



LIFE SUPPORT SKILLS

Previous Event Title: *First Aid/Rescue Breathing*

Purpose: To provide individual Health Science students with an opportunity to develop and demonstrate knowledge and skills in basic life support.

Description of Event: The competitive event will consist of an evaluation of student performance of selected skill procedure(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

Dress Code: Competitors shall wear attire appropriate to the occupational area. Bonus points will be awarded for proper dress.

Rules and Procedures 1. Competitors in this event must be active members of HOSA in good standing in the Secondary division.

Eligibility. In order to participate in this event, the competitor must meet all the following requirements:

- MUST be classified under the provision of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17.
- *Submit a* completed form from the appropriate school official stating that the competitor is classified under the provisions of Public Law 105-17 *to the State Advisor prior to state competitive events.* The appropriate form is on page 10 of these guidelines. [To be eligible for National competition, this signed form must be mailed by the State Advisor to National HOSA prior to May 15 of the competition year.]

2. The specific reference selected for each procedure is listed in the Facilities, Equipment and Materials section of these guidelines.

- American Heart Association, *BLS for Healthcare Providers.* Channing L. Bete Co., Inc., 2011.
- American Heart Association, *Heartsaver First Aid/CPR/AED,* Channing L. Bete Co., 2011.
- Simmers, Louise, *Diversified Health Occupations (OR Introduction to Health Science Technology)* Delmar, Latest edition.

3. Each competitor will be evaluated on his/her performance on selected procedure(s). All competitors will be evaluated on Procedure I: Adult BLS/CPR, and one of the first aid skills. The procedures will not be combined. The procedures approved for this event are:

Procedure I:	Adult BLS/CPR
<i>First Aid Skills</i>	
Procedure II:	Severe Bleeding
Procedure III:	Choking
Procedure IV:	Broken Bone/Sprain and Splinting

4. The selected procedure(s) in the form of a written scenario will be presented to the competitor at the start of the skill to be performed. The timing for the skill will begin when the section leader finishes reading the scenario to the competitor.
5. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Competitors who violate this ethical standard will be disqualified.
6. In the performance of a skill scenario, competitors are required to follow the highest standard of care when treating victims/patients. Competitors should follow the steps on the rating sheet unless the highest standard of care required differs from the steps on the rating sheet. Judges will know when the treatment of victims/patients differs slightly from the rating sheet and when the competitors provide medically acceptable care, and will access points accordingly.
7. Should a tie occur in the ranking of competitors, the selected procedure with the highest possible point value will be used as the tie breaker; others as necessary in descending order of total point value.
8. If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).
9. Competitors must complete all steps of the procedure listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
10. **The competitor will be stopped at the end of the time allowed for a selected procedure(s) and will not earn the points for the parts of the skill he/she did not complete.**
11. The competitor must earn a score of 70% or higher on the combined skill procedure(s) of the event in order to be recognized as an award winner at the NLC.
12. Competitors must bring all items noted with *** in the materials section of these guidelines to the event.
13. Competitors must be familiar with and adhere to the **"General Rules and Regulations of the National HOSA Competitive Events Program."**

Note: HOSA follows **American Heart Association – Healthcare Provider** guidelines for CPR. Steps may differ from those recommended by the American Red Cross. For competition purposes, competitors must follow the steps listed in the guidelines for this event.

Required Personnel

1. One Event Manager per event
2. One Section Leader per section
3. Judges: two judges (one for each situation/scenario)
 - a. Judges with AHA BLS instructor certification are preferred.
 - b. EMT's and Paramedics may judge either problem.
 - c. RN's with emergency training and the above certification may judge either problem
4. One-two event assistants per section
5. One patient as required by the scenario (per section)
6. Timekeepers (if necessary)
7. Moulage specialist (if necessary)

Facilities, Equipment and Materials (Per Section)

General

1. Clinical and/or laboratory stations for selected procedures
2. Assorted props, which may include pillows and/or blankets
3. Written scenario (one copy per competitor and judge)
4. Calculators, note pads, pencils for judges
5. Stopwatch
6. Moulage supplies (if needed)
- *** 7. Print copy of the event guidelines for the event orientation

