TENNESSEE

Officer Conference

Tennessee State Officers Attend Summer Conference

Tennessee HOSA’s summer conference was an enjoyable opportunity and learning experience for the Tennessee HOSA Executive Council.

The three-day trip began with a Toastmasters’ training program. Toastmasters is an organization dedicated to improving the communication and leadership skills of its members. During the Toastmasters’ program, the Tennessee HOSA Executive Council was taught valuable tips and techniques for preparing and presenting speeches. We also received excellent information on how to overcome public speaking fears, which will be beneficial in the upcoming year. Toward the end of the day, the topic switched from public speaking to goal setting. This helped our team focus on setting useful goals for the year. The first day of the summer conference was successful, and Toastmasters’ training will be a valuable tool for all members of the Tennessee Executive Council.

The next two days were spent in “Key to Success” training. This training gave our team the opportunity to branch out and meet officers and representatives from other organizations. The “Key to Success” was filled with many interesting hands-on activities. These exciting activities helped to educate everyone on various aspects of leadership. HOSA’s summer conference proved to be an educational experience for each state officer. We received the opportunity to improve our individual leadership skills, which will help us to grow into a strong and skilled team. Now, we will be able to effectively and efficiently serve Tennessee HOSA this school year.

By Chelsea Burkhart, Middle TN Vice-President

WISCONSIN

Freshmen Arrival

Chapter Activities

The HOSA chapter at Oak Creek High School in Wisconsin recently welcomed the arrival of incoming freshmen with open arms. Oak Creek High School HOSA made apples out of construction paper with each freshman’s name and hung them in the hallway of the school. The purpose of this activity was to welcome the incoming class of 2008 to Oak Creek High School with open arms and to make them feel comfortable as they begin their journey in a new environment. It is hopeful that this activity helped the freshmen start their school year in a positive way and exposed them to the generosity and caring nature of the HOSA members in their new school.
Objective: To assure that all HOSA members introduce themselves in a fun and unique manner.

Materials: Each member should have their own purse or wallet.

Procedure: Explain to the members that they must open their purse or wallet and take out two things that describe them, what they enjoy participating in, or one of their interests. They must each take turns standing up and introducing themselves and describing their two items.

Example: Someone could pull out a movie ticket and a HOSA key chain. They would first say their name and then they would explain to the group the two items they have. They could say that they enjoy going to the movies with their friends and that they have been a member of HOSA for the past three years.

Tips: Have the facilitator of the game go first. Keep the game moving. Make sure everyone has a turn.
A Nurse Practitioner is a Registered Nurse that has passed a special exam and has two or more years of specialized training. A Nurse Practitioner has more training than a Registered Nurse and works directly under the supervision of a physician.

Nurse Practitioners can work in hospitals, nursing homes, clinics, doctor’s offices, schools, colleges or any place where they are able to work with a physician.

Nurse Practitioners specialize in the following areas:
- Emergency Room
- Neonatal Care
- Pediatrics
- Geriatrics
- Home Health Care
- Family and Adult
- OB-GYN
- Colleges
- Schools

Nurse Practitioners:
- Perform patient examinations
- Order lab work and x-rays
- Treat health problems and illnesses
- Collect medical history
- Prescribe medication by working with physicians

Average salary for a full time Nurse Practitioner: $71,140
As the new school year begins, so does the added stress of homework, studying, extracurricular activities and making time for yourself on top of everything else. Stressful situations such as this can make for a difficult transition from summer to school year, but with these helpful stress indicators and tips to avoid stress, hopefully the transition will be less of a disturbance on your current lifestyle.

The body is designed to handle any number of stressful situations that occur in life – both physically and emotionally. It is possible for stress to have a positive effect on the body because it causes us to be alert and aware of possible dangerous or harmful situations. However, if you are in a state of distress, or stress that has not been resolved, your body’s internal equilibrium becomes off balance and can have a negative impact on your daily life. WebMd (www.webmd.com) suggests that negative physical symptoms of distress can range from, “…headaches, upset stomach, elevated blood pressure, chest pain and problems sleeping.”

Jerome F. Kiffer, MA, Department of Health Psychology and Applied Psychophysiology at the Cleveland Clinic Foundation lists the following physical warning signs of stress:

- Dizziness or a general feeling of “being out of it”
- General aches and pains
- Grinding teeth, clenched jaw
- Headaches
- Indigestion
- Increase or loss in appetite
- Muscle tension in neck, face or shoulders
- Problems sleeping
- Racing heart
- Cold and sweaty palms
- Tiredness, exhaustion
- Trembling/shaking
- Weight gain or loss
- Upset stomach

Kiffer suggests that if you are experiencing any of these symptoms and feel that they are stress-related, learn to manage the stress in your life by following these helpful tips:

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. “Assert” your feelings, opinions, or beliefs instead of becoming angry, defensive or passive.
- Learn and practice relaxation techniques.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well-balanced meals
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don’t rely on alcohol or drugs to reduce stress.
- Seek out social support.
- Learn to manage your time more effectively.

