

Physical Therapy

2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



New for 2023 – 2024

A new edition of *Principles and Techniques of Patient Care* has been released. Skills have been reordered. Editorial updates have been made. Skill events now require attire appropriate to the occupational area be worn for Round 2. 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.** **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

Physical Therapy provides members with the opportunity to gain knowledge and skills required for assisting patients with recovery. This competitive consists of 2 rounds. Round One is a written, multiple-choice test and top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire HOSA members to learn more about physical therapy concepts and techniques. **At the regional level, all teams will advance to the round two- skill round. The test scores will be combined with the skill scores for final rating.**

Sponsorship

This competitive event is sponsored by the [American Physical Therapy Association](http://www.apta.org). The APTA has provided [numerous resources](#) to help support Advisors and HOSA members interested in Physical Therapy careers.



Dress Code

Competitors shall wear proper business attire or official HOSA uniform or attire appropriate to the occupational area during testing. Round 2 skill events require attire appropriate to the occupational area be worn. 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.**

Competitor Must Provide:

- A photo ID
- Two #2 lead pencils (not mechanical) with eraser for both rounds
- Gait belt (competitor may bring own OR use the one provided by HOSA)
- Gown (PPE)
- Gloves
- Mask (with ties or elastic loops)

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. **Eligible Divisions:** Secondary and Postsecondary / Collegiate divisions are 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 \(GRR\)](#)."
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC. **Regional accommodations MUST be submitted two weeks prior to your regional conference date. Email Samantha.pohl@mhc.org for questions.**
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 on school portal).**

Official References

5. All official references are used in the development of the written test and skill rating sheets.
6. [Simmers, L., Simmers-Narker, Simmers-Kobelak. *DHO: Health Science*. Cengage Learning, Latest edition.](#)
7. [Pierson and Fairchild. *Principles and Techniques of Patient Care*. Elsevier, Latest edition.](#)
8. [Pagliarulo, Michael A. *Introduction to Physical Therapy*. Elsevier. Latest edition.](#)

Round One Test

9. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
10. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time. **There will be NO verbal announcements for time remaining during regional testing. Students are responsible for monitoring their own time.**

11. **Written Test Plan**
- Profession of PT..... 14%
 - Legal and Ethical Considerations 10%
 - Physical Therapy for Musculoskeletal Conditions 16%
 - Physical Therapy for Neuromuscular Conditions 16%
 - Physical Therapy for Cardiopulmonary Conditions 14%
 - Physical Therapy for Integumentary Conditions 14%
 - Physical Therapy for Pediatrics and Older Adults 16%

12. The test score from Round One will be used to qualify the competitor for Round Two. **All teams will advance to the round two skills.**

13. **Sample Test Questions**

1. Where are wounds caused by venous insufficiency most commonly found on the body? (Pagliarulo pp 219)
 - A. Sacrum
 - B. Elbow
 - C. Lower part of the leg**
 - D. Iliac crest

2. What type of resistive exercise involves contracting a muscle without visible joint motion? (Fairchild pp 128)
 - A. Active
 - B. Isometric**
 - C. Passive
 - D. Progressive

3. Which type of healthcare services includes the health science career pathway for physical therapy? (Simmers pp 50)
 - A. Support
 - B. Diagnostic
 - C. Social
 - D. Therapeutic**

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

14. Round Two is the performance of a selected skill(s). The skills approved for Round Two for this event are below. Video resources to support these skills are available at: <https://www.apta.org/PTMovesMe>

Skill I:	Ambulating with a Transfer (Gait) Belt	5 minutes
Skill II:	Ambulating with a Walker	9 minutes
Skill III:	Ambulating with a Cane	8 minutes
Skill IV:	Ambulating with Crutches	7 minutes
Skill V:	Passive Range of Motion	10 minutes
Skill VI:	Cold Application with Ice Bag	6 minutes
Skill VII:	Transfer from Supine to Sitting Position	5 minutes
Skill VIII:	Donning & Removing Transmission-Based Isolation Garments	5 minutes

15. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).
16. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed.

17. 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](#).
18. 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

19. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
20. Final rank is determined by adding the round one test score plus round two skill score. In case of a tie, the highest test score will be used to determined final placement.

