

The following information will help guide student competitors as they prepare for the 2024 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 Micropipets and Transfer Pipets
 - Skill II: Set up Restriction Digestion Reaction
 - Skill III: DNA Gel Electrophoresis
 - Skill VII: 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 V-B: Staining a Blood Film or Smear
 - Skill VII: Inoculate and Streak Agar Plate
3. Clinical Nursing
 - a. Competitors will complete **two of the following four** procedures:
 - Skill I: Administer Medication Intramuscular
 - Skill IV: Inserting a Nasogastric Tube
 - Skill VI: Performing a Sterile Wound Irrigation
 - Skill VIII: Assisting the Patient with 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 II: Assembly and Disassembly of Local Anesthetic Syringe
 - Skill III: Seat, Prepare, and Dismiss Patient for Basic Dental Exam
 - Skill V: Patient Education – Brushing and Flossing
 - Skill VII: Processing of Contaminated Instruments
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 IV: Changing a Dry Dressing Using Non-Sterile Technique
- Skill VIII: Applying Elasticized Stockings

8. Medical Assisting

a. Competitors will complete **two of the following four** procedures:

- Skill I: Perform a Telephone Screening
- Skill VI: Screen for Visual Acuity
- Skill VII: Test Urine with Reagent Strip
- Skill VIII: Sterile Gloving

9. Nursing Assisting (CNA)

a. Competitors will complete **two of the following four** procedures:

- Skill I: Handwashing
- Skill II: Donning & Doffing a Full Set of PPE
- Skill VI: Transfer patient with specified disability from bed to chair/wheelchair
- Skill VII: Measure and record vital signs: TPR and blood pressure (aneroid)

10. *Personal Care (IEP)

a. Competitors will complete **two of the following four** procedures:

- Skill I: Handwashing
- Skill II: Donning & Doffing a Full Set of PPE
- Skill VI: Transfer patient with specified disability from bed to chair/wheelchair
- Skill VII: Measure and record vital signs: TPR and blood pressure (aneroid)

11. Pharmacy Science

a. Competitors will complete **two of the following four** procedures:

- Skill II: Verifying Controlled Substance Prescription Content and DEA Number
- Skill III: Withdrawing Liquid from a Vial
- Skill V: Patient Screening for Pharmacist Consultation and Services
- Skill VI: Filling A Prescription

12. Phlebotomy

a. Competitors will complete **two of the following four** procedures:

- Skill II: Tourniquet Application
- Skill III: Venipuncture Skill
- Skill V: Heel Puncture
- Skill VII: Accidental Arterial Stick

13. 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 VI: Cold Application with Ice Bag
- Skill VII: Transfer from Supine to Sitting Position

14. Respiratory Therapy

- a. Competitors will complete **two of the following four** procedures:

- Skill I: Basic Airway Management
- Skill III: Administering Oxygen via Nasal Cannula
- Skill IV: Pulse Oximetry
- Skill VI: Hand-held Nebulizer

15. Sports Medicine

- a. Competitors will complete **two of the following four** procedures:

- Skill I: Anatomical Landmark Identification
- Skill IIIA: Taping / Wrapping Ankle (Inversion)
- Skill IIIC: Wrapping – Shoulder Spica
- Skill IIID: Taping / Wrapping Wrist/Hand (Circular Wrist/Figure Eight)

16. Veterinary Science

- a. Competitors will complete **two of the following four** procedures:

- Skill II: Identification of Companion Animal Breeds/Species
- Skill III: Preparation of the Operative Site
- Skill VI: Wrapping a Surgical Pack
- Skill VII: Preparing a Feline to Obtain a Temperature

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.

- Skill I-First Aid: Severe bleeding and shock (Rescuer 1)
- Skill III-First Aid: Open fracture/splinting
- Skill IV-First Aid: Severe burns (Rescuer 1)
- Skill VI-BLS: Adult BLS/CPR
- Skill VII-BLS: Adult BLS/CPR (Rescuer 1 assists)
- Skill IX-BLS: Adult BLS with AED (Rescuer 1 assists)

2. EMT

- a. Teams will complete **three of the following five** procedures

- Skill I: Patient Assessment – Trauma
- Skill III: BVM Ventilation: Apneic Adult Patient
- Skill IV: Joint Immobilization OR Long Bone Immobilization
- Skill VI: Cardiac Arrest Management/AED
- Skill VII: Oxygen Administration by Non-Rebreather Mask

3. Epidemiology

- a. 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
 - a. See event guidelines <https://hosa.org/guidelines/>
6. Public Health
 - a. See event guidelines <https://hosa.org/guidelines/>
 - b. Teams will present on the following:
 - i. **2023-24 Topic: Technology Addiction-How To Protect Ourselves**

Leadership Category:

1. Extemporaneous Writing
 - a. Topic will be presented after students have entered the event room
 - b. See event guidelines <https://hosa.org/guidelines/>
2. Healthy Living
 - 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 2023-24: Dare to Create**
8. Researched Persuasive Writing and Speaking
 - a. Students write a paper and speak about the following
 - **2023-24 Topic: Youth Sports Specialization-Good or Bad for Athletes**
9. Research Poster Presentation
 - a. See event guidelines <https://hosa.org/guidelines/>
10. **Speaking Skills* (IEP)
 - a. Speech on HOSA's National Theme- **Topic 2023-24: Dare to Create**

Teamwork Category:

1. Biomedical Debate
 - a. Teams will debate the following topic
 - **2023-24 Topic: Should Artificial Intelligence (AI) Be Welcomed or Feared**
 - 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:
 - b. **2023-24 Topic: Fentanyl Will Kill You**
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

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

7. Foundations of Nutrition

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

8. Health Career Display

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

9. Health Career Exploration

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

10. Health Education

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

11. Healthy Lifestyle
 - a. See event guidelines <https://hosa.org/guidelines/>
12. HOSA Happenings
 - a. See event guidelines <https://hosa.org/guidelines/>
13. HOSA National Service Project
 - a. See event guidelines <https://hosa.org/guidelines/>
14. Math for Medical Careers
 - a. See event guidelines <https://hosa.org/guidelines/>
15. Public Health
 - a. See event guidelines <https://hosa.org/guidelines/>
 - b. Teams will present on the following:
 - i. 2023-24 Topic: Technology Addiction-How To Protect Ourselves*