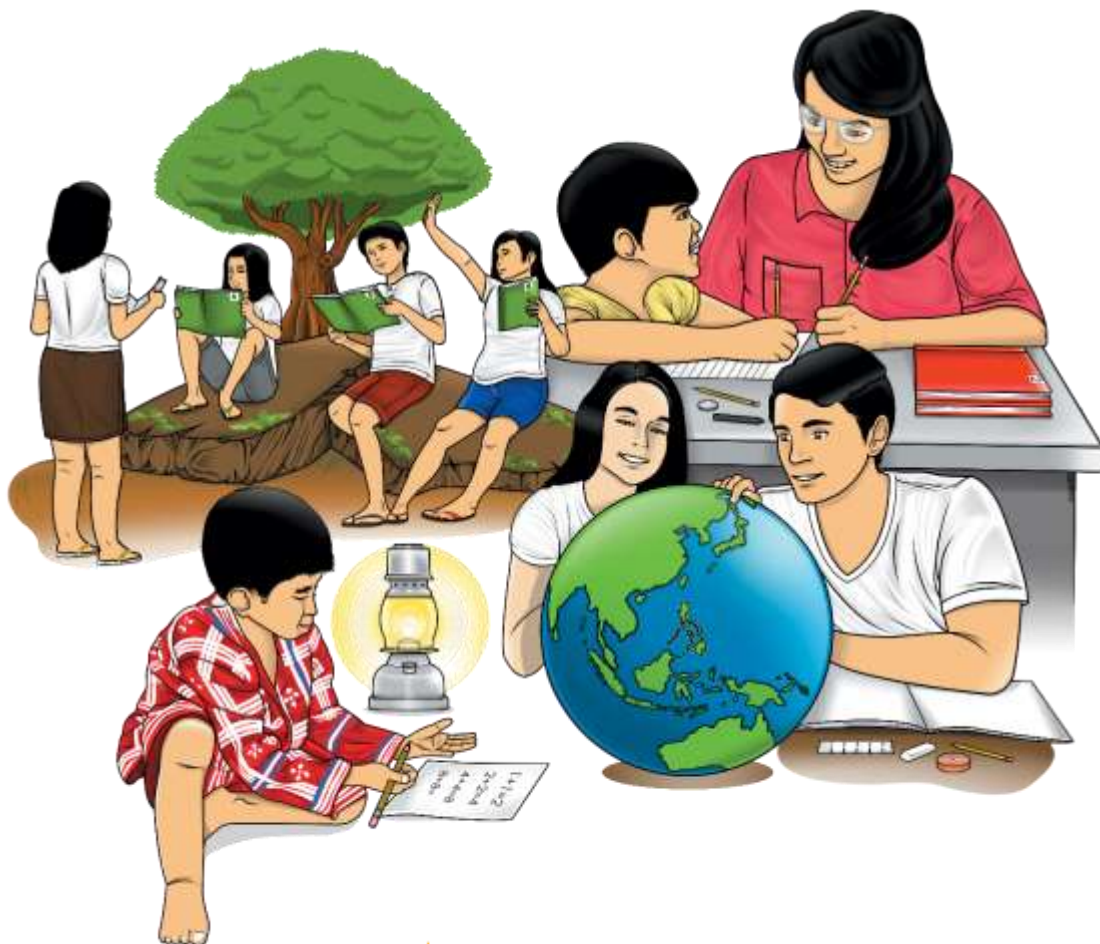


Health

Quarter 4 – Module 4: Deciding on Appropriate Health Career Path



Health - Grade 10
Alternative Delivery Mode
Quarter 4 - Module 4: Deciding on Appropriate Health Career Path
First Edition, 2020

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Health

**Quarter 4 – Module 4:
Deciding on Appropriate Health
Career Path**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to

In Module 3, you have explored the different health career pathways. In this module, you will be assisted to decide on an appropriate health career path that will lead you to pursue a health career not only because of the good salary it offers, but also because of your desire to care for the lives of the people who need your help.

Working on the module is a stress-free experience. Why? Because you can do the tasks or activities here at your most convenient time and place. Assistance of your parents, siblings or relatives in answering the module may be allowed particularly in doing performance tasks.

Let us check what you know about preparing a personal health career.
Are you ready? Let's proceed.



In this module, you are expected to decide on an appropriate health career path (H10PC-IVc-d-4).



What I Know

Pretest

Directions: Read each item carefully. Choose the best answer and write it in your activity notebook.



This pretest is my way of checking your prior knowledge about the lesson. Although your score will not be recorded, it is expected that you will do your best to answer each item as honestly as you can.

Are you ready? Let's get it on!

