A proud member of the hospital community since its inception in 1995, the Care Extender Program presents volunteers with the opportunity to experience the world of medicine from a unique hands-on and clinical perspective.

Over the years, the Program has expanded to include an upwards of about five-hundred volunteers working in twenty-five different departments in both the Ronald Reagan and Santa Monica Medical Centers.

Until recently, the majority of departments available to Care Extenders were based in Santa Monica, with only seven departments at Ronald Reagan.

Starting this August, however, the

(continued on pg. 4)
Careers in Medicine
Healthcare Administration

Are you interested in healthcare, but not necessarily in direct patient care? Do you enjoy managing others and evaluating and maintaining performance efficacy and quality? If so, then a career in healthcare administration—ranked by CNN as number thirty-six of the 100 Best Jobs in America in 2010—may be just the job for you.

Scope of Practice
According to the Bureau of Labor Statistics, a healthcare administrator is involved in the planning, directing, or coordinating of medical and health services in hospitals, clinics, public health agencies, or similar organizations.

Due to the broad nature of this career, healthcare administrators can supervise units of varying sizes, ranging from individual departments to larger clinics and even multi-hospital systems. This versatility allows for healthcare administrators to have a wide-ranging influence on the world of medicine.

Healthcare administrators are leaders in the world of healthcare. In order to run a healthcare unit or facility, an administrator must meet the needs of the diverse and dynamic community he or she

(continued)
Healthcare Administrator

Duties:
• Plan, direct, or coordinate medical and health services in hospitals, clinics, or similar organizations

Ave. Salary: $84,270 (bls.gov)

Education & Testing:
• Bachelor’s Degree
• Certificate, Master’s Degree, or PhD
• Licensing Examination (requirements vary by state)

Years in School: ~6
• 4 years of undergraduate schooling
• 1-3 years of graduate education

serves. This not only requires excellent managerial skills and the ability to make tough decisions, but it also requires diplomacy and the ability to maintain the respect of his or her workers (InnerBody.com).

A healthcare administrator is also a leader in his or her community. As the head of the healthcare unit, an administrator is responsible for complying with governmental regulations, partnering with other healthcare organizations, enacting and advocating for beneficial healthcare policies, and—most importantly—cultivating the facility so that it proves to be an asset to the community.

Academic Preparation
Individuals interested in healthcare administration must first earn a Bachelor’s degree from an accredited institution. Taking courses in public policy, global medicine, business, or general management will help establish a strong foundation in understanding basic health issues and how to manage them from an executive standpoint.

While some companies may hire individuals with only a four-year degree, a graduate education is often mandated for higher-level positions. Many individuals therefore obtain a relevant Master’s degree in areas such as Health Services Administration, Public Administration, or Business Administration at an institution accredited by the Commission on Accreditation of Healthcare Management Education.

Often, graduates then engage in some type of internship at a healthcare center or clinic to gain hands-on work experience. After successful completion of the internship, some states may require licensure. In most areas of healthcare administration, however, a license is not necessary.

Programs
Many universities offer education options for pursuing a career in healthcare administration, with sixty-three in California alone. There are various levels of educational training in healthcare administration:
• Certificate
• Associate Degree (A.S.)
• Bachelors Degree (B.S.)

(continued)
San Diego (UCSD)

- University of Southern California (USC)

Salary
The average annual salary for healthcare administrators in 2010, regardless of specific position, was $84,270 (BLS). Smaller-scale administrators are reported earning approximately $51,280 a year, while individuals in higher executive positions earn more than $144,880 per year.

Job Outlook
As the need for quality healthcare increases in the coming years due to the aging baby boomer generation, so will the need for long-term healthcare administrators.

According to the Bureau of Labor Statistics, medical and health service managers are expected to experience an average increase in job growth of 22% from 2010 to 2020—a full 8% more than the estimated growth for all occupations.

A few universities that offer programs in healthcare administration are listed below (click to follow links):
- California State University, Los Angeles (CSULA)
- California State University, Long Beach (CSULB)
- California State University, Northridge (CSUN)
- University of California, Berkeley (UCB)
- University of California, San Diego (UCSD)
- Masters Degree (M.S.)
- Doctor of Philosophy (Ph.D.)

We’re Expanding! (con’t from pg.1)
Program will include the Pediatric ICU and Liver ICU departments as well as main lobby escorts in the Ronald Reagan Medical Center. In the future, the Program hopes to further expand into additional Ronald Reagan nursing units and the adjacent 200 Medical Plaza.

The Care Extender Program is honored to be a part of the health care team and will continue to do its best to contribute to a positive healing experience, one patient at a time.

