

Hey HOSA

The NC HOSA monthly newsletter

WHAT'S IN STORE THIS MONTH?

SLC AND THE HOLIDAYS DRAW NEAR...

FIFTH
EDITION

As we approach the end of the year and begin to settle down for the holidays, North Carolina HOSA has not slowed down in their efforts. Congratulations to all NC HOSA members who participated in their region's leadership conference this year. This year members were able to experience an in-person event, after not being able to due to COVID-19. All regional conferences this year were successful and not only were members given the opportunity to compete, but also learn. Throughout the regions there were various expositions, ranging from Stop the Bleed certification, different colleges in each region, and learning about different careers in the medical field. Your state officer team is excited to know that members took advantages of these opportunities and cannot wait to meet all members at the State Leadership Conference!

As 2021 nears its end, it's important to recognize what made this year so great amidst the COVID-19 pandemic. Many of us continued to persevere through pandemic difficulties and spent some much-needed time with our families. We were able to adapt ourselves to virtual environments early on, and make the exciting transition to in-person activities for many pursuits. Although it is important to realize that this pandemic is not yet over, it is in our hands as future health professionals to advocate the importance of safety to those both near and far. Remember, we are all going through this together as a HOSA family, and as a collective force, we CAN make a difference. One day, many of us will find ourselves in the shoes of frontline healthcare workers who are working day in and day out to combat the next public health crisis. We take a minute to thank these healthcare workers who are paving the

North Central RLC Updates: December 11th, 2021 at Seaforth High School

Competitors, the Tallo submission platform will be open through December 8th, 2021 for uploads to the following events: Job Seeking Skills, Researched Persuasive Writing & Speaking, Health Carer Display, and Health Career Photography. If you are unable to attend in person or via Zoom to December 11th's hybrid North Central RLC, please schedule an alternative time slot to present via Zoom with Heath Treadway (Heath.Treadway@nchosa.org) or Katrina Coggins (Katrina.Coggins@nchosa.org).

SCHOOL SPOTLIGHT:

ENLOE HIGH



This month's school spotlight is Enloe High School! Enloe High School's HOSA chapter has been known for its large member base and turnout. With over 180 active members this year, Enloe HOSA plans to continue supporting NC HOSA by spreading the word, recruiting new members, and engaging current members in fun activities like trivia. Benicia Ledford, the chapter's advisor and NC HOSA North Central Board Representative, wants us to know: "I enjoy HOSA because it helps foster m students' passions in healthcare and leadership, and I have seen so much growth in my students when they participate". Enloe HOSA and its members are excited for the upcoming conferences and are ready to take on the new year!

Psychiatrist

CAREER HIGHLIGHT



What is a Psychiatrist?

Psychiatrists are medical professionals who specialize primarily in the mental health field. They focus on the prevention, diagnosis, and treatment of mental, behavioral, and emotional disorders. Psychiatrists are skilled at diagnosing potential patients through physical exams, lab tests, and psychological assessments that help them in developing a treatment plan. Treatment plans can include prescribing medications, using therapy to treat patients, and even referring them to more specialized experts.

How do you become a Psychiatrist?

Psychiatrists have to undergo the traditional educational experience by initially earning a bachelor's degree (4 years). After receiving a bachelor's, prospective psychiatrists must then apply to a medical school degree program in order to earn a Doctor of Medicine (MD) or Osteopathic Medicine (DO) degree, a process that takes roughly 4 more years of schooling. Upon completion, medical school graduates must complete a psychiatric residency to gain professional job experience, a 1-3 year process that can take longer if they want to specialize in a certain field of psychiatry (fellowship).

Competitive Events:

Competitive events related to this career center around the therapy treatment, patient interaction, and knowledge of mental health that is necessary of any well-rounded psychiatrist, including: *Behavioral Health, Human Growth & Development, Clinical Specialty...* You can find more about these and other competitive events at hosa.org/guidelines/



COMPETITIVE EVENT SYNOPSIS

NUTRITION

This event provides a great opportunity for HOSA members to gain practical knowledge in the spheres of nutrition and wellness. Offered at the Middle School (Foundations of Nutrition), Secondary, and Post-secondary levels, the event consists of a 100 question written test with a maximum time limit of 90 minutes. The questions focus on general topics such as macronutrients, vitamins and minerals, and metabolism along with more specific topics such as cultural patterns and food habits. The highest overall scores, along with a tie-breaker essay question if needed, will determine final placements and whether or not a competitor advances to the next level of competition. You can find more information about Nutrition [here!](#)



HIV/AIDS AWARENESS

MONTHLY AWARENESS ARTICLE



HIV AIDS
AWARENESS
MONTH

December is HIV/AIDS Awareness Month. HIV, also known as the Human Immunodeficiency Virus, affects the body's ability to fight viruses by weakening its immune system. HIV is spread through contact with bodily fluids, such as blood. Treatments exist to prevent the progression of HIV to AIDS, or the Acquired Immunodeficiency Syndrome. No symptoms exist while a person has HIV but they can experience serious symptoms once HIV progresses to AIDS. HIV/AIDS is a serious health condition that affects hundreds of thousands of lives in the United States. We urge you to read more about it at

<https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids> and learn about how you can help.



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. Be sure to check it out often to catch any updates and important information in the coming months!

OFFICER SPOTLIGHT

Sarah Whittington | Postsecondary/ Collegiate Representative



School: University of North Carolina at Chapel Hill

Year: Sophomore

Favorite Subject: Biology, Chemistry, and Health & Society

Career Goals: Primary Care Physician

Competitive Event(s): Job Seeking Skills, Biomedical Debate, and Healthcare Issues Exam

Hobbies/Interests: Gardening, Eating, Hiking, Volunteering, and Working Out!

Reason for joining HOSA: As a freshman, I enrolled in a health science course and fell in love with the medical field. I joined our local HOSA chapter and began competing with some of my friends. Since then, I have watched my high school chapter grow into the successful chapter it is today, cultivating the future leaders of tomorrow. At UNC-Chapel Hill I am committed to continuing that journey with my HOSA family.

Fun Fact: I am a certified phlebotomy technician!

December 11th

North Central Regional Leadership Conference

January 4th

State Officer and Scholarship Application Opens

February 4th

State Officer and Scholarship Application Deadline, State Conference Deadline

February 11th

Competitive Event Uploads Due

March 9th-12th

State Leadership Conference



MEET YOUR COUNCIL

The 2021-2022 NC HOSA State Executive Council



Shiva Gadireddy

President
Shiva.Gadireddy@nchosa.org



Nicholas Ballard

President-Elect
North Central/ Sandhills Region Representative
Nicholas.Ballard@nchosa.org



Sarah Whittington

Post-Secondary/ Collegiate Vice President
Sarah.Whittington@nchosa.org



Kady Hillman

Vice President
Piedmont-Triad/Southwest Region Representative
Kady.Hillman@nchosa.org



Jessica Contreras-Murillo

Secretary
Northeast/Southeast Region Representative
Jessica.Contreras@nchosa.org



Harini Kumar

Historian
Northwest/ Western Region Representative
Harini.Kumar@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!