

Clinical Nursing

2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



New for 2023 – 2024

Two skills have been added: PPE and Prophylaxis for the Eyes of the Neonate

The three types of injections have been combined into Skill I-A-C.

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.michianhosa.org/regionals.

Event Summary

Clinical Nursing provides members with the opportunity to gain knowledge and skills required in the nursing field. This competitive event consists of 2 rounds. Round One will be a written, multiple-choice test and top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical 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**

Sponsorship

This competitive event is sponsored by the [U.S. Army](http://www.army.mil)



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.**

Competitors must provide:

- A [photo ID](#)
- Non-latex gloves, gown, goggles or safety glasses, mask, eye shield or face guard
- Straight catheterization tray (disposable) [Sample shown here](#)
- Two #2 lead pencils (not mechanical) with eraser for both rounds
- Sterile gloves

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).**
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. [Perry and Potter. Clinical Nursing Skills and Techniques. Elsevier Science/Mosby, Inc., Latest edition.](#)
8. [Rosdahl and Kowalski. Textbook of Basic Nursing. Wolters Kluwer, 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**

- Basic Care.....20%
- Clinical Care Through the Life Span.....20%
 - Maternal/Newborn
 - Pediatrics
 - Adulthood and Gerontology
 - Mental Health
 - Home Care, Extended Care, Rehabilitation, Hospice
- Clinical Care for Systems Diseases and Disorders.....60%
 - Structure and Function
 - Signs and Symptoms
 - Nursing Assessment and Diagnosis
 - Pharmacology and Medication Management
 - Nutrition, Fluid and Electrolyte Balance
 - Medical and Surgical Treatments

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. When using the SOAP format for progress notes, what does the A represent? (Perry pp 58-59)
 - A. Ability of the client to understand instructions
 - B. Assessment/analysis based on data**
 - C. Anxiety level of the patient
 - D. Allergies of the patient

2. A patient has just undergone a right nephrectomy. What are the signs and symptoms that indicate postoperative hemorrhaging and shock? (Rosdahl pp 818)
 - A. Cyanosis, nausea, vomiting and constricted pupils
 - B. Even, unlabored respirations; tachycardia; hemoptysis
 - C. Restlessness, confusion, increased urine output and warm, dry skin
 - D. Hypothermia; thready, rapid pulse; cold, clammy skin; hypotension**

3. A 60-year-old client who is receiving home enteral nutrition begins to have difficulty breathing and is showing signs of respiratory distress. What is the first thing the nurse should do? (Perry pp 850)
 - A. Call the physician
 - B. Lower the head of the bed
 - C. Stop the feeding**
 - D. Verify the placement of the tube

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-A: Administer Medication Intramuscular	11 minutes
Skill I-B: Administer Medication Subcutaneous	11 minutes
Skill I-C: Administer Medication Intradermal	11 minutes
Skill II: Inserting a Nasogastric Tube	15 minutes
Skill III: Urethral Catheterization – Straight	15 minutes
Skill IV: Performing a Sterile Wound Irrigation	14 minutes
Skill V: Postmortem Care of the Body	10 minutes
Skill VI: Assisting the Patient with Postoperative Exercises	8 minutes
Skill VII: Prophylaxis for the Eyes of the Neonate	5 minutes
Skill VIII: Donning & Doffing PPE	5 minutes

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

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 competitor and will be stopped at the end of the time allowed.
17. The scenario is a secret topic that includes the Physician's Orders for the skill(s) to be performed. 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.

CLINICAL NURSING

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

Skill I-B: Administer Medication – Subcutaneous (Time: 11 minutes)		Possible		Awarded
1.	Washed hands or used alcohol-based handrub for hand hygiene	2	0	
2.	Prepared equipment and supplies (correct syringe and needle).	2	0	
3.	Verified medication administration record with physician's order.	2	0	
4.	Prepared medication:			
	a. Selected correct drug from stock supply by comparing against medication administration record.	2	0	
	b. Checked expiration date on medication.	2	0	
	c. Calculated drug dose as necessary. <i>Judge verifies the calculations for points to be awarded.</i>	4	0	
5.	Placed vial on flat surface and removed cover from the vial.	1	0	
6.	Cleansed the rubber port with an alcohol swab and allowed to dry.	1	0	
7.	Removed the needle cap and drew an amount of air into syringe equal to the amount of medication that will be withdrawn.	1	0	
8.	Inserted the needle through the center of the rubber stopper and injected the air into the vial.	1	0	
9.	Inverted the vial while keeping firm hold on syringe and plunger.	1	0	
10.	Obtained correct amount of medication and removed the needle from the vial.	2	0	
11.	Held syringe at eye level and ensured correct dose and absence of air bubbles (tapping to dislodge if needed),	1	0	
12.	Removed from vial and changed needle if indicated.	1	0	
13.	Covered needle with safety sheath or cap.	1	0	
14.	Used sterile technique while filling syringe.	2	0	
15.	Greeted the patient and introduced self.	1	0	
16.	Identified patient by checking ID bracelet and asking patient name.	2	0	

