



Refer to 2023-2024 Important Dates Calendar at [Cal-HOSA](#)

[HOSA Virtual Regional Competitive Events \(RCE\) and State Leadership Conference \(SLC\) CE at a Glance](#)

[Secondary/Postsecondary/Collegiate
2023-24 Version](#)

THE REGIONAL COMPETITIVE EVENTS PROGRAM

- ★ YOU MUST COMPETE AT THE RCE TO QUALIFY FOR SLC COMPETITIVE EVENTS
- ★ THE FIRST TIME TO TAKE THE WRITTEN TEST
- ★ THE FIRST TIME TO UPLOAD REQUIRED MATERIALS TO THE NEW DIGITAL UPLOAD SYSTEM

THE STATE LEADERSHIP CONFERENCE

- ★ YOU MUST QUALIFY FOR SLC COMPETITIVE EVENTS (FROM RCE)
- ★ THE SECOND TIME TO TAKE THE WRITTEN TEST
- ★ THE SECOND TIME TO UPLOAD REQUIRED MATERIALS (IMPROVED) TO THE NEW DIGITAL UPLOAD SYSTEM
- ★ ALL ITEMS UPLOADED ON THE NEW DIGITAL UPLOAD SYSTEM WILL BE PRE-JUDGED VIRTUALLY BEFORE SLC
- ★ ROUND TWO AND ALL APPOINTMENTS WILL BE POSTED ON SECURE WEBSITE
- ★ TIME TO COMPETE IN RECOGNITION EVENTS AND ATC TESTING
- ★ TIME TO NETWORK AND ATTEND LEADERSHIP WORKSHOPS/ACTIVITIES

NOTE: FOR RCE AND SLC PLEASE REFER TO SPECIAL INSTRUCTIONS AT CAL-HOSA.ORG.

- ★ [SECONDARY/POST-SECONDARY/COLLEGIATE GUIDELINES](#)

FOR ALL NEW GUIDELINE CHANGES/UPDATES/2023-2024 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 AND/OR THE IMPORTANT DATES CALENDAR.

Both RCE and SLC tests will be taken at local chapter school sites with proctors.

NEW DIGITAL UPLOAD SYSTEM: (an online platform for Secondary, Postsecondary/Collegiate members to upload required materials).

Many events require materials to be uploaded to the [New Digital Upload System](#). **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 for RCE, judges will not be able to judge anything, and you will not qualify for SLC! Check to make sure the upload will open. Only ONE team member must upload to the New Digital Upload System.

The following events are offered for CAL-HOSA for Secondary, Postsecondary, and Collegiate Students. For descriptions and rubrics please see HOSA guidelines. Any special updates and or changes are noted in **RED**. Also please see HOSA's [Competitive Events Update](#).

SECONDARY, POSTSECONDARY/COLLEGIATE

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING DATES/TIMES](#)

Health Science Events

The following testing events are offered at RCE and SLC. Please check the guidelines for the 2023-2024 Medical Reading list and 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, Health Informatics, Human Growth and Development, 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.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING DATES/TIMES](#)

Health Professions Events

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. NOTE: we have added **Phlebotomy and Physical Therapy**. For the following events, students take an online test based on the subject topic first at RCE to qualify to take the test at SLC. They take a new test for SLC. For round 2 skills, advisors will be notified on a secure website that students have qualified (from the SLC test) and given an appointment time for in-person skills evaluation in Anaheim.

Biotechnology–(Sponsored by BIO-RAD) Skills performance assessment such as using micro-pipets, transfer pipets, and a balance, set up restriction digestion reaction, DNA gel electrophoresis, DNA gel interpretation, Bradford protein quantitation assay, bacterial transformation, calculation of transformation efficiency, or qualitative ELISA.

Clinical Laboratory Science–Skills performance assessment such as instrument identification, infection control and transmission-based precautions, inoculating and streaking an agar plate, using a microscope, ABO grouping, preparing, or staining a blood film or smear, or physical examination of urine.

Clinical Nursing– Skills performance assessment such as medication administration (intramuscular, subcutaneous, or intradermal), inserting an NG tube, urethral straight catheterization, performing sterile wound irrigation, performing post-mortem care of the body, or assisting the patient with post-operative exercises. **NEW skills: donning and doffing PPE and prophylaxis for the Eyes of the Neonate.**

Dental Science–Skills performance assessment such as dental instrument identification, assembly and disassembly of a local anesthetic syringe, seating, preparing, and dismissing a patient for a basic dental exam, cleaning and disinfecting a treatment room, patient education (brushing and flossing), preparation, manipulation, delivery, and handling of Alginate impressions, or treatment of a contaminated tray in the sterilization center. **New Skill:-donning and doffing PPE**

Medical Assisting–Skills performance assessment such as performing a telephone screening, receiving a new patient, creating an electronic chart, recording a patient health history, measuring height and weight, preparing/assisting with a routine physical exam, screening for visual acuity, test urine with reagent strip, or sterile gloving.

Nursing Assisting–Skills performance assessment such as handwashing, donning and doffing a full set of PPE, making a closed bed, making an occupied bed, admitting a patient, transferring a patient with a specified disability from a bed to a chair/wheelchair, measure and record vital signs, or caring for an ostomy.

Pharmacy Science–Skills performance assessment 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.

NEW: Phlebotomy—Skill performance assessment such as handwashing, tourniquet application routine ETS venipuncture, steps to follow if a patient starts to faint during venipuncture, accidental arterial stick, and 24-hour urine collection.

