

Personal Care

2023-2024 MICHIGAN HOSA EVENT MODIFICATIONS FOR REGIONAL CONFERENCES!



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 the event

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

Personal Care provides members with the opportunity to gain knowledge and skills required for patient care in medical settings. This competitive event consists of a skills assessment and aims to inspire members to be learn more about the field of nursing and how to provide quality care. **This event is specifically for HOSA members who are classified under IDEA.**

Dress Code

Competitors are required to wear attire appropriate to the occupational area. Bonus points will be awarded

Competitors Must Provide:

- [Eligibility form](#) (submitted by state deadline per state's process AND digitally submitted for ILC prior to May 15th)
- [Photo ID](#)
- 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 one, but competitors will have the choice of using their own gait belt if they would like)
- Two #2 lead pencils (not mechanical) for evaluation

for [proper dress](#). At the regional level, 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.

IEP Events

Four (4) events in the HOSA Competitive Event Program are designed for students classified with an IEP. The events are **Interviewing Skills, Personal Care, Life Support Skills, and Speaking Skills.**

Participation eligibility: To participate in these four events, the competitor MUST be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Students classified under Section 504 are NOT eligible to compete in this event.

IEP Verification and Accommodation: [This form](#) must be completed by all competitors in these four (4) events to be eligible for ILC competition. [This form](#) also allows the competitor to request accommodation. To learn the definition of an accommodation, please read [Appendix H](#).

Point Deduction: If the competitor does not submit [this form](#) by the May15 deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Deadline: The deadline for ILC is May 15 midnight EST. Check with your Local/State Advisor (or state website) to determine the deadline for any regional and/or state conferences. **Students must submit the form for regionals two weeks before the conference date! Failure to submit will result in a 35-point penalty.**

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. **Eligible Divisions:** Secondary Division members 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 \(GRR\).”](#)
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 from school portal).**

Official References

5. All official references are used in the development of the skill rating sheets.
6. [Dugan, Diana L. *Nursing Assisting A Foundation in Caregiving*. Hartman Publishing, Latest edition.](#)
7. [Roe, Sue. *The Nursing Assistant: Essentials of Holistic Care*. The Goodheart-Wilcox Company, Inc., Latest edition.](#)

Skills Assessment **Highlighted in yellow are the two skills that will be evaluated at the regional level.**

8. Each competitor will be evaluated on their performance on selected skill(s). The skills will not be combined. The skills approved for this event are:

Skill I:	Handwashing	3 minutes
Skill II:	Donning & Doffing a Full Set of PPE	6 minutes
Skill III:	Make an Unoccupied Bed	10 minutes
Skill IV:	Make an Occupied Bed	12 minutes
Skill V:	Admitting a Patient	10 minutes
Skill VI:	Transfer patient with specified disability from bed to a chair/wheelchair.	6 minutes
Skill VII:	Measure and record vital signs: TPR and blood pressure (aneroid)	12 minutes
Skill VIII:	Ostomy Care	10 minutes

9. The selected skill(s) in the form of a written scenario will be read to the competitor at the start of

the skill to be performed. The timing for the skill will begin when the section leader finishes reading the scenario to the competitor. A sample scenario can be found [here](#).

10. Timing will be stopped at the end of the time allowed.
11. 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](#).
12. 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

13. The competitor must earn a score of 70% or higher on the skill(s) of the event in order to be recognized as an award winner at the ILC.
14. Should a tie occur in the ranking of competitors, the selected skill with the highest possible point value will be used as the tie breaker; others as necessary in descending order of total point value.
15. If the competitor does not complete the [Eligibility Form](#) by the deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

PERSONAL CARE

Section # _____

Division: _____ SS

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	

Skill I Handwashing (con't) - Items Evaluated	Possible		Awarded
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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		

PERSONAL CARE

Section # _____
 Competitor # _____

Division: _____ SS
 Judge's Signature _____

Skill II Donning & Doffing a Full Set of PPE (Time: 6 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 you & 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 metal 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 your 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	

Skill II Donning & Doffing a Full Set of PPE (con't) - Items Evaluated	Possible		Awarded
16. Adjusted gloves until they are pulled over the wrist fitting correctly & pulled cuffs of gloves over the sleeves of the gown. <i>* Judge states, "Skill is completed, remove PPE."</i>	2	0	
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	
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		