

# Hey HOSA

The NC HOSA monthly newsletter

## HOSA REWIND

### JANUARY EXECUTIVE MEETING

This past January, the executive council spent time sitting down with NC HOSA staff to prepare for the upcoming Forty-Second State Leadership Conference. It takes a lot of preparation to run a conference and we are really excited to share all that we have in store with you all.

SEVENTH  
EDITION



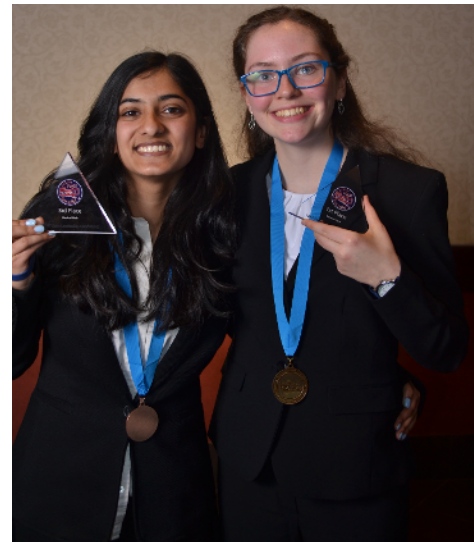
On Wednesday, before we kick-off another amazing conference, members can sit back and enjoy HOSA movie night with their fellow chapter members as well as other chapters from across the state! To reflect the growth of our organization, we are adding an entirely new session to highlight the achievements of members and advisors! The Recognition Session will take place on Friday evening, the day after Opening Session during SLC. Finally, the Grand Awards Session will be on Saturday morning.

We hope that you all are just as excited as we are! See you soon!

## PREPARING FOR SLC

With SLC quickly approaching, it's time to get last minute preparations underway! Here are a couple of things to do to make your experience at SLC the best one yet:

1. **Don't forget your guidelines!** It is very important to read over your guidelines and to bring them to SLC.
2. **Bring extra money** for the HOSA store and the mall! We are excited to be able to provide a NC HOSA store with different knick knacks to help you have a spectacular time at SLC.
3. **Bring snacks!** The mall opens at 10 and closes at 9 leaving hours of your trip to fend for yourself! There is a small restaurant in the hotel, Josephs, that you will be able to eat at and they close at 10:30. Bring snacks to never be hungry!
4. **Bring a water bottle!** Bring dehydrated is never a good option, so bring a water bottle to quench your thirst.
5. **Follow NC HOSA** on Instagram, Twitter, and Snapchat to get exclusive updates about SLC. @nchosa
6. **BE PREPARED TO HAVE FUN!** The state officer team has worked for months preparing this SLC to be the best one yet!



## CAREER HIGHLIGHT

## REGISTERED NURSE

ON THE  
PLACES  
YOU'LL GO!  
JEREMY  
BEANE

Nurses today are highly respected and valued members of the health care team who bring their own body of knowledge to the process of health care. They have a specific scope from which they practice as independent members of the healthcare team, however they also collaborate with all other healthcare professionals to provide the care a patient needs. Registered nurses (RNs) work with physicians and members of other health care disciplines. RNs also develop and manage nursing care plans, instruct patients and their families in proper care, and help individuals and groups take steps to improve/maintain their health.

Nursing is also a job that is in demand. According to the Bureau of Labor Statistics, registered nursing is among the top 10 occupations for job growth between 2014 and 2024, expected to grow at **16%**. The average salary of a registered nurse is **\$64,490** and the years of higher education required to become a registered nurse is 4-6 years. RN education degree requirements range from a diploma to a bachelor's degree. Diploma programs are offered at hospitals and can range anywhere from an associate to a doctorate degree. **Associate's degrees in nursing are offered at community colleges and take two to three years to complete.**

**Competitive Events-** Clinical Nursing, Nursing Assisting, Personal Care, Home Health Aide, Medical Assisting

Jeremy Beane is a past state officer from NC HOSA. This is what Jeremy had to say about his time in HOSA and how it helped him!

