



# Home Health Aide

**New for 2018-2019**

At ILC, [photo ID](#) must be presented prior to competing in each round.

**Purpose** To provide HOSA members with an opportunity to develop and demonstrate knowledge and skills as a home health aide.

**Description** This event will consist of two rounds of competition. Round One will be a written, multiple choice test. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. The top scoring competitors will advance to Round Two for the 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, written test 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-Future Health Professionals and in good standing in the *division* in which they are registered to compete (Secondary or Postsecondary/Collegiate). *Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an Emergency Medical Technician course should compete in the Emergency Medical Technician event and not in the CPR/First Aid event.*
  2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the National HOSA Competitive Events Program \(GRR\).”](#)
  3. The test will consist of fifty (50) multiple choice items. The test score will be used as part of the final score for the event.

Round One: **Written Test Plan**

Becoming a Home Health Aide.....	10%
Responsibilities and Legal Rights.....	5%
Effective Communication Procedures and Documentation.....	10%
Infection Control.....	5%
Wellness and Mental Health.....	5%
Body Systems and Common Disorders.....	40%
Caring for Terminally Ill Patient.....	5%
Caring for Patient with Alzheimer’s Disease.....	5%
Caring for Patient with Cancer.....	5%
Maternal and Infant Care.....	10%

4. All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. At ILC, [photo ID](#) must be presented prior to competing in each round. **No proxies will be allowed for the orientation.**

5. [Test Instructions](#): There will be a maximum of **60 minutes** to complete the test. There will be a verbal announcement when there are 15 minutes remaining.

NOTE: *States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.*

6. All official references are used in the development of the written test. The specific reference selected for each skill is listed in the Facilities, Equipment and Materials section of these guidelines.

- [Balduzzi, Suzann. Homemaker Home Health Aide. Cengage Learning. Latest edition](#)
- [Fuzy and Leahy. The Home Health Aide Handbook. Hartman Publishing, Inc. Latest edition.](#)

7. The test score from Round One will be used to qualify the competitor for the Round Two skills. The skills approved for Round Two for this event are:

Skill I:	Taking an Adult Tympanic Temperature
Skill II:	Taking an Apical Pulse
Skill III:	Emptying a Urinary Drainage Unit
Skill IV:	Changing a Dry Dressing Using Non-sterile Technique
Skill V:	Giving a Back Rub
Skill VI:	Caring for Dentures
Skill VII:	Moving a Patient Up in Bed Using a Drawsheet
Skill VIII:	Applying Elasticized Stockings

**(FOR ALL SKILLS, BODY FLUIDS WILL BE A SIMULATED PRODUCT)**

8. HOSA Management and event personnel have the option of providing one additional minute to the skill event interval prior to the scenario for competitors to preview the equipment that is provided for the event. If given, the one minute allowed for equipment preview will be added to the overall skill interval and competitors will be told they have an extra minute to review the equipment.
9. The selected skill(s) for Round Two, in the form of a Home Health Aide Instruction Sheet (written scenario), will be presented to the competitor at the start of the skill(s) to be performed. One or more skills may be combined in the scenario. The scenario will be the same for each competitor and will include a challenging component that will require the competitor to apply critical thinking skills. A sample scenario can be found [here](#).
10. 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.
11. In case of a tie, the highest test score will be used to determine the rank.
12. 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.
13. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.

14. The timing for the skill will begin when the scenario is presented. Competitors will be stopped at the end of the time allowed for a selected skill(s).

**Competitor Must Provide:**

- Two #2 lead pencils with eraser
- Event guidelines (orientation)
- Watch with second hand
- Tape ½" or 1"
- Scissors
- Gloves non-latex (3 pairs per competitor)
- A [photo ID](#)

**FOR SPECIFIS ON EVENT MANAGEMENT SEE [MANAGING COMPETITIVE EVENTS](#)**

**Required Personnel:**

- One Event Manager
- 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 selected per section
- Proctors for Testing – Approximately one proctor for 20 competitors
- Event assistants per section as needed
- Patients as required by the scenario (per section)
- Holding room attendants(s)
- Timekeepers (if necessary)

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

**Round One: Written Test** (Reference: All resources)

- List of competitors for check-in
- One pre-numbered test per competitor
- Scantron/answer forms- one copy per competitor
- Evaluation forms - competitor and event personnel
- #2 lead pencils with eraser to complete evaluations (event personnel)

