

# Hey HOSA

The NC HOSA monthly newsletter

**SECOND EDITION**

## HOSA REWIND

### CTE SUMMER CONFERENCE

To empower HOSA-Future Health Professionals, we must first empower the teachers and classrooms. At the Career and Technical Education Summer Conference, many HSE teachers had the chance to attend workshops, in which they learned new teaching styles, interacted with other teachers, and were even treated as students! They were informed of more activities and projects to implement into their classrooms. This year marked 100 years for CTE, since the Smith-Hughes Act was passed. Let's continue to make CTE exceptional!



## ATTENTION ALL CHAPTER PRESIDENTS

We ask that all local Chapter Presidents email their respective District Representative with their name, school, and phone number. This will be a way to ensure that you have the information that you need to report back to your chapter and stay up-to-date on all things NC HOSA related! If you are not sure which district you belong to, refer to the map under the "Districts" tab on [nchosa.org](http://nchosa.org)

## DISTRICT OFFICER APPLICATIONS

Are you a student in HOSA ready to display your leadership skills to a wider audience? Well, consider submitting a district officer application to your district board representative! District Officer Applicants can apply for the following positions: **secretary, treasurer, reporter, historian, and parliamentarian** (the roles of President and Vice President have already been filled.) District officers play an integral role in communications from the NC HOSA State Executive Council to respective district organizations and local chapters. **Please note that a student**

**does not have to be a board member at the chapter to run for a district position at their district's Fall Leadership Conference.** District officers are elected at each district's Fall Leadership Conference (FLC) and help organize their district's District Competition! For further information, you may want to contact your district board representative, as some districts have a limit to the number of students that can apply from one local chapter. The applications for each district will be posted on each district's respective page on the NC HOSA website ([nchosa.org](http://nchosa.org)) in the coming weeks. The due dates will also be posted, and will be due to the listed mailing address for your district's board representative. We encourage HOSA students all over North Carolina to take advantage of the leadership opportunities HOSA offers, because it all starts at the district level! Good Luck!

## What is biomedical research?

*Discovering medicines, perfecting therapies, developing technology, and programming computers- all of these things and more are what you can expect from a biomedical research laboratory.*

Biomedical research is a fascinating and groundbreaking field of health science, researchers are at the front of innovation and continually change the face of medicine. While biomedical research is often thought of as strictly for medical doctors and veterinarians, computer scientists, engineers, technicians, researchers, and a plethora of other scientists are all required to revolutionize for the next generation. Nearly every medicine, medical device, surgical procedure and therapy we have today is a product of animal testing.

While utilizing an animal model is highly beneficial to biomedical researchers, there are many questions as to the necessity to animal models- this field is called bioethics. Biomedical researchers not only advance healthcare, but developments within the field of biotechnology have led to new ways of increasing food supply, slowing the effects of climate change, and fueling our high energy demands.

## Competitive events

Many of HOSA's events can relate back to biomedical science, but a select few are geared specifically for this field. You can find more about these and other competitive events at [hosa.org/guidelines](http://hosa.org/guidelines)

- Biomedical Debate
- Biomedical Laboratory Science
- Medical Innovation
- Clinical Specialty

## BIOMEDICAL RESEARCH

### NCABR

One organization that is dedicated to promoting public understanding of bioscience research is the North Carolina Association for Biomedical Research, or NCABR. NCABR provides free training and materials to K-12 educators by bringing them into research facilities to learn directly from scientists through their Rx for Science Literacy free workshop series. They also offer online courses, curricula and other publications about research and present outreach programs for the general public, including K-12 students. HOSA is proud to partner with NCABR to promote bioscience awareness across our state.



## CAREER HIGHLIGHT

## COMPETITIVE EVENTS UPDATES

On August 15th, the Annual Competitive Events Update was posted on [hosa.org](http://hosa.org). All competitive event categories have been updated except the Health Professions category. All of the competitive event guidelines were updated on September 5th. Please refer to [hosa.org/CEresources](http://hosa.org/CEresources) and [hosa.org/guidelines](http://hosa.org/guidelines) to see what updates have been made to your specific competition. If you have any additional questions regarding competitive events, please contact your district representative.

## PICKING YOUR COMPETITIVE EVENT

Students, District Competition is right around the corner! That means it is time to pick an event that is right for you. All information on event rules can be found at [hosa.org/guidelines](http://hosa.org/guidelines). However, some events are state only. A full list of all events and their availability can be found under the Competitive Events tab on [nchosa.org](http://nchosa.org). Once on this page, you may click on one of the six categories according to your respective event and view event standings at the district, state, and international level for competition. If your event is state only, talk to your chapter advisor to begin a plan of work for District and State Competition.

## COMPETITIVE EVENT SYNOPSIS

# PARLIAMENTARY PROCEDURE

Parliamentary Procedure (frequently referred to as Parli Pro) is a competitive team event consisting of five to eight members that focuses on the importance and structure of running a proper meeting. Parli Pro starts at the state level and progresses to the international level. This past year, a team from District 2 made top 16 internationally and North Carolina HOSA could not be prouder!

