

Hey HOSA

The NC HOSA monthly newsletter

HOSA REWIND

REGIONAL LEADERSHIP CONFERENCE



For NC HOSA, the month of November marks our annual Regional Leadership Conferences. Eight conferences were held across the state, enabling members to exhibit their proficiency in the various competitive events HOSA has to offer. Alongside competitive events, many of our Regional Leadership Conferences held leadership sessions, team building activities, and other opportunities that gave members the opportunity to network and build relationships with others across their region. Congratulations to ALL of our

competitors, and thank you for your continued participation in HOSA—Future Health Professionals!

As the 2019 Regional Leadership Conferences come to an end, it is time to begin preparation for the quickly approaching State Leadership Conference. This year, the Conference will again be hosted in Charlotte, North Carolina. Similar to previous years, you can expect a wide arrangement of guest speakers and educational sessions, the HOSA dance, and much more! Your NC HOSA State Officer team is looking forward to State Leadership Conference, where the mission of HOSA will be well at work. We can't wait to see you there!



**FIFTH
EDITION**

HAPPY HOLIDAYS



On the behalf of North Carolina HOSA, the Executive Council would like to wish you Happy Holidays! We appreciate your dedication and participation in HOSA thus far and hope to provide you with countless opportunities in the coming year. The Executive Council is thankful for having your continued support of this organization! Take this time to rest before you begin preparing for the 44th annual State Leadership Conference! We hope you have a wonderful holiday and cannot wait to see all of you this April!

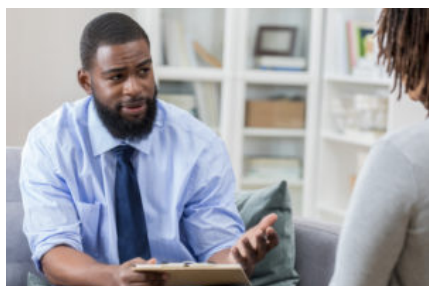


CAREER HIGHLIGHT

PSYCHIATRIST

What is a Psychiatrist?

Psychiatrists are trained in the medical, psychological, and social components of mental, emotional, and behavioral disorders. They utilize a broad range of treatment modalities, including diagnostic tests, prescribing medications, psychotherapy, and helping patients and their families cope with stress and crises.



How do you become a psychiatrist?

In order to become a psychiatrist one has to Earn a Bachelor's Degree. As an aspiring psychiatrist, one also must take undergraduate courses in biology, chemistry, math and physics to meet medical school admissions requirements, pursue a Medical Degree, complete a Residency, obtain a License to practice, and become Board Certified. It takes a minimum of 12 years of schooling to become a psychiatrist.

Competitive Events:

In order to become a psychiatrist, you must have an excellent understanding of basic psychology and must possess psychotherapy skills to attempt to influence the patient's disorder with less medication. Focusing almost exclusively on psychology and information about mental disorders, the event **Behavioral Health** encompasses much of the information psychiatrist must know. To read the guidelines for this event, visit hosa.org/guidelines for more information.

COMPETITIVE EVENT SYNOPSIS

PHARMACY SCIENCE

Pharmacy Science is a health professions event that is offered at the state and international level. It provides HOSA members with an opportunity to develop and demonstrate knowledge and skills in pharmacy careers. This event consists of two rounds of competition. Round One includes a written, multiple choice test consisting of 50 questions. The top scoring competitors advance to Round Two for the performance of selected skill(s) identified in a written scenario. The skills approved for Round Two for this event include: Patient Screening for Pharmacist Consultation and Services (4 minutes), Verifying Controlled Substance Prescription Content and DEA Number (6 minutes), Withdrawing Liquid from a Vial (15 minutes), Compounding an Oral Suspension (15 minutes), Identifying Equipment (Including name of instrument and purpose or use) (15 minutes), Filling A Prescription (5 minutes), and Aseptic Garbing, Hand Washing and Gloving (8 minutes).

Each competitor is required to bring event guidelines, two #2 lead pencils with erasers, an ink pen, shoe covers, a face mask, a hair cover, a beard cover, a hair tie, sterile non-shedding gown with snug-fitting cuffs, eye shields or goggles, sterile powder-free and latex free gloves, and a photo ID.



CHAPTER SPOTLIGHTS

Want to be featured on our social media?

NC HOSA is now starting **Chapter Shoutouts** on our Instagram & Twitter! This is a great way for your HOSA chapter to be showcased on our social media. If you want to be featured, send in a picture and brief summary of your chapter's activity. We can't wait to see what all of our chapters do this year!



EMAIL US AT
NORTHCENTRAL.REGION@NCHOSA.ORG



TAG@NCHOSA



TAG@NC_HOSA



Cox Mill High School HOSA collected over **3600 band-aids** during their band aid drive! These band-aids were delivered to a local hospital: Levine Children's Hospital. Great job Cox Mill HOSA!

DRUNK/DRUGGED DRIVING

MONTHLY
AWARENESS
ARTICLE

In December, National Drunk and Drugged Driving Prevention Month is observed. Many people traveling during the holidays participate in parties or have drinks with family members. If you have been drinking or are under the influence of drugs, never operate a vehicle. When your ability



to operate a vehicle is impaired, you are committing a crime. Did you know, on average, 25 people were killed in alcohol-impaired driving crashes per day during December of 2010? If you plan to take part in these activities, don't ever get behind the wheel. It could cost you or someone else their life.

To learn more about the National Drunk and Drugged Driving Prevention month visit:

<https://aadrugtesting.com/december-national-drunk-drugged-driving-prevention-month/>

OFFICER SPOTLIGHT

Ashton Rierson | Piedmont-Triad Region



School: Mount Airy High School

Grade: 12th

Favorite Subject: Human Biology

Career Goals: Anesthesiologist

Competitive Event(s): HOSA Bowl

Hobbies/Interests: Volunteering at my local hospital as an anesthesia tech and my local free clinic as a translator for the Hispanic community.

Reason for joining HOSA: After volunteering at my local hospital and free clinic and finding my passion for the medical field, I searched for an additional outlet in which I could explore deeper into the medical field. This led me to change high schools after hearing about the many opportunities HOSA provided for its members.

Fun Fact: I've volunteered over 400 hours in the operating room, allowing me to view hundreds of surgical procedures.

February 15th

State Officer Application Deadline



Interested? Click here for application information!

February 15th

State Leadership Conference
Registration Deadline

February 29th

Scholarship Interviews
State Officer Candidate Screening

March 15th

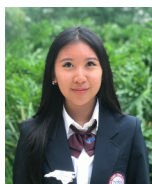
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April 1st-4th

State Leadership Conference

MEET YOUR COUNCIL

The 2019-2020 NC HOSA State Executive Council



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STAY TUNED!

The next edition of *Hey HOSA* will be released January 13th! 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



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