

## 2019-20 HOSA Competitive Event Topics and Procedure List

---

The following information will help guide student competitors as they prepare for the 2020 SD HOSA State Leadership Conference (SLC). HOSA competitors should be fully aware of this information in regard to the procedures and event topics the conference is offering. Competitors are responsible for understanding and following the event guidelines. For events regarding procedures (ie: health professions and emergency preparedness events), competitors may be asked to complete up to 2 different procedures in that event.

**\*Note: All rules and guidelines are national guidelines; however, SD may alter the guidelines that make sense for our state. For example, there may not be a Round 1 rating for a particular event due to lack of numbers and all competitors qualify for Round 2 (ie: Public Health Event)**

### **HIGH SCHOOL/SECONDARY STUDENTS:**

#### **Health Professions Category:**

1. Biomedical Lab Science
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill II: Infection control and transmission-based precautions
    - ii. Skill III: Inoculate and streak an agar plate
    - iii. Skill V: ABO grouping
    - iv. Skill VI: Gram Stain
2. Clinical Nursing
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill II: Administer medication- Intramuscular
    - ii. Skill V: Urethral catheterization - straight
    - iii. Skill VI: Performing a sterile wound irrigation
    - iv. Skill VIII: Assisting the patient for postoperative exercises
3. Clinical Specialty
  - a. See event guidelines (<http://www.hosa.org/node/117>)
4. Dental Science
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill I: Preparing the dental treatment room and anesthetic syringe
    - ii. Skill III: Dismissing the dental patient
    - iii. Skill IV: Patient education- brushing and flossing
    - iv. Skill VII: Treating contaminated tray in the sterilization center
5. Home Health Aide
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill II: Taking an apical pulse
    - ii. Skill III: Emptying a drainage unit
    - iii. Skill VI: Caring for dentures
    - iv. Skill VIII: Applying elasticized stockings
6. Medical Assisting
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill II: Receive a new patient and create an electronic chart
    - ii. Skill III: Obtain a record and patient health history
    - iii. Skill IV: Measure height and weight
    - iv. Skill VII: Test urine with reagent strips

## 2019-20 HOSA Competitive Event Topics and Procedure List

---

### 7. Nursing Assisting

- a. Competitors will complete **two of the following four** procedures:
  - i. Skill I: Hand-washing
  - ii. Skill II: Make a closed bed
  - iii. Skill VI: Measure and record vital signs
  - iv. Skill VIII: Discharging a patient

### 8. \*\*Personal Care

- a. Competitors will complete **two of the following four** procedures:
  - i. Skill I: Hand-washing
  - ii. Skill II: Make a closed bed
  - iii. Skill VI: Measure and record TPR
  - iv. Skill VII: Discharging a patient

### 9. Pharmacy Science

- a. Competitors will complete **two of the following four** procedures:
  - i. Skill I: Patient Screening for Pharmacist Consultation and Services for injectable influenza vaccine
  - ii. Skill IV: Reconstituting a Powder Vial
  - iii. Skill VI: Filling a prescription
  - iv. Skill VII: Aseptic garbing, hand washing and gloving

### 10. Physical Therapy

- a. Competitors will complete **two of the following four** procedures:
  - i. Skill I: Ambulating with a transfer (gait) belt
  - ii. Skill IV: Range of motion
  - iii. Skill V: Ambulating with crutches
  - iv. Skill VII: Transfer from supine to sitting position

### 11. Sports Medicine

- a. Competitors will complete **two of the following four** procedures:
  - i. Skill I: Anatomical landmark identification
  - ii. Skill II: Joint action and maximum ROM
  - iii. Skill IIIC: Shoulder spica
  - iv. Skill IIID: Taping of wrist/thumb

### 12. Veterinary Science

- a. Competitors will complete **two of the following four** procedures:
  - i. Skill II: Lifting and restraining a dog
  - ii. Skill V: ID of companion animal breeds/species
  - iii. Skill VI: Apply/Remove gauze restraint muzzle
  - iv. Skill VII: Restraining a Cat for Jugular Venipuncture

### ***Emergency Preparedness Category:***

#### 1. CPR/First Aid

- a. Teams will complete **two of the following four** procedures: The team will have to perform one in each category.
  - i. First Aid Skill I: Severe bleeding and shock (Rescuer 1 initiates)
  - ii. First Aid Skill IV: Severe burns (Rescuer 1 initiates)
  - iii. BLS Skill VII: Adult BLS/CPR (Rescuer 2 initiates/Rescuer 1 assists)

## 2019-20 HOSA Competitive Event Topics and Procedure List

---

- iv. BLS Skill XI: Infant BLS/CPR (Rescuer 2 initiates/Rescuer 1 assists)
- 2. EMT
  - a. Teams will complete **three of the following five** procedures
    - i. Skill I: Patient Assessment-Trauma
    - ii. Skill II: Patient Assessment-Medical
    - iii. Skill IV-B: Spinal Immobilization-Supine patient
    - iv. Skill IV-D: Long bone injury
    - v. Skill VI: Cardiac arrest management/AED
- 3. Epidemiology
  - a. See event guidelines (<http://www.hosa.org/node/117>)
- 4. Public Health
  - a. See event guidelines (<http://www.hosa.org/node/117>)
  - b. Teams will present on the following:
    - i. **2019-2020 Topic: Know the Signs-Stop Opioids Before They Stop You!**

