

Hey HOSA

The NC HOSA monthly newsletter

HOSA REWIND

WASHINGTON LEADERSHIP ACADEMY

This past September, our State Officer team gathered in the nation's capital to meet with leaders across the nation, and grow as leaders of North Carolina HOSA for the 11th annual Washington Leadership Academy. The team attended sessions each day where they were able to learn and develop new skills to become effective leaders through numerous interactive activities and dynamic workshops. The officers were able to tour D.C. to see the memorials of inspiring leaders in America as well. Officers reflected on how they could lead—as a team and individually—with courage, creating a strong impact, just as these American leaders once did.



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

PERKINS BILL

While at the Washington Leadership Academy, our State Officers had the ability to talk with our North Carolina congressman about voting on a specific piece of legislation. Each of them visited with their representative to review the upcoming vote on the **Perkins Bill**. The Perkins Bill focuses on setting aside money from the federal budget to help support CTSOs nation wide, including HOSA. This singular piece of legislation covers over five million dollars to specifically help students in their Career and Technical State Organization. With the continuation of this bill, HOSA will be able to keep leading the health care drive in this nation, and creating the future health professionals of tomorrow.



THIRD EDITION



What is Anesthesiology?

Anesthesiology is the practice of medicine dedicated to the relief of pain of the surgical patient before, during and after surgery.

Anesthesiologists are highly trained physicians who significantly impact the quality of surgical procedures. In the operating room, the anesthesiologist is responsible for monitoring the patient and observing any reactions that may occur from the anesthesia. In the recovery room, they must monitor the patient and decide an appropriate time for the patient to be discharged. After surgery, they must prescribe pain medication that is suitable for each individual.

Some things you may not have known about anesthesia and anesthesiologist!

Anesthesiologists are ranked at the number best paying job in the United States

The insurance for anesthesiologists costs about \$1 million per occurrence and \$3 million per year

Anesthesia doesn't put you to sleep, it puts you in a reversible coma

Competitive Events

Medical Terminology

Knowledge Test- Pathophysiology

Knowledge Test- Medical Law and Ethics

Clinical Specialty



NEED MEETING IDEAS?

If your chapter has come up with a great idea for a meeting, fundraiser, or service activity, **let North Carolina know!** Send in pictures of your events or tell us about it. This way, chapters can have fresh and engaging ideas for their members! Email any of the state officers (emails below) or tag us in pictures on instagram!

STATEWIDE HOSA WEEK

Who is ready for HOSA week? HOSA week is an outstanding opportunity to share HOSA with your school and community! **This year, we will have state wide themes for each day of the week.** Once the themes are celebrated, your school will have the opportunity to **send in pictures** and win most spirited for that given day. Participation is encouraged so the message of HOSA can reach others interested in the field of healthcare. **Stay tuned for more updates concerning HOSA week!**

COMPETITIVE EVENT SYNOPSIS

HEALTHY LIFESTYLE

There are many reasons why living a healthy lifestyle is important, such as its ability to lower one's healthcare costs. Health professionals practice living healthy lives as positive role models to other health experts and their patients. Promotion of living healthy lifestyles is also a part of many health professional's job description. This event was created with the purpose of teaching the HOSA member health living concepts, as well as how to apply the concepts to a personal lifestyle goal, pertaining to health.

Round one of this event consists of a multiple choice test which assesses the HOSA members knowledge of specific concepts within healthy living. Round two includes a judged interview. Each competitor will also focus on one personal goal, and document their efforts in a Healthy Lifestyle portfolio. Competitors are awarded bonus points for being in proper business attire or official HOSA uniform during orientation, written test, and judge interview.



October is breast cancer awareness month! One in eight women will be diagnosed with breast cancer in their lifetime, making breast cancer the most common cancer among women and an issue that's close to all of our hearts. Many chapters across the state have begun promoting awareness through campaigns and activities. It's a great idea to tap into the interest of a prominent issue that we, as future health professionals, face in our communities.

BREAST CANCER

MONTHLY AWARENESS ARTICLE



Students at Madison High HOSA have developed a great way to get students involved and keep them engaged through "flocking." Classes can band together to raise \$10 to "flock" a teacher's classroom; flocking consists of decorating the door to a classroom and placing a large inflatable flamingo in the doorway once the teacher has gone home. Teachers can then help classes raise money to move the flock to another teacher's room for \$10. Activities like this promote breast cancer awareness throughout the month of October while also raising funds for life-saving research. This October, find activities that benefit your community and promote breast cancer awareness!

