



Life Support Skills

New for 2017-2018

Rating sheet clarifications have been added including treating a heat-related emergency. Non-latex gloves must be provided by competitor. Eligibility form must be uploaded through STEM Premier.

- Purpose** To provide HOSA members with an opportunity to develop and demonstrate knowledge and skills in basic life support for health care providers.
- Description** The competitive event will consist of an evaluation of student performance of selected skill(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 proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation and skill(s)– jeans and shorts are not acceptable. 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 2004 reauthorized Individuals with Disabilities Education Act (IDEA).
 - *Submit* a completed form from the appropriate school official stating that the competitor is classified under the provisions of IDEA 2004 following the submission directions on page 14 of these guidelines. **In order to be recognized on stage as an award recipient, this form must be uploaded to STEM Premier by May 15th** (see instructions below).
 2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
 3. The specific reference selected for each skill is listed in the Facilities, Equipment and Materials section of these guidelines.
 - [American Heart Association, BLS. Channing L. Bete Co., Inc., 2015.](#)
 - [American Heart Association, Heartsaver First Aid/CPR/AED, Channing L. Bete Co., 2015.](#)
 - [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)
 4. Each competitor will be evaluated on his/her performance on selected skill(s). All competitors will be evaluated on Skill I: Adult BLS/CPR or Skill II: Infant BLS/CPR and

one of the first aid skills. The skills will not be combined.

The skills approved for this event are:

Skill I: **Adult BLS/CPR**
Skill II: **Infant BLS/CPR**

First Aid Skills

Skill III: **Severe Bleeding**
Skill IV: **Choking**
Skill V: **Broken Bone/Sprain and Splinting**
Skill VI: **Heat-Related Emergency**

5. The selected skill(s) in the form of a written scenario will be read 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. Competitors will be stopped when the allotted time is up.
6. 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. *Violation of the ethics rules will be severely penalized.*
7. 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.
8. Should a tie occur in the ranking of competitors, the selected skill with the highest possible point value will be used as the tie breaker; others as necessary in descending order of total point value.
9. If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.
10. Competitors must complete all steps of the skill listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
11. The competitor will be stopped at the end of the time allowed for a selected skill(s) and will not earn the points for the parts of the skill he/she did not complete.
12. The competitor must earn a score of 70% or higher on the combined skill(s) of the event in order to be recognized as an award winner at the ILC.

Uploading to STEM Premier

The competitor must create a profile on STEM Premier, an online platform that showcases talent and skills and brings students, colleges, companies, and possibilities together.

Competitors will create their online profile by-visiting – www.stempremier.com/hosa

- A. The main purpose for the partnership with STEM Premier is two-fold: (1) to provide the HOSA member with a permanent, professional online portfolio to share with universities and future employers and (2) to obtain valuable analytical membership data for HOSA, including demographic, academic, and career interest information. Entities, outside of HOSA, CANNOT access this information without explicit member permission.
- B. Competitors must create a profile and upload a .pdf of their Student Eligibility form to the Life Support Skills competitive event opportunity on STEM Premier. Detailed instructions for doing this are in step f below or available at www.hosa.org/STEMPremier.
- C. The size limit for any files uploaded to STEM Premier is 2.5 MB. To avoid an upload error, please be sure to save your .pdf as a compressed file or reduce the size of your embedded images. For instructions on how to do this, please visit: <http://www.hosa.org/filesize>.
- D. Competitors only need to upload their Student Eligibility form once to STEM Premier. This ONE upload will be sufficient all three levels (regional, state, ILC) of competition.
- E. Please check with your state advisor to determine requirements and due dates for the eligibility form at the regional or state conference. The deadline for the International Leadership Conference is May 15, 2018.
- F. STEM Premier Instructions
 1. Join STEM Premier-
 - a. Go to www.stempremier.com/hosa.
 - b. Click the “Start Your Free Profile” button and create your account
 - c. Add HOSA to your profile
 - i. Click the white “Profile” tab at the top left of the screen
 - ii. Click the blue “Edit Profile” button at the top right of the screen (underneath where your profile picture is located)
 - iii. Select “Associations” from the bar on the left side of the screen
 - iv. Search for and add “HOSA-Future Health Professionals”
 2. Search for HOSA Competitive Event-
 - a. Select “Opportunities” at the top of your screen when logged in
 - b. In the “Organization Name” search box type in “HOSA”; wait for the list of pre-populated organizations to appear, and then select your state association from the drop-down box (Example HOSA-Future Health Professionals | California). Click the blue “Search” box.
 - c. Select your competitive event from the list that appears to the right. Make sure that you have selected the proper state!
 3. Submit Materials and Apply for Competitive Event-
 - a. Follow the steps and provide required information for your event
 - b. Click “Apply Now” when ready to submit
 - c. You have until the state deadline (contact state advisor) or ILC deadline (May 15, 2018) to change any content and re-upload your submissions. The material in STEM Premier as of May 15, 2018 is considered final for ILC.
 - d. To edit your submission-
 - i. Click the profile picture on the top right of your screen in STEM Premier.
 - ii. Click “My Opportunities” and select your event.
 - iii. Follow the instructions for editing your submission.

