The mission of HOSA is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health science education students, therefore, helping students to meet the needs of the health care community.
Leadership comes in many shapes and forms, where emphasis is especially placed on the superficial aspects of people. Many great skills are exhibited by leaders – speaking to a group of people, delegating tasks, maintaining a welcoming look with their peers, being open and encouraging in idea settings and stern and brisk in times of emergencies. Wearing blazers, walking tall, looking others straight in the eye, having pressed pants and a glossy shine to their shoes – a substantial amount of attention is directed towards the superficiality. However, the essence of leadership is not what one can muster up on the outside and in their presentations, but in the roots. The image of tree signifies that as visible the branches and the leaves are to the outside world, the majority of it actually lies within the earth. The roots are what structure and ground the tree; cementing it to the ground; therefore, making it withstand the headwinds and forces of Mother Nature and of everyday life. The same is true with people. The real person lies within the roots – who they actually are when their presentation is over, when they have concluded a meeting or have just given a speech.

Often, the focus is on the color of the leaves or the bark on the branches; however, it should be in the quality of the roots. Solid and strong roots can produce a beautiful tree, but, a beautiful tree does not always guarantee strong roots. The essence of leadership lies entirely on how moral, kindhearted and virtuous a person is and, at the end of the day, these qualities are what will blossom into success.
The healthcare industry is filled with endless possibilities when it comes to choosing a career. You can work with patients or with papers, give a shot or give a shoulder to lean on. If you are interested in the healthcare field, there is a job to fit your dreams and experience level. There are so many jobs in the healthcare industry, from physician to pharmacist to physical therapist. Why, there are even healthcare jobs that don’t sound like healthcare jobs to help expand your mind and introduce you to new career opportunities.

1. Clinical Social Worker
   Social workers can find employment in a variety of settings, but clinical social workers find their home in hospitals, schools, and clinics, providing mental health services to patients. Clinical social workers aid in the diagnosis and treatment of mental, behavioral, and emotional disorders, as well as helping families and patients cope with chronic, acute, or terminal illnesses. Clinical social workers typically need at least a bachelor’s degree, but many jobs require an advanced degree, such as Master’s in Social Work. Social workers must also have a state license, which is acquired through a minimum number of hours of supervised experience. There are also various certification courses to aid in career advancement. Employment of clinical social workers is expected to increase by 24% over the next ten years. Aging Baby Boomers will create greater demand for all health workers, particularly in assisted-living communities and nursing homes.

2. Athletic Trainer
   Athletic trainers help to prevent and treat injuries for everyone from Olympic athletes to industrial workers. Athletic trainers are often the first ones on the scene when an athlete is injured. They must be able to assess the situation and provide immediate care. Many athletic trainers are also involved in rehabilitation and reconditioning. Athletic trainers work in many different environments – they are on the playing field, in the hospital, and at the gym. Athletic trainers must be able to have frequent interaction with a variety of people, from clients to physicians. They may work 60 hours a week, or teach just a few hours a day. Athletic training typically calls for at least a bachelor’s degree from an accredited college. Most athletic trainers have a master’s degree with broad knowledge of health and medicine. Almost every state requires athletic trainers to be licensed or registered through the Board of Certification. Employment is expected to grow faster than the average career, roughly 24% by 2016. Most of the new jobs will be in hospitals and health practitioner offices, as well as fitness centers. There is also a greater emphasis on sports medicine, leading to greater acceptance of athletic trainers as healthcare professionals.

3. Art Therapist
   Art therapists use creative materials like paint, crayons, and chalk to help patients express themselves. Based in traditional psychotherapeutic theories, art therapy uses the creative process to evoke emotions and improve mental well-being. Art-based assessments are used to test of psychiatric disorders and delve deeper in the psyche. Art therapists must be board certified and registered in order to practice. Art therapists typically hold a Master of Art Therapy degree, but may also have an education background in psychology, such as a Master of Family Therapy.

4. Informatics Specialist
   An informatics specialist works to organize large amounts of data, turning it into usable content. By processing information, informatics specialists can see trends such as cancer prevalence across the years. These specialists also develop software and electronic tracking systems. Informatics specialists are often found in labs, at universities, or at private corporations. Informatics specialists need an advanced degree in biology or genetics, with a lot of experience in computer languages and programming. As the healthcare industry develops, the need for informatics specialists will increase due to the amount of new knowledge obtained. Informatics is the ideal place for a number-cruncher who is interested in health. Employment is expected to grow faster than the average career, roughly 24% by 2016. Most of the new jobs will be in hospitals and health practitioner offices.