Equipment/supplies to be brought by competitor in a first aid kit or bag:

- *** 1. Cravats (5-10) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- *** 2. Sterile Gauze Squares, 4" X 4", 6-10 total (may be packaged as singles, doubles, or multiples)
- *** 3. Any size roller bandages (Kling/similar) 4-6 total
- *** 4. Adhesive tape
- *** 5. PPE: 4 pairs of gloves, 1 pair of goggles or safety glasses
- *** 6. Pocket mask (mouth-to-mask device)
- *** 7. Biohazard bag
- *** 8. Hand sanitizer
- *** 9. Cell phone (for simulating 911 call)

Procedure I Adult BLS/CPR (*BLS for Healthcare Providers, AHA 2011*)

1. Manikin

Procedure II Severe Bleeding (*Heartsaver First Aid CPR AED, AHA 2011*)

1. Moulage or latex bleeding wound

Procedure III Choking (*BLS for Healthcare Providers, AHA 2011*)

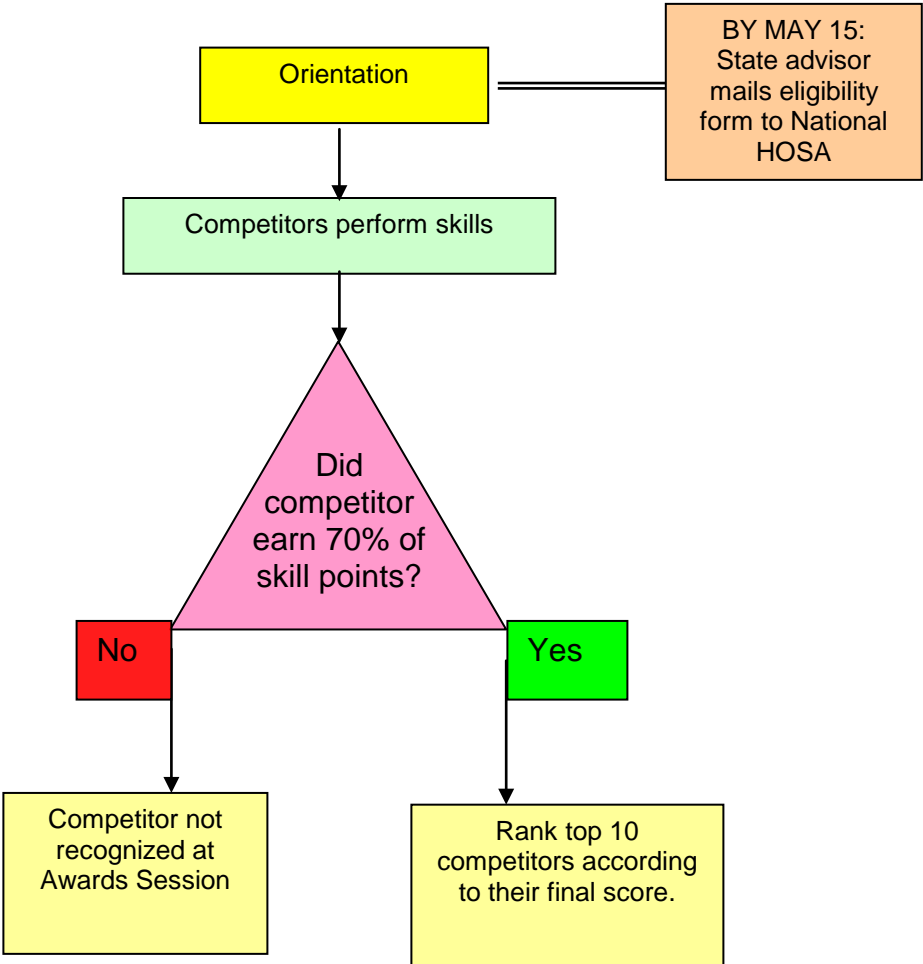
1. Pillow for victim – the person playing the role of the victim should wear a pillow under his/her shirt for protection, in the unlikely event that the competitor actually performs an abdominal thrust. It should be made clear to the competitor that the victim is NOT obese or pregnant.
2. Victim script that includes signs of severe airway obstruction. (Step #1)

Procedure IV Broken Bone/Sprain and Splinting (*Heartsaver First Aid CPR AED, AHA 2011*)

1. Ice pack
2. Towel
3. Magazine or props for splinting

*** Must be provided by student competitor. No additional items are permitted.

Event Flow Chart



LIFE SUPPORT SKILLS

Competitor #: _____

Judge's Signature _____

* This skill involves a single healthcare provider in a remote location. The rescuer has access to his/her first aid kit and cell phone, but there is no AED available.

