

DIRECT PATIENT CARE

Pathway

MAINE'S HEALTHCARE INDUSTRY NEEDS YOU!

Even if you don't have any experience, health care facilities from hospitals to long-term care centers have openings to fill today. By 2025, Maine will need at least 3,200 new nurses! Other healthcare roles will have similar growth and need in the coming years.

Now is a great time to enter this in-demand field!

There are many opportunities for work and education in Western Maine. Read more to learn about how you can enter this field.



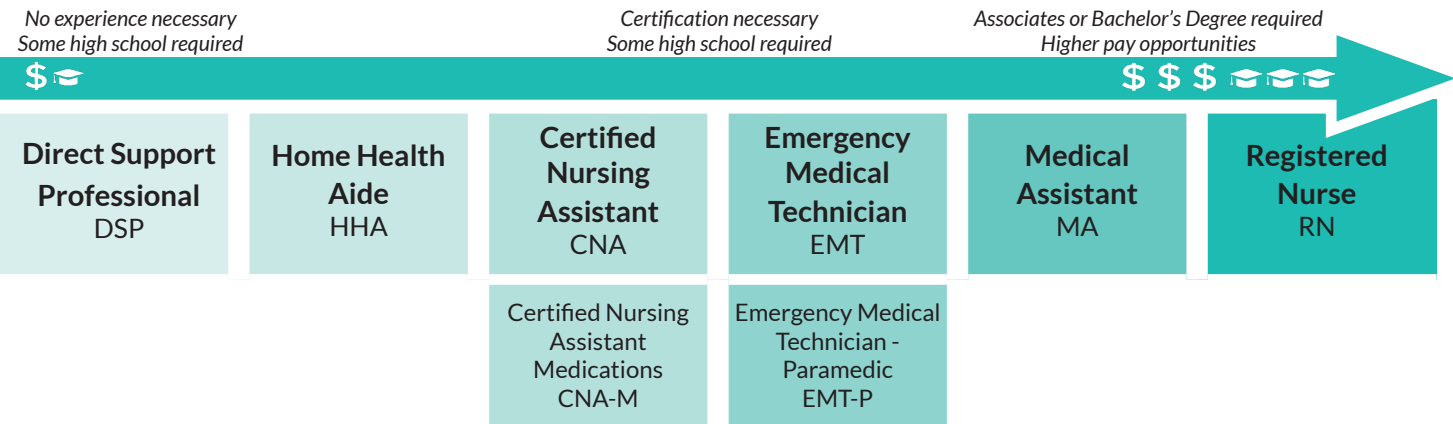
Are you someone who...

- Likes working with people?
- Is interested in how the body works?
- Wants to help people at any stage of their life from birth to death?

What does this pathway look like?

There are many roles within direct patient care and many types of work environments. Below is an outline of the different jobs. As you move along the pathway from left to right, jobs increase in pay and amount of education needed. You can enter into this pathway at any point as long as you have the education needed for that level. You can also start in one position and as you work, continue to take classes to move along the pathway, or if you like it you can stay in that role.

