

Inland Empire Health Sector Update

August 2022

Health Tips for Going Back to School

Backpack Safety

-Adeel H. Rizvi, PT, DPT, PhD



A new school year brings not only new aspirations and dreams but also new risks for injuries. Did you know that according to the U.S. Consumer Product Safety Commission (CPSC), about 7,500 children under the age of 19 are treated in the emergency department for backpack-related injuries each year? These injuries can also occur with our college faculty and students!

While that number is high, there are three tips we can follow to recognize and prevent injuries in ourselves and others.

Tip #1: Keep it Light

A general guideline is to never carry more than 15-20% of your body weight in a backpack. Additionally, only taking essential items required for that day is recommended. Using a locker to hold any extra material and making trips as needed will help prevent injuries and pain from excessive strain. Similarly, finding and using a lightweight backpack can also help reduce the total amount of weight carried. All in all – the right bag is a light bag.

Tip #2: Distribute the Weight

Understandably, it is not always possible to keep it light; therefore, we must distribute the weight appropriately. It is best to ensure heavier items are low and towards the center of the backpack to maintain balance and prevent tipping. Also, remember to organize and use the backpack's compartments to distribute the weight better. In sum, put heavier books and items closer to the back and lighter things closer to the front.

Tip #3: Keep it Close

Distributing the weight and keeping the bag closer to the back allows less energy and effort by the wearer. This can be achieved by using and tightening both straps of the backpack. Having or using only one backpack strap cannot distribute weight evenly, leading to posture problems and pain. Similarly, a bag with a waist strap will help bring it closer to the body. Backpacks should not dangle more than 4 inches below the low back as that can cause spinal misalignment and pain.

Bonus Tips

It is ideal to use a backpack with padding and wider straps. Narrow straps on a bag can dig into shoulders, generate unnecessary pressure points, and restrict circulation, causing injury and pain. Wider straps will feel more comfortable and distribute the weight more evenly. Similarly, a padded back can protect against sharp edges of books and other items from poking into the back and causing unnecessary pain.

In sum, a proper backpack meets the tips above, is easy to put on and take off, and allows free movement of the arms. If any of the above is not possible, then it is recommended to use a rolling backpack. Similarly, we recommended using a crossbody bag as an alternative to carrying books or supplies to prevent unnecessary and uneven pressure on muscles only on one side of the body. Lastly, remember to use proper body mechanics by bending the knees when lifting/picking up the backpack.

-A friendly message from your local community college physical therapist assistant programs: Chaffey College and College of the Desert.

BACK TO SCHOOL!

Crafton Hills College came **Back to School** with a Career Fair on campus for students. The parking lots were completely full and curb parking taken five parking lots back from the Career Fair. Students stopped at tables from employers including KPC Health, IEHP and Behavior Frontiers. These employers were on-site to recruit for health positions. Recruiters Patricia Quinones and Wally Rodriguez represent eight hospitals from KPC Health in the IE including Victor Valley Global, Hemet Global and Menifee Global. Back to school can mean back to work for some emerging from the pandemic. “I have not seen the parking lots so full since January 2020. It’s great to see life back on campus!” states University Transfer and Career Center Coordinator Mariana Macnamay, while she and Transfer Center colleague Trinette Barrie host a booth in the quad.



Professional Development
To register for these events, contact wederas@collegeofthedesert.edu

| Date | Title | Speaker | Hours | Discipline |
|---|---|----------------|--|----------------------------------|
| 7/7, 8/4, 9/9, 10/8, 11/4, 12/2, 1/20 | Digital Fluency Still time to catch up! | Modern Clerisy | Two hours a month live, then self- paced modules | All Allied Health and Nursing |
| 9/10, 9/17 | Civility: In Education | Modern Clerisy | 9-1 A 2-day event (8 hours) | All Allied Health Nursing |
| 9/29-30, Oct 21, Nov 18 | New Educator Bootcamp Sign up your new faculty with Wendy | Various | 8-430 each day | All Allied Health and Nursing |
| 11/3/22 | Preceptor Class: Gray Gorilla Doubletree Ontario (pending) | Roxi Redd | 8-430 | All Allied Health and Nursing |



The Inland Empire is sponsoring Nurse Tim for another year Sept 1, 2022-Aug 31, 2023!

However, Sept 1 the Nurse Tim account from HWI will be reset and the new account holder will be College of the Desert. All faculty must enroll again with a new code after September 1st and must use their '.edu' school email. If you have an account under a personal email, you will not lose your certificates, your account will not close, however, the free subscription will end. You can change your email before Sept 1 on your current account to your '.edu' email and when you re-enroll your certs will be there. If not, you will have 2 accounts going forward. Your director can provide you with the new code by Sept 1. This account is only for part-time and full-time faculty of community colleges in CA who have an active email with their school.

