**HOSA Competition Reference Guide**

(Health Science Events, Health Professions Events, Emergency Preparedness Events, Leadership Events, Teamwork Events)

**Health Science Events (Tests)**

* Behavioral Health
* Cultural Diversities and Disparities in Healthcare
* Dental Terminology
* Human Growth and Development
* Medical Law and Ethics
* Medical Math
* Medical Reading
* Medical Spelling
* Medical Terminology
* Nutrition
* Pathophysiology
* Pharmacology
* Behavioral Health
	+ Mind, psychology, behavior, wellness, mental illness, disorders
	+ 100 question multiple choice test with tiebreaker essay
* Cultural Diversity and Disparities in Health Care
	+ Cultural competence, traditions/foundations, religion, rituals
	+ 100 question multiple choice test with tiebreaker essay
* Dental Terminology
	+ prefixes, suffixes, roots and anatomy, physiology and pathophysiology
	+ definitions and questions over anatomy
	+ multiple choice test
* Human Growth and Development
	+ Government influence on health, stages of development, cultural considerations, communication, etc.
	+ 100 question multiple choice test with tiebreaker essay
* Medical Law and Ethics
	+ The legal system, medical malpractice, patient records, patient confidentiality bioethical issues, etc.
	+ 100 question multiple choice test with tiebreaker essay
* Medical Math
	+ Conversions, complex math commonly used by health professionals, interpreting symbols, dosage, reading charts, etc.
	+ Multiple choice test
* Medical Reading
	+ Competitors read 5 HOSA-selected books and test over details and concepts
	+ Multiple choice test with tiebreaker essay
* Medical Spelling (2 Rounds)
	+ ROUND 1: 50 question multiple choice test of definitions (study Taber’s medical dictionary)
	+ ROUND 2: “Spelldown” (spelling bee)
* Medical Terminology
	+ identify, spell, define and apply the prefixes, suffixes, roots and anatomy, physiology, pathophysiology and occupations related to the health community
	+ questions based on body systems
	+ multiple choice test
* Nutrition
	+ Vitamins, carbohydrates, fats, proteins, medical nutrition therapy, digestion, allergies
	+ 100 question multiple choice test with tiebreaker essay
* Pathophysiology
	+ Disease process and terminology, diseases within body systems
	+ 100 question multiple choice test with tiebreaker essay
* Pharmacology
	+ Drug names, drug classifications, drug administration, basic concepts in pharmacology, dosage, etc.
	+ 100 question multiple choice test with tiebreaker essay

**Health Profession Events**

* Biomedical Laboratory Science
* Clinical Nursing
* Clinical Specialty
* Dental Science
* Home Health Aide
* Medical Assisting
* Nursing Assisting
* Personal Care
* Pharmacy Science
* Physical Therapy
* Sports Medicine
* Veterinary Science
* Biomedical Laboratory Science (2 ROUNDS)
	+ ROUND 1: multiple choice test (biotech industry, DNA, chemistry, lab, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: identifying lab instruments, infection control, inoculation, microscope, ABO Grouping, Gram Stain, prepping lab solution*

* Clinical Nursing (2 ROUNDS)
	+ ROUND 1: multiple choice test (basic care, medications, medical-surgical nursing)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: Intramuscular/subcutaneous/intradermal medication administration, nasogastric tube, urethral catheterization, sterile wound irrigation, postmortem care, postoperative exercises*

* Clinical Specialty
	+ Competitors study any healthcare career, are typically required to shadow a healthcare professional
	1. Develop a career portfolio
	2. Demonstrate a skill common in chosen health career (student-made video)
	3. Present to judges
* Dental Science (2 ROUNDS)
	+ ROUND 1: multiple choice test (dental/head anatomy, infection control, oral health, instruments, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: prepping dental room, seating patient, dismissing patient, brushing/flossing education, prepping Alginate impression, identifying instruments, treating contaminated tray*

* Home Health Aide (2 ROUNDS)
	+ ROUND 1: multiple choice test (body systems and common disorders, communication, maternal/infant care, becoming a home health aide, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: taking tympanic temp., taking apical pulse, emptying urinary drainage unit, changing dry dressing, back rub, caring for dentures, moving patient with draw sheet, applying elasticized stockings*

* Medical Assisting (2 ROUNDS)
	+ ROUND 1: multiple choice test (office procedures, infection control, medical ethics, diagnostics/clinical equipment, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: telephone screening, receive new patient and create chart, obtain and record history, measure height and weight, prepare routine physical exam, screen visual acuity, test urine, sterile gloving*

* Nursing Assisting (2 ROUNDS)
	+ ROUND 1: multiple choice test (anatomy, disabilities/disorders, nutrition, vital signs, infection control, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: handwashing, make a closed/occupied bed, position and transfer patient, measure and record vital signs, changing a gown, discharging patient*

* Personal Care\*\*\*
	+ Competitors present one nursing skill from a list of seven and are evaluated on completion of steps and time management