Procedure I: Adult BLS/CPR (Time: 6 mins)		Possible	Awarded
1.	Surveyed the scene/secured environment.	2	
2.	Opened first aid kit and put on PPE.	2	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	
4.	Checked to see if the victim is breathing. <i>* Judge states, "Not breathing." or "Not breathing normally."</i>	2	
5.	Shouted for help. <i>* Judge states, "There is no response."</i>	1	
6.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1	
	b. Situation, number and condition of victim(s).	1	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
7.	Pulse Check		
	a. Located the trachea using 2 or 3 fingers.	1	
	b. Slid fingers into the groove between the trachea and neck muscle to locate the carotid pulse.	1	
	c. Felt for pulse for at least 5 seconds but no more than 10 seconds. <i>* Judge states, "There is no pulse."</i>	2	
8.	Initial Chest Compressions (30)		
	a. Positioned self at the victim's side.	1	
	b. Made sure victim is lying faceup on a firm, flat surface.	1	
	c. Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	
	d. Put the heel of the other hand on top of the first hand.	1	
	e. With arms straight, positioned shoulders directly over his/her hands.	1	
	f. Pushed hard and fast (compressions at least 2", rate of at least 100/min.)	4	
	g. At the end of each compression, allowed the chest to recoil completely.	1	

Items Evaluated	Possible	Awarded
9. Initial Breaths (2) a. Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position.	1	
b. Sealed the mask on the victim's face. <ul style="list-style-type: none"> • Used the hand that is closer to the top of the victim's head and placed index finger and thumb along the edge of the mask. • Placed the thumb of his/her second hand along the bottom edge of the mask. 	1 1	
c. Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1	
d. Pushed with the hand on the victim's forehead (the heel part of the hand) to tilt the head back.	1	
e. While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	1	
f. Delivered two breaths over 1 second each to make the chest rise.	1	
10. Completed 5 cycles (about 2 minutes) of 30 compressions and 2 breaths with minimal interruptions. <i>* Judge states, "EMS has arrived"</i>	4	
11. Gave information about victim to EMS rescuers.	2	
12. Removed gloves properly without touching the outside of the gloves with bare hands.	2	
13. Placed disposable PPE in a biohazard bag.	2	
14. Used hand sanitizer.	2	
TOTAL POINTS - PROCEDURE I	45	

LIFE SUPPORT SKILLS

Competitor ID #: _____

Judge's Signature: _____

* *This skill involves a single healthcare provider in a remote location. The rescuer has access to his/her first aid kit and cell phone.*

Procedure II: Severe Bleeding		(5 minutes)	Possible	Awarded
1.	Checked the scene to be sure it is safe.		2	
2.	Opened first aid kit and put on PPE.		2	
3.	Checked for responsiveness and breathing.		2	
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>		2	
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)		2	
6.	Looked for medical information jewelry.		2	
7.	Called Emergency Medical Services and stated:			
	a. Caller's name, location and phone number.		1	
	b. Situation, number and condition of victim(s).		1	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)		1	
8.	Put a dressing on the wound and applied direct pressure. (Verbalized that direct pressure was maintained for at least one minute.)		2	
9.	Slowly released direct pressure. <i>* Judge states, "Bleeding has not stopped."</i>		1	
10.	Added more dressings and pressed harder. (Verbalized that direct pressure was maintained for at least one minute.)		2	
11.	Slowly released direct pressure. <i>* Judge states, "No further bleeding."</i>		1	
12.	Wrapped a bandage firmly over the dressing to hold the dressing in place. <i>* Judge states, "EMS has arrived."</i>		2	
13.	Communicated with and reassured victim throughout the scenario.		2	
14.	Gave information about victim to EMS rescuers.		2	
15.	Removed gloves properly without touching the outside of the gloves with bare hands.		2	
16.	Placed disposable PPE in a biohazard bag.		2	
17.	Used hand sanitizer.		2	
TOTAL POINTS - PROCEDURE II			33	

