

Hey HOSA

The NC HOSA monthly newsletter

HOSA REWIND

REGIONAL LEADERSHIP CONFERENCE

Throughout the month of November, members were given the opportunity to showcase their knowledge at their Regional Leadership Conference. Students were able to compete in a variety of HOSA's competitive events, independently, or in teams, in order to place and compete at the North Carolina State Leadership Conference in April. The conference began with the Opening Ceremony, led by the regional President. During the session, the newly-elected regional officers were inducted, special thanks were given, and each chapter was recognized for their participation. After the Opening Ceremony, students were dismissed to their competitive events and later enjoyed a nice lunch. Following that, HOSA members gathered together for the Awards Ceremony, where awards were presented to regional finalists. The top five will go on to compete at the State Leadership Conference in April. We cannot wait to see you there!

**FOURTH
EDITION**

Regional Officers

NORTH CENTRAL REGION:

President: Anna Feng
Vice President: Anushka Mandalapu
Secretary: Chahaana Kathiravan
Treasurer: Ananya Jain
Reporter: Trisha Avula
Historian: Likith Solasa
Parliamentarian: Nicholas Ballard

PIEDMONT-TRIAD REGION:

President: Ashton Rierson
Vice President: Tripp Gilley
Secretary: Shaini Lal
Reporter: Ella Harmon

SOUTHEAST REGION:

President: Bronson Hall
Vice President: David Li
Secretary: Leanne Lancaster
Treasurer: Kiley Wells
Historian: Caitlyn Bailey

NORTHWEST REGION:

President: Sarah Whittington
Vice President: Tyler Gambill
Secretary: Brianna Martin
Historian: Morgan Calloway

WESTERN REGION:

President: Kassidy Coggins
Vice President: Shay Barker
Secretary: Rhada Hari
Treasurer: Carson Price
Reporter: Emma Nichols
Historian: Mattie Maney

SANDHILLS REGION:

President: Ehi Audu

SOUTHWEST REGION:

President: Harshita Gudipudi
Vice President: Scott Hoover
Secretary: Sreenidhi Elayaperumal

NORTHEAST REGION:

President: Ashby Dickerson
Vice President: Erin Greene
Secretary: Kyia Riddick
Reporter: Jordan Mitchell



What is an Anesthesiologist?

This month's career spotlight is dedicated to anesthesiologists. Anesthesiologists are primarily present in the operating room and are responsible for administering anesthesia and managing the pain of their patients.

Anesthesiologists must also be skilled with airways as they must manage the patient's respiration, while avoiding fatal complications such as a sudden laryngospasm. Anesthesiologist can also be found placing nerve blocks in which they are able to numb an entire part of the body.

How do you become an anesthesiologist?

Becoming an anesthesiologist is a lengthy process. This process consists of attending four years of undergraduate education, attending four years of med school, and finally completing 4 years of residency.



Competitive Event(s):

As an anesthesiologist, you must be very knowledgeable regarding respiration and conducting airways. Competitive events centered around these areas of specialty include CPR/First Aid and EMT, both of which require competitors to be familiar with restoring airway function. To find out more about these events visit www.hosa.org/guidelines for more information.

Organization:

The professional organization for anesthesiologists in the United States is the **American Society of Anesthesiologists (ASA)**, which was founded in 1905 as an educational, research, and scientific association of physicians organized to raise and maintain the standards of the medical practice of anesthesiology

REQUEST A CHAPTER VISIT!

Is your chapter looking for new meeting ideas? **Have a state officer come and talk to you!** We are more than happy to run programs, speak at meetings, or help prepare for competitions! Just email your officer to set up a date and activity!

HOSA MENTORING PROGRAM

You, as a high school or postsecondary collegiate HOSA chapter, can mentor and "raise" a middle school HOSA chapter by allowing it to lay the foundation for a HOSA chapter at that middle school. If you know any middle schools in your area or would think that HOSA would make a great fit for that middle school, contact your district's state officer(Contacts on last page). They would be happy to reach out to the middle school and help initiate a mentoring program between both of your HOSA chapters! By offering middle school students an opportunity to build their leadership and technical skills through HOSA, you are advancing the career and technical preparedness of students starting at an earlier stage, so we urge you to look out for and mentor a middle school by helping start a HOSA chapter at a local middle school and encourage them to take advantage of the many opportunities HOSA has to offer.

