

# Life Threatening Situations

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



future health professionals



### New for 2023 – 2024

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

Life Threatening Situations provides Middle School members with the opportunity to gain knowledge and skills required for handling emergency situations until trained assistance arrives. This competitive event consists of 2 rounds. Round One is a 35-item written, multiple-choice test. The top scoring competitors will advance to Round Two for the performance of a selected skill(s) identified in a written scenario. This event aims to inspire members to be proactive future health professionals and gain skills in basic emergency preparedness. **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.**

### Competitors Must Provide:

- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser for both rounds
- Sterile Gauze Squares (10)
- Disposable non-latex gloves (2 pairs)
- Tourniquet - HOSA will provide a tourniquet, OR the competitor has the option of providing their own tourniquet.

### General Rules

1. Competitors in this event must be active members of HOSA-Future Health Professionals in good standing.

2. **Eligible Divisions:** Middle School ONLY (in grades 6-8 during the 2023-2024 school year) 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).**

**Official References**

5. All official references are used in the development of the written test and skill ratings sheets:
6. <https://community.fema.gov/until-help-arrives>
7. [First Aid for Severe Trauma \(FAST\). American Red Cross. Red Cross Store](#)
8. Hazard Information Sheets. [www.ready.gov](http://www.ready.gov)

**ROUND ONE: The Test**

9. [Test Instructions](#): There will be a maximum of **60 minutes** to complete the test-
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. The test will consist of thirty-five (35) multiple choice items. The test scores will be used as a part of the final score for the event.

**12. Written Test Plan**

- Stop the Bleed.....25%
- Maintaining Safety .....10%
- Calling 911 .....10%
- Provide Comfort .....10%
- Position the Injured .....5%
- Communication in Emergency Situations.....5%
- Violent Situations.....5%
- Emergency Preparedness
- Be Informed .....10%
- Plan Ahead .....10%
- Take Action .....10%

**13. Sample Round One Test Questions**

1. To help a person who has sustained critical injuries, what is the first action?  
(*Until Help Arrives*)
  - A. Talk to the injured person to keep them calm

- B. Estimate the blood loss before initiating treatment
  - C. Quickly recognize life-threatening bleeding**
  - D. Recognize breathing difficulties
2. To stay safe during an earthquake, which of the following actions should be taken? (Hazard Information Sheets [www.ready.gov](http://www.ready.gov))
- A. Drop, cover and hold on**
  - B. Run and hide
  - C. Stay outside and call for help
  - D. Seek shelter with neighbors
3. Which of the following statements best describes the use of direct pressure to stop bleeding? (*FAST*)
- A. Use the fingertips to apply even, steady pressure
  - B. Use both hands with arms locked to apply firm pressure**
  - C. Use the heel of one hand to apply continual pressure
  - D. Use both hands to apply intermittent pressure

All teams will advance to the round two skills.

**ROUND TWO: Skill Assessment** Highlighted in yellow are the two skills that will be evaluated at the regional level.

14. The test score from Round One will be used to qualify the competitor for the Round Two. The skills approved for Round Two for this event are:
- |   |           |
|---|-----------|
| Skill I: Call 911                           | 5 minutes |
| Skill II: Stop the Bleed                    | 7 minutes |
| Skill III: Position the Unconscious Injured | 5 minutes |
| Skill IV: Response to Violent Situation     | 5 minutes |
15. Competitors must complete all steps of the skill listed in the guidelines even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all steps of the skill as the scenario warrants. If the equipment is NOT available, the competitors would simulate/verbalize the steps.)
16. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Violation of the ethics rules will be severely penalized per [the GRRs](#).

#### Final Scoring

17. The test score from Round One will be used to qualify the competitor for Round Two, and will be used as part of the final score.
18. 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.
19. In case of a tie, the highest test score will be used to determine the rank.

## Life Threatening Situations

Section # \_\_\_\_\_ Division: \_\_\_\_\_ MS  
 Competitor # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill I: Calling 911</b>	<b>(5 minutes)</b>	<b>Possible</b>		<b>Awarded</b>
1.	Verified emergency situation required 911 call.	2	0	
2.	Called 911 (placed phone on speaker mode if alone to allow hands to be free).	2	0	
3.	Responded appropriately to all 911 dispatcher questions.			
	a. Stated what happened.	2	0	
	b. Stated specific location including floor, room number or any identifying landmarks.	2	0	
	c. Accurately reported the number of people injured.	2	0	
	d. Described the type and severity of life-threatening situation.	2	0	
	e. Addressed any ongoing safety concerns such as any obvious dangers or ongoing threats.	2	0	
4.	Followed all directions provided by the dispatcher.	2	0	
5.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2	0	
6.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
<b>TOTAL POINTS - SKILL I</b>		<b>20</b>		
<b>70% Mastery for Skill I = 14</b>				

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Section # \_\_\_\_\_ Division: \_\_\_\_\_ MS  
 Competitor # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill III: Position the Unconscious Injured</b>		<b>(3 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
1.	Verbalized that 911 has been called and bleeding has been resolved.	2	0		
2.	Placed the unconscious injured patient on their side.	2	0		
3.	Positioned the bottom arm reaching outward.	2	0		
4.	Positioned the top arm resting on the bicep of the bottom arm.	2	0		
5.	Positioned head resting on hand of top arm while minimizing movement of head or neck.	2	0		
6.	Positioned legs slightly bent.	2	0		
7.	Positioned chin raised forward.	2	0		
8.	Positioned mouth pointed downward.	2	0		
9.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0		
10.	Remained with patient until EMS arrived.	2	0		
<b>TOTAL POINTS - SKILL III</b>				<b>20</b>	
<b>70% Mastery for Skill III = 14</b>					