

EXPLORING HEALTH SCIENCE CAREERS

Ireli Hernandez Future Certified NURSE MIDWIFE

Ireli has bachelor's degrees in biology from Southern Oregon University and nursing from OHSU's School of Nursing. She is a student in OHSU's Doctor of Nursing Practice – Nurse Midwifery program.

This program includes first-year classes such as Advanced Physiology/Pathophysiology, Advanced Pharmacology, Reproductive Care and Antepartum/Postpartum/Intrapartum (during pregnancy/after delivery/during labor) Care Management. She studies 30 to 40 hours weekly.

BUILDING DIVERSITY

Ireli's first exposure to healthcare was translating at medical appointments for her Spanish-speaking parents. They encouraged higher education, making it feel attainable for her to become a first-generation college graduate.

"Latinos in the nursing field are underrepresented. I hope to help expand a diverse nursing workforce, and improve care to diverse populations."

FUTURE PLANS

After graduate school, Ireli will be a Certified Nurse Midwife (CNM), working with women from adolescence throughout their lives. She will treat women's health issues, offer antepartum/postpartum care, deliver babies and provide newborn care.

"The nursing field is a challenging and stimulating career with a rewarding human experience. I hope to provide outreach to Latino mothers and babies, and provide individualized care."

ONTRACKOHSU! works with Oregon middle and high schools to increase the number of students from underrepresented minority backgrounds in the health sciences and in Oregon's biomedical workforce.

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"I feel deeply connected with maternal/child health. I was a teen parent, and now want to advocate for women of all ages. Nurse midwifery is a perfect fit for me."

Doctor of Nursing Practice Student/
Future Certified Nurse Midwife

Moved to Portland with her 11-year-old son.

Enrolled in OHSU's Doctor of Nursing Practice – Nurse Midwifery program in Fall 2017

Enrolled in OHSU's three-year nursing program on the Ashland campus. Graduated 2017.

"My son was still young. Moving away from our family support system would have been challenging."



"My classes made me eligible to apply to medical, nursing or physician assistant school, all healthcare tracks that I considered."

Received a BS in Biology from SOU.

Job shadowed a doctor during an obstetrics and gynecology internship.

"Our university was fortunate to have human cadavers, which allowed for visual representation of the human body."

Enjoyed anatomy and physiology courses, including hands-on labs.

Graduated from South Medford High School with honors.

Enrolled at Southern Oregon University.

Became a mom at age 15.

STARTED HERE
Born in Mexico.
Raised in Medford.



Ireli Hernandez
 Graduate Student/Future Certified Nurse Midwife
 Southern Oregon University/OHSU School of Nursing graduate

Bachelor of Science in Biology / Bachelor of Science in Nursing

WHAT IRELI STUDIED

Ireli's biology degree gave her many options for further pursuing her education. She chose nursing followed by an advanced nursing degree. Taking summer classes made it possible for her to lighten her course load during the school year.

She appreciated the small size of the programs. "It allowed me to connect and interact with my professors and other students, and get involved on campus."



Here's a snapshot of the college path that led Ireli to her Doctor of Nursing Practice graduate program:

FRESHMAN YEAR

Major: Biology

FALL

Human Anatomy and Physiology I
"Although challenging, this was my favorite course."
 Intermediate Algebra
 University Seminar
 University Transitions

WINTER

Human Anatomy & Physiology II
 Health and Society I
 Elementary Statistics
"Not a huge fan of math, but I loved stats!"

SPRING:

Human Anatomy & Physiology III
 Honors Intro to Criminology
"I learned criminology is not for me."
 General Psychology
 University Seminar

SOPHOMORE YEAR

Major: Biology
 Minor: Psychology

FALL

Principles of Biology: Molecules
 General Chemistry I + Lab
 Precalculus I: College Algebra

WINTER

Principles of Biology: Evolution
 Chemical Problem Solving
 General Chemistry II + Lab
 Nutrition
 Applied Inferential Statistics

SPRING

Principles of Biology: Ecology
 Precalculus II
 PE/Zumba
"Fun class for self-care!"
 Human Sexuality
"This course allowed me to appreciate psychology."

SUMMER

Calculus I
 Abnormal Psychology

JUNIOR YEAR

Major: Biology
 Minor: Psychology

FALL

Comparative Animal Physiology
 Genetics
 Advanced Human Anatomy/Physiology I
"I loved anatomy so much that I decided to do the advanced courses."

WINTER

Cell Biology
 Advanced Human Anatomy/Physiology II
 Media Across Cultures

SPRING

Developmental Biology
 Advanced Human Anatomy/Physiology III
 Senior Research Seminar
 General Chemistry III + Lab
 Spanish Language/Culture III

SUMMER

Principles of Organic Chemistry I
"Yikes, this course was hard!"
 Principles of Organic Chemistry II

SENIOR YEAR

Major: Biology
 Minor: Psychology

FALL

Practicum
 Principles of Organic Chemistry Lab
 General Physics I + Lab
 Death and Dying (psychology)

WINTER

Practicum
 Evolution
 Evolution Recitation
 General Physics II + Lab
 Organizational Psychology

SPRING

Introduction to Ecology
 Microbiology + Lab
 Capstone Thesis
 Capstone Practicum
"I compared adverse birth outcomes in teenage vs. non-teenage pregnancies with statistical analysis of Oregon birth records."
 General Physics III + Lab
 Personality (psychology)

NURSING SCHOOL

Major: Nursing

YEAR ONE

Foundations of Nursing
 Health Promotion Theory
 Foundations of Nursing Health Promotion
 Practicum
 Pharmacology I
 Pathophysiology I
 Foundations of Nursing Chronic Illness I

YEAR TWO

Nursing in Acute Care II (Theory + Clinical)
 Nursing in Chronic Illness II and End-of-Life (Theory + Clinical)
 Populations Based Care

YEAR THREE

Nursing Leadership in Health Care Delivery Systems (Theory + Clinical)
 Integrative Practicum I and II
"I worked in a labor and delivery unit for six months, caring for many women in labor and seeing beautiful babies!"
 Exploration of Specialty Nursing Practice

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