**Round Two: General**

- Clinical and/or laboratory stations for selected skills
- Holding rooms or areas for competitors (if off-site)
- List of competitors for check-in
- Written Scenario-copies for judges, section leaders
- Patient and judge scripts as needed
- #2 lead pencils (judges & evaluations)
- Stopwatch(s)
- Rating sheets-one per judge per team
- Evaluation forms-competitor, judge, event personnel
- Copy of guidelines for judges
- Daily record sheet (1 per competitor per scenario)
- Sink and paper towels OR alcohol-based hand sanitizer

**Skill I                    Taking an Adult Tympanic Temperature** (Spatz & Balduzzi)

- Patient
- Sink and paper towels OR alcohol-based handrub
- Tympanic thermometer
- Waste container
- Disposable probe covers
- Bed or chair

**Skill II                    Taking an Apical Pulse** (Spatz & Balduzzi)

- Patient
- Stethoscope, teaching
- Waste container
- Alcohol wipes
- Bed or chair

**Skill III                    Emptying a Urinary Drainage Unit** (Spatz & Balduzzi)

- Patient
- Measuring device
- Paper towels (1 per competitor)
- Simulated urine (enough to refill bag for each competitor)
- Sink (or basin) for emptying simulated urine
- Alcohol wipes
- Bed or chair
- Urinary drainage bags (2 per section)

**Skill IV                    Changing a Dry Dressing Using Non-sterile Technique** (Spatz & Balduzzi)

- Patient
- Gauze 4x4 pads
- Tape for initial dressing
- Small waste bag (1 per competitor)
- Bed or chair

**Skill V                    Giving a Back Rub** (Spatz & Balduzzi)

- Patient
- Sink and paper towels OR alcohol-based handrub
- Small towel (1 per competitor)
- Lotion
- Hamper (or plastic bag)
- Bed

**Skill VI                    Caring for Dentures** (Spatz & Balduzzi)

- Patient
- Sink and paper towels OR alcohol-based handrub
- Hand sanitizer
- Toothbrush
- Toothpaste
- Dentures
- Dental cleaning tablet
- Denture cup
- Mouthwash
- Small cups
- Emesis basin
- Washcloth
- Small towel
- Bed or chair

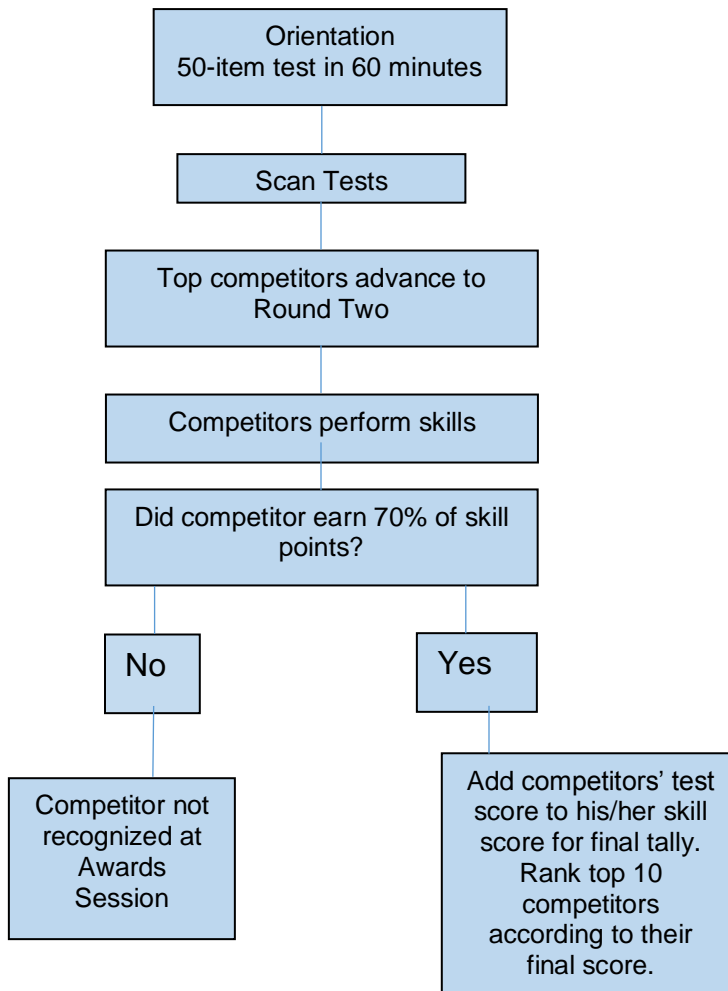
**Skill VII Moving a Patient Up in Bed Using a Drawsheet** (Spatz & Balduzzi)