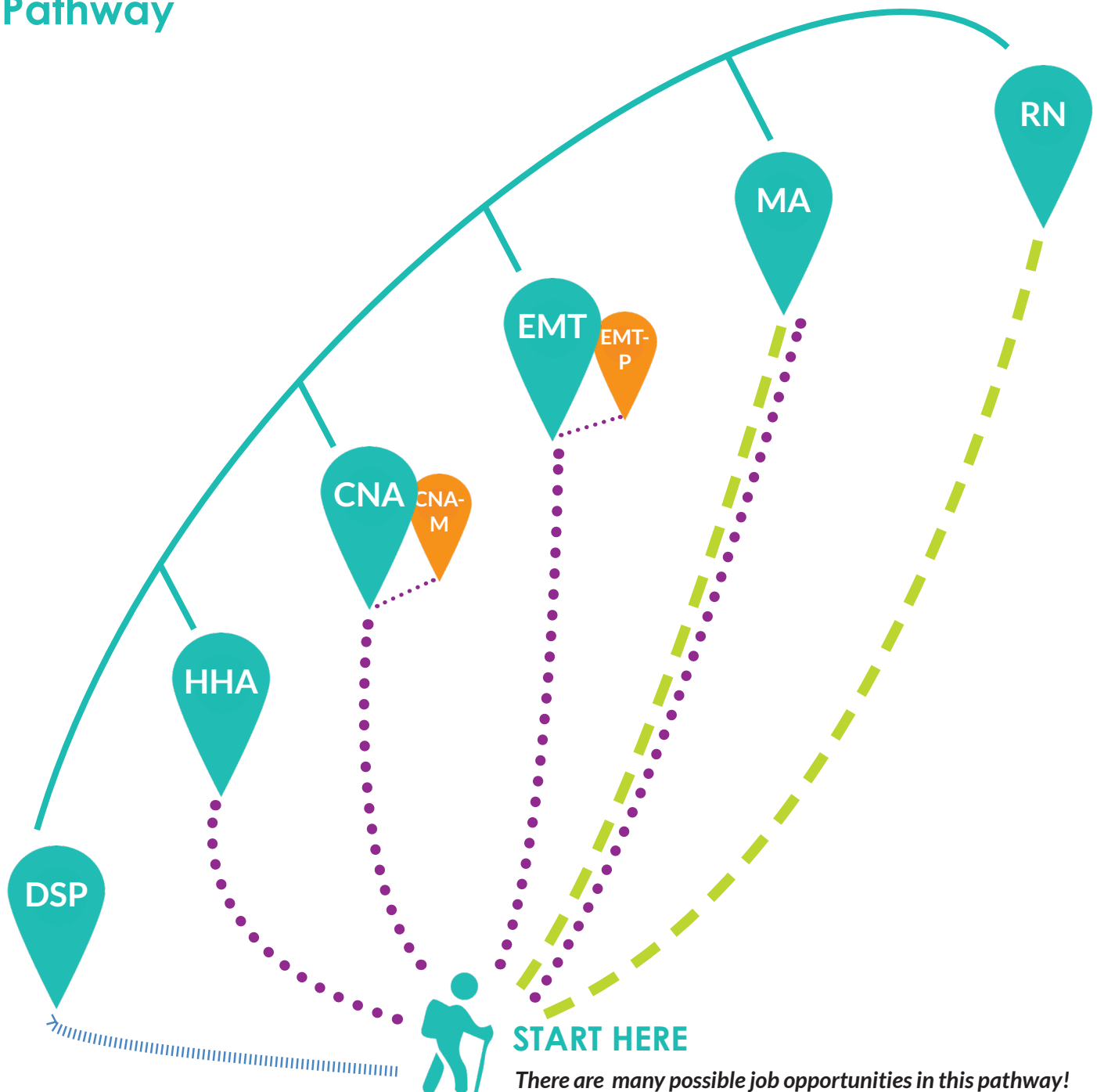
Reality check.
The ooey-gooeys. Anyone in this field has to be able to handle all kinds of bodily fluids. And care for a patient's physical and mental health needs, sometimes all at the same time!



Are you interested?
Find out more about the next steps you can take!

¹ Maine workforce outlook 2015 to 2024. Center for Workforce Research, Maine Department of Labor. <http://www.maine.gov/labor/cwri/outlook.html>

DIRECT PATIENT CARE Pathway






START HERE

There are many possible job opportunities in this pathway!

You can start at any place along the path as long as you have the experience or education needed for the role. You can also move up the path from one job to another once you have completed the right level of education. For example, you could work as a DSP, take the CNA course and become a CNA; or you could be a DSP, enroll in a nursing program and become an RN, or you could even enroll in a nursing program and start there!