1. Which among the following is not a health career in Community Healthcare?
 - a. Barangay Health Worker
 - b. Community Health Educator
 - c. Community Outreach Manager
 - d. Paramedic
2. Who among the following Health professionals belongs to Mental Healthcare?
 - a. Dietician
 - b. Guidance Counselor
 - c. Health Inspector
 - d. Home Health Aide
3. What health career monitors health and safety conditions in residential, industrial, commercial, and recreational settings?
 - a. Air Pollution Analyst
 - b. Environmental Health Specialist
 - c. Environmental Toxicologist
 - d. Health Educator
4. What is the Job Description or Nature of Work of a Dental Hygienist?
 - a. Diagnoses and treats dental issues, and develops patients' oral hygiene
 - b. Helps with reception work and assists any member of the dental team to treat patients
 - c. Helps people reclaim their lives from addiction to alcohol or other drugs
 - d. Provides additional services and information on prevention of oral diseases
5. Who among the following health professionals assists students with personal, family, education, and career decisions and concerns?
 - a. Dietician
 - b. Guidance Counselor
 - c. Health Inspector
 - d. Home Health Aide

6. Gio wants to become a nurse. His parents want him to become a seafarer. He now compares his future career as a nurse and as a seafarer, noting down the different benefits he can get for himself and for his family. Which component in decision making is illustrated?
- Narrowing down of choices
 - Listing down pros and cons
 - Choosing a specific health career
 - Considering suggestion of family
7. Mark has options to take as a career. These are to become a nurse, a medical representative, a laboratory technician, and a clinical pharmacist. He drops being a nurse because there are no nursing schools near his town. He also does not consider being a clinical pharmacist because his parents do not support him. He is left in choosing between a medical representative and laboratory technician. Which component in decision making is exemplified?
- Narrowing down of choices
 - Listing down pros and cons
 - Choosing a specific health career
 - Considering suggestion of family
8. Ara is informed that all her friends will take up nursing because it is in demand and pays a lucrative salary. Her parents convinced Analyn to take pharmacy because they want her to manage their drugstore. Which component is being referred to?
- Narrowing down of choices
 - Listing down pros and cons
 - Choosing a specific health career
 - Considering suggestion of family
9. Josh has already consulted his parents and colleagues. He already gathered extensive information on BS Pharmacology including the schools offering the courses and their corresponding tuition fees. Having all of these, he now decides to enroll in BS Pharmacology in a prestigious university in the National Capital Region. Which component is associated in the situation?
- Narrowing down of choices
 - Listing down pros and cons
 - Choosing a specific health career
 - Considering suggestion of family

10. Aubrey is able to search a template shown below

Career Pathway	Specific Health Career	Advantages	Disadvantages	Rank of the health career

Using the template, Aubrey decides on her health career. What component is exemplified here?

- a. Narrowing down of choices
- b. Listing down pros and cons
- c. Choosing a specific health career
- d. Considering suggestion of family

Module

4

Deciding on Appropriate Health Career Path



What's In

In the previous modules, you have explored the various health career paths, selected particular health career pathway, and been given opportunity to participate in health career orientation program.

In this time of crisis and pandemic, the world really needs health workers as frontliners to look after the welfare of the people.

This module focuses on helping you decide on an appropriate health career path.



What's New

The activity contains health career pathways and a review of different health careers.

