

The following information will help guide student competitors as they prepare for the 2025 SD HOSA State Leadership Conference (SLC). HOSA competitors should be fully aware of this information regarding the skills and event topics the conference is offering. Competitors are responsible for understanding and following the event guidelines. For events regarding skills (ie: health professions and emergency preparedness events), competitors may be asked to complete up to 2 different skills in that event.

Students may compete in up to THREE events...however, ONE OF THE THESE 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: Using Micropipets and Transfer Pipets
    - Skill: Set up Restriction Digestion Reaction
    - Skill: DNA Gel Electrophoresis
    - Skill: Calculation of Transformation Efficiency
2. Clinical Lab Science
  - a. Competitors will complete **two of the following four** procedures:
    - Skill: Using a Microscope
    - Skill: ABO Grouping
    - Skill: Preparing a Blood Film or Smear
    - Skill: Inoculate and Streak Agar Plate
3. Clinical Nursing
  - a. Competitors will complete **two of the following four** procedures:
    - Skill: Administer Medication Intramuscular
    - Skill: Administer Medication Subcutaneous
    - Skill: Performing a Sterile Wound Irrigation
    - Skill: Donning and Doffing PPE
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: Assembly and Disassembly of Local Anesthetic Syringe
    - Skill: Patient Education- Brushing and Flossing
    - Skill: Preparation, Manipulation, Deliver and Handling of Alginate Impressions (upper only)
    - Skill: Treatment 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: Taking an Apical Pulse
- Skill: Giving a Back Rub
- Skill: Caring for dentures
- Skill: Applying Elasticized Stockings

8. Medical Assisting

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

- Skill: Perform a Telephone Screening
- Skill: Obtain and Record a Patient Health History
- Skill: Test Urine with Reagent Strip
- Skill: Sterile Gloving

9. Nursing Assisting (CNA)

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

- Skill: Handwashing
- Skill: Making a Closed Bed
- Skill: Admitting a Patient
- Skill: Transfer patient with specified disability from bed to chair/wheelchair

10. Occupational Therapy

a. Testing only event this year...skills to be added next year.

11. Patient Care Technician

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

- Skill: Discontinue a peripheral IV
- Skill: Applying sequential compression devices
- Skill: Measuring infant length and weight
- Skill: Identifying components of EKG strips

12. \*Personal Care (IEP)

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

- Skill: Handwashing
- Skill: Donning and Doffing a Full Set of PPE
- Skill: Making an Unoccupied Bed
- Skill: Admitting a Patient

13. Pharmacy Science

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

- Skill: Identifying Instruments (10 of them)
- Skill: Withdrawing Liquid from a Vial
- Skill: Compounding an Oral Suspension
- Skill: Filling A Prescription

#### 14. Phlebotomy

- a. Competitors will complete **two of the following four** procedures:
- Skill: Tourniquet Application
  - Skill: Routine ETS Venipuncture, Including Ordre of Draw
  - Skill: Steps to Take if Patient State to Faint During Venipuncture
  - Skill: Heel Puncture

#### 15. Physical Therapy

- a. Competitors will complete **two of the following four** procedures:
- Skill: Ambulating with Transfer (Gait) Belt
  - Skill: Ambulating with Crutches
  - Skill: Passive Range of Motion
  - Skill: Transfer from Supine to Sitting Position

#### 16. Respiratory Therapy

- a. Competitors will complete **two of the following four** procedures:
- Skill: Administering Oxygen via Nasal Cannula
  - Skill: Pulse Oximetry
  - Skill: Assessment of a Newborn
  - Skill: Hand-held Nebulizer

#### 17. Sports Medicine

- a. Competitors will complete **two of the following four** procedures:
- Skill: Anatomical Landmark Identification
  - Skill: Taping / Wrapping Ankle (Inversion)
  - Skill: Taping / Wrapping Achilles Tendon
  - Skill: Taping / Wrapping Wrist/Hand (Circular Wrist/Figure Eight)

#### 18. Veterinary Science

- a. Competitors will complete **two of the following four** procedures:
- Skill: Identification of Companion Animal Breeds/Species
  - Skill: Lifting and Restraining a Dog
  - Skill: Wrapping a Surgical Pack
  - Skill: Preparing a Feline to Obtain a Temperature

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

#### 1. CPR/First Aid

- a. Teams will complete **one First Aid and one BLS skill**: The team will have to perform one in each category.
- Skill-First Aid: Heat Related Emergency (Rescuer 2 initiates)
  - Skill-First Aid: Administer Epinephrine Pen (Rescuer 2 initiates)
  - Skill-First Aid: Severe burns (Rescuer 2 initiates)
  - Skill-BLS: Adult BLS with AED (Rescuer 1 initiates/Rescuer 2 assists)

2. EMT
  - a. Teams will complete **three of the following five** procedures
    - Skill: Patient Assessment – Trauma
    - Skill: BVM Ventilation: Apneic Adult Patient
    - Skill: Joint Immobilization OR Long Bone Immobilization
    - Skill: Bleeding Control/Shock Management
    - Skill: Administer Naloxone (Nasal Spray NARCAN)
3. Epidemiology
  - a. See event guidelines <https://hosa.org/guidelines/>
4. **\*\*Life Support Skills \*(IEP)**
  - Skill: Adult BLS/CPR
  - Skill: Administer Epinephrine Pen
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. **2024-25 Topic: Our Epidemic of Loneliness and Isolation: Social Disconnection - A Public Health Concern**

#### **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-
    - **2024-25 Topic: Powered by People**
8. Researched Persuasive Writing and Speaking
  - a. Students write a paper and speak about the following
    - **2024-25 Topic: Should GLP-1 agonists have open access for anyone who wishes to use it?**

9. Research Poster Presentation
  - a. See event guidelines <https://hosa.org/guidelines/>
10. **\*\*Speaking Skills\*** (IEP)
  - Speech on HOSA's National Theme- **2024-25 Topic: Powered by People**

**Teamwork Category:**

1. Biomedical Debate
  - a. Teams will debate the following topic
    - **2024-25 Topic: The government should regulate social media use for people under age 18.**
    - 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 HOSA 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. **2024-25 Topic: Brain Health - Now is the Time to Start**
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. American Red Cross Volunteer Service
  - b. See event guidelines <https://hosa.org/guidelines/>
3. 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 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. Life Threatening Situations
  - a. See event guidelines <https://hosa.org/guidelines/>
15. Math for Medical Careers
  - a. See event guidelines <https://hosa.org/guidelines/>
16. Public Health
  - a. See event guidelines <https://hosa.org/guidelines/>
  - b. Teams will present on the following:
    - i. **2024-25 Topic: Our Epidemic of Loneliness and Isolation: Social Disconnection - A Public Health Concern**