


NOV

FUTURE HEALTH PROFESSIONALS

2022

International HOSA Week Recap

Merch Day!  **Merch Monday**

TAP IN: MERCH MONDAY

HOSA week!!

MERCH MONDAY

@hosafhp Take Care Tuesday

What do you want to share about mental health?

Quick, easy reflection you can do by yourself or with others: **Who, What, When, How, Why, How often**

Try some mindfulness exercises/meditation

Rose: Something good you've experienced recently

Phorn: Something you're looking forward in the coming week

Thorn: Something you're not looking quite forward to

Check-in on friends and family and share how you're all doing

Reward yourself with breaks/snacks/etc. after periods of work time.

What do you want to share about mental health?

TAKE CARE TUESDAY

MISMATCH (BE THE MATCH) WEDNESDAY

5 facts about leukemia:

- Leukemia is a cancer of the blood and bone marrow, which produces white blood cells.
- The four major types of leukemia are: Acute Myeloid Leukemia (AML), Acute Lymphoblastic Leukemia (ALL), Chronic Lymphocytic Leukemia (CLL), and Chronic Myeloid Leukemia (CML).
- Leukemia is the most common cancer in children, older than 20, and accounts for almost one out of three cancers.
- Adult leukemias are the rapidly progressing leukemias, and chronic leukemias usually progress more slowly.
- Leukemia can happen at any age, but is most common in people over 60.

BE THE MATCH

MYTH: DONATING BONE MARROW INVOLVES OPENING UP OR REMOVING BONES.
FACT: MOST BLOOD STEM CELL DONORS GIVE PERIPHERAL BLOOD STEM CELLS-A PROCESS SIMILAR TO DONATING PLASMA.

MYTH: DONATING TAKES A LONG TIME.
FACT: IT DOESN'T TAKE LONG TO SAVE SOMEONE'S LIFE.

MYTH: DONATING IS DANGEROUS.
FACT: THERE ARE FEW RISKS TO DONATING. BECAUSE ONLY 1 TO 5% OR LESS OF YOUR MARROW IS NEEDED TO SAVE THE PATIENT'S LIFE, YOUR IMMUNE SYSTEM STAYS STRONG.

MISMATCH (BE THE MATCH) WEDNESDAY

HOSA WEEK DAY 4:

HOSA Memories

TUDORBACK THURSDAY

THROWBACK THURSDAY

TAP IN: THROWBACK THURSDAY

NOVA 7-11

What caused his death? (or/and what else did he have when he died?)

Type something...

CLUE 1

51 YEAR OLD MALE WITH A FEVER AND A HEADACHE PRESENTS TO THE ER. THE MAN HAS BEEN INCARCERATED FOR THE PAST THREE YEARS.

See first story post for more details

FORENSIC FRIDAY

NOVA 7-11

THE ANSWER

THE PATIENT HAD FUNGAL MENINGITIS WHICH ENDED UP CAUSING HIS DEATH

HIS OSTOMY SITE WAS INFECTED WITH GONORRHEA AND HE HAD HIV (REVEALED IN CLUE 8)

FORENSIC FRIDAY

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IEC Engagement Award

- The new award will be presented at the 2023 International Leadership Conference to the winning chartered association
- Engagement will be measured according to the following five categories: *membership, service project, conferences, social media engagement, and IEC and partners programming participation*
- Submissions will be done via Tallo with a deadline of May 15, 2023, either by the state advisor or a state officer with state advisor permission
- There will be *one* Tallo submission per state/chartered association
- Posts shared during HOSA Week received one point per day
- More details will be released through social media, Slack, and emails to state advisors
- Make sure to *stay engaged* with everything throughout the year to win!



IEC Office Hour Blocks

- *Interested in speaking with an IEC member?*
- Schedule a meeting with them!
- The availability of IEC members will be released the last week of every month
- Appointments will be released soon



Contacting Be The Match

- *Need to contact HOSA's Service Project, Be The Match?*
- Go to bethematchhosa.org to find all their contact information as well as ways to get more involved with their mission
- Email HOSA@nmdp.org for the quickest response!