

**Health Professions and Emergency
Preparedness Skills to be Evaluated
at 2022-2023 Regional Conferences**



| Event | Skill 1 | Skill 2 |
|---|--|---|
| Biotechnology (New Event!) | Skill IV: DNA Gel Interpretation-Digested DNA | Skill VII: Calculation of Transformation Efficiency |
| Clinical Laboratory Science (formerly Biomedical Laboratory Science) | Skill I: Identifying Laboratory Instruments/Equipment | Skill VI: Physical Examination of Urine |
| Clinical Nursing | Skill I: Administer Medication Intramuscular | Skill VI: Performing a Sterile Wound Irrigation |
| Dental Science | Skill I: Dental Instrument Identification | Skill V: Patient Education: Brushing and Flossing |
| Home Health Aide | Skill VI: Caring for Dentures | Skill V: Giving a Back Rub (this will be performed on a manikin) |
| Medical Assisting | Skill III: Obtain and Record a Patient Health History | Skill VII: Test Urine with Reagent Strip |
| Nursing Assisting | Skill II: Donning & Doffing a Full Set of PPE | Skill VII: Measure & Record Vital Signs: TPR and Blood Pressure (aneroid) |
| Personal Care** (IDEA qualified event) | Skill II: Donning & Doffing a Full Set of PPE | Skill VII: Measure & Record Vital Signs: TPR and Blood Pressure (aneroid) |
| Pharmacy Science | Skill II: Verifying Controlled Substance Prescription Content and DEA Number | Skill VII: Aseptic Garbing, Hand Washing and Gloving |
| Physical Therapy | Skill III: Ambulating with a Cane | Skill VII: Transfer from Supine to Sitting Position |
| Sports Medicine | Skill I: Anatomical Landmark Identification (see event mods for list of landmarks to study) | Skill III: Taping/Wrapping D. Wrist/Hand (Circular Wrist/Figure Eight) |
| Veterinary Science | Skill II: Identification of Companion Animal Breeds/Species | Skill V: Lifting and Restraining a Dog |
| CERT | Skill II: Head-to-Toe Assessment | Skill IV: Splinting a Closed Fracture |
| CPR/First Aid | Skill V: Heat-Related Emergency | Skill VI, VII: Adult BLS/CPR |

| | | |
|---|------------------------------------|---|
| Life Support Skills** (IDEA qualified event) | Skill I: Adult BLS/CPR | Skill VII: Heat-Related Emergency |
| Life Threatening Situations (Middle School) | Skill I: Call 911 | Skill IV: Response to Violent Situation |
| Emergency Medical Technician | Skill I: Patient Assessment-Trauma | Skill IV: Joint Immobilization/Long Bone Immobilization |

Medical Reading (Middle School division)

- Seven Signs of Life: Unforgettable Signs from an Intensive Care Doctor by Aoife Abbey
- You're Going to Die! My Journey to Survive by Jesse Campbell
- Student Leadership Challenge: Five Practices for Becoming an Exemplary Leader by James Kouzes and Barry Posner

****ALL THREE BOOKS WILL BE TESTED ON AT THE REGIONAL LEVEL**

Medical Reading (Secondary & Post-Secondary divisions)

- Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones by James Clear
- Every Deep-Drawn Breath: A Critical Care Doctor on Healing, Recovery, and Transforming Medicine in the ICU by Wes Ely, MD.
- A Good Time to Be Born: How Science and Public Health Gave Children a Future by Perri Klass
- The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine by Janice Nimura
- The Kissing Bug: A True Story of a Family, an Insect, and a Nation's Neglect of a Deadly Disease by Daisy Hernandez

****THE BOOKS HIGHLIGHTED IN YELLOW ARE THE THREE BOOKS COMPETITORS WILL BE TESTED ON AT THE REGIONAL LEVEL. ALL FIVE BOOKS WILL BE TESTED ON AT THE STATE LEVEL.**

For a complete list of competitive event topics and updates for 2022-2023, please visit <https://hosa.org/wp-content/uploads/2022/09/CE-Update-22-23-September1.pdf>