

The following information will help guide student competitors as they prepare for the 2023 SD HOSA State Leadership Conference (SLC). HOSA competitors should be fully aware of this information in regard to the skills 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.

Students may compete in up to THREE events...however, two of the events must be online only.

**\*Note: All rules and guidelines are national guidelines; however, SD HOSA 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. Biotechnology
  - a. Competitors will complete **two of the following four** procedures:
    - Skill I: Using micropipettes and transfer pipettes
    - Skill TBD: Pouring 1% agarose gel
    - Skill III: DNA Gel Electrophoresis
    - Skill VI: Calculation of transformation efficiency
2. Clinical Lab Science
  - a. Competitors will complete **two of the following four** procedures:
    - Skill II: Infection control and transmission-based precautions
    - Skill IV: ABO Grouping
    - Skill VI: Physical Examination of Urine
    - Skill VII: Inoculate and Streak Agar Plate
3. Clinical Nursing
  - a. Competitors will complete **two of the following four** procedures:
    - Skill II: Administer medication- Intramuscular
    - Skill IV: Inserting a nasogastric tube
    - Skill VI: Performing a sterile wound irrigation
    - Skill VIII: Assisting the patient for postoperative exercises
4. Clinical Specialty
  - a. See event guidelines <https://hosa.org/guidelines/>
5. Dental Science
  - a. Competitors will complete **two of the following four** procedures:
    - Skill I: Assembly and disassembly of local anesthetic syringe
    - Skill IV: Treatment room disinfecting and cleaning
    - Skill V: Patient education- brushing and flossing
    - Skill VI: Preparation, manipulation, deliver, and handling of alginate impressions
6. Family Medicine Physician
  - a. See event guidelines <https://hosa.org/guidelines/>

7. Home Health Aide

- a. Competitors will complete **two of the following four** procedures:
- Skill I: Taking an adult tympanic temperature
  - Skill II: Taking an apical pulse
  - Skill III: Emptying a drainage unit
  - Skill VIII: Applying elasticized stockings

8. Medical Assisting

- a. Competitors will complete **two of the following four** procedures:
- Skill I: Perform a telephone screening (billing question)
  - Skill III: Obtain a record and patient health history
  - Skill IV: Measure height and weight
  - Skill VII: Test urine with reagent strips

9. Nursing Assisting

- a. Competitors will complete **two of the following four** procedures:
- Skill I: Hand-washing
  - Skill III: Make a closed bed
  - Skill VI: Transfer patient with specified disability from bed to a chair/wheelchair
  - Skill VII: Measure and record vital signs

10. \*Personal Care (IEP)

- a. Competitors will complete **two of the following four** procedures:
- Skill I: Hand-washing
  - Skill II: Donning and doffing full set of PPE
  - Skill III: Make a closed bed
  - Skill VII: Measure and record TPR

11. Pharmacy Science

- a. Competitors will complete **two of the following four** procedures:
- Skill I: Identifying equipment
  - Skill II: Verifying controlled substance prescription content and DEA number
  - Skill IV: Compounding an oral suspension
  - Skill VI: Filling a prescription

12. Physical Therapy

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

13. Sports Medicine

- a. Competitors will complete **two of the following four** procedures:
- Skill I: Anatomical landmark identification
  - Skill IIIA: Taping of ankle
  - Skill IIIC: Shoulder spica

- Skill III D: Taping of wrist/hand

#### 14. Veterinary Science

- Competitors will complete **two of the following four** procedures:
  - Skill II: Lifting and restraining a dog
  - Skill V: ID of companion animal breeds/species
  - Skill VI: Wrapping a Surgical Pack
  - Skill VII: Preparing a feline to obtain a temperature

### **Emergency Preparedness Category:**

#### 1. CPR/First Aid

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

#### 2. EMT

- Teams will complete **three of the following five** procedures
  - Skill I: Patient Assessment-Trauma
  - Skill II: Patient Assessment-Medical
  - Skill III: BVM Ventilation: apneic Adult Patient
  - Skill V: Bleeding control/Shock management
  - Skill VI: Cardiac arrest management/AED

#### 3. Epidemiology

- See event guidelines <https://hosa.org/guidelines/>

#### 4. \*\*Life Support Skills \*(IEP)

- Skill I: Adult BLS/CPR
- Skill IV: Severe bleeding
- Skill VII: Heat related emergency

#### 5. Mental Health Promotion

- See event guidelines <https://hosa.org/guidelines/>

#### 6. Public Health

- See event guidelines <https://hosa.org/guidelines/>
- Teams will present on the following:
  - **2022-23 Topic: Heart Healthy for Life: What you need to know now!**

### **Leadership Category:**

#### 1. Extemporaneous Writing

- Topic will be presented after students have entered the event room
- See event guidelines <https://hosa.org/guidelines/>

2. Healthy Lifestyle
  - a. See event guidelines <https://hosa.org/guidelines/>
3. Job Seeking Skills
  - a. See event guidelines <https://hosa.org/guidelines/>
4. **\*\*Interviewing Skills \*(IEP)**
  - a. See event guidelines <https://hosa.org/guidelines/>
5. Health Career Photography
  - a. See event guidelines <https://hosa.org/guidelines/>
6. Organizational Leadership
  - a. See event guidelines <https://hosa.org/guidelines/>
7. Prepared Speaking
  - a. Speech on HOSA's National Theme- **Topic 2022-23- "Beyond All Limits"**
8. Researched Persuasive Writing and Speaking
  - a. Students write a paper and speak about the following
    - **2022-23 topic: *Virtual Learning-Positive or Negative for Future Health Professionals?***
9. Research Poster Presentation
  - a. See event guidelines <https://hosa.org/guidelines/>
10. **\*\*Speaking Skills\* (IEP)**
  - a. Speech on HOSA's National Theme- **Topic 2022-23- "Beyond All Limits"**