Communities of Practice (CoP) meetings:

Industry and Faculty are invited to participate in discipline specific Zoom meetings to share Best Practices and solve common issues. *If you need added to a list, email Wendy.*

Inland Empire/Desert Healthcare Employer Consortium (invite your industry partners)
2022 Dates: 11am-1230pm virtual

8/16, 9/20, 10/18, 11/15, 12/13

Time: This is a recurring meeting: <https://cccconfer.zoom.us/j/93291880342>

Industry partners (acute care, long term care, assisted living, FQHC, nonprofit), college leadership, faculty and job developers invited. This is to build relationships between health programs and our industry partners and share professional development opportunities. Industry can provide updates and employment needs, changes in industry and colleges can present new program development and coordinate to meet employers needs.

Colleges: Job Developers, apprenticeship directors, faculty, deans, and directors, with a minimum of one person to represent ALL your colleges health science programs for our industry partners (ok if more than one come and report). Please invite your industry partners, you may copy and paste the paragraph above.

S. CA C.N.A CoP.:

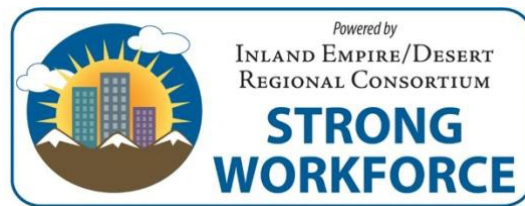
Statewide meeting for CNA/HHA

2022 Dates: 3pm-430pm virtual

9/21, 10/19, 11/16, 12/14

<https://cccconfer.zoom.us/j/9092605488>

Regional College News



Contract Education and Health Programs

Inland Empire Desert Regional Consortium (IEDRC) invests in responsive short-term training to upskill residents and invest in local businesses. This year, IEDRC invested \$184,000 providing customized skills for participants to gain employment with local businesses. Programs included certified nursing assistant, central sterile technician, phlebotomy, and gas technician jobs. All programs were designed in collaboration with the businesses to ensure participants received job-specific skills to gain employment. Next year, the IEDRC will invest \$1M in the region to provide customized skills for employment for the community. **There is time to apply for a program for short-term training...this can be in health or another sector, contact Deanna Kriebbiel at dkrehbiel@sbccd.edu**

P43 Health Update

Model Curriculum Development

P43 is sponsoring three new model curriculum including Central Sterile Processing, Surgical Technician and Psychiatric Technician. The grant funded subject matter experts to develop model curriculum available to any of our IE colleges who wish to build these programs. Contact Wendy Deras for more information. Curriculum to be ready by spring 2023.

High School Health Programs Spotlight

Fontana High School (FoHi) “Where Tradition Meets the Future”

Patient Care (Certified Nursing Assistant and Acute Care Nursing Assistant):

Fontana High School is the only high school in the Inland Empire with an active, state approved CNA program for their students. The semester long course starts every fall with over 60 students. Those that finish in the fall will take their state certification exam in spring as well as follow up with Acute Care Nursing Assistant Program. These students get to rotate at a long-term care facility across the street from their high school and many are hired by that facility. The instructor, George Tiwari, affectionately called Mr. T., is full-time at Fontana High School as well as adjunct for the Chaffey College and Crafton Hills College CNA programs. “My passion and my drive is to see each kid succeed in their journey in life. our pass rates are great, our program is our capstone program, and many students thereafter go on to college to pursue their medical careers and beyond. We have a wonderful consultant and leadership that makes our students the number one priority states “Mr. T.”.



Full Article:

Fontana Unified’s Certified Nurse Assistant Program Student Achieve Near-Perfect Pass Rate for State Exam

<https://www.fusd.net/site/default.aspx?PageType=3&DomainID=4&ModuleInstanceID=76&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=31554&PageID=1>



Bio-Aminatronics

The Fontana High School Bio-Animatronics program combines robotics, anatomy, and mechatronics into one program. Partnering with Garner-Holt, the students learn “Education by Imagination”. Studying human anatomy, body movement and neuro-prosthetics, students use 3D printers, laser cutters, and engineering machines that can create artificial body parts such as legs, arms, and hands using state of the art equipment. Instructor Tyler Bisbee is animated and excited as we tour the lab.



College Updates

Barstow College

3-IN-1 BUNDLE: MEDICAL ASSISTANT, EKG, PHLEBOTOMY



3 – Courses in 1 Package

This package combines highly popular Medical Assistant (hybrid), EKG (hybrid), and Phlebotomy courses into 1 package deal. Upon completion, students will receive not one but three different certificates of completion from all three courses. Students will be allowed to sit for the National Exams for all three courses and receive National Certificates and State License (phlebotomy only).

CALL TODAY! 760-952-2121

The **CNA program** curriculum goes to curriculum committee in September 2022!

Chaffey College

Welcome new Dean of Health Sciences, Eric Sorenson!