- Patient
- Drawsheet
- Bed linens, including bed blanket and/or top sheet
- Pillow
- Bed

**Skill VIII Applying Elasticized Stockings** (Spatz & Balduzzi)

- Patient
- Knee-length elasticized stockings
- Bed linens, including bed blanket and/or top sheet
- Bed

**Event Flow Chart**



## Sample Round One Test Questions

1. The client who has no weight-bearing ability can safely be transferred from the bed to the chair with a:
  - A. draw sheet and three assistants.
  - B. mechanical lift.
  - C. transfer belt.
  - D. two-person waist lift.
  
2. A dying client tells the home health aide "Please leave me alone, I just want to be by myself." The stage of grief the client is experiencing is:
  - A. acceptance.
  - B. anger.
  - C. bargaining.
  - D. depression.
  
3. A nebulizer would *most* likely be ordered to treat a client with:
  - A. iron deficiency anemia.
  - B. arteriosclerosis.
  - C. emphysema.
  - D. congestive heart failure.

## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill I Taking an Adult Tympanic Temperature (Time: 3 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Gathered equipment: tympanic thermometer, disposable probe cover, daily record sheet, gloves.	1 0	
2. Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3. Explained skill to patient.	2 0	
4. Placed new probe cover on thermometer.	1 0	
5. Turned thermometer on.	1 0	
6. Pulled top of ear up and back.	1 0	
7. Pressed top button and inserted covered probe in ear.	2 0	
8. Removed probe from ear when beep sounded.	1 0	
9. Read the temperature on the screen.	1 0	
10. Removed the probe cover and disposed of properly.	1 0	
11. Accurately recorded temperature on daily record sheet.	2 0	
12. Removed gloves and used alcohol-based handrub for hand hygiene.	1 0	
13. Practiced standard precautions throughout skill.	2 0	
<b>TOTAL POINTS -- SKILL I</b>	<b>18</b>	
<b>70% Mastery for Skill I = 12.6</b>		

*\*\*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.*

## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Skill II	Taking an Apical Pulse (Time: 3 minutes)	Possible	Awarded
1.	Gathered equipment: stethoscope, wristwatch with second hand, alcohol wipes, daily record sheet.	1	0
2.	Washed hands or used alcohol-based handrub for hand hygiene.	1	0
3.	Explained skill to patient.	2	0
4.	Cleaned stethoscope diaphragm and earpieces.	1	0
5.	Placed stethoscope earpieces in ears.	1	0
6.	Placed the diaphragm over the apex of the patient's heart.	2	0
7.	Counted the louder sound (lub) for one complete minute.	2	0
8.	Removed the stethoscope from ears and patient.	1	0
9.	Used alcohol-based handrub for hand hygiene.	1	0
10.	Accurately recorded apical pulse on daily record sheet, within + or – 2 of the judges count.	3	0
11.	Practiced standard precautions throughout skill	2	0
<b>TOTAL POINTS -- SKILL II</b>		<b>17</b>	
<b>70% Mastery for Skill II = 11.9</b>			

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## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill III Emptying a Urinary Drainage Unit (Time: 4 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
1.	Gathered equipment: gloves, alcohol wipes, measuring device, paper towel.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3.	Explained skill to patient.	2 0	
4.	Placed paper towel underneath measuring device on floor below drainage bag.	1 0	
5.	a. Opened drain or spout and allowed urine to drain into measuring device.	1 0	
	b. Avoided allowing tip of tubing to touch sides of measuring device.	2 0	
6.	Closed drain, wiped it with the alcohol wipe, and replaced it in the holder on the bag.	2 0	
7.	Noted amount and color of urine (verbalized to judge).	2 0	
8.	Emptied urine into toilet (or designated container).	1 0	
9.	Washed and rinsed measuring device.	1 0	
10.	Removed gloves and used alcohol-based handrub for hand hygiene.	1 0	
11.	Recorded output on daily record sheet.	2 0	
12.	Practiced standard precautions throughout skill.	2 0	
<b>TOTAL POINTS -- SKILL III</b>		<b>20</b>	
<b>70% Mastery for Skill III = 14</b>			

