

Hey HOSA

The NC HOSA monthly newsletter

SEVENTH
EDITION

HOSA REWIND

FROM RLC TO SLC!

It's that time of the year again! As we wrap up successful Regional Leadership Conferences across the state, we would like to take the time to thank those who generously helped make RLC competitions possible. This year, the State Leadership Conference will be held in Greensboro, NC at the Sheraton Four Seasons/Koury Convention Center, March 9th-12th, 2022. A major highlight of SLC is electing our next North Carolina HOSA Executive Council. The Officer Screening will take place February 19th, 2022 in Greensboro. The screening process, which includes a test on HOSA knowledge, an interview, and an oral presentation, is the last step before candidates campaign at SLC! NC HOSA would like to thank each individual for taking time out of their busy schedules to dedicate leadership and service to our organization. We are proud of all of our amazing candidates and would like to wish them all good luck! We would also like to extend our gratitude to our current Executive Council, who is working diligently to ensure a successful SLC. Good luck to those competing and we can't wait to see you in Greensboro!

COMPETITIVE EVENT TIPS

- 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!

SLC: MARCH 9TH - 12TH

COMPETITION USEFUL TOOLS

Be sure to also read the General Rules and Regulations and CE Appendices for important information related to CE.

* 2021 - 2022 CE Updates and Changes

[CE Preview - Recorded Presentation from VILC 2021](#)

[CE Preview - Handout \(August 31 version\)](#)

[CE Preview - PPT \(August 31 version\)](#)

[21-22 Medical Reading Books](#)

Message from Dr. Ofi author of What Patients Say, What Doctors Hear

[21-22 CE Abbreviations](#) - A helpful listing of all events in the HOSA CE Program.

* What Competitive Event is Right for You?

* Event Preparation and Resources

* HATS Instructions

* CE & Tallo



ADVISOR SPOTLIGHT: JENNIFER RIPPER



This month's advisor spotlight is on Cox Mill High School's very own co-advisor, Jennifer Ripper! Mrs. Ripper started her career in 1996 as a Certified Medical Assistant and worked in OB/GYN in her early years. After spending 10 years in women's health, Mrs. Ripper obtained an Associate Degree in Nursing (ADN) in 2009. She spent 5 years in Family Practice and eventually became a health science educator at Cox Mill High School. In her 7th year of teaching and as a co-advisor for Cox Mill's HOSA chapter, Mrs. Ripper has been able to grow the club immensely, producing a high membership count and also strong turnouts at every regional and state conference. Her favorite part of HOSA is "developing relationships with bright and well-mannered students", and she is most proud of "mentoring students and watching them grow throughout their high school years".

Thank you Mrs. Ripper!

Interventional Cardiologist

CAREER
HIGHLIGHT



What is a Pediatric Interventional Cardiologist?

An interventional cardiologist treats, diagnoses, analyzes data, and consults with patients who have heart conditions. They treat non-congenital and congenital heart diseases, heart failure, perform catheterizations, and treat peripheral vascular diseases. Despite being "pediatric", they may work with all ages who have congenital heart problems. They also work closely with patients and their families to determine the best treatment and care.

How do you become an Interventional Cardiologist?

Interventional Cardiology requires an extensive education. You must go to medical school and graduate with a DO or MD, then complete a three year residency and a three year cardiology residency. You must pass the Cardiology Certification Exam in your state—in total, approximately 10-12 years of education. Schools in North Carolina that offer degrees in Interventional Cardiology include UNC, Duke, and Wake Forest.

Competitive Events:

Cardiology is not just about the heart but having a "heart" for your patients! Skills used in the Cultural Diversities, Public Speaking, Health Career Display, or Medical Assisting events will always be useful. Also, to increase your medical vocabulary you may try HOSA Bowl, Medical Terminology, or Medical Reading. You can find more about these and other competitive events at hosa.org/guidelines!

COMPETITIVE EVENT SYNOPSIS

HUMAN GROWTH & DEVELOPMENT

Human Growth and Development is a knowledge-based, competitive event in the health sciences division. Human Growth and Development encompasses biophysical, mental/cognitive, social, and emotional development in the human lifespan. Competing in this event will require you to have a thorough understanding of developmental psychology, the work of some of psychology's most prominent theorists and researchers, and basic anatomy and physiology. Competitors will also need to have a thorough understanding of the most common diseases, ailments, and injuries that affect an age group. And they will look at trends in public health as well as how cultural and familial practices differ and must be taken into account when the care a healthcare professional provides is concerned. If you think it sounds interesting make sure to learn more about it here <https://hosa.org/sites/default/files/20-21%20HG%20Aug29.pdf>



AMERICAN HEART AWARENESS MONTH

MONTHLY AWARENESS ARTICLE

February is
American Heart Month



February is a month all about hearts! It is the American Heart Awareness Month that brings attention to heart diseases, healthy lifestyles, and the importance of cardiac care. Many of you know someone who has or had a heart condition as about 48% of the American population has cardiovascular disease or issue. Did you know that your heart does not stop when you sneeze? Some more fun facts are that athletes can have a heart rate as low as 40 beats per minute. A heart beat is the sounds of your valves opening and closing. Also, your heart muscle is called the myocardium! To participate in American Heart Month you can wear red to spread awareness, participate in community events, learn about stress management and healthy lifestyles. For more information visit the attached link by clicking on the arrow button.

ANATOMAGE TOURNAMENT



In partnership with Anatomage, North Carolina HOSA will be hosting an anatomy-focused tournament at this year's SLC! Be prepared to compete with from March 10th-11th in a team-based competition as you answer anatomical questions about the skeletal, muscular, digestive, and respiratory system among many others. To sign up, visit the Anatomage booth from 10:00am-2:00pm on Thursday, March 10th. Preliminary rounds will take place on March 10th, and final rounds, on March 11th. Your state executive council is excited to watch students compete!

OFFICER SPOTLIGHT

Shiva Gadireddy | President



School: Cox Mill High School

Year: Senior

Favorite Subject(s): Biology and Mathematics

Career Goals: Health Policy Analyst

Competitive Event(s): Medical Law & Ethics, Health Informatics, ATC Bioengineering, Healthcare Issues, Dental Terminology

Hobbies/Interests: Playing Soccer and Piano, Listening to Podcasts about Neuroscience and Cooking Breakfast!

Reason for joining HOSA: I have always gravitated towards medicine because of my familial connection with the field and the ability to care for others. Once I discovered HOSA as a freshman, I knew I had to join! I first competed in Dental Terminology and fell in love with the friendly competition as well as the diverse and ambitious student community. I wanted to serve my peers in a leadership capacity, and I am excited to continue serving them as a state officer!

Fun Fact: I am working towards my pharmacy technician certification!

CALENDAR

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



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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!