5. Interpreter
   Medical interpreters do more than translate. In order to thoroughly communicate the complexity of healthcare, interpreters must fully understand the subject matter they work with. There are two types of interpretation: simultaneous and consecutive. Simultaneous interpretation requires interpreters to listen and speak (or sign) at the same time. In simultaneous interpretation, the interpreter begins to convey a sentence being spoken while the speaker is still talking. Ideally, simultaneous interpreters should be so familiar with a subject that they are able to anticipate the end of the speaker’s sentence. Because they need a high degree of concentration, simultaneous interpreters work in pairs, with each interpreting for 20- to 30-minute periods. This type of interpretation is required at international conferences and is sometimes used in the courts. Medical interpreters do not require advanced degrees, but must be fluent in their native language and their second language. A strong grasp of the health industry and medical practices is also necessary. As more second-language-speakers enter the United States, the need for medical interpreters will grow. Employment is estimated to increase 24% by 2016, driven by the high demand for medical interpreters. The best cities for jobs lie in urban areas like Washington, DC, New York, and Los Angeles.
10. Medical Illustrator
One of the most creative jobs in healthcare, medical illustrators, combines knowledge of the body with artistic talent. Medical illustrators create graphic representations of bodies, or body parts, for textbooks, posters, and legal proceedings. Today, medical illustrators use computer programs to help develop their art, so knowledge of graphic design programs is imperative. Illustrations are often three-dimensional and extremely detailed, and some medical illustrators choose to specialize in one area of the body because of this. Medical illustrators must have detailed knowledge of both biological sciences and fine art. A bachelor’s degree is the minimum requirement, but most employers will want a Master’s in Medical Illustration. Unfortunately, there are only five accredited master’s degree programs in the US, and they are all very competitive. You must have excellent grades and a deep understanding of art and science to be considered. Employment is expected to grow 10 to 25% by 2016. As computer programs become more advanced, there will be a greater need for those who understand this type of software and can teach it to others.

9. Environmental Health Director
Caring for the environment doesn’t just mean worrying about the oceans and the o-zone. Environmental health directors consider how the health of the planet is affecting the health of the people living on it.

Environmental health professionals deal with sanitation, sewage, and public facility issues. They investigate public health problems, and try to find solutions. If the world is a cleaner place, everyone will be healthier.

Work in environmental health involves at least a bachelor degree in public health, environmental health or science, or a related field. For some jobs, an advanced degree, such as a Master of Public Health, is required. Anyone interested in this field must have knowledge of the environment and public health. As concern for the climate grows, so should employment opportunities for environmental health directors.

8. Forensic Scientist
Forensic scientists do more than investigate DNA left on at the scene of a crime. These problem-solvers are also found in the field of healthcare, interpreting medical facts and presenting them to courts, or studying the human body to establish time of death. There are many facets of forensic science, including: Forensic Medicine, Forensic Pathology, Forensic Toxicology, Forensic Pathology, Forensic Anthropology, Forensic Serology, and Forensic Odontology.

The path to forensic science in healthcare involves at least two years as an intern after medical school, and possibly a master’s degree in your area of specialization. An advanced degree is mandatory. Employment is expected to grow 12% by 2016. Forensic scientists who work for the government should expect favorable employment prospects because of job growth that is much faster than average.

7. Travel Nurse
Don’t want to be tied down to one place? Travel nursing might be for you! Travel nurses are contracted to move from place to place depending on an areas need for healthcare professionals. Oftentimes, moving costs and housing are covered, and overall salary is higher than a permanent staffing position.

Travel nurses get the rewards of a nursing career, on top of the ability to see the country and explore. Most travel nurses must be RNs. There is less job availability for LPNs as travel nurses. Because of the nursing shortage, RNs are in demand, and there is the change to make great use out of your degree. Employment for registered nurses is expected to grow by 23% by 2016. Travel nursing continues to be a lucrative career choice because shortages vary from state to state.

Overall, job prospects are expected to be excellent for nurses willing to pack their bags to relocate every few months.

6. Substance Abuse Counselor
Substance abuse counselors work with individuals who are addicted to drugs, alcohol, gambling, or eating disorders. They help people understand their addictions and the problems related to substance abuse. Counseling can be done one-on-one or in groups. Substance abuse counselors also see family members of those who are affected by addictions.

This is a demanding and stressful job that involves intense emotions and years of recovery. Substance abuse counselors require an advanced degree, such as a Master of Substance Abuse Counseling, Master of Family Therapy or Doctorate in Psychology.