### **Leadership Category:**

- 1. Extemporaneous Health Poster
  - a. Topic will be announced at the event (<http://www.hosa.org/node/117>)
- 2. Extemporaneous Writing
  - a. Topic will be presented after students have entered the event room
  - b. See event guidelines (<http://www.hosa.org/node/117>)
- 3. Healthy Lifestyle
  - a. See event guidelines (<http://www.hosa.org/node/117>)
- 4. Job Seeking Skills
  - a. See event guidelines (<http://www.hosa.org/node/117>)
- 5. Health Career Photography
  - a. See event guidelines (<http://www.hosa.org/node/117>)
- 6. Prepared Speaking
  - a. Speech on HOSA's National Theme- **"Towards Tomorrow"**
- 7. Researched Persuasive Writing and Speaking
  - a. Students write a paper and speak about the following **2019-2020 topic:**
    - i. **Big Pharmaceuticals- Creating More Cures or Clients?**
- 8. Voting Delegate Event
  - a. See event guidelines (<http://www.hosa.org/node/117>)

### **Teamwork Category:**

- 1. Biomedical Debate
  - a. Teams will debate the following topic
    - i. **2019-2020 Topic: Mandatory Vaccinations Will Eradicate Global Disease**
      - 1. Research resources can be found here: (<http://www.hosa.org/node/117>)
- 2. Community Awareness
  - a. See event guidelines (<http://www.hosa.org/node/117>)

## 2019-20 HOSA Competitive Event Topics and Procedure List

---

3. Creative Problem Solving
  - a. Topic will be announced at the event
  - b. See event guidelines (<http://www.hosa.org/node/117>)
4. Forensic Medicine
  - a. Case study and observation to be done at the event
  - b. See event guidelines (<http://www.hosa.org/node/117>)
5. Health Care Team Event
  - a. See event logistics (<http://sdhosa.org/IPE-and-the-health-care-team-event> )
6. Health Career Display
  - a. See event guidelines (<http://www.hosa.org/node/117>)
7. Health Education
  - a. See event guidelines (<http://www.hosa.org/node/117>)
8. HOSA Bowl
  - a. See event guidelines (<http://www.hosa.org/node/117>)
9. Medical Innovation
  - a. See event guidelines (<http://www.hosa.org/node/117>)
10. Public Service Announcement (PSA)
  - a. Teams will produce a 30 second PSA on the following topic:
    - i. **2019-2020 Topic: Stop the Bleed**

### **Health Science Category:**

1. Dental Terminology
  - a. See event guidelines (<http://www.hosa.org/node/117>)
2. Medical Math
  - a. See event guidelines (<http://www.hosa.org/node/117>)
3. Medical Reading
  - a. See event guidelines (<http://www.hosa.org/node/117>)
4. Medical Spelling
  - a. See event guidelines (<http://www.hosa.org/node/117>)
5. Medical Terminology
  - a. See event guidelines (<http://www.hosa.org/node/117>)
6. Knowledge Tests (*Medical Law and Ethics, Human Growth and Development, Pathophysiology, Pharmacology, Nutrition, Cultural Diversities/Disparities, Behavioral Health*)
  - a. See event guidelines (<http://www.hosa.org/node/117>)

### **Recognition Events:**

1. Barbara James Service Award
  - a. See event guidelines (<http://www.hosa.org/node/117>)
2. Health Care Issues Exam
  - a. See event guidelines (<http://www.hosa.org/node/117>)
3. HOSA Happenings
  - a. See event guidelines (<http://www.hosa.org/node/117>)
4. National Service Project
  - a. See event guidelines (<http://www.hosa.org/node/117>)

## 2019-20 HOSA Competitive Event Topics and Procedure List

---

### **MIDDLE SCHOOL EVENTS for STUDENTS:**

1. Extemporaneous Health Poster
  - a. Topic will be announced at the event (<http://www.hosa.org/node/117>)
2. Knowledge Tests (*Nutrition, Health Career Exploration*)
  - a. See event guidelines (<http://www.hosa.org/node/117>)
3. Foundations in Medical Terminology
  - a. See event guidelines (<http://www.hosa.org/node/117>)
4. Health Career Display
  - a. See event guidelines (<http://www.hosa.org/node/117>)
5. Dynamic Decisions
  - a. See event guidelines (<http://www.hosa.org/node/117>)
6. Health Education
  - a. See event guidelines (<http://www.hosa.org/node/117>)
7. Healthy Lifestyle
  - a. See event guidelines (<http://www.hosa.org/node/117>)
8. Public Health
  - a. See event guidelines (<http://www.hosa.org/node/117>)
  - b. Teams will present on the following:
    - i. **2019-2020 Topic: Know the Signs-Stop Opioids Before They Stop You!**
9. HOSA Happenings
  - a. See event guidelines (<http://www.hosa.org/node/117>)
10. National Service Project
  - a. See event guidelines (<http://www.hosa.org/node/117>)
11. Barbara James Service Award
  - a. See event guidelines (<http://www.hosa.org/node/117>)