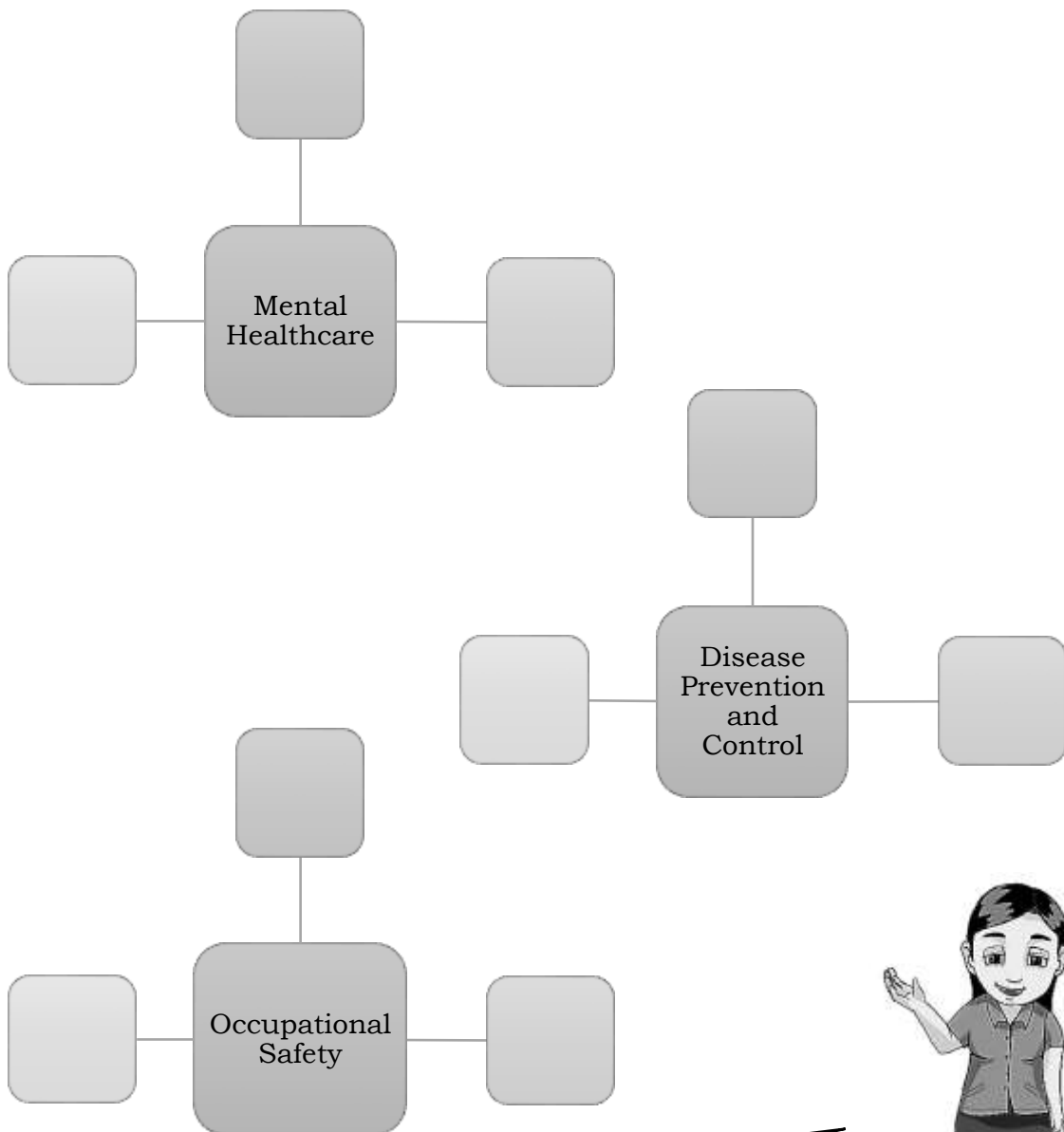
Are you ready? Then let us start answering the activity. Have fun!



Activity 1: Mapping Health Career Pathways

Directions: Below are three concept maps and a pool of health careers. Your task is to write the health career to the concept where it belongs. Use your activity notebook.

Pool of Health Careers		
Epidemiologist	Guidance Counselor	Infection Preventionist
