

For High School Students, a Glimpse at Various Healthcare Careers



"The students asked so many great questions about what we do and the responsibilities of Emergency Medical Technicians (EMTs) and paramedics," says Mitchell Powell (left), senior director of Emergency Medical Services, who helped lift a student into an NYU Langone Health ambulance.

NYU Langone Hospital—Brooklyn opened its doors to two groups of science-focused teens in the WorldStrides program, offering hands-on activities across the hospital.

More than 80 students interested in careers in medicine and related fields visited NYU Langone Hospital—Brooklyn in June through the WorldStrides program. The curriculum featured healthcare activities, including an operating room simulation, a "Stop the Bleed" instruction session, and tours of rehabilitation services and the pathology labs.

"They were extremely engaged high school students," says Paulina Koudellou, vice president, Hospital Operations. "They were so curious that sometimes it seemed they thought they were in a *CSI* episode. The group handled themselves well, even when they saw an amputated leg specimen."

WorldStrides is an international program that every year provides educational experiences in more than 100 countries for about 500,000 students, the next generation of doctors, engineers, innovators, scientists, and software developers. Participating hospitals are asked to arrange true-to-life medical simulations overseen by top professionals.

"It's an incredible opportunity for a major academic organization to open its doors to high school students from all socio-economic backgrounds and say, 'Walk in, let us show you the various career paths in healthcare.' It's a chance most young people never have—I know I never did," says Dewi DeVeaux, DNP, RN, senior director of Nursing and Patient Experience, who gave the introductory remarks. "So, I urged them to seize the moment and make the most of every minute of the day."

The first stop was a tour of the Pathology and Laboratory Medicine Department, where Robert Filangeri, administrative director, discussed his staff's day-to-day duties and offered an anatomic "Body Parts" presentation that included an amputated leg, parts of a stomach, a breast, and a spleen. "They were mature and asked great questions," he says.

Up next, Francesca Hwang, MD, a trauma surgeon and the associate program director, General Surgery Residency Program, facilitated a demonstration of "Stop the Bleed" techniques, showing the students how to stop major hemorrhages after injury using tourniquets. "They did hand-on sessions applying tourniquets on their own arms and on each other's arms," Dr. Hwang says.

Then came a tour of rehab services. Kara Nizolek, PhD, site director for rehabilitation services at Rusk Rehabilitation—along with her team of physical therapists, occupational therapists, and speech pathologists—explained the various rehab career path options and educational requirements. "The students experienced some of the interactive and immersive technologies patients use during their rehab journeys, including the Zero Gravity ceiling lift to help patients walk and the Virtual Reality system for stroke recovery," Nizolek says.

Following that, the students suited up in scrubs for an operating room simulation, complete with a manikin and an anesthesia machine for realism. "They learned how

to intubate a patient and worked with the various medical equipment," says Vidya Boodhram-Dayal, EdD, RN, senior director for Perioperative Services, whose team facilitated the exercise. "The students were jumping out of their seats to participate."

Finally, the moment that left the group most giddy: One of the students was strapped in and loaded into an NYU Langone Health ambulance. "They asked so many great questions about what we do as Emergency Medical Technicians (EMTs) and paramedics," says Mitchell Powell, senior director of Emergency Medical Services. "It's always great to speak with students interested in medicine and all the various career paths in it."