PATHWAY KEY

-  No experience needed
-  Some education / training needed
-  Associate's or Bachelor's degree needed











DIRECT SUPPORT PROFESSIONAL DSP

PERSONAL SUPPORT SPECIALIST PSS

Job Description

Assist with Activities of Daily Living (ADLs); skill development; behavior management; identify need for medical assistance; communication

Work with older adults, persons with physical disabilities and conditions, and/or intellectual disabilities

	Work Settings	Patient homes; Nursing homes or residential care facilities; in the community with the person
	Perks	No experience or higher education needed, trainings provided by employers, flexible hours
	Hours	Full time, part time jobs with varying hours available depending on your availability
	Pay	PSS/DSP starting wage estimate: \$9 per hour (\$18,720 yearly)
	Requirements	DSP: at least 18 years old and have a high school diploma/ GED PSS: at least 17 years old
	Education	DSP: 45-hour College of Direct Support training program, <i>within one year of hire date - talk with your employer about where to go (part of the course may even be offered at your work)</i> PSS: 50-hr training program at Office of Licensing & Regulatory Services - registration link <i>within 9 months of hire date</i>
	Cost of Program	DSP: Talk with your employer PSS: \$200 (online training) - employer may cover some costs - be sure to ask when you get hired!
	Length of Program	DSP: 45 hour course (online and in person) PSS: Online training at your own pace (50 hours total) + 1 day demonstration test in person
	Where to go in Western Maine	DSP: Talk with your employer PSS: Course offered online - final test demonstration locations throughout the state - including: Bangor, Waterville, Saco, South Portland, Hallowell, Old Town
	Other things to consider	You will need a background check before you start. You will need internet to access the online course. There is no license that you need or future recertification that you have to complete.


HOME HEALTH AIDE HHA


CERTIFIED NURSING ASSISTANT CNA


CERTIFIED NURSING ASSISTANT - MEDICATIONS CNA-M


Job Description


Assist with Activities of Daily Living (ADL)s, including assistance with bathing, dressing, skin and hair care; getting in and out of bed; feeding patients; using the bathroom; help with care and treatment; change bed linens; and escort patients in facility
 Work with older adults, persons with physical disabilities and conditions, and/or intellectual disabilities


 **Work Settings** Patient homes; Nursing homes or residential care facilities; Hospitals


 **Perks** This job may help you to get a foot in the door to medical facilities. Chance to choose a work environment that relates to your interests. Good to see if you want to become a nurse.


 **Hours** *People need care 24-7!*
 Shifts may be during the day or night
 Full time, part time jobs available


 **Pay** **CNA** starting wage estimate: \$12 per hour (\$24,960 yearly)
CNA-M makes slightly more than a CNA
HHA Starting wage estimate: \$10 per hour (\$20,800 yearly)
Sometimes there are hiring bonuses!


 **Requirements** **CNA / HHA** : at least 16 years old and have completed 9th grade
 Immunization record, including recent PPD test - ask what records you need when you sign up!
 CPR - you can usually get this when you are taking the CNA class
CNA-M: 10th grade equivalency or higher and have been a CNA or at least 1 year

 **Education** Completion of 180-hour CNA Training Program and be listed on ME Registry of CNAs
 Pass CNA exam (written test and skills demonstration)
CNA-M is an additional certification that you can earn which allows you to administer selected medications to patients after at least one year of full time employment as a CNA; requires additional training and exam
 HHAs also take CNA course, but if working as an HHA do not need to be listed on the Registry of CNAs

 **Where to go in Western Maine** [Adult Education](#) programs often have CNA courses. (for example: Farmington, Mexico, and plenty more)

 **Length of Program** 180-hour CNA Training Program course
 Courses can range from 9-17 weeks per course (often they will be 12-14 weeks, or a semester)
 Courses may be at different times of the day, often they are in the late afternoon or evening
 CNA-M is a 100-hour additional course (after you have at least 1 year of experience as a CNA)