Mental Health Counselor	Industrial Hygienist	Epidemiology Investigator
Clinical Psychologist	Health Inspector	
	Occupational Health and Safety Technician	



Now that you are finished, you may proceed to the next part. Keep going!





What is It

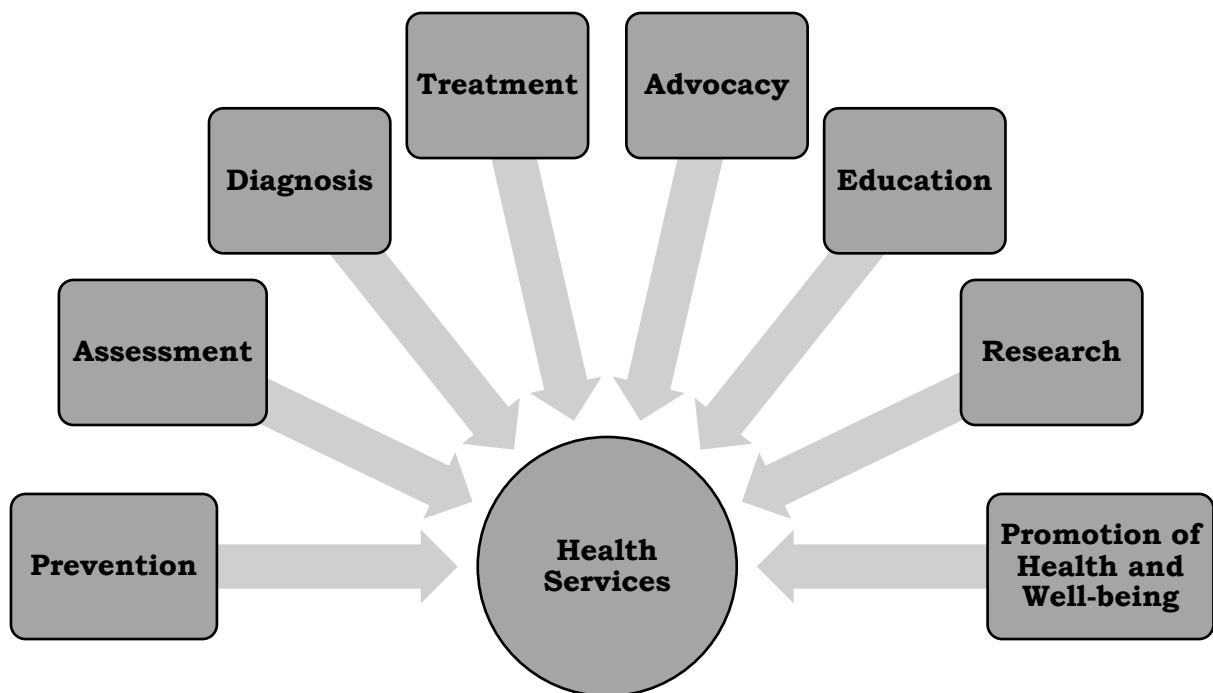
The table below is provided to summarize the health career pathways and the different health careers that fall under each category to help you decide which career to take in the near future.