**Teamwork Category:**

1. Biomedical Debate
  - a. Teams will debate the following topic
    - **2022-23 Topic: *Medical Errors Should be Considered Criminal Offenses***
    - Research resources can be found here: <https://hosa.org/guidelines/>
2. Community Awareness
  - a. See event guidelines <https://hosa.org/guidelines/>
3. Creative Problem Solving
  - a. Topic will be announced at the event
  - b. See event guidelines <https://hosa.org/guidelines/>
4. Forensic Science
  - a. Case study and observation to be done at the event
  - b. See event guidelines <https://hosa.org/guidelines/>
5. Health Care Team Event (SD HOS Event ONLY)
  - a. See event logistics <https://sdhosa.org/health-care-team-event/>
6. Health Career Display
  - a. See event guidelines <https://hosa.org/guidelines/>
7. Health Education
  - a. See event guidelines <https://hosa.org/guidelines/>
8. HOSA Bowl
  - a. See event guidelines <https://hosa.org/guidelines/>
9. Medical Innovation
  - a. See event guidelines <https://hosa.org/guidelines/>

10. Public Service Announcement (PSA)
  - a. Teams will produce a 30 second PSA on the following topic:
    - i. **2022-23 Topic: How to Talk to Friend and Family about Mental Health**
11. Anti-Vaping PSA Challenge
  - a. SD HOSA event only
  - b. See more info here: <https://sdhosa.org/teamwork/>

**Health Science Category:**

1. Behavioral Health
  - a. See event guidelines <https://hosa.org/guidelines/>
2. Cultural Diversities/Disparities
  - a. See event guidelines <https://hosa.org/guidelines/>
3. Dental Terminology
  - a. See event guidelines <https://hosa.org/guidelines/>
4. Health Informatics
  - a. See event guidelines <https://hosa.org/guidelines/>
5. Human Growth and Development
  - a. See event guidelines <https://hosa.org/guidelines/>
6. Medical Law and Ethics
  - a. See event guidelines <https://hosa.org/guidelines/>
7. Medical Math
  - a. See event guidelines <https://hosa.org/guidelines/>
8. Medical Reading
  - a. See event guidelines <https://hosa.org/guidelines/>
9. Medical Spelling
  - a. See event guidelines <https://hosa.org/guidelines/>
10. Medical Terminology
  - a. See event guidelines <https://hosa.org/guidelines/>
11. Nutrition
  - a. See event guidelines <https://hosa.org/guidelines/>
12. Pathophysiology
  - a. See event guidelines <https://hosa.org/guidelines/>
13. Pharmacology
  - a. See event guidelines <https://hosa.org/guidelines/>

**Recognition Events:**

1. America's Blood Centers and HOSA Blood Drive
  - a. See event guidelines <https://hosa.org/guidelines/>
2. Barbara James Service Award
  - a. See event guidelines <https://hosa.org/guidelines/>
3. Emotional Well-Being Challenge
  - a. See event guidelines <https://hosa.org/guidelines/>

4. Health Care Issues Exam
  - a. See event guidelines <https://hosa.org/guidelines/>
5. HOSA Happenings
  - a. See event guidelines <https://hosa.org/guidelines/>
6. National Service Project
  - a. See event guidelines <https://hosa.org/guidelines/>
7. Outstanding HOSA Achievement
  - a. See event guidelines <https://hosa.org/guidelines/>
8. Outstanding State Leader (State Officers Only)
  - a. See event guidelines <https://hosa.org/guidelines/>

**MIDDLE SCHOOL EVENTS for STUDENTS:**

1. Barbara James Service Award
  - a. See event guidelines <https://hosa.org/guidelines/>
2. Dynamic Decisions
  - a. See event guidelines <https://hosa.org/guidelines/>
3. Exploring Medical Innovation
  - a. See event guidelines <https://hosa.org/guidelines/>
4. Extemporaneous Health Poster
  - a. Topic will be announced at the event <https://hosa.org/guidelines/>
5. Foundations of Medical Reading
  - b. See event guidelines <https://hosa.org/guidelines/>
6. Foundations in Medical Terminology
  - a. See event guidelines <https://hosa.org/guidelines/>
7. Foundations of Nutrition
  - b. See event guidelines <https://hosa.org/guidelines/>
8. Health Career Display
  - c. See event guidelines <https://hosa.org/guidelines/>
9. Health Career Exploration
  - d. See event guidelines <https://hosa.org/guidelines/>
10. Health Education
  - e. See event guidelines <https://hosa.org/guidelines/>
11. Healthy Lifestyle
  - f. See event guidelines <https://hosa.org/guidelines/>
12. HOSA Happenings
  - g. See event guidelines <https://hosa.org/guidelines/>
13. HOSA National Service Project
  - h. See event guidelines <https://hosa.org/guidelines/>
14. Math for Medical Careers
  - i. See event guidelines <https://hosa.org/guidelines/>
15. Public Health
  - j. See event guidelines <https://hosa.org/guidelines/>
  - k. Teams will present on the following:
    - i. **2022-23 Topic: Medical Errors Should be Considered Criminal Offenses**