NEW: Physical Therapy—Skill performance assessment such as ambulating with a transfer (gait) belt, ambulating with a walker, ambulating with a cane, ambulating with crutches, passive range of motion, cold application with an ice bag, transfer from supine to sitting position, and donning and removing transmission-based isolation garments.

Sports Medicine—Skill performance assessment such as anatomical landmark identification, joint action, 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 assessment 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.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING/
DIGITAL UPLOAD DATES/TIMES
Emergency Preparedness Events](#)

The following are offered at RCE and SLC. Please check the guidelines for 2023-2024 topics, and resources that have been added, updated, and or retired. Check the rubrics and skills sheets for any changes. For these events, students take an online test based on the subject topic to qualify for round 2 (skills assessment). There are no online tests for Mental Health Promotion or Public Health, however, there are digital upload requirements.

NOTE: MRC Partnership has been removed from California CE.

CERT SKILLS—Teams (2 competitors) skills performance assessment 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 assessment such as controlling severe bleeding and treating shock, open fracture care and splinting, treating severe burns or heat-related emergencies, **NEW skills: administer Epinephrine Pen, administer naloxone (Nasal Spray NARCAN)** or one- and two-person Adult BLS/CPR with AED or infant BLS/CPR or choking.

EMT—Teams (2 competitors) skills performance assessment 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 skills: administer Epinephrine Pen, administer naloxone (Nasal Spray NARCAN)**

Epidemiology—Test only

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. The participants will present to judges at the conference.

Public Health—2023-2024 TOPIC: *Technology Addiction: How to Protect Ourselves.* Teams (2-6 competitors) competitors will research and deliver a presentation to their community on the above topic.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR DIGITAL UPLOAD
DATES/TIMES
Leadership Events](#)

The following are offered at RCE and SLC. Please check the guidelines for 2023-2024 Topics, and resources that have been added, updated, and or retired. Check the rubrics for any changes.

Extemporaneous Writing-Health Policy—Competitors will write a letter to an assigned health policy maker in support or opposition to a given secret topic.

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

Healthy Living (Formerly known as 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 prepare a personal statement and resume (pre-judged virtually), and then those who qualify, participate in a mock job interview.

Prepared Speaking/Speaking Skills—2023-2024 Topic: *Dare to Create.* This competitive event requires competitors to develop a speech related to the selected topic. RCE-pre-judging a video of the speech. Those who qualify for SLC will be given an appointment time for their prepared speech presentation that will be in person at SLC.

Organizational Leadership—SLC Only- If a student is interested in being a voting delegate at ILC they must take this test. State Officers are strongly encouraged to take this test.

Research Persuasive Writing and Speaking–Topic for 2023-2024: **Youth Sports Specialization: Good or Bad for Athletes?** Competitors develop a speech and written paper, either for or against, the annual health topic. The participants will present to judges at the conference.

Research Poster–Competitors pose a research question surrounding a chosen topic, research the topic, and develop a research poster displaying their findings. The participants will present to judges at the conference.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR TESTING AND DIGITAL UPLOAD DATES/TIMES](#)
Teamwork Events

The following are offered at RCE and SLC. Please check the guidelines for 2023-2024 topics, and resources that have been added, updated, and or retired. Check the rubrics for any changes.

Biomedical Debate–*The 2023-2024 Topic: “Should Artificial Intelligence in Healthcare be Welcomed or Feared?”* Teams (3-4 competitors) will debate the pros or cons of the above topic.

Community Awareness–Teams (2-6 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. The team presents the community campaign to a panel of judges, using the portfolio as documentation of their accomplishments. The participants will present to judges at the conference.

Creative Problem Solving–Teams (2-6 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 to judges.

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. The participants will present to the judges. **This year there will be a showcase and teams must be present or points can be deducted.**

Health Education–Teams (2-6 competitors) select a health-related concept or instructional objective, then in a portfolio include how they prepared a lesson, provided instruction, and evaluated results. The participants will present to the judges.

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 multi-answer items.

Medical Innovation–Teams (2-4 competitors) develop a new medical innovation. An innovation that is their idea and design and one that could lead to an advancement in medicine or the delivery of healthcare. The participants will present to the judges. **This year there will be a showcase and teams must be present or points can be deducted.**

Public Service Announcement–*The 2023-2024 Topic: “Fentanyl Will Kill You”.* Teams (2-6 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 participants will present to the judges.

[REFER TO CAL-HOSA SPECIAL INSTRUCTIONS on the WEBSITE FOR DATES/TIMES](#)
Recognition Events

The following are offered at **SLC ONLY!** Please check the guidelines for any changes/additions.

**America’s Blood Centers and HOSA Blood Drive, [NEW America’s Red Cross Volunteer Service](#)
HOSA Happenings, Barbara James Award, Health Care Issues Exam, HOSA Service Project-BE THE MATCH**

Emotional Well-Being Challenge (For this event, the top three students will be recognized at SLC with medals. However, per the HOSA guidelines, it is an ILC recognition event only and therefore all students attending ILC can compete in this event regardless of whether they competed or placed in this event at SLC).

NOTE:

Don’t forget ATC testing is offered at the SLC conference. It is open to any SS/PS student attending. Please remember to register for these tests when registering for SLC. The cost of each test is \$5.00. If you register after SLC registration closes, the cost is \$10.00.