

T E X A S

HEALTH OCCUPATIONS STUDENTS OF AMERICA Student Handbook

Revised August 2009



**Texas State Officers
2009-2010**

**2009-2010 National Theme:
*"From Simple Scrapes to Failing Hearts, HOSA's
Where the Healing Starts!"***

WHAT IS HOSA?

The Health Occupations Students of America (HOSA) is a career and technology student organization recognized by the United States Department of Education. HOSA provides a unique program of leadership development, motivation and recognition to attract career-minded, qualified students to health care professions. HOSA, TA (Texas Association) is a state charter of National HOSA, consisting of local chapters and members who are currently enrolled in or associated with Health Science Technology Education Programs as conducted by or in secondary and post-secondary/collegiate schools of Texas. HOSA students develop essential knowledge and skills that prepare them to explore and pursue a career in health care.

PURPOSE OF HOSA, TA

The purpose of HOSA, TA is to develop and enhance the knowledge and skills of its members in the following ways:

- A. by assisting local chapters and members in community service activities;
- B. by furthering the development of respect for education in health-related careers in order to contribute to occupational competence;
- C. by providing opportunities for well informed career choices among the health occupations;
- D. by developing the leadership abilities of its members through a professional student organization program of motivation, awareness, competition and recognition;
- E. by encouraging the use of ethical standards in health occupations;
- F. by developing an understanding of current health care issues and an awareness of environmental concerns;
- G. by developing character, promoting responsible citizenship and fostering patriotism; and
- H. by offering opportunities for scholarship recognition; and
- I. by encouraging mental and physical health through participation in beneficial social activities.

HOSA MISSION

“To enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill and leadership development of all health occupations students; therefore, helping the students to meet the needs of the health care community.”

THE HOSA EMBLEM



The circle represents the continuity of health care; the triangle represents the three aspects of human kind well-being: social, physical and mental; and the hands signify the caring of each HOSA member.

HOSA COLORS: Navy Blue, Maroon, Medical White

Navy Blue:	Loyalty to the Healthcare Profession
Medical White:	Purity of Purpose
Maroon:	Compassion of HOSA Members

HOSA MOTTO: “The Hands of HOSA Mold the Health of Tomorrow”

HOSA TAGLINE: “Health Science and HOSA - A Healthy Partnership!”

THE HOSA CREED:

- I BELIEVE** in the health care profession.
- I BELIEVE** in the profession for which I am being trained and in the opportunities which my training offers.
- I BELIEVE** in education.
- I BELIEVE** that through education I will be able to make the greatest use of my skills, knowledge and experience in order to become a contributing member of the health care team of my community.
- I BELIEVE** in myself.
- I BELIEVE** that by using the knowledge and skills of my profession I will become more aware of myself. Through fulfilling these goals I will become a more responsible citizen.
- I BELIEVE** that each individual is important in his or her own right; therefore, I will treat each person with respect and love.

To this end, I dedicate my training, my skills and myself to serve others through Health Occupations Students of America.

HOW DOES HOSA HELP YOU?

HOSA activities that are an integral part of the curriculum provide students with the ability to:

1. Adapt to inevitable career changes and make realistic career goals;
2. Participate in community service activities;
3. Manage basic survival skills;
4. Build self-esteem;
5. Develop enthusiasm for learning and maintain motivation;
6. Communicate more effectively;
7. Interact with health care and community professionals; and
8. Develop workplace readiness skills.

HOSA is not a club or extracurricular activity. Instead, it is a critical component of the Health Science Technology Education program. It is a learning laboratory that helps students develop the knowledge and skills to successfully pursue a career in health care. Through HOSA experiences students have opportunities to become the best they can be!

HISTORY OF NATIONAL HOSA

At the 1971 American Vocational Association Convention (AVA) in Oregon, a task force was appointed to study student organizations, how they might serve health occupations students and to examine whether a new organization was needed. On November 4 - 7, 1975, through the leadership of the State Department of Education and Division of Vocational Education in New Jersey, 18 representatives of Alabama, New Jersey, New Mexico, North Carolina, Oklahoma and Texas voted to form the American Health Occupations Education Student Organization - AHOESO. A Constitutional Convention for AHOESO was convened in Arlington, Texas on November 10-13, 1976.

The delegates and advisors:

- (1) Adopted bylaws which changed the name of the organization to Health Occupations Students of America (HOSA);
- (2) Elected national officers;
- (3) selected national colors and a motto;
- (4) Made plans for HOSA emblem competition; and
- (5) set the first National Leadership Conference for spring 1978 in Oklahoma.

HISTORY OF HOSA, TA

Along with New Jersey, North Carolina and Oklahoma, Texas established its own state association for health occupation education students, TAHOS (Texas Association of Health Occupations Students), in April 1972. At the third annual conference of the TAHOS in San Antonio, Texas, on March 14, 1975, AVA Vice President Wilma Gillespie presented the keynote address entitled "And There Will Be Others." This message was a challenge to set in motion the activities necessary to seek a national charter. The state officers of TAHOS met with other officers from five other state health occupations student organizations to plan a national leadership organization; thus, AHOESO was created on November 7, 1975. At the Constitutional Convention of AHOESO in Arlington, Texas on November 10-13, 1976, the official National Health Occupations Student of America was established with Texas as one of the six founding states.

PAST NATIONAL HOSA PRESIDENTS FROM TEXAS

1979 – 1980	MICHAEL HARRIS
1981 – 1982	DONALD CORK
1995 – 1996	GWYNNE JURRIES
1998 – 1999	LOWELL DORINGO
2008 - 2009	LUIS BAEZ

NATIONAL BOARD CHAIRMEN from TEXAS

1981-- 1982	DR. JAMES KEETON
1985 – 1986	CHRISTYNE THIELE
1989 – 1990	DR. GERALD HOLMAN
1994 – 1995	MIKE GARCIA
1999 – 2000	KAREN BATCHELOR
2002 – 2003	BELINDA MAHONE

NATIONAL HOSA OFFICERS 2009-2010

National HOSA President	Michael Brode
National President-Elect	Claire Lucas
Region I Vice President	John Tham
Region II Vice President	Travis Carlile
Region III Vice President	Adam King
PS/C Vice President	Frank Berdos
Secondary Board Representative	Ashley Burger
PS/C Board Representative	Alissa Conde

HOSA STATE OFFICERS 2009-2010

President:	Ashley Walsh Arlington High School	Advisor: Nickey Williams
Vice President:	Olga Skirda Health Careers High School	Advisor: Jean Rhoden Gill
Secretary:	Kelly Nzali Richardson High School	Advisor: Becky Saba
Historian:	Darshan Patel L.V. Hightower	Advisor: Tana Holmes
Reporter:	Christina French Judson High School	Advisor: Roseanne Seale

LOCAL CHAPTER OFFICERS

PRESIDENT _____
VICE PRESIDENT _____
SECRETARY _____
TREASURER _____
HISTORIAN _____
REPORTER _____
PARLIAMENTARIAN _____

MY AREA _____ OFFICERS

PRESIDENT _____
VICE PRESIDENT _____
SECRETARY _____
HISTORIAN _____
REPORTER _____

NATIONAL HOSA HEADQUARTERS STAFF

Executive Director	Dr. Jim Koeninger
Associate Director	Karen Elias-Koeninger
Director of Technology	Kim Smith
Data Management	Ryan Steckel
Membership Services	Jeff Koeninger
Executive Assistant	Dennis Van Peeren

NATIONAL HOSA HEADQUARTERS

6021 Morriss Road, Suite 111
Flower Mound, TX 75028
(800) 321-HOSA (4672) or (972) 874-0062
FAX: (972) 874-0063
Web Site: <http://www.hosa.org>
E-Mail: hosa@hosa.org

HOSA SUPPLY SERVICE

Awards Unlimited
1935 "O" Street
Lincoln, NE 68510
(800) 950-3553 or (402) 474-0815
FAX: (402) 474-3782
Web site: <http://www.awardsunlimited.com>



The Official HOSA Uniform

The HOSA uniform shall be worn for all official functions such as: Competitive Events when uniform is specified, official business and Executive Council meetings when representing HOSA in various public relations activities and other related activities.

