

The George Washington University Careers in Health Care, an Envision FutureFinder Program

2019 Sample Schedule*

Day One: January 19th, 9a.m. to 5p.m.

Explore Nursing

Welcome and Orientation

Career Panel Session: *Do you have what it takes?*

Nurses break down the TV portrayals and myths.

Real-World Practice: *Birthing & Midwifery Simulation*

A high-fidelity birthing simulator gets students engaged in the birthing process.

Real-World Practice: *Physical Exam Simulation*

Take on the nursing assessment with stethoscopes, blood pressure cuffs and more!

Speaker: *General First Aid & Primary Care*

Hear from a nurse practitioner about their roles, regulations and policies.

Session: *Nursing of the Past, Present & Future*

History of the field from the days of Florence Nightingale to the nurses you see today.

Day Two: January 20th, 9a.m. to 5p.m.

Explore First Response

Career Panel Session: *Do you have what it takes?*

Paramedics break down the TV portrayals and myths.

Real-World Practice: *Trauma & Emergencies Simulation*

Work beside paramedics to provide care to a simulated trauma victim.

Real-World Practice: *Intubation 101 Simulation*

Learn hands-on how to manage an airway in a simulated emergency.

Speaker: *Fire Rescue*

Hear from and watch as a real-life firefighter demonstrates basic fire rescue.

Session: *Caring for Yourself*

Your own exercise, mental health & nutrition are key to being well enough to care for others.

Day Three: January 21st, 9a.m. to 5p.m.

Explore Health Care

Panel Session: *Do you have what it takes?*

Discussion of all health care professions and support professions, as well as related academic requirements.

Real-World Practice: *Infection Control Simulation*

Don and doff personal protective equipment to stop infection transmission.

Real-World Practice: *Health Promotion Simulation*

Get hands-on with BMI, diet and nutrition, and exercise and activities.

Speaker: *Global Health Care*

Discussion of social determinants of health globally.

Session: *Impact of Opioids*

Discussion and activity on the opiate crisis, risk factors and how to treat.

Closing Session: *Turn Goals into Career Action*

**This sample schedule is provided as an example of the overall quality and scope of a typical program experience and is not intended to represent a specific schedule. The specific schedule, speakers, and details may vary.*