

FOURTH
EDITION

Hey HOSA!

The NC HOSA monthly newsletter

HOSA REWIND

REGIONAL LEADERSHIP CONFERENCE!!

It's that time of year again! As we wrap up [Regional Leadership Conferences](#) across our state we just wanted to take a moment to congratulate each competitor and thank every volunteer and staff member that contributed to RLC to make it a success.

We love to celebrate all of your RLC participation and successes, so please share any pictures you may have and tag us @nchosa

We are forever grateful for each and every one of you. This season also means the beginning of State Leadership Conference preparation. SLC this year will be held in Greensboro, North Carolina during April 12-15, 2023.

The deadline for registration is February 20, 2023. We cannot wait to see all of you there!

INTERNATIONAL HOSA WEEK!



International HOSA Week is from **November 7-11!**

The themes(found on [instagram @hosafhp](#)):

Tuesday: Take Care Tuesday

Wednesday: Mismatch Wednesday

Thursday: Throwback Thursday

Friday: Forensic Friday

Tag us at @nchosa and International HOSA(@hosafhp)

ADVISOR SPOTLIGHT!



This month's advisor spotlight is **Ms. Wells, the Topsail High School HOSA Chapter Advisor and health science teacher.**

Mrs. Wells began her HOSA journey in high school where it had a huge impact on her decision to look into a health science teaching career. She started the HOSA chapter at Topsail High School and served as the advisor for Topsail Middle School. Mrs. Wells has been a HOSA advisor and teacher for 24 years but before this she became a registered nurse through James Sprunt Community College. Her experience has made her an avid supporter of community college. During her time as a full-time nurse, she specialized in women's health, working in labor and delivery, post-partum, and gynecology. Mrs. Wells also worked in home health for two years where hospice found a place in her heart. Her favorite part of HOSA is building relationships and encouraging students to reach for their dreams.

**RLC
PREP!**

Regional Leadership Conferences are approaching quickly! This month, each of the 8 regions in North Carolina HOSA will be holding Regional Leadership Conferences. Testing week has ended so, for those of you with skills events, it is time to prepare for competition at RLC!

For more information about competition, all rules/guidelines can be found at <https://hosa.org/guidelines/> and information about your region can be found at nchosa.org under the regions tab!

CAREER SPOTLIGHT



What is a Psychiatrist?

A psychiatrist is a medical doctor who focuses on mental, emotional and behavioral disorders. They work in several different dimensions, including diagnosis, prevention, and treatment (especially prescription of medications).

As a psychiatrist, you can focus on a variety of specializations that encompass different occupational areas (e.g. forensic psychiatrist, emergency psychiatrist), age groups (e.g., child and adolescent psychiatrist), and types of disorders (e.g., focusing on neurodevelopmental disorders). To the surprise of many people, psychiatrists are deeply involved within the healthcare system through counseling other healthcare professionals for patients with accompanying mental health conditions. The occupation of a psychiatrist is very flexible as they can work in almost any facility, ranging from medical hospitals, private clinics, and even the courtroom!

How do you become a psychiatrist?

Aspiring psychiatrists must earn a bachelor's degree in preferably a science-based major (e.g., biology or chemistry) to succeed in medical school. This undergraduate process approximately takes four years to complete. Subsequently, you must attend four years of medical school and four years in a residency program to strengthen your specialty skills. In addition to licensure as an MD or OD, you must be board-certified by the American Board of Psychiatry and Neurology. Many psychiatrists continue to renew their licenses and even receive further training to better treat their clients struggling with their mental health.

The most common studies for psychiatrists are psychology, biology, and a pre-med track. HOSA events focusing on these areas may want to check out Behavioral Health, Clinical Specialty, or Research Poster. Depending on the yearly topic, HOSA events such as Public Service Announcement may address important mental health issues in our world. For all competitive events, check out <https://hosa.org/guidelines/>!

EPILEPSY AWARENESS MONTH



November
Epilepsy
Awareness
Month

November marks the start of **Epilepsy Awareness Month**, for the disorder that is *the 4th most common neurological disease!*

Epilepsy is a brain condition that results in seizures- which can affect everyone, regardless of age. When the brain has a burst of electrical signals that are abnormal, a seizure can occur if it interrupts the connections between nerve cells. These seizures can vary from person to person, which can include blank staring, jerking motions, stiffness of the body and more.

If you happen to come into contact with an epilepsy patient experiencing a seizure, try to stay calm and comfort them. If it lasts more than 5 minutes or if the person does not return to normal self, call 911

For more information on Epilepsy, visit <https://www.epilepsy.com>



STATE OFFICER SPOTLIGHT

SAMANTHA KAMINENI PRESIDENT - ELECT



School: Enloe High School

Grade: Junior

Favorite Subject: AP Biology

Career Goals: Dermatologist

Competitive Event(s):
Biotechnology

Hobbies/Interests:
Baking, crocheting, figure skating

Reason for joining HOSA:

I started my freshman year of high school online and with COVID taking a toll on the lives of many people around me, I felt especially drawn to health care and found my HOSA chapter to be a great avenue to explore my interests further. While I was initially drawn to HOSA for the competition aspect, I am so grateful to have found a community of supportive people along the way, and that is what keeps me going to this day- serving a community of people that I admire!

COMPETITIVE EVENTS SYNOPSIS

Are you interested in working in a laboratory? The new **Clinical Laboratory Science** event might be right for you! This event provides you with *knowledge and skills necessary for working in a laboratory setting*.

The event consists of **two rounds**, the first being a test and the second being a skills round. The test will be 50 multiple choice questions and cover topics such as immunology, clinical chemistry and microbiology, hematology and hemostasis, and biological safety. Competitors will have a maximum of 60 minutes to complete the multiple choice test portion of the event. Round two of the event requires knowledge of eight different skills. These skills include identifying laboratory instruments/equipment, infection control and transmission-based precautions, using a microscope, ABO grouping, preparing a blood film or smear, staining a blood film or smear, physical examination of urine, and inoculate and streak agar plate. Each skill is timed and the overall score on the skills round will be combined with the test score in round one to determine the finalists. **This event allows students to learn more about the field of clinical laboratory science and gain experience in the procedures that professionals in this field perform.**

Calendar

Oct 24th-28th

Regional Leadership Conference
Online Testing Week

Nov 4-19th

Your Regional Leadership Conference will be held one day over this period.

The specific dates can be found under the "Regional Leadership conference" tab on the website or the September edition of Hey Hosa!

Feb 18th

State Leadership Conference Registration Deadline

Apr 12th-15th

State Leadership Conference

MEET YOUR STATE OFFICERS

The 2022-2023 NC HOSA State Executive Council



Nicholas Ballard

President
Nicholas.Ballard@nchosa.org



Samantha Kamineni

President-Elect
North Central/ Sandhills Region Representative
Samantha.Kamineni@nchosa.org



Erin Greene

Post-Secondary/ Collegiate Vice President
Erin.Greene@nchosa.org



Leah Kim

Vice President
Piedmont-Triad/Southwest Region Representative
Leah.Kim@nchosa.org



Lexi Denning

Northeast/Southeast Region Representative
Lexi.Denning@nchosa.org



FOLLOW OUR SOCIALS!

Be sure to check out North Carolina HOSA's social media accounts! We will be posting weekly and want to keep you informed, you don't want to miss this!