Health Career Pathways	Health Careers/ Health Professionals	Job Descriptions of the Health Professionals
1. Community Healthcare	Barangay Health Worker	Contributes to community development and can help communities improve access to basic health services
	Community Health Educator	Focuses on promoting good health and disease prevention within the community
	Community Outreach Manager/Specialist	Organizes and manages programs and initiatives that promote community wellness
2. Dental Health	Dentist	Diagnoses and treats dental issues, and develops patients' oral hygiene
	Dental Hygienist	Provides additional services and information on prevention of oral diseases
	Dental Nurse	Helps with reception work and assists any member of the dental team to treat patients
3. Disease Prevention and Control	Epidemiologist	Collects and analyzes data to locate causes of diseases and other health related issues
	Epidemiology Investigator	Performs assessments in populations where there is chronic disease and specific infection trends
	Infection Preventionist	Specializes in preventing infections and helps stop people from getting sick also referred to as nurse epidemiologist
4. Drug Prevention and Control	Addiction Counselor	Helps people reclaim their lives from addiction to alcohol or other drugs
	Addiction Nurse	Specializes in the treatment of patients addicted to drugs, alcohol or other substances
	Detox Specialist	Designs and implements programs involving necessary

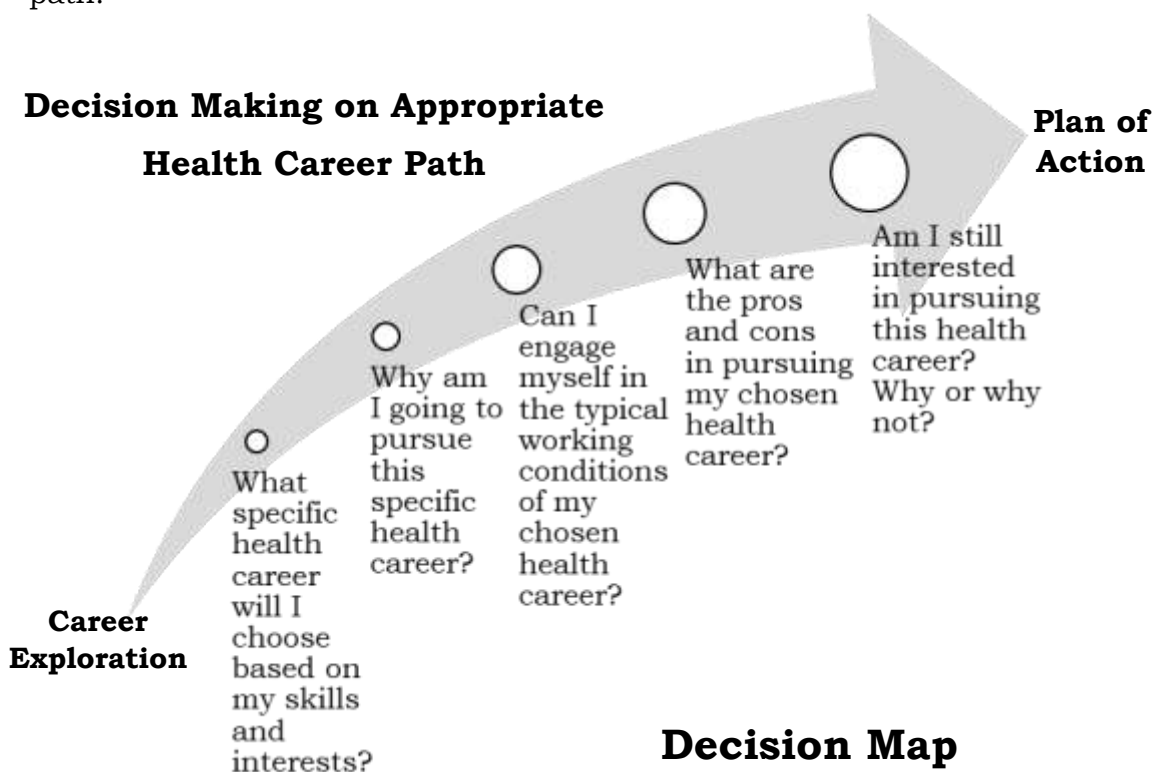
		medications and types of detox needed by patients
5. Emergency Medical Services	Emergency Medical Responder	Specializes in providing out-of-hospital care in medical emergencies
	Emergency Medical Technicians/Ambulance Technician	Responds quickly to any emergency and life-threatening situations to increase chances of survival
	Paramedic	Gives emergency medical treatment or assists medical professionals in emergency situations
6. Environmental Healthcare Management	Air Pollution Analyst	Measures and analyzes data gathered from polluted air
	Environmental Health Specialist or Manager	Monitors health and safety conditions in residential, industrial, commercial, and recreational settings.
	Environmental Toxicologist	Studies harmful effects of various chemical, biological and physical agents on living organisms
7. Health Education	Health Educator	Specializes in health education and promotes the development of health knowledge, life skills, and positive attitudes toward health and well-being
	Health Education Specialist	Develops and implements strategies to improve the health of individuals and communities
	Community Health Educator	Focuses on promoting good health education and disease prevention within a community
8. Maternal and Child Care	Midwife	Helps women maintain healthy pregnancies, assists in or performs childbirth delivery, and helps in women's recovery process through the postpartum period
	Maternal and Child Health Specialist	Focuses with the well-being of mothers and children both during pregnancy and after birth
	Pediatrician	Manages health of children including physical, behavioral and mental issues.

9. Mental Healthcare	Clinical Psychologist	Assesses, diagnoses, treats and helps prevent mental disorders
	Guidance Counselor	Assists students with personal, family, education, and career decisions and concerns
	Mental Health Counselors	Helps patients to achieve emotional wellness and specializes in areas such as trauma, addiction and youth services.
10. Nutrition	Dietician / Nutritionist	Promotes good health through proper diet and treatment of diseases
	Nutritional Therapist	Helps people improve and maintain their well-being through diet and good nutrition
	Nutrition Educator	Teaches nutrition by developing, implementing, and marketing nutrition education services and programs
11. Occupational Safety	Occupational Health and Safety Technician	Collects data on the safety and health conditions of the workplace and conducts tests and measuring hazards to help prevent harm to workers
	Health Inspector	Helps keep the public safe by inspecting variety of locations for health and safety hazards
	Industrial Hygienist	Protects employee's health in the workplace by creating and implementing health programs, policies and procedures
12. Personal Healthcare	Physical Therapist	Improves quality of patient's life through prescribed exercise, hands-on care, and patient education.
	Practical Nurse	Takes care of basic duties in settings such as hospitals, nursing homes, and long-term facilities
	Home Health Aide	Assists patients by providing personal services such as bathing, dressing, and grooming

The different health professionals though belonging to different health career pathways share the same health services, which are shown in the graphic organizer below.



