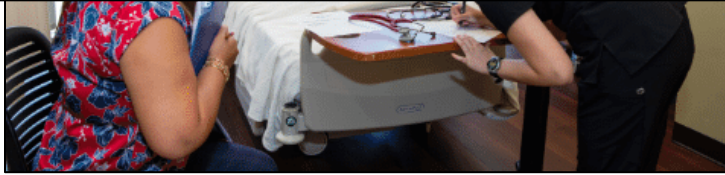


# Home Health Aide

## 2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



### New for 2023 – 2024

Providing Home Care: *A Textbook for Home Health Aides* by Leahy, Fuzy, & Grafe by Hartman Publishing will replace *The Home Health Aide Handbook*.

Test plan has been revised to align with new text. Caring for Patient with Confusion and Dementia has been added to the plan.

Scissors provided by competitors have been clarified as bandage scissors.

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.

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](http://www.michiganhosa.org/regionals).

### Event Summary

Home Health Aide provides members with the opportunity to gain knowledge and skills required for supporting patients in their homes. This competitive event consists of 2 rounds. Round one is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped to serve patients in a home health setting. 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

### 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
- Manual watch with second hand required for Round 2 for Vital Signs (no iWatches)
- Tape ½" or 1"
- Bandage Scissors
- Gloves non-latex (3 pairs per competitor)

## 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](mailto: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).**
5. **Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an advanced practice nursing course should compete in Clinical Nursing and not Nursing Assisting.**

## Official References

6. All official references are used in the development of the written test and skill rating sheets.
7. [Balduzzi, Suzann. \*Homemaker Home Health Aide\*. Cengage Learning. Latest edition.](#)
8. [Leahy, Fuzy, & Grafe. \*Providing Home Care: A Textbook for Home Health Aides\*. Hartman Publishing, Inc. 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**
  - Becoming a Home Health Aide.....10%
  - Responsibilities and Legal Rights..... 6%
  - Effective Communication Procedures and Documentation.....10%
  - Infection Control..... 6%
  - Wellness and Mental Health..... 4%
  - Body Systems and Common Disorders..... 40%
  - Caring for Terminally Ill Patient..... 6%

- Caring for Patient with Confusion, Dementia & Alzheimer's Disease..... 4%
- Caring for Patient with Cancer.....4%
- Maternal and Infant Care..... 10%

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

13. **Sample Round One Test Questions**

1. A dying client tells the home health aide "Please leave me alone, I just want to be by myself." What stage of grief is the client experiencing? (Balduzzi pp 355)
  - A. Acceptance
  - B. Anger
  - C. Bargaining.
  - D. Depression**
  
2. What is the general term that refers to a serious loss of mental abilities such as thinking, remembering, reasoning, and communicating? (Fuzy pp 156)
  - A. Alzheimer's disease
  - B. Dementia**
  - C. Vascular stroke
  - D. Parkinson's disease
  
3. A nebulizer would most likely be ordered to treat a client with which condition? (Balduzzi p 329)
  - A. Iron deficiency anemia
  - B. Arteriosclerosis
  - C. Emphysema**
  - D. Congestive heart failure

**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 Round Two skills approved for this event are:

Skill I:	Taking an Adult Tympanic Temperature	3 minutes
<b>Skill II:</b>	<b>Taking an Apical Pulse</b>	<b>3 minutes</b>
Skill III:	Emptying a Urinary Drainage Unit	4 minutes
Skill IV:	Changing a Dry Dressing Using Non-Sterile Technique	5 minutes
Skill V:	Giving a Back Rub	5 minutes
Skill VI:	Caring for Dentures	5 minutes
Skill VII:	Moving a Patient Up in Bed Using a Drawsheet	3 minutes
<b>Skill VIII:</b>	<b>Applying Elasticized Stockings</b>	<b>5 minutes</b>

**(FOR ALL SKILLS, BODY FLUIDS WILL BE A SIMULATED PRODUCT)**

15. The selected skill(s) will be presented 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 competitor to apply critical thinking skills. A sample scenario can be found [here](#).
16. Timing will begin when the scenario is presented to the competitor and competitors 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 determine the rank.

# HOME HEALTH AIDE

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

<b>Skill II</b>	<b>Taking an Apical Pulse (Time: 3 minutes)</b>	<b>Possible</b>		<b>Awarded</b>
1.	Gathered equipment: stethoscope, wristwatch with second hand, alcohol wipes, daily record sheet.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
3.	Explained skill to patient.	2	0	
4.	Cleaned stethoscope diaphragm and earpieces.	2	0	
5.	Placed stethoscope earpieces in ears.	1	0	
6.	Placed the diaphragm over the apex of the patient's heart.	1	0	
7.	Counted the louder sound (lub) for one complete minute.	1	0	
8.	Removed the stethoscope from ears and patient.	1	0	
9.	Washed hands or use alcohol-based handrub for hand hygiene.	2	0	
10.	Accurately recorded apical pulse on daily record sheet, within + or – 2 of the judges count.	4	0	
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
12.	Practiced standard precautions throughout skill	2	0	
<b>TOTAL POINTS -- SKILL II</b>		<b>21</b>		
<b>70% Mastery for Skill II = 14.7</b>				

## HOME HEALTH AIDE

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

Skill VIII	Applying Elasticized Stockings (One leg) (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: knee-length elasticized stockings.	1	0
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0
3.	Explained skill to patient.	2	0
4.	With patient lying in bed, exposed the leg indicated in the scenario.	4	0
5.	Turned stocking inside out to heel by placing hand inside stocking and grasping heel.	1	0
6.	a. Positioned stocking over the foot and heel of patient making sure the heel of the stocking is in the proper place.	1	0
	b. Slid the remaining stocking over the foot and heel.	1	0
	c. Continued to pull the stocking over the calf to the knee.	1	0
7.	Checked to be sure stocking is applied evenly and smoothly with no wrinkles.	2	0
8.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0
9.	Recorded completion of skill and patient reaction on daily record sheet.	4	0
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
11.	Practiced standard precautions throughout skill.	2	0
<b>TOTAL POINTS -- SKILL VIII</b>		<b>25</b>	
<b>70% Mastery for Skill VIII = 17.5</b>			

COMPETITOR ID # \_\_\_\_\_

## HOME HEALTH AIDE DAILY RECORD

HOSA HOME HEALTH SERVICES

Patient:	Day/Date:
Treatment/Results	Observations/Patient/Reaction
Bath	
Grooming	
Dressing	
Mobility	
Catheter	
Temperature	
Pulse	
Respiration	
Blood Pressure	
Other Instructions:	
•	
•	
•	
Additional Treatment or Observations:	
Home Health Aide Signature:	Date: