Kāhuna Lapaʻau – Healers & Food Science

The field of medicine was one of the greatest strengths of our kūpuna, not only the diagnoses but also the treatments were very skilled procedures. They understood the body as a whole and were very particular of the food that entered the body, the physical condition of each person and the mental health. Kāhuna Lapaʻau were truly healers of the whole self from inside out.

Healers come in all forms, from trained medical doctors to organic chefs. They help diagnose our ailments and cure the symptoms. The field of medicine and nursing is growing in demand as we forget how to live healthily and treat our bodies with respect.
Registered Nurse (Public Health)

Provide public health nursing care, treatment, and educational services to a wide variety of groups. Organize and manage a specialty clinic in support of a public health medical program. This involves the scheduling of clinic activities and personnel, the inventory and stock control of supplies and equipment, the establishing of priorities in relation to clinic activities and other general management functions necessary to the day-to-day operations of the clinic and the implementation of the medical program. May also develop and provide expanded community education and information programs in an effort to maximize the services offered by the clinic.

Education
Bachelor’s degree in nursing including coursework in public/community health nursing.

Skills and Experience
Two and one-half years of Public Health nursing experience.

Yearly Salary
$77,280.00 - $83,556.00

Projects in Hawaii
• Address issues dealing with smoking, drugs, obesity, diseases, pregnancy and other health concerns.
• Public Outreach

Employers
Government:
Hospitals
Clinics
Research
Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes
Laboratory Animal Research Associate

Primary responsibility for day to day management of in vivo studies - primary contact with staff veterinary technicians and veterinarians. Conducts animal vaccinations, splenectomies, and phlebotomy. Coordinates ordering of animals and supplies/equipment required for conduct of animal studies. May assist veterinarians with other surgeries as needed. Supports immunologic assay conduct in the laboratory on animal samples to include assays of cellular (e.g. lymphoproliferation and cytokine production) and humoral immunity (e.g. ELISA assays).

Education
A BS/MS degree and/or equivalent scientific experience

Skills and Experience
Basic science underlying laboratory techniques, animal handling, and experiments with a minimum of 2-3 years related laboratory experience.

Yearly Salary
$36,000 + with experience

Projects in Hawaii
• Research and care of laboratory animals
• Conduct studies

Employers
Government:
Hospitals
Clinics
Research
Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes
Lapaʻau – Healers & Food Science

Massage Therapist
Performs massage therapy techniques to control pain, reduce stress, and promote relaxation in a healthcare facility. Obtains the basic medical history for a client, assesses any problems or conditions, and suggests appropriate massage techniques based on current health of client. Utilizing therapy techniques for guests' overall relaxation. Excellent guest relations skills.

Education
High school diploma or equivalent

Skills & Experience
Requires certification as a massage therapist. Familiar with standard concepts, practices, and procedures within a particular field. Relies on experience and judgment to plan and accomplish goals.

Yearly Salary
$39,463 - $60,380

Projects in Hawaii
• Massage clients for health, beneficial, injury-related and/or other reasons.
• Outreach on importance of general health issues

Employers
Government:
Private: Hospitals, Clinics, Home Health Care, Nursing homes
Private Centers, Spas and Hotels

Ka ʻAha ~ a symbol for Sustainability in Hawaiʻi ~ Past, Present & Future
Physician – Family Practice

Examines and treats members of family, regardless of age or sex. Ensures proper injury care and disease prevention, diagnosis, treatment, and recovery. Prescribes and administers medications, performs routine vaccinations, and provides advice regarding personal health and hygiene. Requests necessary tests and follow-up visits and refers patients to specialists, as necessary. Requires a variety of tasks. May report to a medical director. A wide degree of creativity and latitude is expected.

Education
Degree in medicine from an accredited school and is licensed to practice. May require at least 2-4 years of experience.

Skills and Experience
Familiar with standard concepts, practices, and procedures within a particular field. Relies on experience and judgment to plan and accomplish goals.

Yearly Salary
$150,012 - $197,467

Projects in Hawaii
- Examine, diagnose and prevent symptoms in patients.
- Deal with older children and adults.

Employers
Government:
Hospitals
Clinics
Research
Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes
Personal Trainer

Responsible for developing and implementing a specialized exercise regimen for a client. Ensures the fitness program meets the needs of the client and may include elements such as physical fitness, nutrition, cardiovascular training, and weight training. Offers guidance and support to clients in order to achieve their goals. Familiar with standard concepts, practices, and procedures within a particular field. Relies on experience and judgment to plan and accomplish goals. Performs a variety of tasks. Works under general supervision. A certain degree of creativity and latitude is required.

Education

Requires a high school diploma and 2-4 years of experience. May require a personal trainer certification.

Skills and Experience

Relies on experience, able to support others though positive experiences

Yearly Salary

$39,623 - $67,477

Projects in Hawaii

- Working with over-weight or active individuals
- Promoting an active, healthy lifestyle
- Proper fitness and exercise techniques

Employers

Government:
- Hospitals
- Clinics
- Research
- Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes
Dietary Aid

Prepare special diet cold foods and assemble individual meal trays for patients on regular and special therapeutic diets; and perform other related duties as assigned. One year of experience preparing foods which included six months in assisting in the preparation of special diets, for example, low cholesterol, low sodium, bland, soft, liquid, or diabetic.

