

# Hey HOSA

The NC HOSA monthly newsletter

## RLC PREPARATION

### HOSA EXTRAS

**FOURTH  
EDITION**

It's that time of the year again! It's time to start preparing for the Regional Leadership Conference! As you take the time to pick your competitive event, don't forget to read through the event rules at [www.hosa.org/guidelines](http://www.hosa.org/guidelines). With RLC just around the corner, make sure to communicate with your advisor on which event you plan on competing in. This year's Regional Competition testing week will be held across the state from January 18th - 27th. The awards ceremony will follow on February 6th. Good luck to everyone competing!

#### SECONDARY & POSTSECONDARY/COLLEGIATE COMPETITIVE EVENTS



Health Science Events	Regional Requirement	Elective Regional Testing	State	International	Requires Upload
Behavioral Health	No	Yes	Yes	Yes	No
Cultural Diversities & Disparities	No	Yes	Yes	Yes	No
Dental Terminology	No	Yes	Yes	Yes	No
Health Informatics	No	Yes	Yes	Yes	No
Human Growth and Development	YES (up to 10 events)	No	Yes	Yes	No
Medical Law and Ethics	No	Yes	Yes	Yes	No
Medical Math	YES (up to 10 events)	No	Yes	Yes	No
Medical Reading	No	No	Yes	Yes	No
Medical Spelling	No	Yes	Yes	Yes	No
Medical Terminology	YES (up to 10 events)	No	Yes	Yes	No
Nutrition	YES (up to 10 events)	No	Yes	Yes	No
Pathophysiology	No	Yes	Yes	Yes	No
Pharmacology	No	Yes	Yes	Yes	No

Health Professions events	Regional Requirement	Elective Regional Testing	State	International	Requires Upload
Biomedical Laboratory Science	No	Yes	Yes	Yes	No
Clinical Nursing	No	Yes	Yes	Yes	No
Clinical Specialty	No	No	Yes	Yes	Yes
Dental Science	No	Yes	Yes	Yes	No
Home Health Aide	No	Yes	Yes	Yes	No
Medical Assisting	No	Yes	Yes	Yes	No
Nursing Assisting	YES (up to 10 events)	No	Yes	Yes	No
Personal Care*	No	Yes	Yes	Yes	Yes
Pharmacy Science	No	Yes	Yes	Yes	No
Physical Therapy	No	Yes	Yes	Yes	No
Sports Medicine	YES (up to 10 events)	No	Yes	Yes	No
Veterinary Science	No	Yes	Yes	Yes	No

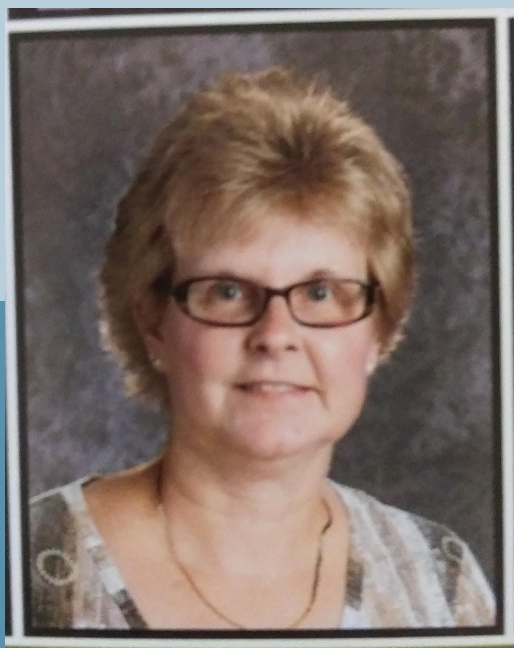
Events with a \* indicate that Student must be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education ACT (IDEA) to participate.



During this past month, your Executive Council has been hard at work, hosting Zoom meetings regularly and planning organizational activities! Coming fresh off of their third Global Leadership Academy Session, NC HOSA's Officer team has been equipped with new ways to keep members across the state engaged and having fun. Stay tuned for some tips and tricks on our socials, and be on the lookout for a Youtube video highlighting all of the Executive Council's plans and activities. As we draw closer to RLC, we strongly encourage chapters to start up and get running as soon as possible, and ask that you work towards increasing membership participation as we make this year of HOSA the best it can be!

# ADVISOR SPOTLIGHT:

## LISA WARD, R.N.



This month's advisor spotlight is on Gates County High School's Lisa Ward, R.N. Over the years, Gates County High School's HOSA Chapter has grown immensely and has become one of the most popular student run organizations, largely due to Mrs. Ward's influence. From helping chapter members prepare for competitive events to helping the officer team plan fundraisers and events, Mrs. Ward takes time out of her busy life to help members in any way possible. She ensures that her students are prepared to move on to any career in the healthcare field. Thank you for all that you do for HOSA-Future Health Professionals!