LIFE SUPPORT SKILLS

Competitor ID #: _____

Judge's Signature: _____

* *The victim will be standing and is NOT pregnant or obese.*

Procedure III: Choking	(3 minutes)	Possible	Awarded
1. Observed a victim with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)		2	
2. Asked the victim if he or she is choking. <i>* Victim nods head yes and cannot talk.</i>		2	
3. Introduced self and asked for permission to help. <i>* Victim nods head yes and cannot talk.</i>		2	
4. Stood behind the victim and wrapped arms around the victim's waist.		2	
5. Made a fist with one hand.		1	
6. Placed the thumb side of fist against the victim's abdomen, in the midline, slightly above the navel and well below the breastbone.		2	
7. Grasped fist with other hand and <u>SIMULATED</u> pressing fist into the victim's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the victim for this scenario.)		3	
8. Repeated thrusts (SIMULATED) until object is expelled from the airway, giving each new thrust with a separate, distinct movement to relieve the obstruction. <i>* Judge states, "Object is expelled."</i>		2	
9. Communicated with and reassured victim throughout the scenario.		2	
TOTAL POINTS - PROCEDURE III		18	

LIFE SUPPORT SKILLS

Competitor ID #: _____

Judge's Signature: _____

* *This skill involves a single healthcare provider in a remote location. The rescuer has access to his/her first aid kit and cell phone.*

Procedure IV: Broken Bone/Sprain and Splinting (5 minutes)		Possible	Awarded
1.	Checked the scene to be sure it is safe.	2	
2.	Opened first aid kit and put on PPE.	2	
3.	Checked for responsiveness and breathing.	2	
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	
5.	Quickly assessed the situation (asked the victim what happened), noting that the injured part is abnormally bent.	2	
6.	Looked for medical information jewelry.	2	
7.	Put a plastic bag filled with ice and water, or a cold pack, on the injured area with a towel between the ice bag and the skin.	2	
8.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1	
	b. Situation, number and condition of victim(s) noting that ice has been applied and that the injured part is abnormally bent. <i>* Judge states, "Remove the ice pack and splint the injured part."</i>	2	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
9.	Made the splint from available materials in the room (such as a magazine) that kept the arm or leg from moving.	2	
10.	If possible, placed the splint so that it extended beyond the injured area and supported the joints above and below the injury.	1	
11.	Tied the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it.	2	
12.	Checked to be sure the splint was not too tight by putting two fingers between the splint and injured body part. <i>* Judge states, "The EMS has arrived."</i>	1	
13.	Communicated with and reassured victim throughout the scenario.	2	
14.	Gave information about victim to EMS rescuers.	2	
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	
16.	Placed disposable PPE in a biohazard bag.	2	
17.	Used hand sanitizer.	2	
TOTAL POINTS - PROCEDURE IV		34	

LIFE SUPPORT SKILLS STUDENT ELIGIBILITY FORM

For Regional/Area competition: This signed form must be mailed/delivered to the designated person by the published deadline.

For State competition: This signed form must be mailed/delivered to the State Advisor by the published deadline.

For National competition: The State Advisor must sign and mail this form to National HOSA prior to May 15.

Student: _____

School: _____ State _____

- The above named student is classified under the provision of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17. (Students classified under Section 504 are NOT eligible to compete in this event.)
- Additional time is NOT considered a reasonable accommodation for this event due to the life-saving standards of the skills.

Chapter Advisor: _____

What accommodation recommended in the student's IEP should be made during this event?

School Official*, Title and Date: _____

* Exceptional children (special education) teacher, guidance counselor or principal

What specific accommodation was made for this student in this event at the State level?

State Advisor and Date: _____