Individuals interested in this job should have a background in counseling and psychology, as well as clinical experience. In order to practice, substance abuse counselors must be licensed in their state of practice, which involves a master’s degree and roughly 3,000 hours of supervised clinical experience.

Employment is expected to grow by 23% by 2016.

The number of people who need counseling is expected to grow as well, meaning more counselors will be needed in places like rehabilitation centers and hospitals. Opportunities will be best in rural and urban areas.
I joined Healthcare Occupations Students of American (HOSA) when I was a sophomore in high school and I was unsure about what I wanted to do in the future. I knew I wanted to go to a university and study something really well, but I would always juggle that “something.” One day, I’d feel like being an anthropologist, the next a mathematician. I simply could not study all of the things that I really wanted to due to my diverse areas of interest. As I got more involved with HOSA, I realized that there was a way to balance all of my interests and the answer was a healthcare career. Healthcare could allow me to be a humanitarian, a politician, a mentor and a scientist as research, education and service are integral parts of my life.

I attended events such as Fall Leadership Conference and the Utah State Competition. I felt an unusual but natural balance with the events in which I competed. The emergency medical technician allowed me to perfect the practice of healthcare. This event was heavily grounded in the hands-on aspects of being an EMT, but also had a written exam as the first round. Biomedical debate is carefully balanced with the empirical EMT event. While preparing for the competition, I received the theoretical (through debate) and the empirical (through EMT) notions of healthcare. I would say this was central in my decision to become a physician. You learn the theory and the concept, then proceed to the real application of the theory that takes the form of patients.

HOSA allowed me to network across the United States. Now I have connections I never thought I could have. Through the National Recognition Program, I gained recognition from our largest healthcare provider in the Salt Lake Valley, Intermountain Healthcare, and was offered an internship within their cardiology department. Here, I met spectacular interventional cardiologists who really displayed the meaning of what it means to be a doctor. Through HOSA, I learned that an M.D. is more than a comfortable lifestyle and esteem. It’s about the curative and interventional sides of medicine that were before unknown to me.
Chapter Management is a big deal. Without a well-managed chapter, it would be hard for any HOSA activities to happen. A Program of Work (POW) can help with managing your chapter. Colorado HOSA chapters develop activities in each one of the following areas: Professional Development, Public Relations, Service Activities, Social Activities and Financial Leadership Activities.

A well-managed chapter has chapter officers and committees. A chapter could have five main committees, one for each area of the POW. Each committee could then have subcommittees for every activity under the main area. A subcommittee would be in charge of making sure the activity happens.

Attendees at the 2011 Colorado HOSA Fall Leadership Conference helped develop the following ideas in each POW category:

**Professional Development**
- HOSA
- Speakers: career, motivational, college, leadership, lesser known health professionals, EMT, M.D., RN, career panels and college boards
- Job Shadowing
- Building a resume/cover letter
- Competitive Events
- Leadership Building
- Volunteering
- Work Experience/Internships
- Activities to promote the following attributes: respect, prioritizing, communication, public speaking skills, critical thinking, confidence, formalities of dressing, responsibility, teamwork and organization
- Additional education: online classes, college programs and expand knowledge
- Research: careers and colleges
- Interview professionals
- Use email more – no texting – with no text speak
- Attend or develop Workshops

**Public Relations**
- Social Networks: Facebook, Twitter, MySpace and Tumblr
- Communication: texting, writing, word of mouth, email, presentations and YouTube
- Advertising: billboards, media, TV, brochures, posters, YouTube, newspaper-articles, website and flyers
- Merchandise: shirts, sweaters, jackets, bracelets, hats, bumper stickers, backpacks, earrings, artwork, etc.
- Sponsoring events
- Presenting at a school board or advisory committee meeting

**Service Activities**
- Carve pumpkins at nursing homes or with kids
- Walks: JDRF, Race for the Cure, Heart Walk, Light the Night, Project C.U.R.E. and March of Dimes
- Volunteer at clinics: dental, free clinics, hospitals and flu clinics
- Volunteer at other places: food banks, soup kitchens, Special Olympics, Dumb Friends League/Humane Society, Reach Out and Read and homeless shelters
- Participate in Drives: Salvation Army, canned food, blood, Toys for Tots and Coats for Colorado
- Give a holiday basket to a needy family
- Recycle
- Participate in Locks of Love
- Raking leaves for elderly
- Visiting nursing homes
- Collecting items for care packages – for a needy family or for military families