Parli Pro is split into two rounds. Round one is a knowledge test and round two is running a business meeting. In the test, competitors are required to know detailed information about the correct procedure to follow to effectively run a meeting according to Robert's Rules of Order. Questions range from "What is a majority?" to "How many votes are required to pass a subsidiary motion?". The test requires all competitors on the team to know the ins-and-outs of Robert's Rules of Order. Robert's Rules of Order, Newly Revised. De Capo Press. Latest edition is the official rule book that governs over the event. Students must read this book to be competitive and learn the information needed to be successful with test.

During the second round of the event, competitors are handed a "secret problem" with specific required motions, and with these motions they must solve the problem within a specific time frame. The competitors have twelve minutes to prepare their meeting, and only nine minutes to start and finish the meeting.

This competitive team event requires a lot of studying and training but pays off with a being able to go to the state competition and a chance at internationals!

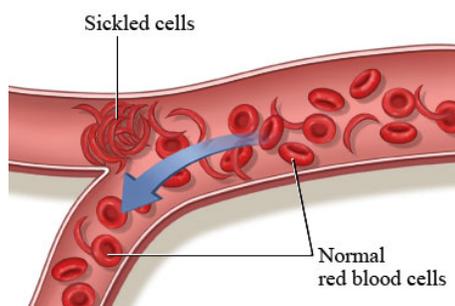


Sickle cell diseases (SCD's) are a group of inherited diseases of the red blood cells. People who have one of these diseases inherited the sickle cell gene from both parents that causes the production of abnormal hemoglobin. Instead of Hemoglobin A, the person with the disease will produce Hemoglobin S, which becomes distorted into a crescent or sickle shape when they lose oxygen. These sickle shaped cells can build up and stick to each other, blocking blood vessels' which causes organ damage, and severe episodes of pain called crises.

## SICKLE CELL

## MONTHLY AWARENESS ARTICLE

Sickle cell diseases affect between 70,000-100,000 Americans, with the majority of those affected being Black or people of Mediterranean descent, and nearly 2.5 million people in America have the sickle cell trait inherited from only one parent. Having sickle cell disease greatly reduces one's quality of life, but can be made more bearable with treatment options such as drug hydroxyurea, and blood transfusions. Sickle cell disease is even curable by bone marrow transplant, but this is not a viable option for many due to the lack of many donations and matches. Many of these people who suffer through sickle cell disease throughout their life are more susceptible to recurring chronic pain, leg ulcers, lung disease, and other health complications.



Because of research done in recent years' the life expectancy for those suffering from sickle cell diseases has sky-rocketed, but still needs to be further improved. Researchers are currently looking into ways to make bone marrow transplants a more feasible option for patients, as well as research on damaged blood cells to decrease organ damage and pain. Although these diseases are lifelong, there is a tremendous effort to make the advances necessary to prevent the many health complications that go hand-in-hand with SCD's.

## OFFICER SPOTLIGHT

Bogue Dick | District Two



School: Swansboro High School  
 Grade: 12th  
 Favorite Subject: Heath Science / History  
 Career Goals: Anesthesiologist  
 Competitive Event(s): Parliamentary Procedure, Job Seeking Skills  
 Hobbies/Interests: Track and Field (Pole Vault, 55m Hurdles, 110m Hurdles), Surfing  
 Reason for joining HOSA: My mom has been a HOSA advisor for nine years and this one is going to be her tenth! She first pushed me to join HOSA, and both of my older brothers had been in HOSA as well, so I decided to give it a shot. Once joining this prestigious organization, my life has never been the same and my dedication for the healthcare field has never been stronger.  
 Fun Fact: I have mastered making the PERFECT ice cream cone (thank you Dairy Queen)

- September 15th  
 District 2 Dues and FLC Registration  
 District 3 Officer Applications
  - September 18th  
 District 5 Chapter Dues
  - September 20th  
 District 7 Chapter Dues  
 District 7 FLW Registration
  - September 22nd  
 District 2 FLC Forms  
 District 2 Officer Applications  
 District 5 FLC Application and Dues  
 District 5 Officer Application  
 District 7 Officer Application
  - September 29th  
 District 4 FLC Registration
  - October 10th  
 District 3 FLC  
 District 5 FLC
  - October 17th  
 District 8 FLC  
 District 1 PALC Meeting
  - October 19th  
 District 6 FLC
- For a full calendar, please visit [nchosa.org](http://nchosa.org)

## MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



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 President  
 District Six Representative  
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## STAY TUNED!

The next edition of *Hey HOSA* will be released on 10/11/2017. Be sure to check back at [www.nchosa.org](http://www.nchosa.org) for more NC HOSA news, articles, and fun!

Got questions? Contact us at [nchosa@gmail.com](mailto:nchosa@gmail.com)