The most important aspect of keeping stress under control and to keep it from getting to the point of distress is to know your body and listen to what it is trying to tell you. If you feel that you are distressed, take some time and take steps to ensure that your life is as stress-free as possible.
## Website Reviews

### Website: [www.WebMd.com](http://www.WebMd.com)

**Points of Interest:**
- Condition Center
- Symptom Checker
- Message Boards
- Health News Updates/News Center
- Find-a-Physician Search Engine

**General information:**
WebMd’s Condition Center allows the visitor to find information about a disease or condition by using both a search engine and pull-down menu. WebMd then provides a comprehensive guide about the topic including basic information, treatment and prevention, community guidance and information, and much more. Some of the most common conditions that WebMd provides information about include ADD/ADHD, allergies, diabetes, diet and nutrition, cold and flu, and headaches and migraines.


**Points of Interest:**
- College planning resources for middle/high school students
- Undergraduate student center
- Graduate student information and resources
- Adult student center
- Student/Parent guidance center
- Financial aid access resource center

**General information:**
Mapping Your Future encourages early exploration of career opportunities and allows the visitor to investigate different occupations through the Bureau of Labor Statistics. Mapping Your Future has a step-by-step process of exploring careers and delegates certain steps at certain points throughout middle school and high school. This website is not limited to only secondary education exploration, however. Mapping Your Future provides career centers for postsecondary students at the undergraduate and graduate levels. Mapping Your Future encourages all visitors that it is never too early or late to start planning for the future.

### Website: [www.AllNursingSchools.com](http://www.AllNursingSchools.com)

**Points of Interest:**
- Featured Nursing Schools
- Information request for Nursing Schools
- Common Nursing School Q&A

**General information:**
All Nursing Schools is a great tool for those interested in pursuing a career in nursing. It provides a search engine to find nursing schools across the nation by location and type of program. All Nursing Schools provides a fact sheet about the selected school as well as a way to request information by getting in touch with the admissions office of the featured schools.

### Website: [www.HealthyPeople.gov](http://www.HealthyPeople.gov)

**Points of Interest:**
- Health calendar
- Health finder
- Implementation of Healthy People 2010
- Downloadable Publications

**General information:**
Healthy People 2010 is an initiative that challenges the nation to achieve certain health objectives over the first decade of the new century. Healthy People encourages all of us to take specific steps to ensure that good health and long lives be enjoyed by all.
HOSA Bylaw Changes

The 2004 Voting Delegate Assembly met this year in Orlando, Florida at the Business Session in conjunction with the National Leadership Conference and voted on several motions that have made important revisions to the HOSA Bylaws.

The Membership Composition section of the bylaws received one of the most significant changes. It was voted that the HOSA membership boundaries would expand to include a larger potential group of HOSA members. The new bylaws state that members shall be students who are or have been enrolled in Health Science classes, and/or are interested, planning to pursue or pursuing a career in the health professions, and persons associated with, participating in or supporting Health Science in a professional capacity.

This membership revision was made in hopes that those interested in HOSA who are not in a Health Science class due to scheduling conflicts will be able to join HOSA and participate in the organization at the same level as their peers. However, those members who are not in the Health Science class must at least have an interest in pursuing a career in the healthcare industry in order to become a member of HOSA.

In areas beyond membership, other bylaw changes that were made at this year’s NLC include a new HOSA slogan that reads, “Health Science and HOSA: A Healthy Partnership.” It was also decided that any reference to Health Occupations be changed to Health Science to reflect the new terminology being used in the Career and Technical Student Organization arena. HOSA’s tagline has been changed to say, “HOSA – A Student-Led Association of Future health Professionals.” The name HOSA will be used instead of Health Occupations Students of America whenever possible to take advantage of the branding that has been marketed since 1976.

Overall, the Business Session at the 2004 NLC was successful, and with the new changes to the bylaws, HOSA membership and awareness will greatly increase in the years to come.
The 2004 National Leadership Conference was one of the most successful yet, with over 5,000 attendees including delegates, presenters and exhibitors. Orlando was an exciting and welcoming location with plenty of entertainment ranging from Disney’s Magic Kingdom to Sea World, Universal Studios and much more.