**Social Activities**
- Host a “HOSA Day” at an amusement park
- Field Trips: haunted houses, sporting events, rec center, snowboard/ski trip, hikes/camping, movies, concert and ice cream
- Parties
- HOSA Dinners
- Dances
- Study groups
- Zumba
- HOSA week
- Brain Breakfast

**Financial Leadership Activities (Fundraisers)**
- Food: butter braids, candy bars, suckers, caramel/candy apples, cookies, cookie dough and gum
- First aid kits
- Car wash
- Sport tickers
- Penny Wars: JDRF
- Personal donations
- Auctions of items or members (example: auction members to local community members to do “chores” such as rake leaves, shovel snow, paint, mow, etc.)
- Bake sale
- Magazine/catalogs fundraisers
- HOSA Night at restaurants/businesses

Good luck with your chapter’s Program of Work. Really make it POW!
The transformation from high school to college is hard for some and easy for others. If it is one thing that I miss from high school, it is having a HOSA chapter. I am currently enrolled as a dual degree student at Florida International University and Broward College. During my first semester of college, many students asked me why there are not any HOSA chapters in southern Florida. This bothered me and I decided to take action. I contacted every college and university and scheduled meetings with the health department advisor of each institution and presented each with a PowerPoint on the benefits of having a HOSA chapter.

Within a week, I had more than six universities and colleges contact me about possibly starting a chapter. It was exciting as I saw so many high school graduates eager to take on the leadership roles in starting a postsecondary chapter. One chapter started local volunteer efforts to send more than 230 bags of clothes to the victims of the Haiti earthquake. Another chapter beat out every other club in membership and I am proud of the transformation that has started. Now postsecondary students have a chance to be a part of such a prestigious organization. They are not only going to graduate from college as a HOSA member, but as a future health professional. I hope my experience in starting HOSA chapters at the postsecondary level will be helpful to other state delegations. It was a great experience for Florida HOSA’s State Leadership Team. It will be very interesting to see how large the postsecondary attendance will be at our state conference this year and how well each region is represented.

I am often asked the question, “As a Postsecondary/Collegiate student, how can HOSA membership benefit me?” As someone who has made the transition from a Secondary member to a Postsecondary/Collegiate member and finally to an Alumni member, I have a somewhat unique perspective in answering that question. While the focus of Postsecondary/Collegiate HOSA members may be slightly different compared to Secondary members, the benefits of HOSA membership remain the same.

Postsecondary/Collegiate students are under immense pressure to obtain skills necessary for a successful career. As a result, the Program of Work for Postsecondary/Collegiate HOSA chapters will often focus on educational activities. HOSA allows members to explore different health careers. Whether it is through guest speakers at chapter meetings, internships, educational symposiums, or partnerships with other health care organizations, the opportunity exists for members to obtain information about different health care professions. Additionally, these activities provide a tremendous opportunity for members to network with current health care professionals. It is not uncommon for those chance meetings with other health professionals as a part of a HOSA chapter activity to lead to successful job opportunities!

The competitive events program offered by HOSA is often overlooked by some Postsecondary/Collegiate students (especially College students) as being non-beneficial. From my perspective, this is a tremendous mistake! Competitive events allow members to not only sharpen their skills in different areas, such as Medial Assisting, but also provide the opportunity to gain recognition for excellence in an area of study. These achievements are great to place on a resume and can make one stand out from among other candidates applying for a job. In fact, Postsecondary/Collegiate members should immediately recognize the competitive event of Job Seeking skills as a great way of preparing to enter the job market.

Finally, HOSA offers Postsecondary/Collegiate members many opportunities to develop leadership skills. Leadership development in most postsecondary/collegiate programs consists of being a local officer only. With HOSA, leadership development as a Postsecondary/Collegiate member can include being a local, state, or national officer. Additional leadership opportunities exist with HOSA University classes at the National Leadership Conference as well as competitive events such as Prepared Speaking or others in the Leadership category.

Whether you are a Secondary HOSA member graduating high school and entering college, or an adult student enrolling in a Postsecondary Health Science program, the benefits of HOSA membership are tremendous and advantageous. As with any endeavor, the harder you work the more rewards are experienced. HOSA is no different.

If you are a graduating high school Senior and entering a college where a HOSA chapter doesn’t exist, there is help! Please contact your local advisor or National HOSA for assistance.
Western Kentucky University and the South Central Kentucky Area Health Education Center (AHEC) conducted the 13th annual “HOSA on the Hill” practice competition in November. 394 students and 18 advisors from 16 regional high schools attended the half-day event at WKU in Bowling Green, Kentucky.