OH THE PLACES YOU CAN GO!

LEAH BROADHURST

COMPETITION/ FLC/ DISTRICT OFFICERS

Involvement with HOSA on any level teaches you skills that will benefit you in your future careers. Leah Broadhurst served as the North Carolina HOSA President in 2003-2004. Here is what she has to say about her time in HOSA and where she is now!

How did HOSA help you make decisions for your future regarding your profession/education?

I always knew that I wanted to be a doctor, so joining HOSA was a natural fit for me, and it was definitely life changing. From the skills that I learned (such as taking vitals) to having my HOSA Advisor push me to run first for a regional office and then later for state office; those experiences helped to shape the woman and physician I am today.

What is one piece of advice you would give to a current HOSA member?

Take advantage of each opportunity that you have through HOSA. Use this time to learn about different health professions (learn to take vitals, CPR/first aid, sports medicine, etc). Compete in different events, step outside of your comfort zone, but most importantly have fun and meet new people along the way.

What event did you compete in?

Prepared Speaking

What was your favorite HOSA event/meeting/conference?

National Conference--I remember meeting like minded students from across the nation and I still have the pins from other states that I collected throughout the week.

What is the most rewarding aspect of your career?

The patients! While you are helping them get well, they have a way of influencing your life and making it better.



District Competition is going to be here before you know it. That means you should begin to find an event that is perfect for you. The competitive events guidelines and all other information on event rules can be found at hosa.org/guidelines. A chart of all events can be found in Chapter H of the Advisor handbook, pages 2-3. On the chart, events are sorted into the six competitive event categories. You may view event availability at the District, State, and International level for competition. Begin studying or practicing as soon as you can, so you'll be able to bring home some gold!

Fall Leadership Conference is an excellent opportunity to develop leadership skills within your chapter and district. . If your chapter has a District Officer candidate running, prepare a verbal campaign slogan that members of your chapter can advocate for your candidate with. Make sure throughout your FLC, you keep an open mindset, and participate in everything you can. FLC is an amazing setting to connect with members of your district and learn about yourself as a leader, so be productive and have fun!

District Officers are the bridge between the NC HOSA State Executive Council and district organizations/local chapters throughout the state. A District Officer's largest responsibility is the planning and execution of each respective District Competition. Officers work to ensure that District Competition runs as smoothly as possible. Officers are responsible for maintaining fluid communication between local chapters and the District Representative as well. District Office is extremely rewarding, and the NC HOSA State Executive Council is confident that your districts will elect the most diligent and intelligent candidates. Because it all starts at the District level, District Office also looks very impressive on a State Officer application. *wink wink*



District Competition



District Officers



District 6 FLC

OFFICER SPOTLIGHT

Kartik Tyagi | District Three



School: Enloe High School
 Favorite Subject: Health Science and Anatomy
 Career Goals: Neurosurgeon
 Competitive Event: Medical Spelling
 Hobbies/Interests: Public Speaking, Traveling, Playing Basketball & Cricket
 Reason for joining HOSA: As they say, HOSA is a pipeline of Future Health Professionals. For me, starting at an early age, I started to see that my passion lay in the field of health care. I saw, as a freshman in high school, the opportunities HOSA offered to students and how through HOSA, members could build their leadership and technical skills while doing what they love: partake in their passion for health care. This is why I joined HOSA - Future Health Professionals!
 Fun Fact: I am the youngest officer on our NC HOSA State Executive Council!

- October 17th
District 8 FLC
District 1 PALC Meeting
 - October 19th
District 6 FLC
 - October 20th
District 2 Conference Registration
District 5 Conference Applications and fees
District 5 online testing (20-27)
NC HOSA Board Meeting (20-21)
 - October 27th
District 2 FLC
District 4 Conference Registration
 - October 30th
District 2 Online Testing (30-Nov 3)
District 6 Online Testing (30-Nov 3)
District 7 Conference Registration
 - October 31st
District 3 Competition
 - November 1st
District 4 Online Testing (1-8)
 - November 6th
District 7 Online Testing (6-9)
- For a full calendar, please visit nchosa.org

MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



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STAY TUNED!

The next edition of *Hey HOSA* will be released on 11/8/2017. Be sure to check back at www.nchosa.org for more NC HOSA news, articles, and fun!

Got questions? Contact us at nchosa@gmail.com