Competitor Must Provide:

- Event guidelines (orientation)
- Watch with second hand (optional)
- Eligibility form (submitted to State Advisor by state deadline and uploaded to STEM Premier by May 15th deadline)

General Equipment to be provided by competitors in a first aid kit or bag:

- 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.)
- Sterile Gauze Squares, 4" X 4", 6-10 total (may be packaged as singles, doubles, or multiples)
- Any size roller bandages (Kling/similar) 4-6 total
- One trauma dressing (ABD)
- Non-stick sterile dressing(s)
- Mouth-to-mask device (adult and infant)
- Biohazard bag
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of scissors
- Adhesive tape
- PPE: 4 pair of non-latex gloves, 1 sets of goggles or safety glasses

Required Personnel:

- One Event Manager ~~per event~~
- One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- One Section Leader per section
- One judge per skill
- Event assistants per section
- One patient as required by the scenario (per section)
- Timekeepers (if necessary)
- Moulage Specialist (if necessary)

Facilities, Equipment and Materials (Per Section):**General**

- Clinical and/or laboratory stations for selected procedures
- Assorted props, which may include pillows and/or blankets
- Written scenario (one copy per competitor and judge)
- Patient and judge scripts as needed
- Calculators, note pads, and pencils for judges
- Stopwatches
- Moulage supplies (as required by the scenario)
- Rating sheets – one per judge per competitor
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with eraser to complete evaluations

Facilities, Equipment and Materials (Per Section) Continued

Skill I **Adult BLS/CPR** (*BLS, AHA 2015*)

- CPR Adult Training Manikin

Skill II **Infant BLS/CPR** (*BLS, AHA 2015*)

- CPR Infant Training Manikin

Skill III **Severe Bleeding** (DHO)

- One victim (check the scenario for particulars)
- Moulage or artificial bleeding wound

Skill IV **Choking** (*BLS, AHA 2015*)

- One victim (check the scenario for particulars)
- Pillow for victim – the person playing the role of the victim should wear an extra large, loose fitting shirt so that a pillow can be placed 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.