Thirteen competitive events were offered with 1st, 2nd and 3rd place medal awarded. The students also received valuable feedback from judges – mostly WKU faculty and staff professionals. In addition, presentations on professionalism and healthy living, campus tours and advisor networking were offered. Two Kentucky State HOSA Executive Council members attended and showed their enthusiasm for HOSA.
Drama in the TRAUMA ROOM

Jamila Ahmed, EMT student, Passaic County Technical Institute, Wayne, NJ

Each year, more than 100 students at Passaic County Technical Institute in Wayne, NJ, complete a state-certified Emergency Medical Technician course during their senior year in the prestigious Academy of Medical Arts. Part of the course requirement is a ten-hour Emergency Room rotation where students work alongside medical professionals to render care to sick and injured people. This internship can be intensive as this follow-up demonstrates:

“Attention all staff. Trauma patient on the way, trauma patient on the way!” Immediately upon hearing these words, seven nurses dropped what they were doing, rushed to the trauma room and, with physicians, switched into serious mode. Grabbing PPE, scissors and a few blankets, they anxiously awaited the arrival of their patient. He was a 17-year-old male struck by a car while crossing the street in the dark of night. The medical staff continued patient care within minutes after switching into serious mode. Grabbing PPE, scissors and a few blankets, they anxiously awaited the arrival of their patient. He was a 17-year-old male struck by a car while crossing the street in the dark of night. The medical staff continued patient care within minutes after

race against time due to the severity of his injuries. His life was literally in their hands! To see it for myself was amazing.

The greatest fear in life is the fear of the unknown. All emergency personnel face this daily, as they do not know what will roll through the ER doors. Imagine the increased adrenaline pumping through your body, your heart skipping a beat, the anxiety and stress – all at once! Knowing that someone’s life is in your hands can be beyond frightening, especially as an EMT student!

The ER rotations offer an amazing experience for future healthcare professionals as it gave us insight on what we can expect in this profession. It put us in real-life situations where we had to react quickly as we assisted the nurses and doctors to perform such skills as obtaining vital signs, performing CPR or assisting to translate for or comfort a variety of people from all walks of life. Truly, the Emergency Room rotation provided us with a wonderful experience, one that we will truly never forget.

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Not Just an Ordinary RIDE

Theresa Bloom
Western Colorado Community College

It started out as an ordinary ride for 17-year-old Shawn Votruba started on December 26. Shawn, an avid mountain biker and high school senior, was riding with his dad, Roger, and friends Sara Rarick and David Withers, owners of Desert Rat Tours.

The group was riding Mary’s Loop in Fruita, CO, and had reached an area known as the Waterfall. As they came around a curve, they saw a bike lying in the middle of the trail and heard someone moaning. The group stopped to investigate. Looking over the cliff, they saw a rider who had fallen approximately 20 feet down a cliff and landed on a rock shelf. Shawn and Sarah climbed down the shelf to provide assistance while David and Roger left to get help.

Shawn immediately administered first aid and, using the skills that he learned in his First Responder training, began to take notes and do a patient assessment. The 58-year-old man was lying in an awkward position and complained of back pain. His breathing was rapid and shallow and his pulse rate was elevated. Relying on his training and knowledge, Shawn cut the backpack from the man’s back. There was some relief from the pain almost immediately and the man’s respiration and pulse rates slowed. They covered the victim with a space blanket to keep him warm against the December chill and provided reassurance while waiting for rescue crews to arrive.

Shawn, who attends Central High School in Grand Junction, CO, is also a student at Western Colorado Community College in the high school Career and Tech Ed programs. Shawn completed his Med Prep/First Responder courses last year and has returned this year for more training. When asked if he was afraid, Shawn replied “The whole time I was basically completely calm. When we do scenarios in class, everything goes completely crazy, but when I got down there I was calm; I got him talking to me, knew what I was supposed to do. If I hadn’t had the training in D. Ox’s class I wouldn’t have thought to have cut the pack off and the man would have died.” Dr. Ox is Darren Oxford, the First Responder Instructor who is a full-time member of the Medical Preparation teaching team. Darren, an EMT, is also works as a volunteer EMT/firefighter with Lower Valley Fire Department in Fruita, CO.

It took more than an hour for the Lower Valley Rescue Teams to reach the remote area. Because they knew Shawn from Darren’s program and that he had received excellent instruction, they took his assessments seriously. They also allowed Shawn to help with the victim’s immediate care as they put the man on a backboard and got him ready for Careflight to fly him out of the canyon. When Shawn visited the man in the hospital the next day, he learned from his fiancée that he had suffered a tension pneumothorax, four broken vertebrae, multiple broken ribs and a broken right scapula. Because of the pneumothorax and the position in which he had fallen, doctors told the victim’s fiancée that he would not have survived an hour or until rescue crews arrived if not for assistance from Shawn and Sara.

