

# HOSA Competitive Events



## WHAT'S NEW FOR 2011-12

Visit [www.hosa.org](http://www.hosa.org) after August 1 for revised event guidelines.

### **NEW EVENT** for 2011-12 - *Healthy Lifestyle*

Every day, healthcare professionals encourage patients to live a healthier lifestyle in an effort to improve their medical condition and quality of life. In order to be successful practitioners, healthcare providers must know what to ask of patients, and how to encourage patients to change their behavior.

This event will consist of two rounds of competition. Round One will be a written, multiple choice test that will assess content knowledge in health literacy. In addition, each competitor will set a personal goal and document his or her efforts in a personalized Healthy Lifestyle notebook that is presented to judges during Round Two of this event.

### MEDICAL MATH –

- The test plan was revised and I&O standards added for 2011-12.
- Competitors will have the option of using HOSA provided calculators during the test at the 2012 HOSA National Leadership Conference. (*Check with your state advisor for calculator-use procedures that will be followed at area/regional and state conferences.*)

KT HUMAN GROWTH AND DEVELOPMENT – The test plan was revised. The Simmers resource was changed to:

- Polan, Elaine and Daphne Taylor. *Human Development and Health Promotion*, F.A. Davis, Latest edition.

BIOTECHNOLOGY - The test plan was revised to include more Med Lab content and a blood type worksheet added to the guidelines.

### DENTAL SCIENCE (FORMERLY DENTAL ASSISTING) –

- The name of the event has been changed to Dental Science. This event is designed to introduce the HOSA member to a variety of dental careers, to include but not limited to Dental Assistant, Dental Hygienist, and Dentist.
- The Identify Instruments skill will be changed to require both the name of the instrument and purpose or use.

#### VETERINARY SCIENCE (FORMERLY VETERINARY ASSISTING) –

- The name of the event has been changed to Veterinary Science. This event is designed to introduce the HOSA member to a variety of veterinary careers, to include but not limited to Veterinary Assistant, Veterinary Technologist, and Veterinarian.
- Additional minor editorial changes have been made, and the resource for the gauze muzzle skill changed to *Dog First Aid*.
- The Identify Equipment and Instruments skill will be changed to require both the name of the instrument and purpose or use.

#### LIFE SUPPORT SKILLS (FORMERLY FIRST AID/RESCUE BREATHING) -

- The name of this event has been changed to Life Support Skills. The skills have been aligned with the changes in the AHA BLS standards and the addition of AHA *First Aid CPR AED* text as a resource.
- This event is still an individual skill event for HOSA members classified under the provisions of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17.

CPR/FIRST AID - The skills have been aligned with the changes in the AHA BLS standards and the addition of AHA *First Aid CPR AED* text as a resource.

#### PUBLIC HEALTH EMERGENCY PREPAREDNESS - 2011-12 Topic

- Prepare for the Zombie Apocalypse  
*What do you need to do before zombies...or hurricanes or pandemics for example, actually happen? Perhaps surprisingly, the same steps you'd take in preparation for an onslaught of ravenous monsters are similar to those suggested in advance of a hurricane or pandemic. For this year's topic, HOSA members should consult the CDC website to determine what is meant by a Zombie Apocalypse, and then prepare a presentation to educate your audience on how to prepare for the Zombie Apocalypse.*

#### RESEARCHED PERSUASIVE SPEAKING - 2011-12 Topics

- Hospitals: Bigger is Better
- Fat Tax: Fighting obesity by raising the price of fatty and unhealthy foods.

EXTEMPORANEOUS HEALTH POSTER AND EXTEMPORANEOUS WRITING - A formal screening process using rubrics has been added to the event guidelines. (This is not a change to the process of having the judges narrow the field to the top 15 – 20 posters/essays, but rather, provides more consistency in selecting the top posters/essays that are judged using the event rating sheet.)

JOB SEEKING SKILLS AND INTERVIEWING SKILLS – The interview time will be 6 minutes.

## BIOMEDICAL DEBATE –2011-12 Topic

- Social Media – Is it Good or Bad for Your Health?

*Teams who draw the affirmative will debate the benefits of social media on health. Teams who draw the negative will debate that social media is harmful to your health. In doing some preliminary research, it looks like there are many sites and experts who believe that social media contributes to depression, low self-esteem, cyberbullying, etc. Other sites take the opposite stand, saying that social media de-stigmatizes mental illness, and provides an avenue for support groups for various health concerns through twitter, etc.*

## BIOMEDICAL DEBATE –

- Round One will be a multiple choice, written test, beginning in 2011-12. Questions will come from various Internet resources on the topic. The more knowledge that members have of the debate topic, the more successful they will be on the test. Test scores will be averaged, and the top teams will qualify to be randomly paired during the debate round.
- \*\*\*Stopwatch or wristwatch (optional) has been added to the equipment list. Team members are encouraged to keep track of their own time during the debate.

## PUBLIC SERVICE ANNOUNCEMENT - 2011-12 Topic.

- Clean out Your Medicine Cabinet

*The actual title can be changed by the team, as long as the PSA encourages the public to properly identify and expose of unused and expired medications.*

HOSA BOWL – *Medical Terminology* by Ann Erlich was added as an additional resource for medical terminology questions.

MEDICAL READING – The primary books for 2011-12 include:

- Breakthrough
- The Blue Death
- The Checklist Manifesto
- Every Patient Tells a Story

The Round One, multiple choice test will consist of 40 questions – 10 from each primary book.

Two alternate books have been selected. Teams will be asked which of the alternate books they wish to be questioned on during Round Two. Round Two will consist of 4 questions from the four primary books, and four questions from the alternate book of the team's choosing. The alternate books are:

- Diagnoses from the Dead
- Body of Work

Why? The Medical Reading book list was published on May 1, 2010. At that time, all 5 recommended books were in print. Since then, *Diagnoses from the Dead* has gone out of print. It is available as an eBook at BarnesandNoble.com for \$5.99. Out of respect to those schools who already purchased this book, we are leaving it on the list as an alternate book, and adding *Body of Work* as a second alternate. *Body of Work* was a Medical Reading book in 2008-09. Teams have a choice of reading either *Diagnoses from the Dead* OR *Body of Work*, and will tell the judges which book they wish to be questioned from at the start of Round Two.

HEALTH EDUCATION - Teams may use prepared media (video, software and/or print) in their lesson plan and will be judged on "Creativity and originality" on the event rating sheet.

HOSA WEEK –The preferred dates for HOSA Week will be the first full week (Sunday through Saturday) of November. If desired, chapters may designate an alternate week as “HOSA Week” for their chapter to fulfill the requirements of this event.

#### GENERAL RULES AND REGULATIONS

- 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.
- The specific number of teams that advance from Round One to Round Two will be removed from the guidelines. The top performing teams will still advance from Round One to Round Two, based on their Round One performance and Round Two event logistics.
- Study materials are permitted in event holding rooms, on buses, and in similar locations.
- There will be a 5 point penalty for failure to bring a copy of the event guidelines to the event orientation.

*These changes are the highlights for “What’s New” for 2011-12. Be sure to check with your state advisor to determine what events will be offered in your state, and go to [www.hosa.org](http://www.hosa.org) for the most current version for all HOSA event guidelines.*

Community Awareness - The presentation by competitors has been changed from an oral presentation with media support to an interview with the judges. Please see the revised event guidelines for details.