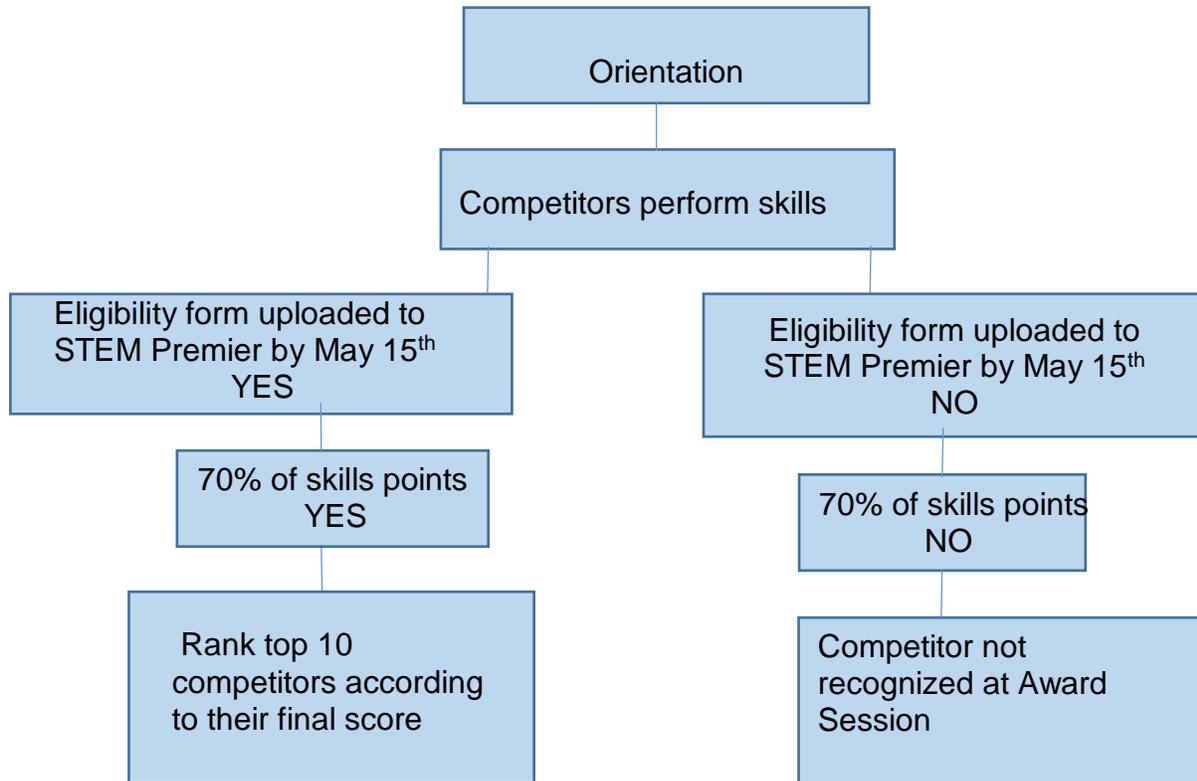
Skill V **Broken Bone/Sprain and Splinting** (*Heartsaver First Aid CPR AED, AHA 2015*)

- One victim (check the scenario for particulars)
- Cold pack or bag and ice
- Towel
- Props or devices that can be used for splinting

Skill VI: **Heat-Related Emergency** (DHO)

- One victim (check the scenario for particulars)
- Washcloth
- Water
- Juice or sport drink

Event Flow Chart



Life Support Skills

Competitor ID #: _____

Judge's Signature: _____

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

Skill I: Adult BLS/CPR (Time: 6 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	0	
4.	Shout for nearby help to activate the emergency response system. <i>* Judge states, "No response and AED is not available."</i>	1	0	
5.	Called emergency response system and stated:			
	a. Caller's name, location and phone number.	1	0	
	b. Situation, number and condition of victim(s).	1	0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told him/her it was ok to hang up).	1	0	
6.	Checked to see if the victim has normal breathing and a pulse for no less than 5 and no more than 10 seconds.			
	a. Check for breathing by scanning the victim's chest for rise and fall.	2	0	
	b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or 3 fingers and slid into groove between trachea and neck muscle). <i>* Judge states, "Not breathing." or "Not breathing normally" and no pulse.</i>	2	0	
7.	Initial Chest Compressions (30)			
	a. Positioned self at the victim's side.	1	0	
	b. Made sure victim is lying faceup on a firm, flat surface.	1	0	
	c. Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	0	
	d. Put the heel of the other hand on top of the first hand.	1	0	
	e. With arms straight, positioned shoulders directly over his/her hands.	1	0	
	f. Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0	
	g. At the end of each compression, allowed the chest to recoil completely.	1	0	

Items Evaluated		Possible	Awarded
h.	30 compressions in no less than 15 and no more than 18 seconds	2 0	
8.	Initial Breaths (2)		
a.	Placed the mouth-to-mask device on the victim's face, using the bridge of the nose as a guide for correct position.	1 0	
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 0 1 0	
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1 0	
d.	Pushed with the hand on the victim's forehead (the heel part of the hand) to tilt the head back.	1 0	
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 0	
f.	Delivered two breaths over 1 second each to make the chest rise.	1 0	
9.	Completed 5 cycles (about 2 minutes) of 30 compressions and 2 breaths with minimal interruptions. <i>* Judge states, "EMS has arrived"</i>	2 0	
10.	Gave information about victim to EMS rescuers.	2 0	
11.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
12.	Placed disposable PPE in a biohazard receptacle.	2 0	
13.	Used hand sanitizer.	1 0	
TOTAL POINTS - SKILL I		40	
70% Mastery for Skill I = 28			