COMPETITIVE EVENT SYNOPSIS

HEALTH CAREER DISPLAY

So many Health Careers blend together to produce modern health care. One Health Career could not function without the help from many others. Highlighting the impact of each and every one of these careers on health care would be impossible but, through this competitive event, HOSA students get to display the health career they are most interested in.

In Round One, competitors set up and show their display to judges. If selected, the competitors move to Round Two where they give a speech on the career they chose. This competitive event allows HOSA students to research and learn about careers they are interested in and share that interest with others.



Diabetes is a disease characterized by an abnormal amount of glucose in the blood. Glucose is the substance that provides fuel for your cells. There are two types of diabetes: Type 1 and Type 2. Both are a result of inadequate production and usage of insulin. Insulin is a hormone that regulates the amount of sugar in the blood. Type 1 Diabetes involves insufficient insulin production, while Type 2 Diabetes suffer from insulin resistance. That means that their bodies produce insulin, but they are unable to use it effectively. Over 30 million people in the United States have diabetes, but only one in four know that they have the disease. It is the 7th leading cause of death and the number of those diagnosed has tripled in the last twenty years. It is important that individuals are aware of risk factors associated with diabetes. It is also crucial that people are aware of preventative measures that can be taken to keep the

DIABETES

MONTHLY AWARENESS ARTICLE



disease from from developing. Physical activity and a healthy diet are key in the prevention of Type 2 Diabetes. For more information regarding diabetes, visit the American Diabetes Association at the following address: www.diabetes.org. Help bring diabetes to an end by sharing this information with your friends and family.

OFFICER SPOTLIGHT

Anna Feng | North Central Region



School: Enloe High School

Grade: 12th

Favorite Subject: English

Career Goals: Psychiatrist

Competitive Event(s): Medical Reading, Behavioral Health

Hobbies/Interests: Running, cooking, collecting sneakers.

Reason for joining HOSA: I learned about HOSA my sophomore year through my first health science class, Health Science I – which was taught by one of my amazing advisors, Mrs. Turner – who introduced me to HOSA and encouraged me to join. My friends had all joined freshman year, and they always talked about how much fun it was, so I was immediately interested. I joined HOSA mainly because it aligned with my health science classes, and I wanted to pursue a career in the medical field.

Fun Fact: I'm Canadian!

November 14th- 23rd
Regional Leadership Conference



Check the NC HOSA website for your region's information

February 15th

State Officer Application Deadline



Interested? Click here for application information!

February 15th

State Leadership Conference
Registration Deadline

February 28th-29th

Scholarship Interviews
State Officer Candidate Screening

March 15th

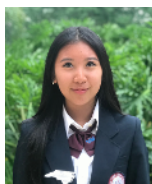
Tallo Upload Deadline

April 1st-4th

State Leadership Conference

MEET YOUR COUNCIL

The 2019-2020 NC HOSA State Executive Council



Anna Feng

President
North Central Region Representative
northcentral.region@nchosa.org



Sarah Whittington

Vice President
Northwest Region Representative
northwest.region@nchosa.org



Ashby Dickerson

Northeast Region Representative
northeast.region@nchosa.org



Bronson Hall

Southeast Region Representative
southeast.region@nchosa.org



Ehi Audu

Sandhills Region Representative
sandhills.region@nchosa.org



Ashton Rierson

Piedmont-Triad Representative
piedmont-triad.region@nchosa.org



Harshita Gudipudi

Southwest Region Representative
southwest.region@nchosa.org



Kassidy Coggins

Western Region Representative
western.region@nchosa.org



Cole Dickerson

Postsecondary President
postsecondary@nchosa.org

STAY TUNED!

The next edition of *Hey HOSA* will be released September 9th! 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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