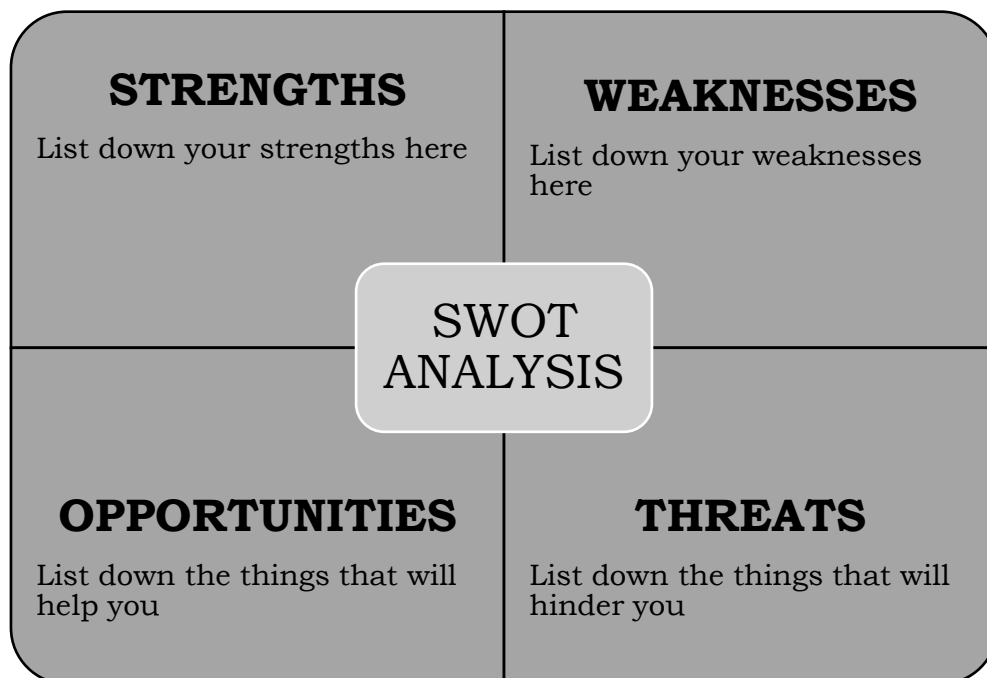
After exploring the different health career pathways, health careers and their job descriptions, and health services offered by health professionals, you are now ready to decide for an appropriate health career. The Decision Map below shows the key questions to ponder before deciding on appropriate health career path.



In deciding an appropriate health career path, it is necessary to:

- compare health career options
- narrow down health career options;
 - reflect on skills, abilities, interests, strengths, among others;
 - choose a specific health career to pursue;
 - list down pros and cons in pursuing chosen health career;
 - consider suggestion of family; and
 - think of the outcome of your chosen health career path.

To help you make decisions on appropriate health career path to pursue, you should conduct a SWOT Analysis on the health career path. The diagram below shows the things to consider in the SWOT Analysis.



What's More



Good job! Now that you have learned the concepts about deciding on appropriate health career path, let's check how far you have gone.

Did the activities and assessments work for you? Alright, let's move on to the next activity.

Activity 1: Find your Match

Directions: Match Column A with Column B. Write your answers in your activity notebook.

COLUMN A Job Descriptions of the Health Professionals	COLUMN B Health Careers
1. Contributes to community development and can help communities improve access to basic health services	A. Barangay Health Worker
2. Provides additional services and information on the prevention of oral diseases	B. Addiction Nurse
3. Performs assessments in populations where there is chronic disease and specific infection trends	C. Health Education Specialist
4. Specializes in the treatment of patients addicted to drugs, alcohol or other substances	D. Epidemiology Investigator
5. Gives emergency medical treatment or assists medical professionals in emergency situations	E. Guidance Counselor
6. Studies harmful effects of various chemical, biological and physical agents on living organisms	F. Paramedic
7. Develops and implements strategies to improve the health of individuals and communities	G. Dental Hygienist
8. Manages health of children including physical, behavioral and mental issues.	H. Nutritional Therapist
9. Assists students with personal, family, education, and career decisions and concerns	I. Pediatrician
10. Helps people improve and maintain their well-being through diet and good nutrition	J. Home Health Aide
11. Protects employee's health in the workplace by creating and implementing health programs, policies and procedures	K. Environmental Toxicologist
12. Assists patients by providing personal services such as bathing, dressing, and grooming	L. Industrial Hygienist

Assessment 1: Narrowing down health career options

Directions: Complete the table below by filling out the necessary information. Write your answers in your activity notebook.

Self-Assessment <i>(Personality, skills, talents, abilities, hobbies, interests, strength and weaknesses)</i>	Career Exploration <i>(Career path that I am interested to pursue)</i>			Justification <i>(Reason for selecting or pursuing the chosen health career)</i>
	Health Career Pathways	Chosen Health Career	Job Description of the Chosen health career	

Reflective Question: Are you happy with your decision? Explain your answer.

Activity 2: SWOT Time

Direction: Complete the graphic organizer below depicting your strengths, weaknesses, opportunities and threats in pursuing your chosen health career path. Use your activity notebook.

<p>STRENGTHS</p> <p>List down your strengths here</p>	<p>WEAKNESSES</p> <p>List down your weaknesses here</p>
<p>SWOT ANALYSIS</p>	
<p>OPPORTUNITIES</p> <p>List down the things that will help you</p>	<p>THREATS</p> <p>List down the things that will hinder you</p>

Assessment 2: Help them Decide!

