Refer to 2022-2023 Important Dates at Cal-HOSA

HOSA Virtual Regional Competitive Events (RCE) and State Leadership Conference (SLC) CE at a Glance 2022-23 Version

THE REGIONAL COMPETITIVE EVENTS PROGRAM
★ YOU MUST COMPETE AT THE RCE TO QUALIFY FOR SLC EVENTS
★ THE FIRST TIME TO TAKE THE WRITTEN TEST
★ THE FIRST TIME TO UPLOAD REQUIRED MATERIALS TO TALLO/GOOGLE

THE STATE LEADERSHIP CONFERENCE
★ YOU MUST QUALIFY FOR SLC
★ THE SECOND TIME TO TAKE THE WRITTEN TEST
★ THE SECOND TIME TO UPLOAD REQUIRED MATERIALS (IMPROVED) TO TALLO/GOOGLE
★ ALL ITEMS UPLOADED ON TALLO/GOOGLE WILL BE PRE-JUDGED VIRTUALLY BEFORE SLC
★ ROUND TWO AND ALL APPOINTMENTS WILL BE POSTED ON SECURE WEBSITE

NOTE: For RCE and SLC please refer to special instructions at Cal-HOSA.
★ MIDDLE SCHOOL GUIDELINES
★ SECONDARY/POST SECONDARY/COLLEGIATE GUIDELINES
For all new guideline changes/updates/2022-2023 topics, please refer to HOSA (HOSA GUIDELINES CAN BE ACCESSED ON THE BACKSIDE OF SPECIAL INSTRUCTIONS)

TESTING: REFER TO CAL-HOSA SPECIAL INSTRUCTIONS ON THE WEBSITE FOR DATES/TIMES
Both RCE and SLC tests will be taken at local chapter school sites with proctors.

TALLO: (an online platform for Secondary and Postsecondary/Collegiate members to upload required materials).
Many events require materials to be uploaded to TALLO. Be sure to check the CAL-HOSA website for RCE and SLC upload dates. Remember they are different from ILC dates! If the required items are not uploaded to TALLO for RCE, judges will not be able to judge anything, and you will not qualify for SLC! Only ONE team member must upload to TALLO.

Google Forms: (an online platform for Middle School members to upload required materials).
Required event materials must be uploaded to Google Forms. Be sure to check the CAL-HOSA website for RCE and SLC upload dates. Remember they are different from ILC dates! If the required items are not uploaded to Google for RCE, judges will not be able to judge anything, and you will not qualify for SLC! Only ONE team member must upload to Google.
The following events are offered for CAL-HOSA members and include Secondary and Postsecondary/Collegiate Students. When a ** is shown, the event also includes Middle School Students. When *** is shown the events are for Middle School Students only.