HOSA Professional Attire

1. A tailored navy blazer with Official HOSA Emblem affixed over the heart.
2. A white tailored blouse for females or a white closed-neck tailored dress shirt for males.
3. Maroon neck accent for females is optional.
4. Maroon or navy solid tailored long tie for males.
5. Member/advisor pin is centered on the left lapel of the blazer.
6. Matching navy slacks for males and slacks or skirts for females.
7. Professional footwear in navy or black. Navy or light tan hose for females and navy or black socks for males.
8. The Texas HOSA Nametag is worn on the right side of the jacket lapel so when you shake hands with another person, their eyes are drawn to your written name so it much easier to remember your name!

Professional Business Attire

Females A business suit, tailored dress and/or blazer and skirt/slacks with tailored blouse.

Males Business suit or sport coat and slacks with dress shirt and tie. When attending local, area, state and national conferences, either proper business attire or official HOSA uniform is acceptable.

COMPETITIVE EVENTS

In order to participate in a competitive event, a student must be a secondary or post-secondary/collegiate active HOSA member. The top 3 competitors at the area conference will advance to state competition and the top 3 competitors at State conference will have the opportunity to compete at the national conference. The Competitive Events Program consists of five (5) categories. Listed are the categories, the events and their event codes.

COMPETITIVE EVENTS 2009-2010

HEALTH SCIENCE EVENTS

1. Dental Spelling	DS
2. Dental Terminology	DT
3. Medical Spelling	MS
4. Medical Terminology	MT
5. Medical Math	MM
Knowledge Tests:	
6. Human Growth and Development	KG
7. Nutrition	KN
8. Pharmacology	KH
9. Pathophysiology	KP
10. Concepts of Health Care	KB

HEALTH PROFESSIONS EVENTS

11. Biotechnology	BT
12. Clinical Nursing	CN
13. Clinical Specialty	CL
14. Dental Assisting	DA
15. Home Health Aide	HH
16. Medical Assisting	MA
17. Medical Laboratory Assisting	ML
18. Nursing Assisting	NA
19. *Personal Care	PC
20. Physical Therapy	PT
21. Sports Medicine	SM
22. Veterinary Assisting	VA

EMERGENCY PREPAREDNESS EVENTS

23. CERT	CT
24. CPR/First Aid	CP
25. Emergency Medical Technician	EM
26. Epidemiology	EP
27. *First Aid/Rescue Breathing	RB
28. Public Health Emergency Preparedness	PH
29. Medical Reserve Corps Partnership	MC

LEADERSHIP EVENTS

30. Extemporaneous Health Poster	EH
31. Extemporaneous Speaking	ES
32. Extemporaneous Writing	EW
33. *Interviewing Skills	IS
34. Job Seeking Skills	JS
35. Medical Photography	MP
36. Prepared Speaking	PS
37. Researched Persuasive Speaking	RS
38. *Speaking Skills	SS

TEAMWORK EVENTS

39. Biomedical Debate	BD
40. Career Health Display	CD
41. Community Awareness	CA
42. Creative Problem Solving	CS
43. Forensic Medicine	FM
44. Health Education	HE
45. HOSA Bowl	HB
46. Medical Reading	MR
47. Parliamentary Procedure	PP
48. Public Service Announcement	PA

RECOGNITION EVENTS

49. Barbara James Service Award	BJ
50. Chapter Newsletter	NL
51. HOSA Week	HW
52. Kaiser Permanente Healthcare Issues Exam	HC
53. National Recognition Program	NR
54. National Service Project	NS
55. Outstanding Alumni Member	AL
56. Outstanding HOSA Chapter	OC
57. Outstanding State Leader	OL

**Events for students with special needs*

STATE, EVENTS AND SCHOLARSHIPS

Career Health Poster	HP
Blood Drive (see guidelines for deadline)	BL
1. Total Units Drawn	
2. Percentage of Units Drawn / Eligible Donors	
Voting Delegates	VD
Courtesy Corps	CC

*Only for students classified CTED under Public Law 102/119.

***New Events are in bold italics* HOSA Event List (July 2009)

COMPETITIVE EVENTS SYNOPSIS

Health Science Events

-- Medical / Dental Terminology --

These events are written tests. They include 100 questions and some tie- breaker questions. The event guidelines contain “test plans” and resources to help the HOSA member in deciding what to study.

-- Medical / Dental Spelling --

Round One of these events is a written test. Students that advance to round two compete in a traditional spelling bee. Competitors must correctly spell a randomly selected word. One miss and you sit. The last remaining competitor wins.

