

# Hey HOSA

The NC HOSA monthly newsletter



## HOSA REWIND

RLC --> SLC

It's that time of year again! As we wrap up a successful Regional Leadership Conference, we would like to take the time to thank those who generously helped us have a successful RLC and congratulate the winners. Eight conferences were hosted virtually around the state this year, allowing HOSA members to showcase their knowledge in the various competitive events HOSA has to offer.

Traditionally, the State Leadership Conference would be quite a ways in the future. However, this year it is right around the corner! It will be North Carolina HOSA's second virtual State Leadership Conference and will take place April 7th-10th. Your NC HOSA Executive Council has been working hard to ensure the 45th State Leadership Conference is fantastic! Currently, there are less than two months till SLC, and we have already started the countdown. Good luck to those competing and we can't wait to see you virtually!

## COMPETITIVE EVENT TIPS

SLC: APRIL 7TH - 10TH

- 1. Read and become familiar with your guidelines.** This is the single most important tip anyone can do for their competitive event. Your guidelines include dress code, materials you may need, event topics, and rubrics for papers and speeches.
- 2. Create a Tallo account!** Make sure you're familiar with Tallo and how to submit on Tallo for your event! This is super important because if you don't submit before the deadline you could receive a points deduction from your score sheet!
- 3. Check HOSA's Useful Tools!** HOSA's official website has a section that includes this year's topics, a flow chart to help choose an event, and resources to help you with your event!

**Competitive Event Useful Tools**

Be sure to also read the [General Rules and Regulations](#) and [CE Appendices](#) for important information related to CE.

**2020-2021 CE Updates and Changes:**

- 20-21 Highlights of CE Changes - Handout (August 20, 2020)
- 20-21 Highlights of CE Changes - PowerPoint (July 15, 2020)
- 20-21 Highlights of CE Changes - YouTube Video Presentation (July 15, 2020)
- 20-21 Medical Reading Books
- 20-21 Competitive Event Abbreviations A helpful listing of all events in the HOSA CE Program.

**What Competitive Event is Right for You?**

- VIDEO: Summary to Explore HOSA Events
- 20-21: A flow chart that asks students questions to help them determine the best competitive event for them
- Middle School version
- Secondary and Postsecondary / Collegiate version

**Event Preparation:**



# ADVISOR SPOTLIGHT:

## JENNIFER EPPERSON, BSN, RN



This month's advisor spotlight is on Mount Airy Middle Schools' Jennifer Epperson, BSN, RN. Mrs. Epperson is a busy woman—serving as the Mount Airy Middle School Chapter and the Piedmont-Triad Representative and Chair-elect of the NC HOSA Board of Directors. Over the years, Mount Airy Middle Schools' HOSA Chapter has been very involved in conferences as well as in the community. She has organized writing cards to nursing homes, making care bags for the homeless, visiting hospitals, and more. Mrs. Epperson's favorite HOSA memory was during her first year as a HOSA advisor, when she took students from her chapter to the ILC in Texas. Thank you for all you do for HOSA-Future Health Professionals!

Radiologist

CAREER  
HIGHLIGHT



### What is a Radiologist?

Radiology is a healthcare profession that specializes in the treatment and diagnosis of medical disorders through medical imaging and the use of other advanced technology such as X-rays, CT (Computed Tomography), MRI (Magnetic Resonance Imaging), Ultrasound, and Nuclear Medicine. The three common branches of radiology include Diagnostic Radiologists (those who assess a patient's condition), Interventional Radiologists (those who treat a patient's condition), and Radiation Oncologists (those who treat cancers).

### How do you become a Radiologist?

Radiologists must complete at least 13 full years of training, a span that covers undergraduate (4), medical school (4), medical residency (4), and a couple years of fellowship with specialized training from a certified radiologist (1-3 years). Aspiring doctors must be certified by the American Board of Radiology, a licensure that must be renewed every so often through a radiologist's career.

### Competitive Events:

As a radiologist, you will have a wealth of knowledge regarding medical disorders and advanced technology. Competitive Events that most similarly reflect radiology include *Health Informatics* and *Medical Innovation*. You can find more about these and other competitive events at [hosa.org/guidelines](https://www.hosa.org/guidelines)!



## COMPETITIVE EVENT SYNOPSIS

# SPORTS MEDICINE

Sports Medicine is a two-round event that provides HOSA members with an opportunity to develop and demonstrate knowledge in athletics. Round one consists of a 50-item multiple choice test that spans the realm of sports medicine provided in the official resources. Qualifying scores advance to round two, where competitors must know range of motion and anatomical landmarks. You will also be required to tape/wrap an ankle, achilles tendon, shoulder spica, and a wrist or hand. 4-6 minutes is given for each taping skill. Competition in sports medicine is a great opportunity for those interested in athletics and healthcare. If this sounds like you, check out these official HOSA guidelines [here!](#)



# BLACK HISTORY MONTH

## MONTHLY AWARENESS ARTICLE



The month of February is African American Month, or more commonly known as Black History Month. This month is dedicated to remembering and honoring the important people and events in the history of African diaspora. The Black History Month theme for this year is "The Black Family: Representation, Identity, and Diversity!". With that being said, the most common health concerns in African Americans are Cardiovascular disease, High Blood Pressure, Cancer, Diabetes, Strokes, Peripheral Artery Disease, and Sickle Cell. NC HOSA & HOSA, INC. supports those of colors and encourages you to learn more to spread awareness.



# LINKTREE

North Carolina now has a link tree, a one stop destination for all your NC HOSA needs! You can find our official website, newsletter, social media accounts, and more at [linktr.ee/NCHOSA](https://linktr.ee/NCHOSA). Be sure to check it out often to catch any updates and important information in the coming months!

# OFFICER SPOTLIGHT

## Kathryn Sears | Postsecondary/Collegiate



**School:** University of North Carolina at Charlotte

**Grade:** Freshman

**Favorite Subject:** Health Sciences

**Career Goals:** Nurse; Her long-term goal is to become a flight nurse in the United States Air Force!

**Competitive Event(s):** Health Education, Parliamentary Procedure

**Hobbies/Interests:** Running and Hiking

**Reason for joining HOSA:** Kathryn joined HOSA to explore and expand her knowledge of various healthcare professions, to evolve her skills in leadership, and to network with others who hold similar career goals.

**Fun Fact:** Kathryn was in band and orchestra throughout high school and can play three instruments!

February 12th

Design and Prevent Blindness Deadline

February 19th

SLC Registration Deadline  
State Officer Candidate Deadline

March 6th

NC HOSA Award Nominations  
Deadline

March 15-24

SLC Testing Week

April 7-10

Virtual State Leadership Conference



# 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