Shawn is planning to follow his brother into the U.S. Army after he graduates. He is in the delayed entry program and will be using his skills and talents as an Army Combat Medic. Says Darren Oxford of Shawn, “He has the knack for this stuff, he is going to be successful in whatever he does, but the Army is very fortunate to be getting Shawn.” We couldn’t agree more!

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HOSA and JDRF: A GREAT PARTNERSHIP IN MEDICAL SCIENCE II

As the Medical Science II class at Bollman Technical Education Center in Thornton, Colorado, when I began studying endocrine system diseases and disorders, it felt natural to ask JDRF to partner with our HOSA chapter. Students invited people with Type 1 Diabetes to serve on a panel, which ended up with a 4-, 9-, 12- and a 30-year-old. The panelists talked about their lives before and after the diagnoses. Marilee Verdun, Rocky Mountain JDRF Chapter, also shared new research happening in the world of Type 1 Diabetes. JDRF and Type 1 Diabetes are near and dear to a student in the Medical Science I class. This student wrote a letter to the Medical Science II class about her experiences with Type 1 Diabetes.

JDRF continued their partnership with Bollman throughout the endocrine lesson on diabetes. Students tested their blood sugar, and then learned about determining insulin dosage. The lesson continued with a video highlighting the artificial pancreas research happening at the Barbara Davis Center for Childhood Diabetes. The Center, established in 1977 in Denver is a non-profit organization dedicated to the support of research in childhood diabetes and the best possible clinical and educational programs for children with this disease. Currently, more than 2,000 children and young adults receive care at the center. Bollman Medical Science students toured the Barbara Davis Center at the end of January. Congratulations to the Medical Science II class at Bollman for raising $295 for JDRF through a classroom Penny Wars project!

COLORADO

Nevada’s NEWEST SLC ADDITION

Miranda Terrell – NV HOSA Postsecondary Vice President

Nevada HOSA is excited to announce that for the first time in our state association’s history, we will be participating, as a state at large, in the National Service Project. Nevada HOSA is incorporating the “JDRF: Chapter Challenge” at the 2012 State Leadership Conference held in Las Vegas, Nevada.

The JDRF: Chapter Challenge is aimed towards an increase in member and student involvement in community service for the Juvenile Diabetes Research Foundation (JDRF). This friendly and competitive challenge encourages every chapter throughout the great state of Nevada to decorate a tin can specific to their local chapter and JDRF. Once each chapter has their bucket decorated, it is the members’ job to start filling their can with loose coins and bills. Members are encouraged to participate in safe fundraising practices such as hosting a bake sale, local car wash, miracle minutes, or talent show.

At the start of the State Leadership Conference, local chapter representatives will hand off their buckets to the state management team where they will sit lining the stage during the Opening General Session. At the end of the Opening General Session, each bucket will be carefully counted and judges. Specifications of the buckets include, but are not limited to: decoration, creativeness, amount raised, and effort. There is a point system and the chapter’s bucket with the most points earned will receive the title of the Winner of the very first Nevada HOSA JDRF: Chapter Challenge!

All money collected by chapters during the JDRF: Chapter Challenge will be an additional donation made in part by the association of Nevada HOSA Inc. to the Juvenile Diabetes Research Foundation. Nevada HOSA’s state officers and all involved in the project are looking forward to seeing great results yielded from the very first JDRF: Chapter Challenge!

Is your state ready for the challenge?
I know many HOSA members and non-members wonder if HOSA will help them in the college application process. In TNHOSA, our council is made up of juniors and seniors. Some of us have already applied to colleges and for some of us, the time is getting close! HOSA plays a major role in the college application process. In this one organization alone, and in these 4 letters, there is so much meaning. HOSA means striving for your goals, competing to excel, making connections, growing as a leader, gaining knowledge in a way that can’t be taught in the classroom, taking the next step, and so much more. HOSA is a community. HOSA is a family.

When I first joined HOSA as a sophomore at my school I never knew how big HOSA was or how prevalent it is in our community. Once I became a state officer and had the honor to attend National Conference and Washington Leadership Academy that is when I realized what a huge positive impact HOSA has. I’m sure other HOSA members would agree. It has shaped and molded me and our TNHOSA team into a group of professionals.

