

# Hey HOSA

The NC HOSA monthly newsletter

**SECOND EDITION**

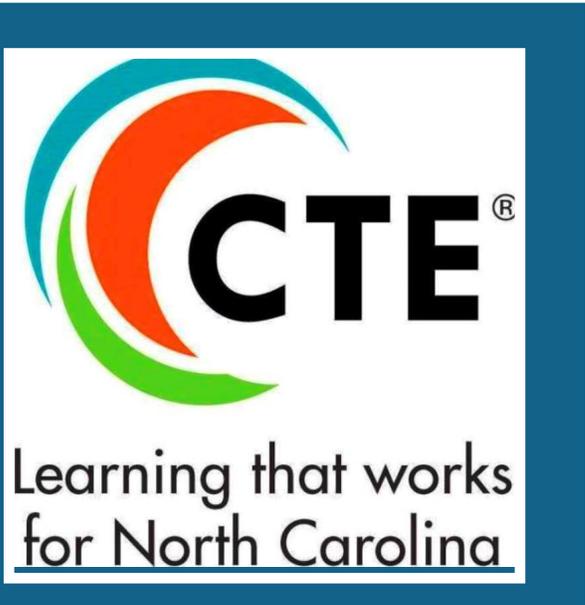
## NEW BEGINNINGS

We are so happy to kick off this HOSA year and wish you all the best as your school term starts! Throughout the summer your state officers met to plan, prepare, and share ideas for the upcoming year including the State and Regional Leadership Conferences. Your officers are also excited to represent North Carolina HOSA the Washington Leadership Academy in Washington, D.C. so that we may better serve you! We encourage you to continue learning, leading, serving, and innovating in your local HOSA chapters. Check out our social media newsletters to stay up to date on new information and dates. North Carolina HOSA looks forward to making this year the best it can be!



## HOSA REWIND

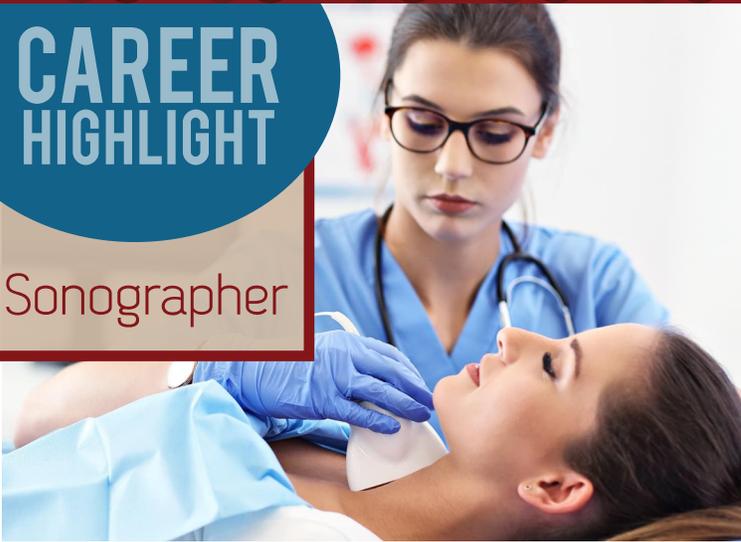
CTE SUMMER CONFERENCE



The North Carolina Career and Technical Education (CTE) Summer Conference this year was held from July 19th to 23rd, in partnership with the NC Department of Public Instruction! This year's conference, held virtually as last year's was, featured hosted presentations and webinars for educators to attend, virtual exhibitor booths, and access to pre-recorded and live content. It also consisted of discussions on HOSA certification training and demonstrated how to utilize new technology in the classroom. Additionally, this year's Summer Conference resulted in a record turnout of health science educators across the state. Thank you to the teachers who helped host a virtual session and those who took time out of their summer to participate!

# CAREER HIGHLIGHT

## Sonographer



### What is a Sonographer?

Sonographers utilize imagining technologies that uses sound wave to create "pictures." They will work closely with doctors as they provide the images the doctors will use to diagnose patients. Sonographers will log information, do a basic reading of the images, and will work with a variety of patients of all ages, physical conditions, and backgrounds daily.

### How does someone become a Sonographer?

One can become a Sonographer with a Diagnostics Medical Sonographer associates degree or by completing an accredited training program, many will pursue a bachelor's degree. Note that there are different tests you must past depending on the branch of medicine you are interested in. For more information refer to the American Registry for Diagnostic Medical Sonography (ARDMS)

### COMPETITIVE EVENTS

HOSA's Health Informatics and Exploring Medical Innovation events are great to start. The Speaking Skill and Health Education events are also useful as sonographers must be able to explain to patients procedures and tests. You can find more about these and other competitive events at [hosa.org/guidelines](https://hosa.org/guidelines)



# PICKING YOUR COMPETITIVE EVENT

Students, Regional Competition is right around the corner! That means it is time to pick an event that is right for you. Information on event rules can be found at [hosa.org/guidelines](https://hosa.org/guidelines), however, some events may require competition at the Regional level, while some are State/International level only. Check out these links for the latest update on competitive events and how to choose the right one for you!