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

Life Support Skills

Competitor ID #: _____

Judge's Signature: _____

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

Skill II: Infant BLS/CPR (Time: 6 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapping on foot and shouting for help	2	0	
4.	Shouted for help. <i>* Judge states, "There is no response and AED is not available."</i>	1	0	
5.	Checked to see if the victim has a normal breathing and a pulse for no less than 5 and no more than 10 seconds. a. Checked for breathing by scanning the victim's chest for rise and fall. b. Performed a pulse check by feeling for a brachial pulse (place 2 or 3 fingers on the inside of the upper arm, between the infant's elbow & shoulder) . <i>* Judge states, "Not breathing." or "Not breathing normally" and no pulse.</i>	2	0	
		2	0	
6.	Initial Chest Compressions (30)			
a.	Positioned self at the victim's side.	1	0	
b.	Made sure victim is lying faceup on a firm, flat surface.	1	0	
c.	Place 2 fingers in the center of the infant's chest just below the nipple line.	1	0	
d.	Push hard and fast (compressions at least 1/3 the depth of the chest or 1 ½ inches at a rate of 100-120/min).	2	0	
e.	At the end of each compression, allowed the chest to recoil completely.	1	0	
f.	30 compressions in no less than 15 and no more than 18 seconds.	2	0	
7.	Initial Breaths (2)			
a.	Placed the mouth-to-mask device on the victim's face, using the bridge of the nose as a guide for correct position.	1	0	
b.	Opens airway adequately by placing the infants head in a neutral position.	1	0	
c.	Delivered two breathes over 1 second each to make the chest rise	1	0	

Skill II: Infant BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions for two minutes <i>* Judge states, "no response after two minutes"</i>	2 0	
9.	Called emergency response system and stated: a. Caller's name, location and phone number.	1 0	
	b. Situation, number and condition of victim(s).	1 0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told him/her it was ok to hang up).	1 0	
10.	Resumed and continued cycles of 30 chest compressions and 2 breaths with minimal interruptions until EMS arrives. <i>* Judge states, "EMS has arrived and has taken over care of the victim."</i>	2 0	
11.	Gave information about the victim to EMS rescuers.	2 0	
12.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
13.	Placed disposable PPE in a biohazard receptacle.	2 0	
14.	Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL II		37	
70% Mastery for Skill II = 25.9			

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

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.*

Skill III: Severe Bleeding (Time: 5 minutes)		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	0
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)	2	0
6.	Looked for medical information jewelry.	2	0
7.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1	0
	b. Situation, number and condition of victim(s).	1	0
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
8.	Put a dressing on the wound and applied direct pressure. (Verbalized that direct pressure was maintained for at least one minute.)	2	0
9.	Slowly released direct pressure. <i>* Judge states, "Bleeding has not stopped."</i>	1	0
10.	Added more dressings and pressed harder. (Verbalized that direct pressure was maintained for at least one minute.)	2	0
11.	Slowly released direct pressure. <i>* Judge states, "No further bleeding."</i>	1	0
12.	Wrapped a bandage firmly over the dressing to hold the dressing in place. <i>* Judge states, "EMS has arrived."</i>	2	0
13.	Communicated with and reassured victim throughout the scenario.	2	0
14.	Gave information about victim to EMS rescuers.	2	0
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
16.	Placed disposable PPE in a biohazard receptacle.	2	0
17.	Used hand sanitizer.	1	0
TOTAL POINTS - SKILL III		32	
70% Mastery for Skill III = 22.4			