 **Cost of Program** Range from \$600-\$1300 for the course (usually includes your textbook) -- ask before you sign up!
 Scrubs; wrist watch and appropriate shoes -- ask before you sign up!
Ask potential employers about tuition reimbursement programs
 CNA-M course is about \$1,000
 For **scholarship information**, go to the [Maine Career Center](#) (located in Lewiston) - they can help with tuition for CNA or RN programs

 **Other things to consider** You will need a background check before you start.
 You will need to successfully pass the CNA exam; become listed on the Maine Registry of Certified Nursing Assistants (no fee); CNA-M also requires testing, registry, and renewal
 You will need to receive at least 12 hours of in-service training each year (usually provided by your employer); and renew your listing on the CNA Registry every 24 months (no fee)
Ask potential employers about tuition reimbursement programs , sometimes you can commit to working with an employer for a period of time and they will pay or help you pay for your CNA certification

EMERGENCY MEDICAL TECHNICIAN EMT

ADVANCED EMERGENCY MEDICAL TECHNICIAN A-EMT

PARAMEDIC EMT-P

Job Description

EMTs care for sick and injured people in emergency settings. EMTs play a crucial role in saving lives through their quick, competent care. EMTs respond to emergency calls, performing medical services and transporting sick and injured people to medical facilities.



Work Settings

EMTs work in emergency medicine, so go to wherever a patient is having an emergency. This could be anywhere! From someone's home to a car accident on the highway.



Perks

Good pay; can get the required education in 1 semester; great intro to diverse types of medicine; every day is different; opportunity to help people and advance your career. Good to see if you want to become a nurse.



Hours

People need care 24-7!
Shifts may be during the day or night
Full time, part time jobs available



Pay

EMT starting wage estimate: \$11 per hour (\$22,880 yearly)
Paramedic starting wage estimate: \$15 per hour (\$31,200 yearly)



Requirements

EMT: at least 16 years old. If under 18 you need a junior supervision plan and parental consent. Some positions require a GED/diploma.
Up to date immunizations
CPR at the Healthcare Provider level (you must have your CPR certification before starting the course and keep it active while you work as an EMT)



Education

Certification for EMT, Advanced EMT, and Paramedic
You can also earn an Associate's in Applied Science (Emergency Care Degree to be a Paramedic)



Where to go in Western Maine

EMT Course: [KVCC Institute of Workforce Training](#) (Fairfield); [United Training Center](#) (Lewiston); [Atlantic Partners EMS](#) lists courses throughout Maine (including KVCC courses); you can also visit the state of [Maine.gov EMS Training](#) site for listings of all types of emergency related trainings
CPR Course: KVCC Institute of Workforce Training and Professional Development, Adult Education, or Red Cross Programs
[KVCC](#) Advanced Emergency Care program: You have the option of exiting after each certificate level or completing the entire degree (*certificate levels include EMT, Advanced EMT, and Paramedic upon completion of the Advanced EMT Emergency Care Certificate*); education also includes field training hours



Length of Program

CPR Healthcare Provider course takes 1 day (8:00am-4:00pm)
EMT courses can be completed in a semester (12-14 weeks). At KVCC the EMT class is 1 day per week from 8am-5pm; at United Training Center courses are 15 nights over a semester + online work
KVCC Advanced Emergency Care Degree (AS): 2 year full time program



Cost of Program

CPR, \$65 through the KVCC Institute of Workforce Training and Professional Development
United Training Center \$995 (includes text, EMT test prep, background check)
KVCC EMT course \$864
KVCC Advanced EMT program is 12 credits (\$92 per credit hour, total \$1,104)
KVCC Advanced Emergency Care Degree (Paramedic + Associate in Applied Science) 69 credits (\$92 per credit hour, total \$6,348)
[Plus other College fees](#) (KVCC)
Make sure to think about Scholarships and Financial Aid to help pay for your education:
Talk with your program (and financial aid office) about scholarships at the college or university; Financial aid / Pell grants; [FCnet](#) scholarships for Franklin County students returning to education or training programs; [FAME Maine Scholarship search](#)



Other things to consider

You will need a background check before you start.
You will need to successfully pass the EMT exam and become licensed.
You will need to be good in emergency situations, able to perform physical duties, such as crawling on uneven ground or lifting at least 100 pounds.

