

Nursing Assisting

2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



future health professionals



New for 2023 – 2024

A new edition of *Nursing Assisting a Foundation in Caregiving Essentials of Holistic Care* has been released.

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.**

Event Summary

Nursing Assisting provides members with the opportunity to gain knowledge and skills required for patient care in medical settings. 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 learn more about the field of nursing and how to provide quality care. **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)



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)
- Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
- Gait belt - HOSA will provide a gait belt, OR the competitor has the option of providing their own gait belt.

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.**

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. [Dugan, Diana L. *Nursing Assisting A Foundation in Caregiving*. Hartman Publishing, Latest edition.](#)
8. [Roe, Sue. *The Nursing Assistant: Essentials of Holistic Care*. The Goodheart-Wilcox Company, 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**

- Communication and Person Qualities..... 4%
- Ethical and Legal Responsibilities..... 6%
- Human Growth and Development..... 6%
- Anatomy and Physiology..... 20%
- Nutrition and Fluid Balance.....10%
- Safety and Body Mechanics.....10%
- Infection Prevention and Control.....10%
- Vital Signs.....10%
- Metric Measurements/Conversions..... 4%
- Disabilities and Disorders.....20%

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

13. **Sample Test Questions**

- 1. Which type of diet is often prescribed for patients with chronic constipation, irritable bowel syndrome, or an elevated risk for colon cancer? (Roe pp 615)
 - A. High-fiber**
 - B. Low-cholesterol
 - C. High-fat
 - D. Low-fiber
- 2. Which of the following statements best describes active listening skills for a nursing assistant? (Dugan pp 38)
 - A. Assuming to understand the basis for a patient's statement
 - B. Giving the patient your full attention while they are speaking**
 - C. Trying to interpret the meaning of patient's comment
 - D. Rejecting a patient's complaint as unfounded
- 3. What is the primary purpose of performing passive range-of-motion exercises? (Dugan pp 471)
 - A. Prevent bone demineralization
 - B. Preserve muscle mass
 - C. Prevent contractures and atrophy**
 - D. Increase muscle tone

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:	Handwashing	3 minutes
Skill II:	Donning & Doffing a Full Set of PPE	4 minutes
Skill III:	Make a Closed Bed	8 minutes
Skill IV:	Make an Occupied Bed	10 minutes
Skill V:	Admitting a Patient	8 minutes

Skill VI:	Transfer patient with specified disability from bed to a chair/wheelchair.	4 minutes
Skill VII:	Measure and record vital signs: TPR and blood pressure (aneroid)	10 minutes
Skill VIII:	Ostomy Care	8 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.

NURSING ASSISTING

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

Skill I Handwashing (Time: 3 minutes)	Possible		Awarded
1. Stand back from sink to avoid contamination of clothing	2	0	
2. Removed rings and pushed wristwatch or long sleeves up above wrist using a paper towel.	2	0	
3. Turned faucet on with paper towel, adjusted temperature (water should be warm) and discarded towel in waste container.	2	0	
4. Wet hands, wrists, and the skin 1-2 inches above the wrist thoroughly with fingertips pointing down.	2	0	
5. Removed hands from water stream and applied soap to create thick lather on hands.	2	0	
6. Rubbed palms together in a circular, counterclockwise motion.	2	0	
7. Pushed the fingers of the right hand between the fingers of the left hand and rubbed up and down.	2	0	
8. Repeated Step #7 with left hand.	2	0	
9. Interlaced fingers, rubbed the palms together from side to side.	2	0	
10. Bent fingers and interlocked them with backs of fingers touching the opposite palm. Rubbed side to side.	2	0	
11. Cleaned under fingernails by rubbing them against other palm and forcing soap underneath them. Continued rubbing to clean around tops of nails.	2	0	
12. Reversed hands and repeated Step #11.	2	0	
13. Held the left thumb in the palm of the right hand. Rubbed in a circular, counterclockwise motion.	2	0	
14. Reversed hands and repeated Step #13.	2	0	
15. Held the fingers of the right hand together and placed them in the middle of the left palm. Rubbed in a circular, counterclockwise motion.	2	0	
16. Reversed hands and repeated Step #15.	2	0	
17. Washed hands for a minimum of 20 seconds.	2	0	
18. Held hands under running water with fingers pointed downward. Rinsed wrists and hands thoroughly.	2	0	
19. Dried hands thoroughly with a clean paper towel starting with hands and then the wrists. Did not shake hands or touch dispenser. Repeated if needed.	2	0	
20. Used clean, dry paper towel to turn off faucet.	2	0	
21. Discarded paper towel in waste container without touching the container.	2	0	
TOTAL POINTS -- SKILL I 70% Mastery for Skill I = 29.4	42		

NURSING ASSISTING

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

Skill II	Donning & Doffing a Full Set of PPE (Time: 4 minutes)	Possible		Awarded
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
3.	Opened the gown by holding it in front of the body & allowing it to unfold without shaking the gown.	2	0	
4.	Faced the back opening of the gown & placed arms through each sleeve.	2	0	
5.	Fastened the neck opening.	2	0	
6.	Reached behind & pulled the gown until it completely covered all clothing & secured at the waist.	2	0	
7.	Picked up mask by top strings or elastic strap not touching the inside of the mask.	2	0	
8.	Pulled elastic strap or tied top strings first & then tied bottom strings.	2	0	
9.	Pinched the strip at the top of the mask to fit tightly around the nose.	2	0	
10.	Fitted mask snugly around face & below chin.	2	0	
11.	Placed goggles over eyes or eyeglasses while making sure they fit snugly.	2	0	
12.	If right-handed slid one glove on left hand (reverse if left-handed).	2	0	
13.	Used the gloved hand to slide the other hand into the second glove.	2	0	
14.	Interlaced fingers to smooth out folds & created a comfortable fit.	2	0	
15.	Checked gloves for tears, holes, cracks, or discolored spots & replaced if needed.	2	0	
16.	Adjusted gloves until they are pulled over the wrist fitting correctly & pulled cuffs of gloves over the sleeves of the gown.	2	0	
	* Judge states, skill is completed, remove PPE.			
17.	Removed gloves by touching only the outside of one gloved hand at the palm and pulled the glove off.	2	0	
18.	With the fingertips of gloved hand, held removed glove.	2	0	
19.	With the ungloved hand, slid two fingers under the remaining glove at the wrist without touching the outside of the glove.	2	0	

Skill II Donning & Doffing a Full Set of PPE (con't) - Items Evaluated	Possible		Awarded
20. Pulled down, turning the glove inside out over the first glove as you removed it & dropped gloves in appropriate container.	2	0	
21. Removed goggles.	2	0	
22. Unfastened the gown at the neck & waist.	2	0	
23. Removed gown without touching the outside of the gown by rolling dirty side in, while holding gown away from the body.	2	0	
24. Disposed of gown in appropriate container.	2	0	
25. Untied mask and removed without touching mask.	2	0	
26. Disposed of mask in appropriate container.	2	0	
27. Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
TOTAL POINTS – SKILL II 70% Mastery of Skill II = 37.1	53		