Skills and Experience

Methods of simple food preparation; methods, materials and equipment used in cleaning kitchen appliances and utensils; kitchen sanitation; and personal hygiene.

Yearly Salary

$32,112.00

Projects in Hawaii

• Address issues dealing with smoking, drugs, obesity, diseases, pregnancy and other health concerns

Employers

Government:
Hospitals
Clinics
Research
Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes

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Environmental Health Specialist

Positions in this occupation perform professional work involving the protection and promotion of public health and the environment by ensuring compliance with federal and State laws, rules and regulations relating to the elimination and/or prevention of environmental health, environmental impact and occupational health hazards.

Receive extensive training in pertinent Federal and State environmental/occupational health laws, rules and regulations; collect and analyze samples of hazardous environmental contaminants; calibrate field sampling equipment and prepare reagents; conduct simple investigations with specific instructions; participate in inspections to determine compliance status and possible health hazards; prepare inspection reports and assist with making recommendations for action; and perform other related duties as assigned.

Education

Bachelor’s degree from an accredited four year college or university with a major in chemistry, physics, biology, zoology, environmental science or other closely related field of science.

Yearly Salary

$37,488.00 - $56,000.00

Projects in Hawaii

- Outreach and research on issues dealing with environmental health concerns
- Understand legislation and contaminant levels

Employers

Government:
Hospitals, Clinics, US Fish & Wildlife, City & County Civil Defense, Department of Health

Private: Hospitals, Clinics, Home Health Care, Nursing homes

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Program Specialist IV (Pregnancy Risk Assessment Monitoring)

Working in the Department of Health (DOH), Family Health Services Division, Maternal and Child Health Branch, Women's Health Section, Perinatal Health Program and is responsible for coordinating the activities of the Hawaii Pregnancy Risk Assessment Monitoring System (PRAMS) Project. This responsibility involves liaison and coordination of activities, reports and information to the Centers for Disease Control and Prevention (CDC); implementing PRAMS program objectives to improve pregnancy outcomes for healthy infants; development of the state specific sections of the PRAMS survey questionnaire; managing the PRAMS information system and program specific software to insure quality data collection; performing basic data analysis and presenting results in reports to the PRAMS steering committee, other DOH programs, other State programs and community entities for research, legislation, program development and planning purposes; and perform other related duties as assigned.

Education

Bachelor's degree and experience as necessary

Yearly Salary

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<th>Level</th>
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<tr>
<td>II</td>
<td>$40,512.00</td>
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<td>III</td>
<td>$43,824.00</td>
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<td>IV</td>
<td>$62,424.00</td>
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Projects in Hawaii

- Outreach and research dealing with pregnancy and other concerns with mothers to be and their children.

Employers

**Government:**
Hospitals
Clinics
Research
Public Outreach

**Private:** Hospitals, Clinics, Home Health Care, Nursing homes
Public Health Educator

Plan, develop, organize and conduct informational and educational programs concerning various aspects of public health; compile and organize material for use in health education programs; prepare and give lectures before interested groups; write news releases, bulletins or other copies; recommend changes in program content.

Education
Bachelor’s degree

Skills and Experience
Two - Three years of professional experience in community health education

Yearly Salary
$40,512.00 - $43,824.00

Projects in Hawaii
• Outreach on issues dealing with smoking, drugs, obesity, diseases, pregnancy and other health concerns.

Employers
Government:
Hospitals
Clinics
Research
Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes
Public Health Nutritionist II - IV

Under the immediate supervision of a higher level Public Health Nutritionist, perform a variety of direct service, education and consultation work in public health nutrition. Plan, develop, conduct and evaluate a program of nutrition education and consultation services in an assigned geographical area; or provide direct nutrition services and nutrition education and consultation in a highly specialized program area independently.

Education

Master’s degree from an accredited university with a major in public health nutrition, or in applied human nutrition with course work in public or community health.

Yearly Salary

$36,876 - $43,116

Projects in Hawaii

- Outreach on issues dealing with smoking, drugs, obesity, diseases, pregnancy and other health concerns.

Employers

**Government:**
- Hospitals
- Clinics
- Research
- Public Outreach

**Private:** Hospitals, Clinics, Home Health Care, Nursing homes
Pharmacist – Home Care

Under the direction of a physician, compounds and dispenses prescribed drugs in a home care environment. Also responsible for transferring prescriptions, handling incoming physician calls, logging data into the computer, and Drug Utilization Review. Relies on experience and judgment to plan and accomplish goals. Performs a variety of tasks. A certain degree of creativity and latitude is required. Typically reports to a manager or supervisor.

Education

Bachelor’s degree and/or an advanced degree in pharmacy and is licensed to practice.

Skills and Experience

Familiar with standard concepts, practices, and procedures within this particular field.

Yearly Salary

$96,796 - $107,476

Projects in Hawaii

• Understanding drug interactions and dispensing of drugs
• Working with elder care and young children with severe care

Employers

Government:
Hospitals
Clinics
Research
Public Outreach

Private: Hospitals, Clinics, Home Health Care, Nursing homes