### Oncologists

### CAREER HIGHLIGHT



#### What is an Oncologist?

Oncologists are medical professionals that specialize in diagnosing, treating, and researching cancer. Some might focus solely on one of these sectors, but they all tie into patient care. There are three primary specialties in oncology: medical, surgical, and radiation. Medical oncologists treat cancer using chemotherapy or other medications, like targeted therapy. Surgical oncologists specialize in biopsies and the removal of cancerous tissue. Radiation oncologists look to treat patients with radiation therapy, attempting to shrink or destroy these cells. Oncology can be a very lucrative career, with most licensed professionals easily earning incomes in the six-figure range.

#### How do you become a Oncologist?

To become an oncologist, one must receive a bachelor's degree with science prerequisites and complete 4 years of medical school to become a Doctor of Medicine (MD) or a Doctor of Osteopathy (DO). Postgraduate medical education should be completed through residency programs (professional training), taking 2 to 5 years to finish.

#### Competitive Events:

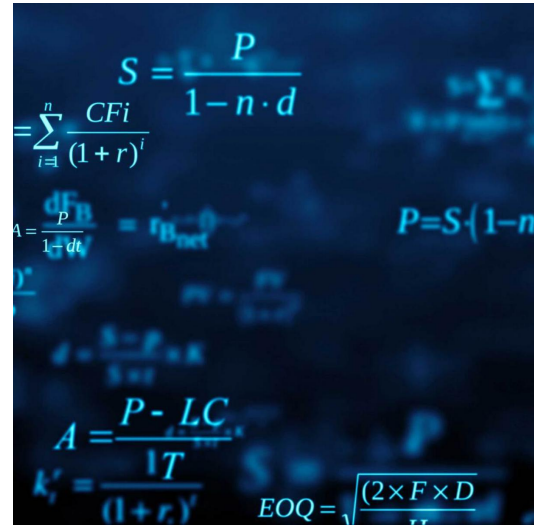
Competitive events related to this career center around the knowledge necessary to succeed: *Pathophysiology, Health Informatics, Biomedical Laboratory Science, etc...* You can find more about these and other competitive events at [hosa.org/guidelines](https://hosa.org/guidelines)!



## COMPETITIVE EVENT SYNOPSIS

### MEDICAL MATH

This event provides an opportunity for HOSA members to understand how important mathematics is to the field of medicine. Offered at all levels, the event consists of a 50 question multiple-choice test with a 90 minute time limit. The questions focus on fundamentals of math and its branches into medicine, including measurement and conversions, drug dosages and IV solutions, concentrations, and more. Competitors must also be able to interpret and calculate statistics given from charts, tables, and graphs. The test also requires members to know standard medical abbreviations, a shorthand used daily by health professionals. The highest overall scores, along with 10 additional tie-breaking questions, determine final placement. You can find more about this event [here](#)!



### EPILEPSY

## MONTHLY AWARENESS ARTICLE

November is National Epilepsy Awareness Month! Epilepsy is a chronic disorder that causes recurring and unprovoked seizures. Seizures can be classified from mild to strong, where mild seizures can simply last a few seconds in which the person lacks awareness, ranging to stronger seizures that can last several minutes in which the person loses consciousness and short term memory. A few reasons seizures can occur is due to low blood sugar, head trauma, high fever, and even alcohol withdrawal. It is a relatively common disorder, affecting around 3.4 million Americans today. While there is

no cure for epilepsy, it can be managed with medications, surgery, and dietary changes. For more information regarding epilepsy, check out this [link](#)!



## 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](http://linktr.ee/NCHOSA). Be sure to check it out often to catch any updates and important information in the coming months!



# OFFICER SPOTLIGHT

Darius Walker | Piedmont-Triad Region



**School:** Mount Airy High School

**Grade:** 12th

**Favorite Subject:** History

**Career Goals:** Obtain a Public Health degree and work for the Centers for Disease Control and Prevention

**Competitive Event(s):** Job Seeking Skills/ Healthcare Issues

**Hobbies/Interests:** Tennis, volleyball, and watching sunsets

**Reason for joining HOSA:** Darius learned about HOSA his freshmen year and was encouraged to join by his wonderful advisor, Lynn Snow. He fell in love with the support he received from chapter members and the state association, and says he wouldn't be where he is now without HOSA!

**Fun Fact:** Darius is a member of the international cheerleading All-American team and competes regularly!

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



Nihar Thakkar

President  
North Central Region Representative  
Nihar.Thakkar@nchosa.org



Erin Greene

Northeast Region Representative  
Erin.Greene@nchosa.org



Romae Smith

Sandhills Region Representative  
Romae.Smith@nchosa.org



Brianna Martin

Northwest Region Representative  
Brianna.Martin@nchosa.org



Kathryn Sears

Postsecondary/Collegiate Vice President  
Kathryn.Sears@nchosa.org



Shiva Gadireddy

Vice President  
Southwest Region Representative  
Shiva.Gadireddy@nchosa.org



Jamison Sheaffer

Southeast Region Representative  
Jamison.Sheaffer@nchosa.org



Darius Walker

Piedmont-Triad Region Representative  
Darius.Walker@nchosa.org



Shalyn Barker

Western Region Representative  
Shalyn.Barker@nchosa.org

## 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