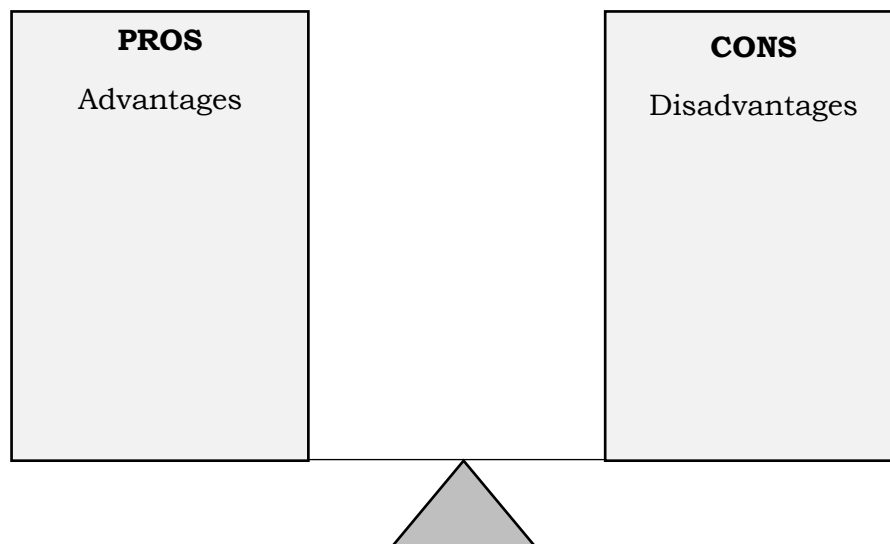
Directions: Read the following situations carefully then answer the questions that follow. Write your answers in your activity notebook.

1. James excels in Biology. He can explain the different functions and systems of the organs of the body. He wants to become a Medical Technologist and wants to study abroad. However, his parents decided to enroll him to BS Biology so he can join his sister abroad as a biologist. If you were James, what will you do?
2. Vilma has experienced to nurse her ailing grandfather up to his deathbed. She knows how to disinfect, assist the patient, and provide for some of the healthcare needs. However, there were many expenses incurred in the medication and burial of her grandfather. Because of this, the money saved up for her education is affected. If you were Vilma, what would you do?
3. Vincent, a consistent science awardee from the province, has several courses in mind: BS Laboratory Technician, BS Pharmacy, Doctor of Medicine, and BS Healthcare Science. Besides having a dilemma in choosing a course, he also plans to study in the metropolis. Given these options, he cannot decide. If you were a friend of Vincent, what advice would you give him?

Activity 3: Weighing Chosen Health Career

Directions: List down the Pros and Cons of your chosen health career then answer the question that follows. Write your answers in your activity notebook.

CHOSEN HEALTH CAREER: _____



Reflective question: Considering the Pros and Cons of the Chosen Health Career, are you still going to pursue your chosen health career? Why or why not?

Assessment 3: Deciding on Appropriate Health Career Path

Directions: Complete the table below by deciding on an appropriate health career path to take. Write your answers in your activity notebook.

Chosen Career	Reasons in the selection of career	Possible situations that may interfere in the selection of career	Interventions to solve the situations



What I Have Learned

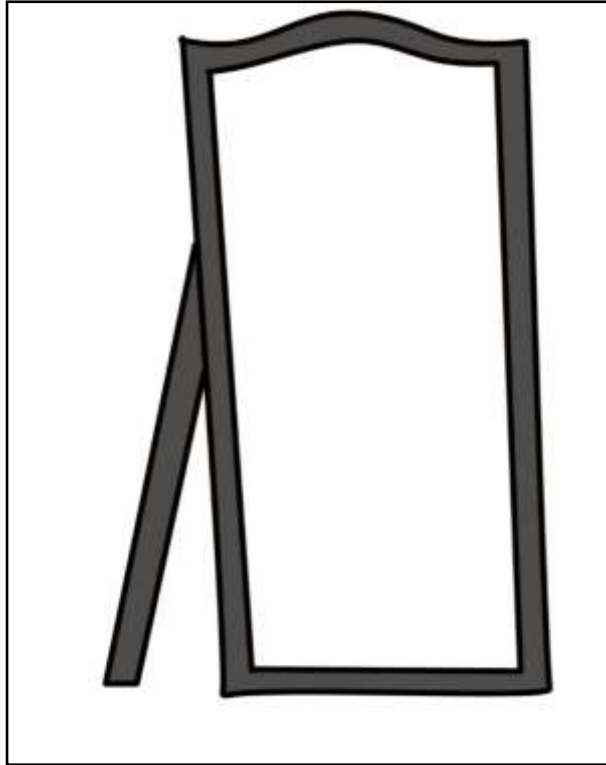
Tools such as Decision Map and SWOT Analysis can help in deciding on appropriate health career path to pursue. Likewise, it is important to compare health career options, narrow down health career options, reflect on skills, abilities, interests, strengths, among others; choose a specific health career to pursue, list down pros and cons in pursuing chosen health career, consider suggestion of family, and think of the outcome of your chosen health career path.