\**Official guidelines with 2019-2020 skills to be updated shortly\**

* Pharmacy Science (2 ROUNDS)
	+ ROUND 1: multiple choice test (Disorders and treatments, pharmacy practice history, law, terminology, dosage, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: Patient screening for pharmacist consultation, verifying controlled substance prescription content, withdrawing liquid from a vial, compounding an oral suspension, identifying equipment, filling prescription, aseptic garbing*

* Physical Therapy (2 ROUNDS)
	+ ROUND 1: multiple choice test (Physical therapy for musculoskeletal, neuromuscular, cardiopulmonary, and integumentary systems, and for pediatric and older adults)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: Ambulating with transfer (Gait) Belt, ambulating with walker, ambulating with cane, range of motion, ambulating with crutches, ice pack application, transfer from supine to sitting position, donning and removing transmission-based isolation garments*

* Sports Medicine (2 ROUNDS)
	+ ROUND 1: multiple choice test (common athletic injuries, nutrition and weight management, physical conditioning, taping/wrapping/bracing, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: anatomical landmark ID, joint action and maximum range of motion ID, Taping wrapping (ankle, Achilles tendon, shoulder spica, wrist/hand)*

* Veterinary Science (2 ROUNDS)
	+ ROUND 1: multiple choice test (anatomy and physiology, diseases, nutrients, emergency care, animal behavior, principles of surgery, etc.)
	+ ROUND 2: Critical thinking skill performance in a written scenario

*Skills: prepping operation site, lifting and restraining a dog, identifying instruments, simple fecal flotation, identifying of companion animal breeds/species, apply/remove gauze restraint muzzle, prepping a feline to obtain a temp.*

**Emergency Preparedness Events**

* CERT Skills
* CPR/First Aid
* Emergency Medical Technician
* Epidemiology
* Life Support Skills
* MRC Partnership
* Public Health
* CERT Skills (PARTNER EVENT)
	+ ROUND 1: Competitors take a multiple-choice test individually: (Triaging, disaster medical operations, disaster preparedness, rescue operations)
	+ ROUND 2: Team performs critical thinking skill in a written scenario

*Skills: treating life-threatening conditions, head-to-toe assessment, lifts and carries, splinting a closed fracture*

* CPR/First Aid (PARTNER EVENT)
	+ ROUND 1: Competitors take a multiple-choice test individually: (Basic life support [CPR, rescue breathing, relief of choking], first aid, anatomy and physiology
	+ ROUND 2: Team performs critical thinking skill in a written scenario

*Skills: First aid skills (severe bleeding, choking, burns, etc.), BLS/CPR (Infant, Adult, AED)*

* Emergency Medical Technician (PARTNER EVENT)
	+ ROUND 1: Competitors take a multiple-choice test individually (patient assessment, basic life support, trauma, medical emergencies, etc.)
	+ ROUND 2: Team performs critical thinking skill in a written scenario

*Skills: Patient assessment, BVM ventilation, immobilization/splinting, bleeding control, cardiac arrest management/AED, oxygen administration by non-rebreather mask*

* Epidemiology
	+ 75 question multiple-choice test regarding recognizing, identifying, defining, interpreting, and applying concepts of epidemiology
* Life Support Skills\*\*\*
	+ Competitors are evaluated on CPR and first aid skills

*Skills: Adult/infant BLS/CPR, First Aid Skills (bleeding, choking, broken bone/sprain, heat-related emergency)*

* MRC Partnership (TEAM EVENT 2-6)
	+ Competitors engage with the Medical Reserve Corps in activities that improve public health, increase emergency response capabilities and strengthen the resiliency of their communities while demonstrating an impact on their local community
	+ Develop a portfolio with each activity
* Public Health (TEAM EVENT 2-6)
	+ Team creates a public health presentation on an annually announced topic