### 1. How did HOSA help you make decisions for your future regarding your profession/education?

HOSA helped expose me to a variety of health professions and gave me the opportunity for hands-on and practical learning in several different health professions. Through competitions, HOSA motivated me to learn difficult material that continues to be helpful. Perhaps most helpful was the leadership opportunities and experiences that gave me the ability to make positive changes across my HOSA chapters, schools, and hospital units.

### 2. What is one piece of advice you would give to a current HOSA member?

I would encourage all current HOSA members to get involved, participate in local HOSA events as well as regional, state, and national conferences. These opportunities provide so many benefits that can create lifelong friendships and provide members with knowledge they can use and apply throughout their lives.

### 3. What was your favorite memory in HOSA?

Some of my favorite memories involve state officer meetings and activities; however, my fondest memory would probably be the Jump-A-Thon my chapter organized at UNCG to benefit Autism Speaks. The event was lots of fun and showcased our chapter on campus.

### 4. What is the most rewarding aspect of your career?

The most rewarding aspect of my career is the patients! Working as a nurse in the emergency department provides me the opportunity to make a significant difference in the lives of others during times of personal crisis.



## COMPETITIVE EVENT SYNOPSIS

# MEDICAL LAW AND ETHICS

Medical Law and Ethics is a knowledge test that requires competitors to learn about medical law, bioethics, and general facts about the health community. Competitors take a **100 question multiple choice test**, with one essay tie-breaker question that requires critical thinking. The Legal Environment and the Healthcare Environment each make up 35 percent of the questions on the test. Bioethical Issues make up another 25 percent, and the remaining 5 percent consists of basic medical law. There are two reference books for Medical Law and Ethics, the titles of which can be found at

<http://www.hosa.org/sites/default/files/17-18MLGuidelinesAug31.pdf>. Competitors are required to arrive in **official HOSA uniform or business attire** and required to bring with them their Medical Law and Ethics **guidelines and two #2 pencils**.



This month NC HOSA encourages you to get involved with your

community and the nationwide effort to bring awareness to heart problems and promote heart health. In 1963, more than half the deaths in the United States were caused by cardiovascular disease according to the American Heart Association, so it was claimed National Heart Month to promote healthy living and reduce casualties from heart disease. Currently, cardiovascular disease is also the leading cause of death in the world at 17.9 million deaths annually with expectations to rise.

## CARDIOVASCULAR HEALTH

## MONTHLY AWARENESS ARTICLE

ON AVERAGE, SOMEONE DIES OF  
CARDIOVASCULAR DISEASE EVERY



ON AVERAGE, SOMEONE IN  
THE US HAS A STROKE EVERY



ON AVERAGE, SOMEONE  
DIED OF A STROKE EVERY



So, what can you do? While you cannot change your age or family history, you can lead a healthier lifestyle, and encourage those around you to do the same. Start by exercising. Remember, the more people involved, the greater the impact, so get your HOSA club and other students to wear red to raise awareness, and host fun events to promote a healthy lifestyle.



## OFFICER SPOTLIGHT

Kinley Adams | District Seven



**School:** West Wilkes High School

**Favorite Subject:** Health Science and Chemistry

**Career Goals:** Family Doctor

**Competitive Event:** Physical Therapy

**Hobbies and Interests:** Playing the fiddle, basketball, softball, and kayaking

**Reason for joining HOSA:** When I first heard of HOSA my freshman year, I was immediately intrigued. My advisors invited me to the interest meeting for that year and told me what HOSA was about. Not only do I love competition, but I also enjoy outreach to my community. HOSA gave me both opportunities.

**Fun fact:** My favorite joke is- A watermelon and a cantaloupe wanted to get married. The cantaloupe was desperate and said, "let's run away together!" The watermelon replied, "I'm sorry, but I can't elope." ;(

February 14th

SLC Registration Deadline

February 16th

SLC Planning Meeting

February 18th

SLC Hotel Registration Form Due

March 21st

State Leadership Conference (21-24)

June 27th

ILC (27-30)

For a full calendar, please visit [nchosa.org](http://nchosa.org)

## MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



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## STAY TUNED!

The next edition of *Hey HOSA* will be released on 3/14/2018. Be sure to check back at [www.nchosa.org](http://www.nchosa.org) for more NC HOSA news, articles, and fun!

**Got questions?** Contact us at [nchosa@gmail.com](mailto:nchosa@gmail.com)



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