



HOSA Competitive Events at a Glance 2024-2025 Judges

A SUMMARY OF CAL-HOSA'S COMPETITIVE EVENT PROGRAM.

Note: 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. The following summaries are to be used to assist you in deciding which event you would like to judge. Which event is suited to your qualifications? PLEASE CHECK IT OUT!

COMPETITIVE EVENTS

HEALTH SCIENCE

Medical Spelling—Competitors orally spell words related to healthcare. It is a spelling bee.

Health Professions Events

Each event has a rubric that is followed, and points are awarded. To view these rubrics, please go to [hosa.org/guidelines](https://www.hosa.org/guidelines) and click the event in which you are interested in judging.

Biotechnology—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, assisting the patient with post-operative exercises, prophylaxis for the eyes of the neonate, or donning and doffing PPE.

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, treatment of a contaminated tray in the sterilization center, or donning and doffing PPE.

Medical Assisting—Skills performance assessment such as performing a telephone screening, receiving a new patient and creating an electronic chart, obtaining and 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.

Phlebotomy—Skill performance assessment such as handwashing, tourniquet application, routine ETS venipuncture-including order of draw, steps to follow if a patient starts to faint during venipuncture, heel puncture, accidental arterial stick, 24-hour urine collection or **new-venipuncture using a butterfly and evacuated tube adaptor**.

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, or 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.

Foundations of Veterinary Science**—Skills performance assessment such as identification of companion animal breeds/species, wound care for abrasions, pad wound care, or tick removal (on either DOG OR CAT).

Emergency Preparedness

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

CPR/First Aid—**New rating sheets for administration of auto-injected EpiPen and naloxone**. 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, administer **auto-injected EpiPen**, administer naloxone (Nasal Spray NARCAN), 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, oxygen administration by non-rebreather mask. administer **auto-injected EpiPen**, administer naloxone (Nasal Spray NARCAN).

Life Threatening Situations** Skills required for competitors to handle emergencies until trained assistance arrives. Skills performance assessment such as call 911, stop the bleed, position the unconscious injured, or response to a violent situation.

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. Teams will upload the required materials for RCE and those who qualify for SLC will upload the required materials again to be pre-judged. The Top teams will present to the judges in Sacramento.

Public Health**–2024-2025 TOPIC: *Our Epidemic of Loneliness and Isolation: Social Disconnection - A Public Health Concern*. Teams (2-6 competitors) competitors will research and deliver a presentation to their community on the above topic. Teams will upload the required materials for RCE- *NEW- a short 3-minute presentation to convince the judges of the power and effectiveness of the team's community presentation*. Those who qualify for SLC will upload the required materials again to be pre-judged. The teams who qualify will present it to the judges in Sacramento.

Leadership Events

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Extemporaneous Health Poster**–Competitors are given a secret topic based on HOSA or Health Science Education. They then create a poster. The posters are judged virtually for the Regional Competitive Events (RCE) and in person for the State Leadership Conference (SLC).

Extemporaneous Writing-Health Policy–Competitors will write a letter to an assigned health policy maker in support of 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**–Each competitor will focus on one personal healthy lifestyle goal and document his or her efforts in a personalized portfolio.

Job Seeking Skills/Job Seeking Skills–competitors participate in a mock job interview.

Prepared Speaking/Speaking Skills**–2024-2025Topic: *Powered by the People*. This competitive event requires competitors to develop a speech related to the selected topic.

Research Persuasive Writing and Speaking–Topic for 2024-2025: *Should GLP-1 agonists have open access for anyone who wishes to use it?* Competitors develop a speech and written paper, either for or against, the annual health topic. The participant 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 showcasing their findings. The participant will present to judges at the conference.

Teamwork Events

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Biomedical Debate–*The 2024-2025 Topic: The government should regulate social media use for people age 17 and under*. 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 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.

Dynamic Decisions**—Teams (2-6 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. The participants will present to judges at the conference.

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 judges at the conference.

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.

Public Service Announcement—**The 2024-2025 Topic: *Brain Health - Now is the Time to Start.***
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.

Recognition Events

Emotional Well-Being Challenge **— HOSA chapters and members demonstrate learning how essential good mental health - emotional, psychological, and social wellbeing is to overall health.

Hosa Happenings**— This is a multimedia chapter communication event. It allows chapters to communicate information about their HOSA chapter in a manner that celebrates the chapter members and their achievements and shares health-related information with readers.