LIFE SUPPORT SKILLS

Competitor ID #: _____ Judge's Signature: _____

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

* *Note this victim will not require EMS treatment or transport.*

Skill IV: Choking (Time: 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 0	
2.	Asked the victim if he or she is choking. * <i>Victim nods head yes and cannot talk.</i>	2 0	
3.	Introduced self and asked for permission to help. * <i>Victim nods head yes and cannot talk.</i>	2 0	
4.	Stood behind the victim and wrapped arms around the victim's waist.	2 0	
5.	Made a fist with one hand.	1 0	
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 0	
7.	Grasped fist with other hand and SIMULATED 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.)	2 0	
8.	Repeated thrusts (SIMULATED) until object is expelled from the airway, giving each new thrust with a separate, distinct movement to relieve the obstruction. * Judge states, " <i>Object is expelled.</i> "	2 0	
9.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	1 0	
b.	Situation, number and condition of both victim(s)	1 0	
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1 0	
Summary Steps			
10.	Communicated with and reassured victim throughout the scenario.	2 0	
11.	Used hand sanitizer.	2 0	
TOTAL POINTS - SKILL IV		22	
70% Mastery for Skill IV= 15.4			

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.*

Skill V: Broken Bone/Sprain and Splinting (5 minutes)		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. * <i>Victim consents to treatment.</i>	2	0
5.	Quickly assessed the situation (asked the victim what happened), noting that the injured part is abnormally bent.	2	0
6.	Looked for medical information jewelry.	2	0
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	0
8.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	1	0
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>	1	0
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
9.	Made a splint from appropriate available materials in the room that limits movement of the injury.	2	0
10.	Placed the splint so that it supported the joints above and below the injury (as appropriate to the location of the injury).	1	0
11.	Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it.	2	0
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	0
13.	Communicated with and reassured victim throughout the scenario.	2	0
14.	Gave information about victim to EMS rescuers.	2	0
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
16.	Placed disposable PPE in a biohazard receptacle.	2	0
17.	Used hand sanitizer.	1	0
TOTAL POINTS – SKILL V		32	
70% Mastery for Skill V = 22.4			

LIFE SUPPORT SKILLS

Competitor ID #: _____

Judge's Signature: _____

Skill VI: Heat-Related Emergency (5 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Checked for responsiveness and breathing.	2	0	
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	0	
5.	Quickly assessed the situation. (Asked what happened.)	2	0	
6.	Looked for medical information jewelry.	2	0	
7.	Observed victim closely for signs and symptoms of heat exposure. Information may be obtained directly from victim or observers.	2	0	
8.	Correctly verbalized to judge if victim has heat exhaustion or heat stroke.	2	0	
9.	Called Emergency Medical Services and stated:			
	a. Caller's name, location and phone number.	1	0	
	b. Situation, number and condition of both victim(s)	1	0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0	
10.	HEAT EXHAUSTION or HEAT STROKE:	2	0	
	a. Had the victim lie down in a cool area (if possible).			
	b. Loosened tight clothing & removed excessive clothing.	2	0	
	c. Applied cool, wet cloths to the victim's face. <i>* Judge states, "Victim is conscious."</i>	2	0	
	d. Gave small sips of juice, sports drink, or water (4 Oz every 15 min)	2	0	
	e. If victim complained of nausea or vomiting, discontinued fluids.	2	0	
11.	Removed gloves properly without touching the outside of the gloves with your bare hands.	2	0	
12.	Placed disposable PPE in a biohazard receptacle.	2	0	
13.	Used hand sanitizer.	2	0	
TOTAL POINTS -- SKILL VI		35		
70% Mastery for Skill VI = 24.5				

Life Support Skills STUDENT ELIGIBILITY FORM

The **COMPETITOR** is responsible for submitting this form. **In order to be recognized on stage as an award recipient, this form must be uploaded to STEM Premier by May 15th.** DO NOT send your actual IEP or other documentation. For purposes of this competition, ONLY this completed form is needed.

For Regional and State/Country competition: This signed form must be uploaded to STEM Premier by the published deadline.

For International competition: The competitor must upload this form to STEM Premier by midnight Eastern Standard Time on May 15, 2018. For international competition, HOSA-Future Health Professionals will provide the same accommodations that were provided at the state level.

In order to be recognized on stage as an award recipient, this form must be uploaded to STEM Premier by May 15th per the instructions on page 3 of these guidelines.

Student: _____

Chapter: _____ State _____

- The above named student is classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). (Students classified under Section 504 are NOT eligible to compete in this event.)

School Official* Signature: _____

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

Chapter Advisor Signature: _____

HOSA will provide the same accommodations that were provided at the state level.

Please list *specific* accommodations PROVIDED AT THE STATE LEVEL and explain:

- *Additional time is NOT considered a reasonable accommodation for this event due to the life-saving standards of the skills.*