

2025-2026 Michigan HOSA Regional Skills

Health Professions Events	Skill	Skill
Biotechnology	Skill IV: DNA Gel Interpretation (15 mins)	Skill VII: Calculation of Transformation Efficiency (Time: 10 minutes)
Clinical Laboratory Science	Skill I: Identifying Laboratory Instruments/Equipment (15 mins)	Skill II: Infection control and transmission-based precautions (5 mins)
Clinical Nursing	Skill VII: Prophylaxis for the Eyes of the Neonate (5 mins)	Skill VIII: Donning & Doffing PPE (5 mins)
Dental Science	Skill I: Dental Instrument Identification (15 mins)	Skill V: Oral Hygiene Instruction: Brushing and Flossing (7 mins)
Home Health Aide	Skill I: Taking an Adult Tympanic Temperature (3 mins)	Skill III: Emptying a Urinary Drainage Unit (4 mins)
Medical Assisting	Skill 1: Perform a Telephone Screening (4 mins)	Skill VI: Screen for Visual Acuity (5 mins)
Nursing Assisting	Skill 1: Handwashing (3 mins)	Skill II: Donning & Doffing a Full Set of PPE (4 mins)
Occupational Therapy (NEW)	Skill III: Instruct Patient How to Transfer from Floor to Standing (5 mins)	Skill VI: Instruct Patient on Stretch Break Exercises (5 mins)
Patient Care Technician	Skill II: Applying Sequential Compression Devices (6 mins)	Skill VII: Glucometer (8 mins)
Personal Care	Skill 1: Handwashing (3 mins)	Skill II: Donning & Doffing a Full Set of PPE (6 mins)
Pharmacy Science	Skill II: Verifying Controlled Substance Prescription Content and DEA Number (6 mins)	Skill V: Patient Screening for Pharmacist Consultation and Services (4 mins)
Phlebotomy	Skill VI: Removing Contaminated Gloves (3 mins)	Skill VIII: 24-Hour Urine Collection (5 mins)
Physical Therapy	Skill I: Ambulating with Transfer (Gait) Belt (5 mins)	Skill V: Passive Range of Motion (10 mins)
Respiratory Therapy	Skill II: Donning & Removing Transmission-Based Isolation Garments (4 mins)	Skill VI: Vital Signs (8 mins)
Sports Medicine	Skill I: Anatomical Landmark Identification (7 mins) (See List of Landmarks to Study in Modifications)	Skill III: Taping/Wrapping A- Ankle (Inversion) (5 mins)
Surgical Technologist (NEW)	Skill I: Identifying Equipment (15 mins)	Skill III: Open Gloving Technique (3 mins)
Veterinary Science	Skill I: Identify Instruments/Equipment (15 mins)	Skill VII: Preparing a Feline to Obtain a Temperature (6 mins)
Emergency Preparedness Events	Skill	Skill
CERT Skills	Skill III: Head-To-Toe-Assessment (5 mins)	Skill V: Splinting a Closed Fracture (5 mins)
CPR/First Aid	Skill III- A & B: Infant BLS/CPR	Skill VIII: Heat-Related Emergency
EMT	Skill III: BVM Ventilation: Apenic Adult Patient	Skill V: Bleeding Control/Shock Management
Life Support Skills	Skill III: Infant BLS/CPR (6 mins)	Skill VIII: Heat-Related Emergency (5 mins)
Medical Reading Books	**At the regional level, competitors only need to read 3 of the 5 book. At state and ILC, they will be tested on all 5 books.	
Gifted Hands: The Ben Carson Story by Ben Carson, MD		
Ultra-Processed People: The Science Behind Food That Isn't Food by Chris van Tulleken		
Tuesdays with Morrie: by Mitch Albom		
At STATE and ILC, competitors will also need to read:		
First, Do No Harm: The Dramatic Story of real Doctors and Patients Making Impossible Choices at a Big-City Hospital by Lisa Belkin		
Being Mortal by Atul Gawande		