MEDICAL ASSISTANT ^{MA}

Other certifications for this role are abbreviated as RMC, CCMA, CMA

Job Description

Trained to perform both clinical and administrative tasks. Works alongside the provider gathering and maintaining comprehensive and accurate electronic health records. Provide direct patient care and education, obtain and perform diagnostic tests, and assist with a variety of in office clinical procedures.



Work Settings

Hospitals; Ambulatory health care (all types of provider settings); public health facilities



Perks

This job may help you to get a foot in the door to medical facilities. Good to see if you want to become a nurse.



Hours

People need care 24-7!
Shifts may be during the day or night
Full time, part time jobs available



Pay

MA starting wage estimate: \$12 per hour (\$24,960 yearly)



Requirements

At least 18 years old. If under 18 you have to have a junior supervision plan and parental consent.
High school GED/diploma
Up to date immunizations; Physical exam; Professional liability insurance; Health insurance
CPR at the Healthcare Provider level



Education

Certificate OR Associate's Degree
CPR certification (can be earned through Adult Education, Red Cross, Community College)



Where to go in Western Maine

Certificate: [Spruce Mountain Adult Education](#) (Livermore Falls), or other [Adult Education Program](#)
Associate's: [Kennebec Valley Community College](#) (KVCC) in Fairfield
Associate's: [Central Maine Community College](#) (CMCC) in Auburn



Length of Program

Spruce Mountain Adult Education: 16 weeks
KVCC: 2 year program (full time) - Associate's Degree
CMCC: 2 year program (full time) - Associate's Degree



Cost of Program

Spruce Mountain Adult Education: \$3,000 (national certification, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees)

KVCC Tuition: \$92/credit hour for 64 hours = \$5,888

CMCC Tuition: \$92/credit hour for 62-64 hours = \$5,704-\$5,888)

Plus other college fees: [KVCC](#), [CMCC](#)

Make sure to think about Scholarships and Financial Aid to help pay for your education:
Talk with your program (and financial aid office) about scholarships at the college or university; Financial aid / Pell grants; [FCnet](#) scholarships for Franklin County students returning to education or training programs; [FAME Maine Scholarship search](#)



Other things to consider

You will need a background check before you start.

Job Description

Assess patient health problems and needs; develop and implement care plans; maintain medical records; administer nursing care; advise patients on health maintenance and disease prevention; case management



Work Settings

Hospitals; Ambulatory health care (all types of provider settings); public health facilities Hospitals; Ambulatory health care; Nursing and residential care facilities; Patient homes; Schools; Camps



Perks

Very good pay that only requires Associates. Chance to choose a work environment that relates to your interests. Lots of opportunities to advance. High demand all over Maine!



Hours

People need care 24-7!
Shifts may be during the day or night
Full time, part time jobs available



Pay

Starting wage estimate: \$22.32 per hour (\$46,420 yearly)
Sometimes there are hiring bonuses



Requirements

PAX-RN Exam or HESI test
Visual Acuity exam; Up to date immunizations
Coursework in: Algebra, Chemistry, Biology, Anatomy & Physiology, English
CPR certification



Education

Community College or University to earn either:
ADN - Associates in Nursing or BSN - Bachelor's in Nursing
Your education also includes training hours in the field.