What I Can Do

LET'S EXPLORE!

Direction: Draw a reflection of yourself 5 – 7 years from now. Your illustration must reflect the health professional you will become. Explain briefly why you draw this reflection focusing on the factors that helped you decide in taking this health career path. Do the activity in your activity notebook.



I will become a/an _____



Assessment

Post Test

Directions: Read each item carefully. Choose the best answer and write it in your activity notebook.

1. What health career monitors health and safety conditions in residential, industrial, commercial, and recreational settings?
 - a. Air Pollution Analyst
 - b. Environmental Health Specialist
 - c. Environmental Toxicologist
 - d. Health Educator

2. Which among the following is not a health career in Community Healthcare?
 - a. Barangay Health Worker
 - b. Community Health Educator
 - c. Community Outreach Manager
 - d. Paramedic

3. Who among the following Health professionals belongs to Mental Healthcare?
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 - a. Narrowing down of choices
 - b. Listing down pros and cons
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 - d. Considering suggestion of family

7. Josh has already consulted his parents and colleagues. He already gathered extensive information on BS Pharmacology including the schools offering the courses and their corresponding tuition fees. Having all of these, he now decides to enroll in BS Pharmacology in a prestigious university in the National Capital Region. Which component is associated in the situation?
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9. Ara is informed that all her friends will take up nursing because it is in demand and pays a lucrative salary. Her parents convinced Analyn to take pharmacy because they want her to manage their drugstore. What component is being referred to?
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10. Aubrey is able to search a template shown below

Career Pathway	Specific Health Career	Advantages	Disadvantages	Rank of the health career

Using the template, Aubrey decides on her health career. What component is exemplified here?

- Narrowing down of choices
- Listing down pros and cons
- Choosing a specific health career
- Considering suggestion of family



Additional Activity

Let's build the concept

On a piece of bond paper, make a poster regarding deciding on appropriate health career path. The use of coloring materials is highly encouraged. Make sure to apply what you have learned from this lesson.

SUGGESTED RUBRIC FOR SCORING

Criteria	3	2	1
Relevance of the Poster	The poster clearly shows the process in deciding on appropriate health career path	The poster shows the process in deciding on appropriate health career path but can still be improved	The poster poorly shows the process in deciding on appropriate health career path
Creativity	The poster makes use of appropriate symbols and objects	The poster makes use of appropriate symbols and objects, but 1 symbol or object can be replaced.	The poster makes use of appropriate symbols and objects, but more than 1 symbol or object can be replaced.
Visual Impact	The poster exceptionally used balance and style	The poster averagely used balance and style	The poster poorly used balance and style
Originality	The poster exceptionally used new ideas related to the topic	The slogan averagely used new ideas related to the topic	The slogan poorly used new ideas related to the topic

Congratulations! You're done.



Answer Key

<p>What's More</p> <p>Activity 1: Find your Match</p> <p>1. A 2. G 3. D 4. B 5. F 6. K 7. C 8. I 9. E 10. H 11. L 12. J</p>	<p>What I Know</p> <p>PRETEST</p> <p>1. D 2. B 3. B 4. D 5. B 6. C 7. A 8. D 9. C 10. B</p>	<p>What's New</p> <p>Activity 1: Mapping Health Career Pathways</p> <p>Mental Healthcare</p> <p>1. Clinical Psychologist 2. Guidance Counselor 3. Mental Health Counselors</p> <p>Disease Prevention and Control</p> <p>1. Epidemiologist 2. Infection Preventionist 3. Epidemiology Investigator</p> <p>Occupational Safety</p> <p>1. Industrial Hygienist</p>
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What's More
Assessment 1: Narrowing down health career options
 Answers may vary

Activity 2: SWOT Time
 Answers may vary

Assessment 2: Time to decide
 Answers may vary

Activity 3: Weighing Chosen Health Career
 Answers may vary

Assessment 3: Deciding on Appropriate Health Career Path
 Answers may vary

Additional Activity
Poster Making
 Answers may vary

What I can do
Let's Explore
 Answers may vary

Assessment
POSTTEST
 1. B
 2. D
 3. B
 4. D
 5. B
 6. C
 7. C
 8. A
 9. D
 10. B

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