Eric Sorenson, Ph.D., ATC, recently joined Chaffey College as their Dean of Health Sciences. He brings a variety of teaching, clinical, and leadership experience to this role. Most recently, he served as the Kinesiology Department Chair and undergraduate Program Director at Azusa Pacific University. Dr. Sorenson is an author for the National Academy of Sports Medicine, and Master Educator for Therabody, teaching percussive therapy courses, and providing clinical and technical expertise for their PowerDot MT platform. His teaching, research, and clinical experience, with an emphasis in anatomy, physiology, injury rehabilitation, and human performance, enable him to initiate a thorough learning experience for students that considers the regional interdependence of the human body. In his free time, Dr. Sorenson greatly

enjoys spending time with his family, exercising, traveling to Mexico, surfing, and cooking.

College of the Desert

ADN Program

New Student Orientation (NSO) was held last week where we welcomed 90 students into our program (LVN, Eisenhower LVN to RN, traditional LVN to RN, and RN). The ADN program achieved ACEN candidate status with the ACNE visit in February 2023. The ADN program launches their new BRN approved curriculum this fall. The program launched our iPad Program where each student has an iPad for interactive classroom strategies, exam soft, and increasing digital literacy.

LVN Program

The LVN program which was paused due to the pandemic starts again this fall!

Crafton Hills College

Crafton's CNA program launches as noncredit this fall with 20 students. The first Home Health Aide program was launched in July and the first Acute Care Nurse Assistant Program will be offered in October. Theses entry level nursing programs are supported by SWP and Arthur N. Rupe Foundation funds and are offered at very minimal cost to the student. For more information, email cna@craftonhills.edu

Copper Mountain College

Welcome new CTE/HS Dean!



James and his family have lived in the Morongo Basin for 30 years. He believes in our community and currently serves as Chair of the Yucca Valley Planning Commission. James has been teaching undergraduate and graduate-level college classes for 15 years. He has held management roles at Southern New Hampshire University and the University of Phoenix. In addition to academics, he was a Master Officer with the Palm Springs Police Department and served in the United States Army.

Mt. San Jacinto College

Moreno Valley College

Dental Hygiene Program

Student awards:

Director's Award - The Director's Award is designed to acknowledge the student who has excelled academically both in didactic courses and in clinic. **Angela Goldstein**

Clinical Excellence and Golden Scaler Award - The clinical excellence award is an award that is presented to the student who is a well-rounded clinician who demonstrates empathy, individualized patient care and has shown the most growth in his/her clinical skills over the last two years. **Ashley Lund**

Tworek Community Award - The Richard Tworek Community Award is an award that recognizes the student who has gone above and beyond to connect with the community and to advance the community's awareness of the MVC dental hygiene program. **Taylor Lopez**

Rotella Outstanding Student Award - The Salvatore Rotella award is an award that was designed to recognize a student that finds a way to make things happen through the ability to believe in himself/herself and their ability to achieve their goals. **Kate Weeks**

Colgate S.T.A.R. Award - Student Total Achievement Recognition Award (STAR) is presented to a graduating senior that demonstrated true dedication to the dental hygiene profession, exhibits compassion in patient care, displays enthusiasm for community service and enjoys the role of the dental hygienist. **Dulce Jacott**

CDHA and Tri-County Dental Hygienists' Society Student Member Award - this award is given to a student who demonstrates leadership and professionalism within their class. **Jazmin Ocon**

Medical Assisting Program

Moreno Valley College Dental Assistant Program Class of 2022



Palo Verde

Riverside Community College

LVN to RN Apprenticeship starts:

RCC started their very first CNA to LVN apprenticeship with Providence Health Group. The students are now in the LVN program. Upon graduation next year, students will sit for Boards for licensure as an LVN. They will then be able to apply for the RN program.

Introducing new full-time faculty:

Cynthia Outlaw earned her BSN from California State University Long Beach, and her MSN-ED from the University of Texas at Arlington. She has over 32 years of nursing experience, with the last 22 years as a nurse. She plans to put her years of clinical experience to good use in her new role as Assistant Professor. In her spare time, Cynthia enjoys traveling, hiking, and spending time with family and friends.



San Bernardino Valley College

Psychiatric Technician Program

“The Psych Tech Program had their completion ceremony on August 5th, 2022. Twenty-nine students finished the program with half completing the program and earning degrees in psychiatric technician!” states Ms. [Name], Psych Tech Director. Congratulations SBVC students!

ADN:

The nursing program

Victor Valley College

Welcome new faculty!

ADN:

Jamie Quinn, MSN, RN FT Med/Surg
Rebecca Millikin, MSN, RN FT Med/Surg
Susan Ali, MSN, RN FT Pediatrics/Maternal-Newborn

CNA:

Kelly Dowland, BSN, RN PT CNA

Margaret Fall, MSN, RN CNA

Sarah Overbay, MSN, RN CNA