Skill I-B Administer Medication – Subcutaneous (con't) - Items Evaluated		Possible		Awarded
17.	Explained skill to patient.	2	0	
18.	Closed door to patient's room or enclosed unit with curtains and raised bed to appropriate height.	1	0	
19.	Washed hands or used alcohol-based handrub for hand hygiene and applied disposable gloves.	2	0	
20.	Assisted patient to comfortable position according to site selected.	1	0	
21.	Instructed patient to relax arm, leg or abdomen depending on site selected.	1	0	
22.	Selected and inspected injection site using anatomical landmarks.	1	0	
23.	Cleansed injection site with alcohol in a circular motion, beginning in the center and wiping outward for about 5 cm or 2 inches and allowed to dry.	2	0	
24.	Administer Medication Subcutaneous	1	0	
a.	Pulled protective cap of needle off in a straight direction.	1	0	
b.	Held skin across or pinched skin at selected site with non-dominant hand.	1	0	
c.	Held syringe between thumb and forefinger of dominant hand at a 45-to-90-degree angle to injection site.	1	0	
d.	Injected quickly at a 45-to-90-degree angle into adipose tissue.	1	0	
e.	Released skin and grasped lower end of syringe barrel with non-dominant hand.	1	0	
f.	Injected medication at a slow and steady rate.	1	0	
g.	Withdrew needle at the same angle it was inserted and gently applied alcohol swab or dry gauze over injection site.	1	0	
h.	Applied gentle pressure over injection site, without massaging.	1	0	
i.	Discarded uncapped needle and attached syringe in a puncture- and leak-proof receptacle.	1	0	
j.	Removed and disposed of gloves, and washed hands or used alcohol-based handrub for hand hygiene.	2	0	
k.	Repositioned patient, provided for comfort and safety and lowered bed if appropriate.	1	0	
25.	Recorded medication on MAR.	2	0	
26.	Recorded assessment in nurses notes as appropriate.	2	0	
27.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
28.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL I-B		59		
70% Mastery for Skill I-B = 41.3				

CLINICAL NURSING

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

Skill VIII: Donning & Doffing PPE	(Time: 5 minutes)	Possible		Awarded
1. Washed hands or used alcohol-based handrub for hand hygiene		2	0	
2. DONNING: Applied gown.		2	0	
a. Gown fully covered torso from neck to knees and from arms to end of wrist, and wraps around the back to cover all outer garments.				
b. Pulled sleeves down to wrist.		2	0	
c. Secured by tying at neck and waist.		2	0	
3. Applied mask.		2	0	
a. Secured ties or elastic bands at middle of head and neck.				
b. Fitted flexible band to nose bridge.		2	0	
4. Eyewear or Goggles		2	0	
a. Applied snugly around face and eyes.				
5. Applied clean gloves.		2	0	
* Judge states, skill is completed, remove PPE.				
6. DOFFING: Removed gloves				
a. Removed one glove by grasping cuff and pulling glove inside out over hand.		2	0	
b. Held removed glove in gloved hand.		2	0	
c. Slid fingers of ungloved hand under remaining glove at wrist.		2	0	
d. Peeled glove off over first glove.		2	0	
e. Discarded gloves in proper waste container.		2	0	
7. Removed eyewear or goggles.				
a. Removed by handling by headband or earpieces.		2	0	
b. Discarded appropriately.		2	0	
8. Removed gown.				
a. Untied neck strings and then untied back strings of gown.		2	0	
b. Allowed gown to fall from shoulders touching inside of gown only.		2	0	

Skill VIII: Donning & Doffing PPE (con't) (Time: 5 minutes)		Possible		Awarded
9.	Removed mask. a. If secures over ears, removed elastic from ears and pulled away from face OR for tie-on mask untied bottom mask strings and then top strings and pulled away from face.	2	0	
	b. Did not touch outer surface of mask.	2	0	
	c. Discarded mask in proper waste container.	2	0	
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
11.	Removed soiled gloves and disposed of properly.	2	0	
12.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
13.	Practiced standard precautions throughout skill.	2	0	
14.	Documented and reported procedure and findings.	2	0	
TOTAL POINTS -- SKILL VIII		50		
70% Mastery for Skill VIII = 35				

Competitor ID # _____

Medication Administration Record

Patient: _____
 Allergies: _____

Physician: _____
 Admission Date: _____

Year : _____
 ID # _____

Standing Orders	Times	Date						
	↓	/	/	/	/	/	/	/
PRN Medications – Write the date, time given and initials inside the box for each dosage given.								

Name _____

Signature _____

Initials: _____

Name _____

Signature _____

Initials: _____

Name _____

Signature _____

Initials: _____