**SECONDARY AND POSTSECONDARY/COLLEGIATE EVENTS**

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<th>REFER TO CAL-HOSA SPECIAL INSTRUCTIONS ON THE WEBSITE FOR TESTING DATES/TIMES</th>
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<tr>
<td><strong>Health Science Events</strong></td>
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<td>The following testing events are offered at RCE and SLC. Please check the guidelines for 2022-2023 Medical Reading list, resources that have been added, updated, and or retired. Students take online tests related to health education subjects. Behavioral Health, Cultural Diversity and Disparities in Healthcare, Dental Terminology, Foundations of Medical Reading**, Foundations of Medical Terminology**, Foundations of Nutrition**, Health Career Exploration**, Health Informatics, Human Growth &amp; Development, Math for Health Careers**, Medical Law and Ethics, Medical Math, Medical Reading (based on the current book list), Medical Spelling (includes a round 2 spelling bee), Medical Terminology, Nutrition, Pathophysiology, and Pharmacology.</td>
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| The following are offered at RCE and SLC. Please check the guidelines for resources that have been added, updated, and or retired. Check the rubrics and skills sheets for any changes. Please note that Biomedical Laboratory Science has been changed. We are offering Clinical Laboratory Science. For these events students take an online test based on subject topic to qualify for round 2 (skills testing). **NEW Clinical Laboratory Science**—Skills performance testing such as instrument identification, infection control and transmission-based precautions, inoculate and streak an agar plate, using a microscope, ABO grouping, or physical examination of urine. **Clinical Nursing**—Skills performance testing such as medication administration (intramuscular, subcutaneous, or intradermal), inserting an NG tube, urethral straight catheterization, performing a sterile wound irrigation, performing post-mortem care of the body, or assisting the patient with post-operative exercises. **Dental Science**—Skills performance testing such as dental instrument identification, assembly and disassembly of a local anesthetic syringe, seat, prepare, and dismiss a patient for a basic dental exam, cleaning and disinfecting a treatment room, patient education (brushing and flossing), preparation, manipulation, delivery, & handling of Alginate impressions or, treatment of a contaminated tray in the sterilization center. **Medical Assisting**—Skills performance testing such as perform a telephone screening, receive a new patient and create an electronic chart, record a patient health history, measure height and weight, prepare/assist with a routine physical exam, screen for visual acuity, test urine with reagent strip, or sterile gloving. **Nursing Assisting**—Skills performance testing such as handwashing, donning & doffing a full set of PPE, make a closed bed, make an occupied bed, admitting a patient, transfer patient with specified disability from a bed to a chair/wheelchair, measure and record vital signs, or caring for an ostomy. **Pharmacy Science**—Skills performance testing such as patient screening for pharmacist consultation and services, verifying controlled substance prescription content and DEA number, withdrawing liquid from a vial, compounding an oral suspension, filling a prescription, aseptic garbing, hand washing and gloving, or identifying equipment. **Sports Medicine**—Skill performance testing such as anatomical landmark identification, joint action and maximum range of motion identification, or taping / wrapping (ankle/inversion, Achilles tendon, shoulder spica, or wrist/hand-circular wrist/figure eight). **Veterinary Science**—Skills performance testing such as preparation of the operative site, lifting and restraining a dog, identifying instruments/equipment, simple fecal flotation, identification of companion animal breeds/species, wrapping a surgical pack, or preparing a feline to obtain a temperature.
Emergency Preparedness Events

The following are offered at RCE and SLC. Please check the guidelines for 2022-2023 topics, resources that have been added, updated, and or retired. Check the rubrics and skills sheets for any changes. Mental Health Promotion is a new event. For these events students take an online test based on subject topic to qualify for round 2 (skills testing). There are no round tests for Mental Health Promotion, MRC Partnership or Public Health. Please check.

**CERT SKILLS**–Teams (2 competitors) skills performance testing such as treating life-threatening conditions, head-to-toe assessment, lifts and carries, or splinting a closed fracture.

**CPR/First Aid**–Teams (2 competitors) skills performance testing such as controlling severe bleeding and treating shock, compound fracture care and splinting, treating severe burns or heat-related emergencies, or one- and two-person Adult BLS/CPR with AED or infant BLS/CPR or choking.

**EMT**–Teams (2 competitors) skills performance testing such as patient assessment (trauma or medical), BVM ventilation: apneic adult patient, joint immobilization/long bone immobilization, bleeding control/shock management, cardiac arrest management/AED, or oxygen administration by non-rebreather mask.

**NEW Mental Health Promotion**–Teams (2-6 competitors) will create and publish a social media campaign for their peers centered on building and promoting protective factors around a selected mental health topic.

**MRC Partnership**–Teams (2-6 competitors) will prepare a portfolio highlighting partnership activities that improve public health, increase emergency response capabilities, and strengthen the resiliency of local communities.

**Public Health**–2022-2023 TOPIC: Heart Healthy for Life: What you Need to Know Now. Teams (2-6 competitors) competitors will research and deliver a presentation to their community on the above topic.

Leadership Events

The following are offered at RCE and SLC. Please check the guidelines for 2022-2023 Topics, resources that have been added, updated, and or retired. Check the rubrics for any changes.

**Extemporaneous Health Poster**–Competitors are given a secret topic based on HOSA or Health Science Education. They then create a poster.

**Extemporaneous Writing**–Competitors write an essay (SECRET TOPIC) based on a topic related to Health Science Education or HOSA.

**Health Career Photography**–Competitors analyze three different health careers with digital photography using technology in editing and present their digital pictures.

**Healthy Lifestyles**–Each competitor will focus on one personal healthy lifestyle goal and document his or her efforts in a personalized portfolio.

**Interviewing Skills/Job Seeking Skills**–Competitors create a digital profile on Tallo that showcases their accomplishments, education, career interests, classes, and memberships. It also includes a personal statement and resume. They also participate in a mock interview.

**Prepared Speaking/Speaking Skills**–2022-2023 Topic: Beyond All Limits. This competitive event requires competitors to develop a speech related to the selected topic. 1) pre-judging a video of the speech (RCE only), 2) prepared speech presentation in person at SLC.

**Research Persuasive Writing and Speaking**–Topic for 2022-2023: Virtual Learning: Positive or Negative for Future Health Professionals? Competitors develop a speech and written paper, either for or against, the annual health topic.

**Research Poster**–Competitors pose a research question surrounding a chosen topic, research the topic and develop a research poster showcasing their findings.

**Organizational Leadership** is an additional event and not counted as a blue event. All state officers and state officer candidates are required to take this test. It is highly recommended that chapter officers take this test.
The following are offered at RCE and SLC. Please check the guidelines for any changes.

Biomedical Debate—**The 2021-2022 Topic: Medical Errors Should be Considered Criminal Offenses.** Teams (2-4 competitors) will debate the pros or cons on the above topic.

Community Awareness—Teams (3-4 competitors) select a service project designed to raise community awareness of health-related issues of local, state and or national interest and develop a portfolio.

Creative Problem Solving—Teams (3-4 competitors) are given a potential problem (secret topic) related to HOSA, the health community, or a specific health issue. They will analyze the problem and at the end of the preparation time, teams will present their solution.

Dynamic Decisions—Teams (3-5 competitors) will utilize analytical decision-making processes based on a secret topic to solve a problem. They will then present their findings.

Exploring Medical Innovation—Teams (2-4 competitors) showcase a display and present their findings based on a medical innovation that has impacted the future of health or the delivery of health care.

Forensic Science—Teams (2 competitors) are given a case study to analyze that may include physical evidence and written information such as police reports and an autopsy. Teams will have six (6) minutes to view the “crime scene” and thirty (30) minutes to write their conclusions with supporting evidence. They will document their findings/conclusions to be judged.

Health Career Display—Teams (2 competitors) will research a healthcare career of their choice and display their information on a tri-fold board.

Health Education—Teams (2-4 competitors) select a health-related concept or instructional objective, then in a portfolio include how they prepared a lesson, provided instruction, and evaluated results.

HOSA Bowl—Teams (4 competitors) compete by giving appropriate responses to items presented by a moderator in a “buzzer style” round. Questions can be health related, parliamentary procedures, or HOSA trivia and may be in the form of questions, incomplete statements, definitions and/or may be multi-answer items.

Medical Innovation—Teams (2-4 competitors) develop a new medical innovation. An innovation that is their own idea and design and one that could lead to an advancement in medicine or the delivery of healthcare.

Public Service Announcement—**The 2022-2023 Topic: How to Talk to Friends and Family about Mental Health.** Teams (3-6 competitors) encourage health science students to analyze the public’s understanding of a healthcare issue (based on the topic), and to use technology to produce a public service announcement that informs the community about this important healthcare issue.

The following are offered at SLC ONLY! Please check the guidelines for any changes/additions. America’s Blood Centers and HOSA Blood Drive is a new event.

NEW America’s Blood Centers and HOSA Blood Drive, Barbara James Award, HOSA Happenings, Health Care Issues Exam (Secondary, Postsecondary/Collegiate students ONLY), and HOSA Service Project. The 2022-2023 Service Organization: Be the Match; BeTheMatch.org. Refer to guidelines section Chartered Association Submission Process Option B Only: Electronic Submission via TALLO.

Note: NEW Emotional Well Being-Challenge—This ILC recognition event has been developed in conjunction with SAMHSA (Substance Abuse and Mental Health Services Administration) to engage HOSA chapters and members in learning how essential good mental health - emotional, psychological, and social well-being is to overall health and to introduce them to the concepts of mental health promotion and substance misuse prevention. The event will be offered at SLC. For this event, the top three students will be recognized at SLC with medals. However, because it is an ILC event (only) all students attending ILC can compete.