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# HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Skill IV	Changing a Dry Dressing Using Non-sterile Technique (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: gloves, 4X4 gauze pads, waste bag, tape and scissors.	1	0
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2	0
3.	Explained skill to patient.	2	0
4.	Positioned patient so area with dressing is accessible while maintaining patient comfort and privacy.	1	0
5.	Cut tape.	1	0
6.	Opened gauze pads while maintaining pad sterility.	2	0
7.	a. Removed old dressing.	1	0
	b. Noted color, amount of drainage, and condition of surrounding skin (verbalized to judge).	2	0
	c. Disposed of used dressing in the waste bag.	1	0
8.	Put on new gloves.	1	0
9.	Applied dressing without touching center, holding dressing on the corners only.	2	0
10.	Applied tape correctly.	2	0
11.	Positioned patient comfortably.	1	0
12.	Discarded waste and returned supplies to storage.	1	0
13.	Removed gloves and used alcohol-based handrub for hand hygiene.	1	0
14.	Recorded dressing change on daily record sheet, noting observation of skin condition, that dressing was changed, and any patient complaints.	3	0
15.	Practiced standard precautions throughout skill	2	0
<b>TOTAL POINTS -- SKILL IV</b>		<b>26</b>	
<b>70% Mastery for Skill IV = 18.2</b>			

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## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Skill V	Giving a Back Rub (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: small towel, lotion.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	1 0	
3.	Explained skill to patient.	2 0	
4.	Provided privacy for the patient (if appropriate).	1 0	
5.	Positioned patient on side.	1 0	
6.	Placed small amount of lotion on hands, rubbing them together to warm lotion.	1 0	
7.	a. Started at base of spine and rubbed toward the neck in the center of the back, using both hands in one long stroke.	2 0	
	b. When reaching the neck, continued back down the sides of the back.	2 0	
	c. Repeated this circular pattern 3 more times.	2 0	
8.	Throughout skill, added more lotion when necessary.	1 0	
9.	Repeated the steps above but changed to a spiral motion when continuing down the sides of the back, for a total of 45 – 90 seconds.	3 0	
10.	Removed excess lotion with small towel and repositioned patient.	2 0	
11.	Washed hands and returned supplies to their proper place.	1 0	
12.	Recorded back rub on daily record sheet, noting observation of skin condition and any patient complaints.	2 0	
13.	Practiced standard precautions throughout skill.	2 0	
<b>TOTAL POINTS -- SKILL V</b>		<b>24</b>	
<b>70% Mastery for Skill V = 16.8</b>			

*\*\*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.*

## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Skill VI	Caring for Dentures (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: toothbrush, toothpaste, denture cleaning tablet, denture cup, gloves, mouthwash, small cup, emesis basin, washcloth, small towel.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3.	Explained skill to patient.	2 0	
4.	Asked patient to remove dentures and place in denture cup.	1 0	
5.	Placed 2-3 inches cool water and washcloth in bottom of sink.	1 0	
6.	Turned on cold water and brushed all surfaces of the upper and lower plate with toothpaste, and rinsed.	2 0	
7.	Rinsed denture cup, filled with cold water and a denture cleaning tablet, and placed dentures in cup.	2 0	
8.	Assisted patient to rinse mouth with mouthwash, expel rinse in emesis basin and wipe mouth.	2 0	
9.	Described (verbalized to the judge) the use of toothettes to clean the gums and tongue to observe the condition of the patient's mouth.	1 0	
10.	Placed the denture cup within reach of the patient and instructed patient to insert dentures when needed.	1 0	
11.	Removed gloves, washed hands or used alcohol-based handrub, and returned supplies to their proper place.	1 0	
12.	Recorded completion of skill on daily record sheet, noting observation of skin (oral cavity) condition and any patient complaints.	2 0	
13.	Practiced standard precautions throughout skill.	2 0	
<b>TOTAL POINTS -- SKILL VI</b>		<b>20</b>	
<b>70% Mastery for Skill VI = 14</b>			

