

Hey HOSA

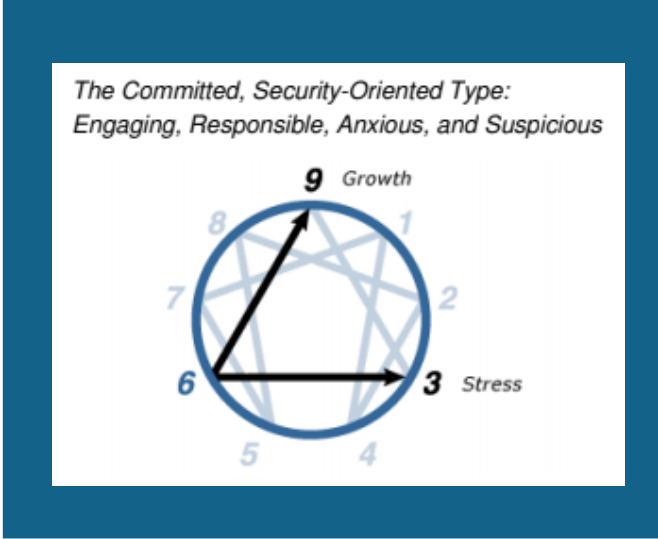
The NC HOSA monthly newsletter

THIRD EDITION

GLOBAL LEADERSHIP ACADEMY

HOSA REWIND

A couple weeks ago, your state executive council participated in the first session of Global Leadership Academy (formerly known as the Washington Leadership Academy). During this session, each officer learned more about their personality traits, the "dos and donts" of communication, and HOSA's long standing history. Most importantly, they got to connect with HOSA members from around the globe - China HOSA! We're so excited for the next sessions to come and look forward to making this year of HOSA the best it can be!



The graphic features the HOSA logo (future health professionals NORTH CAROLINA) at the top. Below it, the text reads "HOSA State Officer" in a large, bold, dark red font, followed by "'Adopt-a-Chapter'" in a slightly smaller, bold, dark red font. The background is white with a decorative border of blue and white polka dots on the left and bottom edges.

During the past month, your Executive Council has been hard at work, regularly hosting zoom meetings to make sure that we have the best year possible! Having recently attended the Global Leadership Academy, NC HOSA's officer team has been prepped with techniques to build leadership and to serve you better, resulting in the the creation of our Adopt-A-Chapter program. Adopt-A-Chapter allows you and your chapter to meet virtually with a state officer and to learn more about leadership opportunities, ways to get involved, competitive events, and much more. We look forward to serving and helping to improve the chapters involved!



SCHOOL SPOTLIGHT:

PAMLICO COUNTY HIGH SCHOOL



In September, Pamlico County High School's HOSA officers spent time together fixing the gardens at their school. These gardens were put in place to provide a safe space for students to relieve stress. Jamison Sheaffer, the PCHS HOSA President, stated that "having the opportunity to help my fellow peers" felt amazing, and that they "also surprised the staff on Monday with a beautiful setup for fall" to make the experience even sweeter. As the year continues, Pamlico County HOSA plans to serve their community and schools in new ways and to new lengths!

Wound Care Specialist

CAREER HIGHLIGHT



What is a Wound Care Specialist?

Wound care specialists are medical professionals that specialize in removing infected tissue to improve the healing process. Not only do they work in hospitals and nursing homes, they also serve patients in their own homes! Wound care specialists have an important focus on those suffering from bedsores, an ailment that results in 60,000 deaths and \$1 billion in treatment annually. The wound-care speciality offers varying degrees of work, with physicians in the field earnings upwards of \$700 a day!

How do you become a Wound Care Specialist?

Those interested in obtaining a **Certified Wound Specialist (CWS)** title must be a licensed health care professional with a bachelor's degree, along with 3 or more years of clinical wound care experience. To be a **Certified Wound Specialist Physician (CWSP)**, you must meet the same requirements above but must also hold a medical degree (MD, DO)

Competitive Events:

Competitive events related to this career center around the skills necessary to succeed in a clinical environment: *Clinical Specialty, Clinical Nursing, Medical Assisting, CPR/First Aid, etc...* You can find more about these and other competitive events at [hosa.org/guidelines!](https://hosa.org/guidelines)



COMPETITIVE EVENT SYNOPSIS

HEALTHY LIFESTYLE

This event provides an opportunity for HOSA members to obtain knowledge about a healthy lifestyle and how health affects a person's lifespan. Offered at the middle, secondary, and postsecondary levels, the event consists of two rounds. The first round is a test that consists of 50 multiple-choice questions, allotting competitors 60 minutes to finish. Qualifying scores move competitors to round two, a presentation about their health goals in front of a group of judges. Each competitor must develop a personal healthy lifestyle portfolio, documenting all of their goals, a health assessment, and evidence of their health journey. Competitors are given 4 minutes to present with the aid of notecards and an additional 2 minutes to answer questions. The highest overall scores from both rounds determine the final placement. You can find more about this event [here!](#)



SPINA BIFIDA

MONTHLY AWARENESS ARTICLE

October is National Spina Bifida Awareness Month! Spina Bifida is a birth defect that occurs when the spine and spinal cord do not form properly, generally during the first 28 days of pregnancy. In the United States alone, over 1,600 babies are born with Spina Bifida each year. Most adults and children who have the disease live fairly normal lives, with some using wheelchairs to move around and others getting it surgically corrected at a young age. No two cases of Spina Bifida are alike, garnering its nickname as the "snowflake disease". For more information on Spina Bifida Awareness

Month and how to get involved, visit this [link!](#)



REGIONAL LEADERSHIP CONFERENCE

Make sure you begin looking for an event that is perfect for you -- **Regional Competition** is approaching faster than you think! In the month of January, each of our 8 regions will hold their annual Regional Leadership Conferences across the state. For more information, all competitive events guidelines/event rules can be found at hosa.org/guidelines.

As they say, "*Practice makes perfect.*" Begin studying or practicing as soon as you can, so you'll be able to bring home some gold!

OFFICER SPOTLIGHT

Romae Smith | Sandhills Region



School: Westover High School

Grade: 12th

Favorite Subject: Biology

Career Goals: Pediatric Oncologist

Competitive Event(s): Health Education / Epidemiology

Hobbies/Interests: Reading and cooking

Reason for joining HOSA: After seeing the organization as an opportunity to find herself and what she wants to do in the healthcare field, Romae joined HOSA in the ninth grade. She went through various educational courses, volunteer activities, and workshops. HOSA built her confidence, leadership and personal skills, and ultimately gave her the information needed for her career choice.

Fun Fact: Romae works with elder patients at group homes

November 6th

Regional Officer Application Deadline

January 4th

State Officer and Scholarship Application Opens

January 8th

RLC Registration

January 15th

Tallo/Formstack Deadline

January 18th-27th

RLC Online Testing

February 6th

RLC Awards

February 12th

State Officer and Scholarship Application Deadline



MEET YOUR COUNCIL

The 2020-2021 NC HOSA State Executive Council



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FOLLOW OUR SOCIALS!

Be sure to check out North Carolina HOSA's social media accounts for updates and new information!

We will be posting weekly and want to keep you informed, you don't want to miss this!



@NCHOSA @NC_HOSA @NCHOSA NCHOSA.ORG @NCHOSA