

Life Support Skills



2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



future health professionals



New for 2023 – 2024

American Red Cross has been added as a resource. For steps in CPR or First Aid that differ between resources – either American Red Cross or American Heart Association can be used. Competitors will tell the judges before beginning a skill with differences which organization protocol they are using.

Two new skills, Administer Epinephrine Pen and Administration of Naloxone (Nasal Spray NARCAN) have been added.

Steps in Choking Skill have been updated.

Scissors provided by competitor have been clarified to bandage scissors.

Skill events now require attire appropriate to the occupational area be worn for the event.

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference.

Editorial updates have been made.

These guidelines are specifically for Michigan HOSA members in preparation for the regional leadership conferences. For more information about regionals, please visit www.michiganhosa.org/regionals.

Event Summary

Life Support Skills provides HOSA members with the opportunity to gain knowledge and skills required for basic life support. This competitive event consists of an evaluation of member's performance in a skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services.

This event is specifically for HOSA members who are classified under IDEA.

Dress Code

Competitors are required to wear attire appropriate to the occupational area. ~~Bonus points will be awarded for proper dress.~~ **At the regional level, teams can wear the occupational appropriate attire to test in, in addition to the skills. They do NOT need to change into business attire to take the test. Bonus points will not be added for proper dress, but judges/event managers will make note if competitors are NOT in proper dress which could result in overall point deduction.**

IEP Events

Four (4) events in the HOSA Competitive Event Program are designed for students classified with an IEP. The events are **Interviewing Skills, Personal Care, Life Support Skills, and Speaking Skills**

Participation Eligibility: To participate in these four events, the competitor MUST be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Students classified under Section 504 are NOT eligible to compete in this event.

IEP Verification and Accommodation: [This form](#) must be completed by all competitors in these four (4) events to be eligible for ILC competition. [This form](#) also allows the competitor to request accommodations. To learn the definition of an accommodation, please read [Appendix H](#).

Point Deduction: If the competitor does not submit [this form](#) by the May15 deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Deadline: The deadline for ILC is May 15 midnight EST. Check with your Local/State Advisor (or state website) to determine the deadline for any regional and/or state conferences. **Students must submit the form for regionals two weeks before the conference date! Failure to submit will result in a 35-point penalty.**

General Rules

1. Competitors in this event must be active members of HOSA in good standing.
2. **Eligible Division:** Secondary division is eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds. **Event managers will be checking photo IDs at the regional level as well. A digital copy of a photo is appropriate (i.e., picture on phone of photo ID from school portal).**

Competitor Must Provide:

- [Eligibility form](#) (submitted by state deadline per state's process AND digitally submitted for ILC prior to May 15th)
- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser for evaluation

General Equipment to be provided by competitors in a first aid kit or bag:

- Cravats (2) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing)
- Mouth-to-mask device (adult and infant)
- Biohazard bag
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of bandage scissors
- Adhesive tape (2)
- PPE: 4 pair of **non-latex gloves**, 1 set of goggles or safety glasses

Official References

5. All official references are used in the development of skill rating sheets:
6. [American Red Cross. Basic Life Support. Latest edition.](#)
7. [American Red Cross. First Aid/CPR/AED. Latest edition.](#)
8. [American Heart Association. BLS Provider Manual. Latest Edition.](#)
9. [American Heart Association. Heartsaver First Aid. Latest Edition.](#)
10. [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning. Latest edition.](#)
11. [AMA: How to Administer Naloxone](#)

Skills Assessment

12. Each competitor will be evaluated on his/her performance on selected skill(s). All competitors will be evaluated on one of the CPR Skills and one of the first aid skills. The skills will not be combined.

Highlighted in yellow are the two skills that will be evaluated at the regional level.

The skills approved for this event are:

CPR Skills

Skill I:	Adult BLS/CPR	6 minutes
Skill II:	Adult BLS with AED	8 minutes
Skill III:	Infant BLS/CPR	6 minutes

First Aid Skills

Skill IV:	Administer Epinephrine Pen	3 minutes
Skill V:	Severe Bleeding	5 minutes
Skill VI - A:	Choking (ARC)	3 minutes
Skill VI - B:	Choking (AHA)	
Skill VII:	Open Fracture and Splinting	6 minutes
Skill VIII:	Heat-Related Emergency	5 minutes
Skill IX:	Severe Burn	6 minutes
Skill X:	Administer Naloxone (Nasal Spray NARCAN)	3 minutes

13. The selected skill(s) in the form of a written scenario will be read to the competitor at the start of the skill to be performed. The timing for the skill will begin when the section leader finishes reading the scenario to the competitor. A sample scenario can be found [here](#).
14. Timing will be stopped at the end of the time allowed.
15. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
16. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient's condition and will be included in the scenario or judge script.

Final Scoring

17. The competitor must earn a score of 70% or higher on the combined skill(s) of the event to be recognized as an award winner at the ILC.
18. In case of a tie, the selected skill with the highest possible point value will be used as the tiebreaker;

others as necessary in descending order of total point value.

19. If the competitor does not complete the [Eligibility Form](#) by the deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Note: HOSA follows **American Heart Association (AHA) OR American Red Cross (ARC)** guidelines for healthcare providers. Competitors can choose which organization's protocols to follow. Where steps differ between organizations the competitors will have the option of following either of the steps (see rubrics). Competitors will notify judges which organization's protocols they are using before beginning a skill. CPR feedback devices will not be used for ILC competition.

Life Support Skills

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

* This skill involves a single health provider with AED available. The rescuer has access to first aid kit, cell phone, and AED.

Skill II: Adult BLS/CPR with AED (Time: 8 minutes)		Possible		Awarded
1.	Verified scene safety and identified which resource being used (ARC or AHA).	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?" * Judge states, "Patient is not responsive."	2	0	
4.	Shout for nearby help to activate the emergency response system. * Judge states, "AED is available."	2	0	
5.	Called emergency response system and stated:			
	a. Caller's name, location and phone number.	2	0	
	b. Situation, number and condition of patient(s).	2	0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	2	0	
6.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.			
	(AHA) a. Check for breathing by scanning the patient's chest for rise and fall OR			
	(ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if head, neck or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2	0	
	b. Performed a pulse check by locating the carotid pulse (using 2 or more fingers and sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * Judge states, "Not breathing" OR "Not breathing normally" AND "No pulse".	2	0	
7.	Initial Chest Compressions (30)			
	a. Positioned self at the patient's side.	2	0	
	b. Removed bulky clothing from patient's chest or moved bulky clothing out of the way.	2	0	
	c. Made sure patient is lying face up on a firm, flat surface.	2	0	
	d. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2	0	
	e. Put the heel of the other hand on top of the first hand.	2	0	
	f. With arms straight, positioned shoulders directly over hands.	2	0	

Skill II: Adult BLS/CPR with AED (con't) – Items Evaluated		Possible		Awarded
g.	Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2	0	
h.	Compressions performed at a depth of at least 2 inches (5 cm).	2	0	
i.	Counted compressions aloud.	2	0	
j.	At the end of each compression, allowed the chest to recoil.	2	0	
8.	Initial Breaths			
a.	Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	2	0	
9.	Sealed the mask on the patient's face.			
a.	Used the hand that is closer to the top of the patient's head and placed index finger and thumb along the top edge of the mask.	2	0	
b.	Placed the thumb of the other hand along the bottom edge of the mask.	2	0	
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw performing a head tilt-chin lift to open airway.	2	0	
d.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	2	0	
e.	Simulated breath by stating "Breath, Breath". (Verbalized breaths are for 1 second each while observing for chest rise.)	2	0	
10.	Continued cycles of 30 compressions and 2 simulated breaths with minimal interruptions until * Judge states, "AED has arrived". Competitor provided AED by the judge.	2	0	
11.	Opened case and powered on AED.	2	0	
12.	Peeled backing away from the AED pads and attached to patient's bare chest following the placement diagrams on the pad.	2	0	
13.	Attached the AED connecting cables if not preconnected.	2	0	
14.	Cleared patient and allowed AED to analyze.	2	0	
15.	If AED advised a shockable rhythm, cleared patient again by looking and loudly stating, "all clear" and delivered shock.	2	0	
16.	If no shock is advised, or immediately after any shock is delivered, resumed CPR beginning with chest compressions. * Judge states, "EMS has arrived and has taken over care of the patient".	2	0	
17.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
18.	Gave information about patient to EMS rescuers (<i>judge</i>).	4	0	
19.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
20.	Placed disposable PPE in a biohazard receptacle.	2	0	
21.	Used alcohol based hand-rub for hand hygiene.	2	0	
TOTAL POINTS - SKILL II		76		
70% Mastery for Skill II = 53.2				

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate

Team # _____ Judge's Signature _____

Note: The patient has an epinephrine pen with them.

Skill IV: Administer Epinephrine Pen		Awarded
1. Verified scene safety.	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Checked for responsiveness and breathing. Judge states, "patient is responsive and breathing".	2 0	
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5. Quickly assessed the situation. (Asked what happened.) * Judge states, "the patient has been exposed to an allergen and has an epinephrine pen with them and requires help with administration".	2 0	
6. Instructed bystander (judge) to contact Emergency Medical Services (judge).	2 0	
7. Looked for medical information jewelry.	2 0	
8. Obtained epinephrine pen from patient.	2 0	
9. Read instructions on pen to determine how long injector is held in place.	2 0	
10. Held the epinephrine pen in fist.	2 0	
11. Removed safety cap.	2 0	
12. Held leg firmly in place.	2 0	
13. Pressed the tip of the injector hard against the side of the patient's thigh, about halfway between the hip and the knee.	2 0	
14. Held the injector in place for recommended time per manufacturer's instructions (found on side of the ejector).	2 0	
15. Pulled the pen straight out, making sure they do not touch the end that was pressed to the skin.	2 0	
16. Instructed patient to rub for 10 seconds; OR rubbed site for 10 seconds if patient is unable to.	2 0	
17. Verbalized the time of the injection.	2 0	
18. Assess any change in status. *Judge states, "symptoms have improved" OR "EMS has arrived and has taken over care of the patient."	2 0	
19. Gave the used autoinjector to EMS (judge) for proper disposal.	2 0	
20. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
21. Gave information about patient to EMS rescuers (judge) including time of injection.	4 0	
22. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
23. Placed disposable PPE in a biohazard receptacle.	2 0	
24. Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS – SKILL IV	50	
70% Mastery for Skill IV = 35		