When applying for college, colleges are looking for passion. They are looking for students who are focused and show passion in the area they want to pursue. One who not only attend the meetings, but competes in the competitions.

Colleges are looking for leadership. They are looking for one who does not only join a club but help it grow, and dedicate their time to its advancement.

HOSA opens a door to opportunities. Whether it is Leadership Opportunities, Scholarship Opportunities, Internship Opportunities, or even Community service opportunities, you will find that when you open the “HOSA Door” 10 more doors open up with it. Colleges look for your extracurricular involvement and HOSA will give you that participation.

But it doesn’t stop there, as we say, HOSA is a PIPELINE. Through HOSA you meet numerous medical professionals from across the country. These relationships are key to the application process to successfully completing applications and obtaining the recommendation letters that are necessary for the college application process. When you meet these medical professionals, an automatic connection formed through the interest you both share for the medical field, and they will pick up on that. These are the people who will understand your drive and will be able to express that in a recommendation letter to your college of choice.

In this pipeline, not only do you meet working medical professionals, but you meet people in the post-secondary level as well. They have been in the same place you are in, they understand how nerve racking and stressful the college application process can be, and they are a great resource for college questions and encouragement.

Most of all, advisors play a huge role in the application process. Advisors truly care about your future and are willing to help any way that they can. I know in TNHOSA, our advisor is truly a mentor, and wants personal growth for us. Advisors are people who know your strengths and weaknesses and can give you honest advice on difficult college decisions.

Passion, Dedication, Leadership, Opportunities, Scholarships, Internships, Connections, and Advisors, are only some of the things that set a HOSA member apart while applying for college. For those who are members of HOSA but want to step it up, go for it! There is always room for growth. Carpe Diem! Take advantage of the opportunities HOSA has to offer! For those of you who are skeptical about joining HOSA, we all know the Chinese proverb: “a journey of a thousand miles begins with a single step.” Make HOSA that first step and you will never look back.
WHERE DREAMS ARE MADE AND FUTURES BEGIN

Ahjahta McDuffie, University of New Haven ’15

There were many dynamic moments that I’m proud to say that I have achieved in my four years of high school. 2010 Homecoming Queen, earning EMT Certified, getting into accepted into the National Honor Society, and being in the top percent of my class. However, the biggest moments that I am the most proud of all have one thing in common— they were realistic thanks to HOSA.

When I first introduced to HOSA, I was in 8th grade. I had the honor to see four upperclassmen all in their navy blue, maroon and white attire. Before I even knew all about HOSA, I wanted to join. I loved the pride and honor that each of them showed for the organization. Little did I know all of the greatness that the suit truly stood for. Once I got into Passaic County Technical Institute, I knew that I had to immediately join HOSA. I also knew that in order to step out of my comfort zone, I had to compete. I decided to compete in Prepared Speaking. Although I knew that I was going to be one of the only Freshman, I gained the courage to express my feelings on HOSA, “Where Dreams Are Made, and Futures Begin.” Once Regionals came around, I was nervous, but I knew that I had a decent chance of winning. When I heard my name “In first place, from PCTI… Ahjahta McDuffie!” I realized I did the unthinkable— I actually came in first place for something! That was the day that I realized that I could really achieve anything! Not only did that encourage me to continue to compete in other events such as Researched Persuasive Speaking and “Outstanding HOSA Chapter”, it encouraged me to run for office at the Local and State level.

Thanks to HOSA, I became a better leader. I served as State Secretary (2008-2009) as well as my high school’s local President (2010-2011). Thanks to HOSA, I was able to give back to others. My favorite community service event was Trick-or-Treat for UNICEF, where the school would raise money for necessities such as books, and clean water for children in need. One of my favorite benefits of being a HOSA member was traveling! I was able to attend the National Leadership Conference three years in a row. I was able to enjoy the beauty of Nashville, Orlando, and Anaheim. One important lesson that I learned through HOSA was that winning isn’t everything. I didn’t place at State Freshman year; I didn’t get every position that I ran for. From my losses, I learned to be a stronger person, and not regret any outcomes. HOSA has been a major part of my life. Even though I have graduated from PCTI, I have not stopped my HOSA support. I am currently attending the University of New Haven in Connecticut, and I am working on starting a Postsecondary chapter! Yes, it is a lot of hard work, but I know that my wonderful college will benefit from all that HOSA has to offer. I am blessed to say that I had wonderful advisors in high school: Mrs. Berkemeyer, Ms. Davis and Mrs. Chacon. I also had great members and fellow officers. I can honestly say that I came from one of the best HOSA Chapters in the country! Thanks to HOSA, I am a success, and I know that I will encourage others to follow their dreams.