HOSA members from across the nation joined in the excitement of meeting new people, participating in competitions, discovering all that Orlando has to offer and learning more about the growing needs of the healthcare industry.

HOSA’s Competitive Events Program proved to be a successful endeavor for those who competed at this year’s NLC. Congratulations to all who competed. A list of event winners can be found at http://www.hosa.org/nlc/winners/winner_04.htm.

The Educational Symposiums at this year’s NLC were top-notch and included such topics as, “Anatomy in Clay – Mycology, Build a Body,” “Fighting Cancer in your Community,” “Careers in Health Professions,” and much more! An off-site Educational Symposium at Sea World was offered for those delegates interested in animal rescue and rehabilitation and a behind the scenes look at working with such animals as manatees and sea turtles. The Orlando Regional Medical Center’s Air Care Team landed their helicopter on the hotel’s driving range, and shared their experiences with HOSA delegates.

To read a day-by-day account of Conference activities, visit the Daily Updates page at http://www.hosa.org/nlc/updates.html.

Members of HOSA look forward to attending the National Leadership Conference every year because they are able to interact with other HOSA members from across the nation and experience the benefits of their HOSA membership.

Start making your plans to attend the 2005 National Leadership Conference at the Opryland Hotel in Nashville, Tennessee from June 22-25, and become a part of HOSA’s NLC!
It seems that every year the dancing at school functions escalates to levels beyond teacher and advisor control. Unfortunately, this problem is not uncommon, and dances across the country are being supervised strictly to prevent any unwanted “dirty dancing”.

With State Leadership Conferences right around the corner, the question of whether a dance should be an option as a social event is eminent because of the problem with dirty dancing. This has been an issue for years, and as today’s music gets more risqué, dirty dancing is more likely to occur now than it ever was. As difficult as it may be, advisors must set the tone by making it clear that dirty dancing is unacceptable and will not be tolerated at any HOSA function. In order to make everyone feel comfortable in the dance environment, it is absolutely necessary to strictly chaperone and break up any provocative or inappropriate dancing.

It is most important to set a “no tolerance” rule for any possible dirty dancing that may occur. This rule should be set prior to the dance, and it should be made clear that as soon as unacceptable dancing occurs, the parties at fault will be escorted from the dance floor and will then be forced to leave the dance. It may be difficult to step in and break up this dancing, but as a chaperone it is necessary to ensure that everyone at the dance feels comfortable with his or her environment. Some schools are even handing out written guidelines stating what type of dancing will be allowed when the students purchase their tickets to the dance, which also gives the chaperones an idea of what they should watch out for.

In addition to enforcing the “no tolerance” policy, it is the responsibility of the state and local advisors to work with the DJ of the dance to ensure that only appropriate music will be played. Your DJ should be able to determine what will promote inappropriate dancing and refrain from playing those particular songs. If guidelines are set before the dance begins, there should be no questionable music during the dance.

It is most important that the HOSA members understand that if they remain appropriate during the dance that everything will run smoothly and there will be no reasons not to have a dance the next year.
At the 2004 National Leadership Conference in Orlando, Florida, HOSA was able to offer over $41,000 in scholarships! HOSA thanks the following scholarship sponsors for their generosity and commitment to HOSA members:

- ACTE-Health Science Technology Division
- Delmar Learning
- Johnson&Johnson
- HCA – Hospital Corporation of America
- Hobsons
- Kaiser Permanente
- National Honor Roll
- National Technical Honor Society
- Nursing Spectrum
- Who’s Who Among American High School Students
Kenneth R. Thompson is a true leader and a role model to many HOSA students and alumni in the city of Philadelphia as well as the state of Pennsylvania. From 1996-97 Kenneth attended Edward Bok Vocational Technical High School in Philadelphia, Pennsylvania, where he was assigned to the Health Related Tech. Program. He was the first member of Bok HOSA to hold the position of president for three consecutive years, and he competed in Job Seeking Skills for three years as well. From 1999-00 Kenneth was named state champ in Job Seeking Skills, and he placed seventh at HOSA’s National Leadership Conference in Cleveland, Ohio.

Upon his graduation in 2000, Kenneth joined the United States Army. He is an Infantry soldier in the 3rd Infantry Division. He has served in two major combat zones, but while serving in the Army he still remains active in HOSA. In 2001 he started the Edward Bok HOSA Alumni Association, of which he has increased the membership 15 percent every year. In 2002 after returning from Kosovo, he helped Pennsylvania HOSA members prepare for the state and national conferences. Kenneth still remained active in HOSA when deployed to Iraq and returned home to attend the National Conference as a special guest of Pennsylvania HOSA. In 2004, he returned again to the National Leadership Conference in Orlando, Florida where he served as a judge for Job Seeking Skills.