### COMPETITIVE EVENTS UPDATE 2021 - 2022

August 21, 2021

THIS UPDATE SUMMARIZES MOST MAJOR CHANGES TO THE EVENT GUIDELINES, BUT DOES NOT INCLUDE A COMPLETE LIST OF ALL CHANGES. CHANGES TO BOTH THE PASTOR SHEETS AND RULES ARE MADE EVERY YEAR FOR CONSISTENCY AND CLARITY. FULL EVENT GUIDELINES SHOULD BE PRINTED NEW FROM HOSA.ORG EVERY SEPTEMBER. TO VIEW A SHORT VIDEO PRESENTATION ABOUT THESE CHANGES, VISIT: [HOSA.ORG/VIDEO](https://www.youtube.com/watch?v=98100000000000000000)

Event	Update
General Event Updates	All Events - Part 1: Health Professions and Emergency Preparedness skill events, the point values for each skill step will be updated for consistency. More weight will be given to skill steps that involve safety or communication.
Competitor Orientations	Reminder: At LC 2022, there will be no in-person competitor orientation prior to competition.
Health Science & Recognition Events	Medical Law & Ethics: An additional resource has been added: Medical Law & Professional Ethics by Ritter & Graham. Medical Reading (HS & POC divisions): The Physician's Handbook: Murder and the Birth of Forensic Medicine in Jazz Age New York Who We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease - and How to Fight It Teen Leadership Revolution - How Ordinary Teens Become Extraordinary Leaders Berg Moritz: Medicine and What Matters in the End Small Acts of Leadership: 12 Inspiring Behaviors that Lead to Big Impact The Middle School Division event will be renamed "Foundations of Medical Reading" to help differentiate from the various chapters of competition.
Medical Reading (Middle School Division)	Cherry on Top: A Doctor's Recipe to Turn Hope into Action Berg Moritz: Medicine and What Matters in the End Small Acts of Leadership: 12 Inspiring Behaviors that Lead to Big Impact The Middle School Division event will be renamed "Foundations of Medical Reading" to help differentiate from the various chapters of competition.
Pathophysiology	The test plan has been updated.
Pharmacology	Pharmacology: Principles and Applications test resource will be retired due to an old publication date. It will be replaced with The Pharmacy Technician: A Comprehensive Approach by Jahngir Modi, which is also used in the Pharmacy Science event.
Healthcare Issues Exam	The CHN and NHC resource sites will be retired. <a href="https://www.nhc.org/healthcare-issues-exam">https://www.nhc.org/healthcare-issues-exam</a> will be added as a new resource.

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### How to Choose a HOSA Competitive Event That's Right For You!

**START HERE!**

**Secondary/Postsecondary Division**

- Are you creative, artistic, and can you think outside the box to find a solution?
  - Do you want to work with a team?
    - YES: Health Career Display (2), Medical Innovation (2-4), Creative Problem Solving (2-4), Preliminary Forensic Science (2-3), Forensic Science (2)
    - NO: Health Career Photography Research Project
- Do you want to be recognized for your involvement in HOSA?
  - Do you want to work with a team?
    - YES: HOSA Happenings, HOSA Service Project, Outstanding HOSA Achievement, Barbara James Service Award
    - NO: CERT (2) - CPHQ/HA Ad (1), EMT (2)
- Do you want to practice specific skills related to a health care career?
  - Do you want to work with a team?
    - YES: Clinic Specialty - Sports Medicine, Biomedical Laboratory Science, Clinical Pathway, Medical Assisting, Hearing Assistants/Inventory Science, Physical Therapy, Dental Science, Home Health Aide, Pharmacy Science
    - NO: Biomedical Debate (2-4), HOSA Bowl (1)
- Do you want to improve your writing or speaking skills?
  - Do you want to work with a team?
    - YES: Medical Spelling
    - NO: HOSA Service Project, Health Education (1-4), Public Health (2-4)

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### How to Choose a HOSA Competitive Event That's Right For You in Middle School!

**START HERE!**

- Are you creative, artistic, and can you think outside the box to find a solution?
  - Do you want to work with a team?
    - YES: Health Career Display - Middle School (2), Dynamic Decisions (2-4), Public Health (2-4)
    - NO: Studentpreneur Health Poster
- Do you want to be recognized for your involvement in HOSA?
  - Do you want to work with a team?
    - YES: HOSA Happenings, HOSA Service Project, Barbara James Service Award
    - NO: Exploring Media/Innovation (2-4)
- Do you want to practice specific skills related to a health care career?
  - Do you want to work with a team?
    - YES: Health Career Preparation LHS, Thriving, Resilient, Healthy Lifestyle
    - NO: Prepared Speaking, Health Career Preparation
- Do you want to improve your writing or speaking skills?
  - Do you want to work with a team?
    - YES: HOSA Service Project, Health Education (1-4), Public Health (2-4)
    - NO: HOSA Service Project, Health Education (1-4), Public Health (2-4)