The need for medical knowledge, quality healthcare and leaders is constantly rising in every community. Mississippi HOSA-Future Health Professionals offers opportunities to educate and strengthen the skills of people who can provide these needs. Being a part of an organization with more than 3,000 members in the State of Mississippi and growing requires setting goals and providing opportunities. Mississippi HOSA sets goals for each of its members and the people it affects, including me.

One of the major goals of Mississippi HOSA is working as a team to achieve growth. There is always room for more people who share the same common interest. Everyone has an important role in recruiting new members. Mississippi HOSA works as a team to get the word out— whether it is sharing personal experiences, informing others of the chapter or even applying knowledge and skills. As a State Officer, I plan to help start new chapters in our state by introducing HOSA to schools that are unfamiliar with who we are and what we do.

Mississippi HOSA provides opportunities for each of its members. There are many different positions and levels in HOSA. Anyone can choose to become a leader, like me. Through HOSA, I have had the opportunity to travel to many places and meet many different people with whom I continue to network. I met my State Representative, Alan Nunriele, in September 2011 and it was an experience my team members and I will not forget.

Finally, Mississippi HOSA teaches. When I became a Mississippi HOSA State Officer, I learned important leadership skills that will help me succeed now and in the future. I also learned the importance of networking and building lasting relationships. Mississippi HOSA is a strong advocate of community service. I have supported that and made many contributions to my community. I was recently accepted into the North Mississippi Medical Center’s Nurse Mentorship Academy. I networked with people who could recommend me for acceptance because of my work through HOSA. My healthcare education has already benefited me. Mississippi HOSA also believes in building self-confidence. I am confident that I can succeed and I will take every HOSA lesson learned with me in all my future endeavors.

Mississippi strives to better this organization. Every member has goals and is cared for by being a part of this group. I have accomplished much because of the Mississippi HOSA’s initiative.
What would you do if you walked into work one day to find everyone frantically running around shouting “Call 9-1-1;” “Will she be okay?;” “What is going on?” and having absolutely no clue what is happening until your boss says “Quick. We need your help!”? Walking into that situation is something that can never be forgiven and one that will forever remain close to your heart and embedded on your mind.

Most students that are taught CPR and that have chosen to become CPR certified usually do not have to perform the life saving procedure but, for some, the skills acquired through a simple manual, a three-hour class, and a video can help give somebody a second chance at tomorrow. For me, I was just that student – because of my skills, I was able to give somebody a second chance at tomorrow.

I walked into work like it was any other Wednesday. A co-worker had fallen to the ground unconscious, unresponsive, with no airway and no recognizable pulse. I was rushed to the back of the building to see if I could assist in the care of the woman that had gone down until Emergency Medicine Services arrived. With the CPR training I had recently received from my HOSA advisor, I began to assess the situation and the coworker and close friend of mine. It quickly became clear to everybody that she was not receiving oxygen due to the blue discoloration of her face and the failure of her chest to rise and fall. At that instant, I knew I had to make the choice to either save this woman’s life or to watch her lay there lifelessly until paramedics arrived.

I chose to start CPR in hopes to help bring oxygen and a heart beat back to the woman that was lying there. The entire world stopped and all that mattered was the person on the ground in front of me with the palms of my hands digging deeper and deeper into her chest until professionals stopped me. Upon the arrival of the medics, the employee was shocked by an Automated External Defibrillator (AED) and rushed to the local hospital.

Minutes seemed like hours and hours seemed like days while we were waiting for news to hear if our close friend and fellow co-worker had survived whatever had caused her heart to stop beating. After what seemed to be forever, we received the news that she was alive, breathing on her own, and out of surgery with a new pacemaker and a ‘miracle life.’ Doctors said that CPR saved her life and she would not be back to living her normal life if she hadn’t have received the chest compressions and breaths delivered just hours before.

A simple manual, a three-hour class, and a video gave a co-worker a second chance at tomorrow. Five dollars and three hours of time is all it took for me to save a life and, in the eyes of my peers, co-workers and HOSA’s State Association, become a hero.

HOSA heroes start their training in health science classrooms all over America to serve our communities and to prepare for future careers in the health care industry. HOSA-Future Health Professionals is the perfect medium to obtain the skills needed to save a life. Whether it is a small group setting with HOSA members, the entire Health Science class at your local high school or in a postsecondary institution, set up a meeting to learn CPR. Commit three hours of your time, watch a short video, and hold on to a life-saving manual.

YOU can be tomorrow’s HOSA hero.