In addition to his participation in HOSA, Kenneth has been recognized for significant contribution to his school and community. At Bok Technical High School Kenneth has received awards for academic achievement, perfect attendance, and the Philadelphia Federation of Teacher awards. He has served his community above and beyond the call of duty by assisting in such programs as scouting for food, Special Olympics, and the American Red Cross 10k Fundraiser. He has served as president of the Exploring Officers Association, Boy Scouts of America, and Learning for Life.

Kenneth is no stranger to the city of Philadelphia; he has received some of the highest awards from the city for an outstanding job as a leader. The awards are as follows: Union League of Philadelphia Good Citizenship Award, Explorers Achievement Award, Frank Sullivan Human Relations Award, Chapel of four Chaplains Junior Legion of Honor Award, Explorer of the Award, Gold Award, Presidents Award, Brain Barry Award, Scouts Service Award, and Learning for Life Leadership award.

Kenneth has been committed to Pennsylvania HOSA and its members for seven years, and his efforts are greatly appreciated.
SHHS Students Explore Medical Professions as they ‘Job Shadow’

Renee Lowe, registered nurse in the Neonatal Intensive Care Unit (NICU) at Johnson City Medical Center (JCMC), had an “A-ha!” moment this week as she was greeting the new students from Science Hill High School’s Med Tech Department.

When she spotted Alexis Hodge, 16 and a junior at SHHS, Lowe said, “I knew exactly who she was.”

Hodge and Science Hill senior Keri Drish, 17, are enrolled in the high school’s Health Science and Technology classes, which provide an opportunity for students to “job shadow” medical professionals. When Hodge and Drish arrived at JCMC to begin their job shadowing, they were assigned to Lowe’s supervision. The nurse recognized Hodge as one of the babies in the Neonatal Intensive Care Unit (NICU) at the medical center 16 years ago.

“She hasn’t changed a bit,” Lowe said, smiling. Lowe was an RN in the NICU when Hodge, who weighed 2 pounds, 15 ounces at birth, was placed in the intensive care unit for babies. Drish was born 10 weeks prematurely and stayed five weeks in the NICU.

“I’d heard too many stories about the NICU from when I was in there,” Drish said, adding the tales piqued her interest in taking the medical classes. And when the semester long job shadowing part of the course came about, she was anxious to see what the NICU was all about.

The students job shadow in various departments at JCMC. Hodge and Drish are working in the NICU and in the Pediatrics unit from Monday-Thursday mornings each week.

Drish has already finished up a rotation in Oncology. “I liked learning about the medical treatments (in oncology) and talking with patients. It takes a special person to work in oncology,” she said. “It’s different working in oncology from working in Pediatrics or the NICU.”

She added, “I learned…a lot about people. The (oncology) patients are awesome. You could tell cancer wouldn’t rule their lives. It put life in perspective for me and showed me what’s important in life.”

Lowe said the job shadowing provides invaluable experience, much like what Drish has already learned, and “gives them a hint of the medical field.”

“I wish I’d had this type of opportunity when I was their age,” the nurse said. “We want nursing to be a good experience because we have such a shortage of nurses. This is a really good program that gives a taste of the hospital.”

Hodge has finished her rotation in the NICU and reported to the Pediatrics unit this week. “I like the interaction that I have with mothers and their babies,” she said, adding she is considering a profession in the medical field. “That’s what I’m here for – to help decide in which area I’d like to be.” She added that job shadowing “put me out of my comfort zone,” an important part of learning about the medical professions.

Through the Health Science and Technology classes, students can become certified nursing assistants (CNAs), however both Hodge and Drish said they hope to go to college to earn degrees.

Shirley Teilhet, a registered nurse, is part of the SHHS Med Tech Department. She was the first teacher in the department when it started at the high school in 1994. It now has four teachers and a health care career advisor. The career advisor’s position is funded by Mountain States Health Alliance (MSHA).

To participate in job shadowing, students must qualify, Teilhet said. “They have to take two previous courses to qualify, have teacher references, must be a clinical student, pass a physical exam, take a TB test and have their immunizations up to date. They have to be at least 16, have a driver’s license and have made As or Bs in their med tech classes.”

In addition, job shadowing students must have made 100 percent scores on the standard precautions and safety course as well as having been trained in patients’ rights.

“They do all of that before they job shadow,” Teilhet emphasized.