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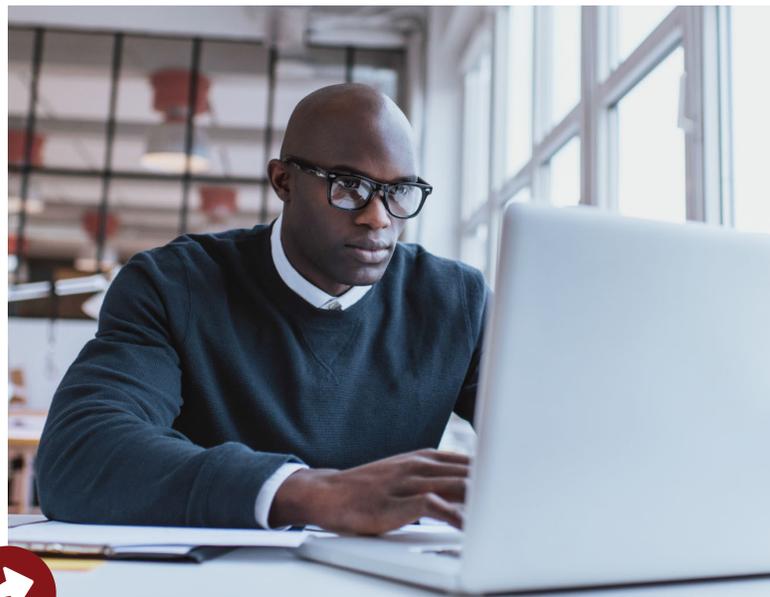
If your event requires competition at the Regional level, be sure to talk to your chapter advisor and register for the Regional Leadership Conference soon!

## COMPETITIVE EVENT SYNOPSIS

# HEALTH INFORMATICS

This event provides a great opportunity for HOSA members to gain practical knowledge in the fields of healthcare management and technology. Offered at the secondary and postsecondary level, the event consists of a 75 question written test with a maximum time limit of 90 minutes. The questions focus on general topics such as healthcare history, data and analytics, information exchange, and patient privacy and security. Competitors will also be required to analyze case studies, clinical trials, and other sets

of data in order to form connections between the content and its real world application. The highest overall scores, along with a tie-breaker essay question if needed, will determine placements and whether a competitor advances to the next level of competition. You can find more about Health Informatics [here!](#)



## MONTHLY AWARENESS ARTICLE

# CHILDHOOD OBESITY

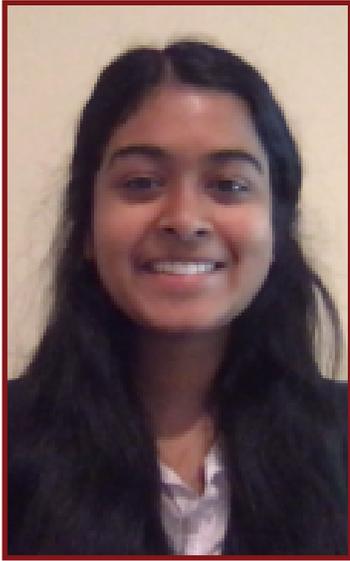


Did you know that in America 1 out of every 5 children is obese? This means that 19% of America's children are suffering from this health condition. Some of the consequences of childhood obesity are a higher risk for health conditions such as sleep apnea, diabetes, asthma, and bone and joint problems. A child with obesity is also more likely to have obesity as an adult. Not only does this condition affect a child's physical health it also affects their mental health. Children with obesity are more likely to face bullying/teasing which can lead to depression, low self esteem, and social isolation. This month is a chance to help educate children and adults on this condition, as well as to educate on healthy lifestyle choices. To learn more about Childhood Obesity visit this [link](#).



# OFFICER SPOTLIGHT

Harini Kumar | Northwest/Western Region



**School:** Asheville High School

**Grade:** 11th

**Favorite Subject:** Chemistry

**Career Goals:** Pursuing a career in medicine and hospital administration.

**Competitive Event(s):** Human Growth and Development

**Hobbies/Interests:** Speech and Debate, Playing the Violin, Reading

**Reason for joining HOSA:** Harini joined HOSA in her freshman year of high school because of her interest in pursuing a career in the healthcare field. She's glad she's joined HOSA and has gotten to know so many like-minded, dedicated individuals!

**Fun Fact:** Harini is bilingual in English and Tamil!

September 25th-28th

Washington Leadership Academy

September 1st

Regional Officer Applications Due

October 6th

Regional Officer Applications Open

October 7th

Regional Officer Recommendations Due

January 4th

State Officer and Scholarship Application Opens

February 4th

State Officer and Scholarship Application Deadline

February 11th

Competitive Event Uploads Due

March 9th-12th

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!