-- Medical Math --

Competitors learn the conversion table in the event guidelines and then solve math problems to complete a 50 question exam plus tie breaker problems.

-- Knowledge Tests (Human Growth & Development, Nutrition, Pathophysiology, Concepts of Health Care, Pharmacology) --

These events are 50-100 item written tests. Competitors select one of the knowledge tests to take, study the area using the resources and following the test plan in the event guidelines.

Health Professions Events

Most events in the category involve a written test and skills performance section related to a specific health career. The written test serves as Round 1 to determine the number of students advancing to the skills procedures.

-- Dental Assisting --

Competitors develop and apply knowledge and skills as a Dental Assistant in a dental clinical setting.

-- Clinical Nursing --

Competitors develop and apply advanced knowledge and skills in Clinical nursing.

-- Medical Assisting --

Competitors develop and apply use knowledge and skills in a medical clinical setting as a Medical Assistant.

-- Medical Laboratory Assisting --

Competitors apply knowledge and skills as a Medical Laboratory Assistant.

-- Nursing Assisting --

Competitors develop and demonstrate basic entry-level knowledge and skills as a Nursing Assistant.

-- Personal Care --

Competitors apply knowledge and skills in Nursing Assisting (for students with special needs).

-- Physical Therapy --

Competitors are encouraged to develop and apply knowledge and skills as a Physical Therapy Aide.

-- Practical Nursing --

Competitors develop and apply advanced knowledge and skills as a Practical Nurse.

-- Sports Medicine --

Competitors develop and apply knowledge and skills as Athlete Trainers in Sports Medicine.

-- Veterinary Assisting --

HOSA extends its competitions to the animal world as well as human. Competitors use veterinary knowledge and skills in a veterinary clinical setting.

-- Clinical Specialty Skills --

Each student selects an advanced clinical skill that is not currently offered through competitive events. The student presents a portfolio and then demonstrates the advanced skill.

-- Biotechnology --

Students will demonstrate knowledge and skills in medical and health care biotechnology careers.

-- Home Health Aide --

Students will demonstrate knowledge and skills as a home health aide.

-- First Aid/Rescue Breathing --

Students are given the opportunity to demonstrate knowledge and ability in providing basic first aid and rescue breathing in two emergency situations (for students with special needs).

Emergency Preparedness Events

-- CPR/First Aid; Emergency Medical Technician --

A two-member team works together to demonstrate their knowledge and skills in a simulated emergency situation.

-- First Aid/Rescue Breathing --

Students are given the opportunity to demonstrate knowledge and ability in providing basic first aid and rescue breathing in two emergency situations (for students with special needs).

-- Community Emergency Response Team --

A two person team working together to demonstrate knowledge and skills they will need to respond to their community's immediate needs in the aftermath of a disaster, when emergency services are not immediately available.

--Public Health Emergency Preparedness—

This event involves a team of 2-4 members who select a topic of public health concern and create an effective public health presentation to educate the public on the chosen topic. Specific topic selection will be based on a category announced annually.

--Epidemiology—

This event shall be a written examination of concepts related to the study of epidemiology. Competitors shall be expected to recognize, identify, define, interpret and apply these concepts in a 50-item multiple choice test and in written responses to a case study.

--MRC Partnership—

The MRC Partnership event is designed to encourage HOSA chapters to initiate and maintain a partnership with the Medical Reserve Corps. The partnership will promote and support the mission of HOSA, the mission of the Medical Reserve Corps, and the priorities of the United States Surgeon General. The event will consist of the implementation and documentation of partnership activities that contribute to strong, healthy and prepared communities.

Leadership Events

-- Extemporaneous Health Poster --

Competitors in this event create a visual display of a health care issue/topic using poster board and art supplies. The key focus is on the development of the secret topic (health issue) and quality of information presented.

-- Extemporaneous Speaking --

Competitors will be given a secret topic related to the HOSA theme and will have 10 minutes to prepare a 2 - 4 minute speech. Judges will rate you on speaking skills and how well you cover the secret topic.

-- Extemporaneous Writing --

Competitors are given a secret topic that is health related and have one hour to write an essay on the topic.

-- Job Seeking Skills/Interviewing Skills --

In this event competitors write a resume, fill out a job application and then participate in a simulated job interview. (Interviewing skills event is for students with special needs).