In addition to the NICU and Pediatrics, students also job shadow in Outpatient Oncology and the Emergency Room at JCMC. Other med tech students in the nursing assistants’ class work on the skilled nursing floor (SNF) at JCMC.

SHHS students are also job shadowing at the other Mountain State Health Alliance (MSHA) Washington County facilities, which include North Side Hospital (NSH), Johnson City Specialty Hospital (JCSH), The Children’s Hospital at JCMC and at the James H. & Cecile C. Quillen Rehabilitation Hospital.

Teilhet said she enjoys watching the transformation of students taking the medical classes. “As they become more confident, we move them around (to different areas in the hospital).”

MSHA facilities also include: Sycamore Shoals Hospital, Carter County, TN; Johnson County Health Center, located in Mountain City, TN.; Indian Path Medical Center and Indian Path Pavilion in Sullivan County; TN; Blue Ridge Medical Management Corporation – operating the First Assist Urgent Care centers, ValuCare Clinics and numerous primary care offices.

By Mountain States Health Alliance

Alexis Hodge, Keri Drish and Renee Lowe revisit the NICU Memory Wall, where both SHHS students have placed their prints.
Dear Editor,

I have recently learned of a plan to eliminate funding for our school’s HOSA organization. I wish to express my feelings of this action by providing you with examples of what these funds are used for, how they benefit many people, and what the consequences will be if our HOSA chapter is closed.

HOSA is a very valued organization to the students of this school because it helps prepare them for their future careers. Although some students will not pursue a career in the health field, I can guarantee that all students will need medical attention in the future. Personally, I would be much more comfortable to have a previous HOSA member as my health care professional.

HOSA also helps students to be leaders in their community, school, and work. Competitive events teach students to socialize, communicate clearly, and prepare themselves with hands-on experience.

HOSA is a very beneficial organization, but it is not free. Funding is very important; just as important as athletic and academic funding. The current funds are used to pay for health workbooks, membership dues, field trips to local health clinics and job fairs, and community services. One such community service is the annual Red Cross Blood Drive. This service benefits the community, patients in need, and also the donors. The field trips are important because they give HOSA students a feel for different health careers. Without funding, students may be unaware of certain aspects of their career choice, or they may simply not know what jobs best suit them.

Eliminating funds for HOSA will eliminate the excitement and experience of health students. The health field will lose a talented, well educated, and prepared group of young adults. The community will lose local events, activities, and volunteers from HOSA. But most importantly, the HOSA members themselves will lose the experience, knowledge, and determination that HOSA competitions teach them.

In closing, the elimination of HOSA funds will affect not only the students, but the future of health care.

By: Jodi Rieken
Nishna Valley Community School, Iowa
1st Place, Extemporaneous Writing (Secondary)
2004 National Leadership Conference, Orlando, Florida
Tiger Woods has become a recent icon in society. His overwhelming strength at the tee and precision on the green has captivated the American public. Tiger’s persistence on the golf course was not aided only by his coach and mentor, his father, but was also nurtured by his high school athletics program. However, while Tiger was perfecting his swing, his peers were studying to become physical therapists, nurses, and orthopedic specialists; attending Health Occupations Students of America (HOSA) conferences to further their opportunities and knowledge.

Recently there has been discussion in my school about withdrawing support and funding for clubs and student organizations. This new school budget would only support academic and athletic pursuits, effectively eliminating all other extracurricular activities. Is this an effective solution for my classmates? Health Occupations Students of America (HOSA) will be one of the many student organizations that my school will permanently withdraw support from.

HOSA is the nation’s largest organization for students who wish to enter the healthcare profession. Students are able to collaborate, learn and gain experience for their future roles in the healthcare field through State and National Leadership Conferences. This excellent opportunity for young adults is not without a price, however. Presently HOSA holds car washes and bake sales to raise money for conferences and supplies. HOSA utilizes the support from my school in addition to the money raised for hotel rooms, food allowances and event supplies such as athletic tape and scissors.

HOSA has helped me realize the importance of my goals. Let the basketball team have their cheerleaders, much like I have the outstanding support of HOSA and my incredible HOSA advisor. One day, even the strongest athlete will need the advice of that physical therapist, nurse or orthopedic surgeon who chose to stay in the classroom. I can only hope that my school will continue to highlight my dedication to my profession now, before I become lost in the shadow of the next Tiger Woods.

By: Kerri Hodge
Indian River Community College, Florida
1st Place, Extemporaneous Writing
(Postsecondary/Collegiate)
2004 National Leadership Conference, Orlando, Florida