

## 2018-19 HOSA Competitive Event Topics and Procedure List

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The following information will help guide student competitors as they prepare for the 2019 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)**

### **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 IV: Using a microscope
    - iii. Skill VI: Gram Stain
    - iv. Skill VII: Preparing a lab solution
2. Clinical Nursing
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill I: Administer medication- Intramuscular
    - ii. Skill III: Measuring oxygen saturation
    - iii. Skill IV: Discontinuing peripheral IV access
    - iv. Skill VI: Applying a nasal cannula or oxygen mask
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 II: Seating the dental patient
    - iii. Skill V: Preparing an alginate impression
    - 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 I: Taking an adult tympanic temperature
    - ii. Skill III: Emptying a drainage unit
    - iii. Skill IV: Changing a dry dressing using non-sterile technique
    - iv. Skill VIII: Applying elasticized stockings
6. Medical Assisting
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill I: Perform a telephone screening
    - ii. Skill III: Obtain a record a patient health history
    - iii. Skill IV: Measure Height and Weight
    - iv. Skill VII: Test urine with reagent strips

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7. Nursing Assisting
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill I: Hand-washing
    - ii. Skill III: Make an occupied bed
    - iii. Skill VIII: Changing a patients gown
    - iv. Skill IX: Discharging a patient
8. Pharmacy Science
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill I: Patient Screening for Pharmacist Consultation and Services
    - ii. Skill III: Withdrawing Liquid from a Vial
    - iii. Skill IV: Reconstituting a Powder Vial
    - iv. Skill V: Compounding an Oral Suspension
9. 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 VI: Ice Pack Application
10. Sports Medicine
  - a. Competitors will complete **two of the following four** procedures:
    - i. Skill IIA: Assess ROM and Strength Testing of Ankle and Foot
    - ii. Skill IIB: Assess ROM and Strength Testing of Shoulder
    - iii. Skill IIIA: Taping of ankle
    - iv. Skill IIID: Taping of thumb
11. 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 III: Compound fracture and splinting (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)
    - iv. BLS Skill X: Infant BLS/CPR (Rescuer 2 initiates/Rescuer 1 assists)
2. EMT
  - a. Teams will complete **two of the following four** procedures
    - i. Skill II: Patient Assessment-Medical
    - ii. Skill IV-B: Spinal Immobilization-Supine patient
    - iii. Skill IV-C: Joint Immobilization
    - iv. Skill VI: Cardiac arrest management/AED

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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. **2018-19 Topic: Civilian Readiness-Action steps in response to a traumatic event.**

### **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- **"Create Your Future"**
7. Researched Persuasive Writing and Speaking
  - a. Students write a paper and speak about **one** of the following **two** 2018-19 topics:
    - i. **3D Printing-Based Technology Should be Used to Create Human Organs**
    - ii. **Police Officers Should Be Required to Carry Naloxone**

### **Teamwork Category:**

1. Biomedical Debate
  - a. Teams will debate the following topic
    - i. **2018-19 Topic: Pain Management: Opioids are the Best Solution!**
      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>)
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>)

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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 Existing
  - a. See event guidelines (<http://www.hosa.org/node/117>)
10. Medical Innovation Original
  - a. See event guidelines (<http://www.hosa.org/node/117>)
11. Parliamentary Procedure
  - a. See event guidelines (<http://www.hosa.org/node/117>)
12. Public Service Announcement (PSA)
  - a. Teams will produce a 30 second PSA on the following topic:
    - i. **2018-19 Topic: Be the FIRST...tobacco-free generation!**
13. Rare Disease Display Event
  - a. Teams participate in Sanford PROMISE shadow program and create a display on a rare disease
  - b. <http://sdhosa.org/articles/rare-disease-display-competition-at-2019-slc>
14. Biotechnology Video Event

### **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, Transcultural Health, Behavioral Health, \*\*Health Career Exploration(Middle School Only)*)
  - 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>)
5. HOSA Chapter Reflection
  - a. See event guidelines (<http://www.hosa.org/node/117>)