*2019-2020 TOPIC: Know the Signs: Stop Opioids Before They Stop You!*

**Leadership Events**

* Extemporaneous Health Poster
* Extemporaneous Writing
* Health Career Photography
* Healthy Lifestyle
* Interviewing Skills
* Job Seeking Skills
* Prepared Speaking
* Researched Persuasive Writing and Speaking
* Speaking Skills
* Extemporaneous Health Poster
	+ Competitors create an educational poster using pencils, pens, charcoal, paint, etc. within a 3-hour time frame
* Extemporaneous Writing
	+ Competitors use a computer to write and submit an essay within one hour
	+ Topic to be announced during the competition
* Health Career Photography
	+ Competitors will photograph three different health professionals performing an aspect of their job, edit the photos using computer software technology as needed, provide a written description of the career and then may present their three printed pictures to a panel of judges
	+ Create a portfolio
* Healthy Lifestyle (2 ROUNDS)
	+ ROUND 1: multiple choice test (benefits of exercise, healthy eating, avoiding risky behaviors, disease prevention)
	+ ROUND 2: Judge Interview
	+ Competitors focus on one personal health goal to document in a portfolio
	+ Judges use interview and portfolio to assess competitors’ achievements and proof of working toward his/her goal
* Interviewing Skills\*\*\*
	+ The competitor should select any health-related position, or a position within a health facility, for which he/she is trained or is being trained
	+ Competitors will prepare a cover letter and resume (factual and accurate), complete a job application and participate in a job interview
	+ During the orientation, the competitor will be given no more than (30) thirty minutes to complete a job application
* Job Seeking Skills
	+ The competitor should select any health-related position, or a position within a health facility, for which he/she is trained or is being trained
	+ The competitor prepares three (3) copies of a one page cover letter and a one page resume (factual and accurate) to bring to the conference and submit
	+ During the orientation, the competitor will be given no more than (20) twenty minutes to complete a job application
* Prepared Speaking
	+ Competitors prepare a 5 minute (max) speech to present to judges

*2019-2020 TOPIC: Towards Tomorrow!*

* Researched Persuasive Writing and Speaking
	+ Competitors shall write a paper and develop a speech in which they must take a stand, either in favor of or opposed to a health-related issue

*2019-2020 TOPIC: Big Pharmaceuticals – Creating More Cures or Clients?*

* Speaking Skills\*\*\*
	+ Competitors shall develop a speech related to a selected international topic

*2019-2020 TOPIC: Towards Tomorrow!*

**Teamwork Events**

* Biomedical Debate
* Community Awareness
* Creative Problem Solving
* Forensic Science
* Health Career Display
* Health Education
* HOSA Bowl
* Existing Medical Innovation
* Original Medical Innovation
* Parliamentary Procedure
* Public Service Announcement
* Biomedical Debate (2 ROUNDS) (TEAM EVENT 3-4)
	+ ROUND 1: Competitors take a multiple-choice test individually
	+ ROUND 2: Debate Round
	+ Teams have 2 minutes to prepare, then enter debate round and are judged on their success in using specific patterns (affirmative construction speech, negative cross-examination, affirmative rebuttal, etc.)
* Community Awareness (CHAPTER PROJECT) (TEAM EVENT 2-4)
	+ Service project designed to raise community awareness of a health and/or safety-related issue of the HOSA Chapter’s choosing
	+ The chapter documents each activity, develops a portfolio, and designates a team to present the project to a panel of judges
* Creative Problem Solving (2 ROUNDS) (TEAM EVENT 3-4)
	+ ROUND 1: Competitors take a multiple-choice test individually (creative thinking, developing objectives, examining constraints, troubleshooting, etc.)
	+ ROUND 2: Teams will be given a potential problem related to HOSA, the health community, or a specific health issue and will have 30 minutes to analyze the problem and create an 8-minute presentation of a solution
* Forensic Science (2 ROUNDS) (PARTNER EVENT)
	+ ROUND 1: Competitors take a multiple-choice test individually (Crime scene and death investigation, toxicology and pharmacology, identification of bodily fluids, etc.)
	+ ROUND 2: Teams will be given a case study related to forensic science (written police report and/or physical evidence), have 6 minutes to analyze the study, and have 30 minutes to write their conclusions with supporting evidence
* Health Career Display (2 ROUNDS) (PARTNER EVENT)
	+ Competitors create an educational display of either a specific career or cluster of careers in healthcare
	+ ROUND 1: Partners have 15 minutes to assemble their already-made display, judges then view and rate each display
	+ ROUND 2: Partners present their display to the judges within five minutes and will be judged on their ability to communicate information to the judges about the career area
* Health Education (TEAM EVENT 2-4)
	+ Teams select a health-related concept or instructional objective, then prepare a lesson with media aids, provide instruction, and evaluate results
	+ Teams must document the lesson in a portfolio
	+ Teams have 6 minutes to present the lesson to a judge panel
* HOSA Bowl (TEAM EVENT 3-4)
	+ ROUND 1: Competitors take a multiple-choice test individually (HOSA, health, and parliamentary procedure questions)
	+ ROUND 2: Two teams compete at a time, against each other, in a “Quiz Bowl” style competition
* Medical Innovation (TEAM EVENT 2-4)
	+ Prior to competing, the team will create an original innovation of their own idea and design
	+ Teams will create a 60-second video demonstration, using a prototype, of their original innovation
* Parliamentary Procedure (2 ROUNDS) (TEAM EVENT 5-8)
	+ ROUND 1: Competitors take a multiple-choice test individually (All questions sourced from the National Association of Parliamentarians, mostly about handling motions, basic rules, and procedures)
	+ ROUND 2: Each team is given a “secret problem”, then is given 12 minutes to plan a mock meeting
* Public Service Announcement (TEAM EVENT 3-6)
	+ Teams will produce/film a 30 second visual public service announcement

*2019-2020 TOPIC: Stop The Bleed*