Where to go in Western Maine

[Kennebec Valley Community College](#) (KVCC) in Fairfield
[Central Maine Community College](#) (CMCC) in Auburn
[Maine College of Health Professions](#) (MCHP) in Lewiston
[University of Maine Augusta](#) (UMA) online program (degree through UMaine Fort Kent, clinical education can be located near where you live -- check with program before applying)
CPR can be earned through Adult Education, Red Cross, Community College



Length of Program

KVCC: 2 year program (full time) - ADN
CMCC: 2 year program (full time) - ADN
MCHP: 2 year program (full time) - ADN
UMA: 4 year program (full time) - BSN
Day, evening, and online classes available depending on program
Nursing courses require students to participate in approximately 18 to 24 hours per week of classroom and clinical activities



Cost of Program

KVCC Tuition: \$92/credit hour for 69 hours, total \$6,398
CMCC Tuition: \$92/credit hour for 68 hours, total \$6,256
MCHP Tuition: \$292/credit hour for program specific courses; \$236/credit hour for general education tuition, total approximately \$16,000
UMA Tuition: \$233/credit for minimum of 120 credit hours, total \$27,960
There are many other fees that accompany going to nursing school, be sure to look for any additional application fees, books, materials; professional liability insurance; lab fees; personal health insurance; uniform costs; background check fee (fees can add up! In some schools, it may be \$300+ per semester)
Make sure to think about Scholarships and Financial Aid to help pay for your education:
Talk with your program (and financial aid office) about scholarships at the college or university; Financial aid / Pell grants; [Maine Career Center](#) (located in Lewiston) - they can help with tuition for CNA or RN programs; [FCnet](#) scholarships for Franklin County students returning to education or training programs; [FAME Maine](#) Scholarship search; [National Health Service Corps](#) - loan repayment program (once you have your RN) or scholarships



Other things to consider

You will need a background check before you start.
You will need to pass the NCLEX-RN exam; obtain your Maine Nursing License (\$75 fee); renewal is \$75 every 2 years

WHAT YOU CAN DO NEXT!

Learn more online or in person with...

Western Maine Area Health Education Center (AHEC) to learn more about job shadowing, possible career options, how to get the education you need, and how to pay for it.

Visit the website at www.franklinahec.org

Call Tania Dawson, AHEC Director at (207) 779-2554 or e-mail her at tsdawson@fchn.org

Adult Education programs offer many classes and even some certificate programs. They are a great resource for learning more about career options and what education you might need to pursue that career. There are many locations in Western Maine, including in Farmington, Mexico, and plenty more. Visit maineadulted.coursestorm.com to find out where classes are offered.

Maine Career Center to learn more about employment and training services. Located in Lewiston.

Visit the website at www.mainecareercenter.gov

Visit the office at 5 Mollison Way, Lewiston, Maine

Call (207) 753-9001 or toll free at 1-800-741-2991

E-mail lewiston.careercenter@maine.gov

If you are interested in these careers, you may also consider higher levels of care that require more education and training than Registered Nurse, such as:

Advanced Practice Registered Nurse (APRN) -- you can specialize in family medicine, pediatrics, women's health, psychiatry, women's health, geriatrics, emergency medicine, and find work in many different types of settings from hospitals to ambulatory settings. This position requires a Master's Degree.

Physician's Assistant (PA) -- this role is in between being an APRN and a doctor -- you can specialize in many different types of health care and work in a variety of settings from hospitals to ambulatory care centers. This position requires a Master's Degree.

Doctor of Medicine (MD) -- this role is the highest level of care -- you can specialize in many different types of health care and work in a variety of settings from hospitals to ambulatory care centers. This position requires a Doctorate Degree.

If you are interested in working in the medical field and doing more technical work with patients, you might consider:

Phlebotomy -- in this role you would draw blood for tests, transfusions, research, or blood donations. There are many possible settings for this job from hospitals to ambulatory care to nursing homes and more. This position requires a Certificate, which can be earned at [Kennebec Valley](#) or [Central Maine](#) Community College or through [Adult Education](#) programs.

Other health care jobs to explore include: Lab tech, radiologic tech, pharmacy tech, pharmacist, health information management.