-- Prepared Speaking/Speaking Skills --

In this event competitors will write a speech using the HOSA national theme. They may write an outline of their speech on note cards and then give the speech to a panel of judges. (Speaking skills event is for students with special needs).

-- Researched Persuasive Speaking --

This event allows the competitor to take a stand, either for or against one of two selected topics. They research a topic to gather facts to support an opinion, write a paper and then give a speech to a panel of judges. Afterwards, the judges will ask questions on the competitor's position.

-- Medical Photography--

In this event competitors will use digital photography to illustrate the health professions. Competitors will photograph three different health professionals, edit the photos using computer software technology and then present the three digital pictures to a panel of judges using a computer and data projector.

Teamwork Events

-- Biomedical Debate --

A team of 3-4 students will research an ethical topic. After a preliminary round the top teams debate either the Affirmative or Negative side, plan their strategy and debate an opposing team.

-- Career Health Display --

A team of 2 students will research a career in a health occupation. They then create a display that is 3 feet high that will explain the chosen career.

-- Community Awareness --

This is a community service event. Chapter members work within their community to select a health-related issue and then raise community awareness of that issue. The product of the project is a notebook of activities and a presentation of the project.

-- Creative Problem Solving --

Teams of 3 - 4 members are given a secret problem related to a health issue. They analyze the problem and then present their solution to a panel of judges, who will ask questions about their solution and the problem solving process.

-- Health Education --

Teams of 2-4 members plan and conduct a health education project within the community and presents a video and the project before a panel of judges.

-- HOSA Bowl --

Teams of four HOSA members take a 50 item multiple-choice written test on HOSA facts, parliamentary procedure, medical information and medical history. Top scoring teams advance to a single elimination tournament by ringing a buzzer before the other team and correctly answering the most questions in 10-minute rounds.

-- Medical Reading --

Teams of three members read five books that have been selected by the National Competitive Events Program. Round 1 is a written test and teams that advance to Round 2 answer a series of questions individually and some collaboratively before a panel of judges. Reading comprehension is the key for this competitive event.

-- Parliamentary Procedure --

In this event, teams of 5 - 8 members learn about parliamentary procedure. For competition, they take a 50 item multiple-choice written test. Then after analyzing a secret problem, they conduct a simulated business meeting, addressing the motions in the secret problem.

Recognition

-- Outstanding HOSA Chapter --

Chapters plan activities all year following the guidelines and then create a scrapbook that contains proof of those activities. A judge evaluates the scrapbook and chapters who get the highest score earn gold medals, chapters with the second highest score earn silver medals, and chapters with the third highest score earn bronze medals.

-- National Recognition Program --

This event lets you learn about and participate in a variety of HOSA activities that build leadership and organizational skills. All members who complete the National Recognition program are recognized for this achievement.

-- National Healthcare Issues Exam --

This event is a 50 item written test. It measures a HOSA member's knowledge of current health issues. All members who reach a mastery level are recognized.

-- National Service Project --

Chapters are recognized for supporting the National HOSA Service organization. This year's project is the St. Jude Children's Research Hospital.

-- Barbara James Service Award --

This event provides recognition to individual HOSA members for outstanding volunteer service in their community. HOSA members fill out an application that describes their volunteer efforts and are recognized for their achievements.

-- Chapter Newsletter --

Chapters are encouraged to submit a newsletter for recognition at the national level, and for possible inclusion of chapter activities in the National HOSA magazine.

****Outstanding State Officer****

Each state will select one outstanding state officer to be recognized at the HOSA National Leadership Conference.

Texas Events

-- Career Health Poster --

Student prepares a poster prior to conference based on a special theme and submits the poster for evaluation.

-- Blood Drive --

Chapters conduct school or community blood drives throughout the year and submit proper documentation by March 15th. Recognition is given at the State Leadership Conference for the largest number of units donated and the highest percentage of units collected based on the graduating class size.

REASONABLE ACCOMMODATION STATEMENT

HOSA members with disabilities will be reasonably accommodated in area, state and national competitive events through event modification as a means of providing them an equal competitive opportunity. Such members may be allowed to provide and utilize special equipment that HOSA may not be able to provide. Requests for reasonable accommodation must be indicated on the HOSA Conference Registration Form and submitted by the deadlines dates.