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## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Skill VII</b>	<b>Moving the Patient Up in Bed Using the Drawsheet (Time: 3 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1.	Asked the family member (judge) to help you move the patient up in bed.	1	0
2.	Washed hands or used alcohol-based handrub for hand hygiene.	1	0
3.	Explained skill to patient.	2	0
4.	Instructed the family member (judge or event person) on what to do and how to help throughout all steps of the skill, as needed. (points awarded at end of rating sheet.)	-	/
5.	Placed pillow at the head of the bed to protect the patient's head.	2	0
6.	a. Rolled both sides of the drawsheet (or flat sheet folded in fours) toward the patient.	1	0
	b. Placed the patient's feet 12 inches apart.	1	0
	c. Bent the patient's knees	1	0
	d. With the hand nearest the patient's feet, grasped the rolled drawsheet.	1	0
	e. With the other hand, both cradled the patient's head and shoulders and firmly grasped top of the drawsheet.	2	0
7.	Turned body and feet toward the head of the bed, keeping feet 12 inches apart knees slightly bent.	2	0
8.	On a coordinated count of 3, lifted the drawsheet and patient up toward the head of the bed without dragging the patient.	2	0
9.	Aligned patient's body and limbs, placed pillow under head, tightened drawsheet and replaced covers.	2	0
10.	Communicated appropriated and effectively to family member throughout skill.	2	0
11.	Washed hands or used alcohol-based handrub.	1	0
12.	Recorded completion of skill and patient reaction on daily record sheet.	2	0
13.	Practiced standard precautions throughout skill.	2	0
<b>TOTAL POINTS -- SKILL VII</b>		<b>25</b>	
<b>70% Mastery for Skill VII = 17.5</b>			

*\*\*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.*

## HOME HEALTH AIDE

Competitor #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Skill VIII	Applying Elasticized Stockings (One leg) (Time: 5 minutes)	Possible		Awarded
1.	Gathered equipment: knee-length elasticized stockings.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	1	0	
3.	Explained skill to patient.	2	0	
4.	With patient lying in bed, exposed one leg at a time.	1	0	
5.	Turned stocking inside out to heel by placing hand inside stocking and grasping heel.	2	0	
6.	a. Positioned stocking over the foot and heel of patient making sure the heel of the stocking is in the proper place.	2	0	
	b. Slid the remaining stocking over the foot and heel.	2	0	
	c. Continued to pull the stocking over the calf to the knee.	2	0	
7.	Checked to be sure stocking is applied evenly and smoothly with no wrinkles.	2	0	
8.	Washed hands or used alcohol-based handrub.	1	0	
9.	Recorded completion of skill and patient reaction on daily record sheet.	2	0	
10.	Practiced standard precautions throughout skill.	2	0	
<b>TOTAL POINTS -- SKILL VIII</b>		<b>20</b>		
<b>70% Mastery for Skill VIII =14</b>				

*\*\*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.*

COMPETITOR ID # \_\_\_\_\_

## HOME HEALTH AIDE INSTRUCTION SHEET

HOSA HOME HEALTH SERVICES

Patient <i>John Doe</i>		Day/Date: <i>Wed, Aug 30</i>
✓	Bath <i>Already bathed, please give a backrub.</i>	
✓	Grooming <i>Care for patient's dentures.</i>	
	Dressing	
	Mobility	
	ROM	
✓	Catheter <i>Empty urinary drainage unit</i>	
✓	Temperature <input type="checkbox"/> Oral <input checked="" type="checkbox"/> Tympanic <input type="checkbox"/> Rectal	
✓	Pulse <input checked="" type="checkbox"/> Apical <input type="checkbox"/> Radial	
	Respiration	
	Blood pressure	
Other Instructions:		
✓	<i>Apply clean dressing to..... (specific instructions will be given.)</i>	
✓	<i>Apply elasticized knee-length stockings.</i>	
	Housekeeping	
	Meals	
Additional Instructions:		
✓	<i>Get help to move patient up in bed using a drawsheet as needed.</i>	
RN Signature: <i>J. Mould R.N.</i>		Date: <i>8/30/2018</i>

COMPETITOR ID # \_\_\_\_\_

## HOME HEALTH AIDE DAILY RECORD

HOSA HOME HEALTH SERVICES

Patient	Day/Date:
Treatment/Results	Observations/Patient/Reaction
Bath	
Grooming	
Dressing	
Mobility	
Catheter	
Temperature	
Pulse	
Respiration	
Blood Pressure	
Other Instructions:	
•	
•	
•	
Additional Treatment or Observations:	
Home Health Aide Signature:	Date: