

Healthcare		
Job Title	Description	Day In the Life
CNA (Certified Nursing Assistant)	CNAs provide essential care to patients under the supervision of nursing staff. They assist patients with daily activities such as bathing, dressing, feeding, and mobility. CNAs also monitor vital signs, communicate patient needs to nurses, and ensure a clean and safe environment. This role requires compassion, patience, and good communication skills, as CNAs are often the primary caregivers for patients in long-term care facilities.	CNAs begin their day by checking patient assignments and assisting with morning routines, such as helping patients get out of bed, washing up, dressing, and sometimes feeding them breakfast. They monitor vital signs like blood pressure and temperature, assist with mobility needs, and ensure patients are comfortable. Throughout the day, CNAs communicate patient needs or changes to nurses, assist with toileting, and maintain a clean and safe environment. CNAs often form close bonds with patients, especially in long-term care settings, and play a vital role in providing comfort and companionship.
LPN (Licensed Practical Nurse)	LPNs provide basic medical care to patients under the direction of registered nurses (RNs) and doctors. They perform tasks such as monitoring vital signs, administering medications, changing dressings, and helping with patient hygiene. LPNs work in various healthcare settings, including hospitals, clinics, and nursing homes, and must have strong attention to detail and interpersonal skills to provide effective patient care.	LPNs start their shift by reviewing patient charts and receiving handover reports from the previous shift. They spend their day monitoring vital signs, administering medications, changing wound dressings, and assisting with patient hygiene and mobility. LPNs document patient information in medical records and report any changes to the supervising RN or doctor. They also provide emotional support to patients and families, explaining care plans and answering questions. LPNs work closely with CNAs and RNs, helping manage patient care and providing hands-on medical support.
Healthcare/Medical Technician	Healthcare Technicians assist in the operation of medical equipment and the care of patients. They may work in specific departments like radiology, cardiology, or laboratory settings, where they handle tasks such as taking diagnostic images, conducting lab tests, or assisting with patient procedures. This role requires technical skills, precision, and the ability to follow detailed protocols to ensure accurate results and patient safety.	Healthcare Technicians' daily tasks depend on their specialty. A lab technician, for example, might begin by setting up equipment and preparing samples for testing, while a radiology technician would check imaging equipment and prepare patients for procedures. They follow protocols to conduct tests, capture images, or assist in procedures, then analyze or record results. Technicians may interact with patients throughout the day, explaining procedures and ensuring comfort. They work closely with medical teams, providing accurate data and images that help doctors make diagnoses.
Phlebotomy	Phlebotomists specialize in drawing blood from patients for diagnostic testing, transfusions, or donations. They work in hospitals, clinics, and labs, where they collect samples, label them accurately, and ensure proper handling. This role requires attention to detail, a steady hand, and the ability to make patients feel comfortable, as many may feel anxious about blood draws.	Phlebotomists start their day by organizing equipment, sterilizing their workspace, and checking daily assignments. They often move from room to room, drawing blood samples from patients. Phlebotomists verify patient information, make patients comfortable, and perform venipunctures (drawing blood from a vein). They label samples accurately and prepare them for transport to the lab. This role involves a lot of patient interaction, especially with individuals who may be anxious or uncomfortable, requiring a calm, reassuring demeanor.
Information Technology (for managing healthcare systems)	IT professionals in healthcare manage digital systems that store, secure, and organize patient data. They work on tasks like maintaining electronic health records (EHR), troubleshooting software issues, and ensuring data security and compliance with healthcare regulations. This role requires a blend of technical expertise and an understanding of healthcare privacy standards, as IT staff ensure that critical patient information is accurate and protected.	IT professionals in healthcare begin their day by reviewing system status reports, checking for any issues in electronic health records (EHR) systems or patient databases. They may troubleshoot software issues, update systems, and address any problems reported by medical staff. Throughout the day, they monitor data security protocols, install software updates, and help staff navigate new technology. IT professionals also work on ensuring that healthcare data meets privacy regulations, responding to cyber threats, and keeping systems running smoothly to ensure patient data is accessible and secure.