

**Health Professions and Emergency  
Preparedness Skills to be Evaluated  
at 2022-2023 Regional Conferences**



<b>Event</b>	<b>Skill 1</b>	<b>Skill 2</b>
<b>Biotechnology</b> (New Event!)	Skill IV: DNA Gel Interpretation-Digested DNA	Skill VII: Calculation of Transformation Efficiency
<b>Clinical Laboratory Science</b> (formerly Biomedical Laboratory Science)	Skill I: Identifying Laboratory Instruments/Equipment	Skill VI: Physical Examination of Urine
<b>Clinical Nursing</b>	Skill I: Administer Medication Intramuscular	Skill VI: Performing a Sterile Wound Irrigation
<b>Dental Science</b>	Skill I: Dental Instrument Identification	Skill IV: Patient Education: Brushing and Flossing
<b>Home Health Aide</b>	Skill VI: Caring for Dentures	Skill V: Giving a Back Rub
<b>Medical Assisting</b>	Skill III: Obtain and Record a Patient Health History	Skill VII: Test Urine with Reagent Strip
<b>Nursing Assisting</b>	Skill II: Donning & Doffing a Full Set of PPE	Skill VII: Measure & Record Vital Signs: TPR and Blood Pressure (aneroid)
<b>Personal Care**</b> (IDEA qualified event)	Skill II: Donning & Doffing a Full Set of PPE	Skill VII: Measure & Record Vital Signs: TPR and Blood Pressure (aneroid)
<b>Pharmacy Science</b>	Skill II: Verifying Controlled Substance Prescription Content and DEA Number	Skill VII: Aseptic Garbing, Hand Washing and Gloving
<b>Physical Therapy</b>	Skill III: Ambulating with a Cane	Skill VII: Transfer from Supine to Sitting Position
<b>Sports Medicine</b>	Skill I: Anatomical Landmark Identification	Skill III: Taping/Wrapping D. Wrist/Hand (Circular Wrist/Figure Eight)
<b>Veterinary Science</b>	Skill II: Identification of Companion Animal Breeds/Species	Skill V: Lifting and Restraining a Dog
<b>CERT</b>	Skill II: Head-to-Toe Assessment	Skill IV: Splinting a Closed Fracture
<b>CPR/First Aid</b>	Skill V: Heat-Related Emergency	Skill VI, VII: Adult BLS/CPR

<b>Life Support Skills**</b> (IDEA qualified event)	Skill I: Adult BLS/CPR	Skill VII: Heat-Related Emergency
<b>Life Threatening Situations (Middle School)</b>	Skill I: Call 911	Skill IV: Response to Violent Situation
<b>Emergency Medical Technician</b>	Skill I: Patient Assessment-Trauma	Skill IV: Joint Immobilization/Long Bone Immobilization

### **Medical Reading (Middle School division)**

- Seven Signs of Life: Unforgettable Signs from an Intensive Care Doctor by Aoife Abbey
- You're Going to Die! My Journey to Survive by Jesse Campbell
- Student Leadership Challenge: Five Practices for Becoming an Exemplary Leader by James Kouzes and Barry Posner

**\*\*ALL THREE BOOKS WILL BE TESTED ON AT THE REGIONAL LEVEL**

### **Medical Reading (Secondary & Post-Secondary divisions)**

- Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones by James Clear
- Every Deep-Drawn Breath: A Critical Care Doctor on Healing, Recovery, and Transforming Medicine in the ICU by Wes Ely, MD.
- A Good Time to Be Born: How Science and Public Health Gave Children a Future by Perri Klass
- The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine by Janice Nimura
- The Kissing Bug: A True Story of a Family, an Insect, and a Nation's Neglect of a Deadly Disease by Daisy Hernandez

**\*\*THE BOOKS HIGHLIGHTED IN YELLOW ARE THE THREE BOOKS COMPETITORS WILL BE TESTED ON AT THE REGIONAL LEVEL. ALL FIVE BOOKS WILL BE TESTED ON AT THE STATE LEVEL.**

For a complete list of competitive event topics and updates for 2022-2023, please visit <https://hosa.org/wp-content/uploads/2022/09/CE-Update-22-23-September1.pdf>