PHYSICAL THERAPY

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

Skill II Ambulating with a Standard Walker Time: 9 minutes		Possible	Awarded
1.	Obtained instructions from therapist (judge-to include distance/time for ambulation).	1 0	
2.	Assembled equipment.	1 0	
3.	Checked walker to assure rubber suction cups are secure on all needed legs, no rough or damaged edges on hand rests.	2 0	
4.	Knocked on door or requested permission to enter from behind the curtain and paused before entering.	1 0	
5.	Greeted patient and introduced self.	1 0	
6.	Identified patient.	2 0	
7.	Washed hands or used alcohol-based hand rub for hand hygiene.	2 0	
8.	Explained skill and obtained consent from the patient.	2 0	
9.	Checked to be sure the gait belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2 0	
10.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2 0	
11.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2 0	
12.	Put shoes or slippers with non-skid soles on the patient and ensured patient's feet are on the floor.	2 0	
13.	Provided verbal directions for mobility task and/or demonstration:	1 0	
	a. Instructed the patient to lift the walker and place it forward so that the back legs of the walker are even with the patient's toes.		
	b. Instructed the patient to avoid sliding the walker to prevent falls.	2 0	
	c. Instructed the patient to transfer their weight forward slightly to walker.	1 0	
	d. Instructed the patient to use the walker for support and to walk "into" the walker. Do not shuffle feet.	1 0	
14.	Used an underhand grasp on the belt and assisted the patient to a standing position.	2 0	
15.	Positioned the walker so the patient is "inside" the walker.	1 0	
16.	Checked the height of the walker so that hand rests are level with the tops of the femurs at the hip joints.	1 0	
17.	Had the patient grasp the handpieces and observed the angle of elbow flexion which should be 20 to 25 degrees.	1 0	
18.	If the height of the walker needs adjustment, notified the physical therapist (judge).	2 0	
	Note to Judge: Adjust the walker, if required		
19.	Reminded patient of technique and/or corrected incorrect technique throughout session.	2 0	

Skill II Ambulating with a Standard Walker (con't) - Items Evaluated		Possible		Awarded
20.	Walked to the side and slightly behind the patient on the weak side.	2	0	
21.	Was alert and ready to or caught the patient if any signs of falling.	2	0	
22.	Assisted the patient back to the chair after ambulating for the distance/time directed by the therapist.	1	0	
23.	Removed gait belt and replaced equipment.	2	0	
24.	Washed hands or used alcohol-based hand rub for hand hygiene.	2	0	
25.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
26.	Reported skill and observations to the therapist (judge).	4	0	
TOTAL POINTS -- SKILL II		49		
70% Mastery for Skill II = 34.3				

PHYSICAL THERAPY

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

Skill VIII Donning & Removing Transmission-Based Isolation Garments		Time: 5 minutes		Possible	Awarded
1.	Assembled equipment.	1	0		
2.	Verbalized "hands have been washed & jewelry removed".	2	0		
3.	Donning Gown:				
a.	If sleeves are long rolled up above elbows before applying gown.	2	0		
b.	Lifted the gown by placing the hands inside the shoulders.	2	0		
c.	Worked arms into the sleeves of gown by gently twisting.	2	0		
d.	Placed hands inside the neckband and adjusted until in position and tied the bands at the back of the neck.	2	0		
e.	Reached behind and folded the edges of the gown so that uniform is completely covered and tied the waistband.	2	0		
4.	Donning Mask:				
a.	Secured mask under the chin and covered mouth and nose.	2	0		
b.	Either placed elastic bands behind ears or tied mask securely behind head and neck by tying top ties first and bottom ties second.	2	0		
5.	Donning Gloves: Put gloves on and made sure that gloves covered the top cuff of the gown.	2	0		
6.	Judge states "Skill completed". Removing Gown: Untied the waist ties and loosened the gown at the waist.	2	0		
7.	Removing Gloves:				
a.	Removed first glove by grasping the outside of the cuff with the opposite gloved hand and placed the glove over the hand so it is inside out.	2	0		
b.	Removed the second glove by placing the bare hand inside the cuff and pulled glove off so it is inside out.	2	0		
c.	Placed the gloves in the infectious waste container.	2	0		
d.	Washed hands or used alcohol-based hand-rub for hand hygiene,	2	0		
8.	Removing Gown:				
a.	Untied the neck ties and loosened the gown at the shoulders handling only the inside of the gown.	2	0		
b.	Slipped the fingers of one hand inside the opposite cuff without touching the outside of gown and pulled the sleeve down over the hand	2	0		
c.	Used the gown-covered hand and pulled sleeve down over the opposite hand.	2	0		

Skill VIII Donning & Removing Transmission-Based Isolation Garments (con't) - Items Evaluated	Possible	Awarded
d. Eased arms and hands out of the gown, keeping the gown in front of the body and avoided outside of gown with hands.	2 0	
e. With hands inside the gown, brought the shoulders together and turned so the gown is inside out.	2 0	
f. Folded the gown in half and rolled together.	2 0	
g. Placed gown in infectious waste container.	2 0	
9. Removing Mask:		
a. Untied bottom ties first followed by the top ties or removed from behind ears.	2 0	
b. Held mask by top ties only and dropped into infectious waste container.	2 0	
10. Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
TOTAL POINTS -- SKILL VIII 70% Mastery for Skill VIII = 34.3	49	