Welcome, New Staffers!
The Care Extender Internship Program would like to welcome its newest additions to the team:

- Handi (Tiffany) Zhao
  DC 8 East-West
- Arpine Galsiyan
  DC RR Greeters

Welcome aboard! We look forward to working with you in the rotations to come.
A Cure for Type 1 Diabetes?
The discovery of the ATP/P2X7R pathway

Type 1 diabetes, also known as juvenile diabetes, is a condition in which the pancreatic islet cells fail to produce insulin, a hormone vital for the metabolism of carbohydrates and other sugars. Without insulin, the body is unable to break down ingested sugars into useable energy, resulting in an accumulation of sugars in the bloodstream, known as hyperglycemia.

Currently, hyperglycemia is managed through insulin injections, which rapidly decrease the elevated blood glucose levels. Unfortunately, because the body cannot make its own insulin, the injected hormone is not replenished and insulin-dependence results. Although insulin injections are effective, they only address the symptoms and not the root cause of the disease.

Since the 1970s, several researchers have attempted to treat diabetes in a more direct manner through pancreatic islet transplants. Although successful in mice, resulting in a full reversal of diabetes, this method yielded mixed results in humans. While some human transplants were successful in terms of eliminating the need for insulin injections, the patients often times still required immunosuppressing drugs—the usage of which comes with its own dangers.

A recent discovery by the Boston Children’s Hospital, however, may change everything.

The research team, led by Dr. Paolo Fiorina, believes to have determined the root cause of type 1 diabetes: the ATP/P2X7R pathway. This pathway is responsible for initiating the T-cell attack on pancreatic islet cells—our body’s insulin factories. With this new knowledge, finding

8.3% of the American population, including children and adults, has diabetes.

(continued)
A cure for diabetes has become more of a reality now than ever before. Granted, new therapies cannot be immediately tested and introduced, but this discovery opens the doors to a future of novel diabetes treatments. According to Dr. Fiorina, “if the right screening techniques for diabetes could be developed, it would be entirely possible...that we could prevent the disease from ever developing in children. The future of diabetes treatment is very exciting.”

Diabetic complications include hypertension, stroke, cardiovascular disease, blindness, kidney disease, and neuropathy, among others.

The full research article, published online in January in Diabetes can be found here. (Click to follow link.)

Support Survey Excellence

If you are currently volunteering in the Critical Care Unit (CCU), Emergency Room, Medical Surgical, Oncology, Orthopaedics, or Santa Monica Pediatrics, one of your duties as a Care Extender includes filling out Support Services Quality Control Surveys. These surveys are an essential evaluative tool for the performance of the UCLA-Santa Monica hospital’s support services, which include but are not limited to: Environmental Services, Nutrition, and Transport.

The Care Extender Program would like to acknowledge the following CEs for completing the most surveys:

- Erin Kantorski
  Emergency Department

- Kasey Fontaine
  Oncology

- Megan Johnson
  Joseph Mehrabi
  Martina Shoukralla
  Orthopaedics

These volunteers all received a Starbucks gift card for their service. Thank you for practicing CI-CARE and collecting valuable feedback from patients!
Care Extenders of the Rotation for Spring 2013

You will discover that you have two hands. One is for helping yourself and the other is for helping others.

- Audrey Hepburn

These Care Extenders have gone far beyond their duties and are honored for their initiative and service to the patients of both UCLA hospitals. Thank you!

Santa Monica-UCLA:
- Andrea Cabrera
  Cardiac Catheterization Lab
- Sarah Messina
  Critical Care Unit
- Erin Kantorski
  Collette Kokikian
  Emergency Department
- Sofia Haq
  Greeters
- Priya Patel
  Les Kelley Clinic
- Andrew Ro
  Medical Surgical
- Ali Kivnick
  Aubrey Schachter
  Sukhdev Singh
  NICU
- Yesenia Galvan
  Post Partum

Ronald Reagan UCLA:
- Carol Lin
  Nursing Floor 8-East West
- Dena Hill
  Soo In Kim
  Nursing Floor 8-North

Did you know?

Care Extenders that have been nominated as “Care Extender of the Rotation” at least two times may be eligible for a letter of recommendation.

Although all completing CEs will receive a letter of completion, only our most outstanding volunteers will be considered for a letter of recommendation. For more questions, please email CEnewslettercoordinator@gmail.com.
### Important Dates

#### August

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**07.28.13 & 08.04.13**

Summer 2013 Training Day & department meetings.

**08.05.13**

Summer 2013 rotation begins.

**08.14.13**

Extension Request Forms due.

**08.18.13**

Sign up for preferences.

**09.15.13**

Preferences are due.

**10.13.13**

Department assignments posted.

**10.27.13 & 11.03.13**

Fall 2013 Training Day & department meetings.

**11.04.13**

Fall 2013 rotation begins.