

HEY
HOSA!

summer edition

2024

HOSA- FUTURE HEALTH PROFESSIONALS POWERED BY PEOPLE

We are so excited to kick off this upcoming 2024-2025 year with you! Reflecting on the International Leadership Conference (ILC) this year, it's impossible not to feel the electric energy seeing our NC HOSA members shine on the international stage, showcasing their dedication, skill, and passion. Whether it was placing in competitions, engaging in workshops, or simply connecting with like-minded peers from across the nation, the spirit of HOSA was alive and thriving! This year was especially significant as one of our very own past state presidents Nick Ballard took on his new role as the International HOSA President.

In addition to ILC, your state officers had the privilege of attending the CTSO Summer Conference, organized by the NC Department of Public Instruction (DPI). This event brought us together with CTE instructors and officers from other CTSOs, fostering connections and learning that will undoubtedly enrich our efforts this year!

As we look ahead, we're thrilled to embrace the new theme for the year: "Powered by People." This theme perfectly encapsulates what makes HOSA so special—it's not just about individual achievements, but about the collective strength we draw from one another. Together, we are unstoppable! This edition of "Hey Hosa!" highlights our shared successes and the exciting road ahead, fueled by the dedication of each and every one of you!



MONTHLY AWARENESS

American Stroke Association
A division of the American Heart Association

HEAT STROKE VS STROKE

What and Why

Heat stroke is when your body overheats and core body temperature rises to more than **104°F**.

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.

Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight

UP TO 80% OF STROKES MAY BE PREVENTED

Factors you may be able to treat and control:

- Atrial fibrillation
- Cigarette smoking
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Obesity
- Poor Diet

Factors you cannot control:

- Age
- Race
- Family history
- Medical history

Signs

Body temperature of 104° F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

F.A.S.T.

Face Drooping Arm Weakness Speech Difficulty Time to Call 911

★ Other signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

What to do

While waiting for emergency care, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

CALL 911 or your local emergency services number ASAP

Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.

stroke.org

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August is Summer Sun Safety Month!

We know it's tempting to get that glowy summer tan, but make sure you're wearing your fair share of sunscreen. According to the Skin and Cancer Institute, "In addition to causing skin problems like wrinkles, discoloration, and even skin cancer, excessive sun exposure can also lead to eye damage. The sun's ultraviolet rays can damage the cornea, lens, and retina, resulting in cataracts, macular degeneration, and other vision problems". Wearing sunglasses, staying hydrated, being aware of reflective surfaces for prolonged periods of time (such as water or sand), seeking shade, donning protective clothing, and lathering up in some SPF are all simple yet effective ways to protect your skin from sun damage.

Another summertime symptom you're at higher risk of is heat stroke. Heat strokes occur when your core body temperature reaches 104°F or higher. Ensure that you're keeping your cool this summer by drinking lots of water, staying in the shade from noon to 3pm, wearing sun-safe clothing, and listening to your body. If you experience heat stroke symptoms such as confusion, headaches, fast pulse, flushed or red skin, nausea, shallow breathing, vomiting, and/or fainting, seek emergency services.

Despite the fact that the summer sun brings health risks, it's still important to get outside and stay active. Consider familiarizing yourself with local community facilities, such as recreation centers, pools, bike baths, and parks, all while keeping sun-safe practices in mind! NC HOSA wishes you a relaxing and healthy rest of your summer!

Summertime is full of al fresco fun, but even the most outdoorsy of people are still at risk for becoming overheated in this sunny season. Although it's important to go and enjoy the great outdoors this time of year, it's vital that you protect yourself.

National Officer Spotlight



At the international conference this past summer, Nick Ballard stepped up into his role as International President after being led by Anna Feng this past year. He will go on to lead the International Executive Council and help them serve all HOSA members. We are beyond proud of both our NC HOSA leaders, and congratulate Anna on a great two year term with international HOSA.



Abby Epperson
President
Mount Airy High School



Aanandi Thakur
President-Elect
Region: North East/North
Central
NCSSM-Durham



Clara Smith
Postsecondary/Collegiate
Vice President
Pfeiffer College



Samanyu Manjunath
Vice President
Region: Piedmont-
Triad/Northwest
The Early College at
Guilford



Tess Totten
Secretary
Region:
Southwest/Western
NCSSM-Durham



Emily Nethala-
Historian
Region:
Southeast/Sandhills
Marvin Ridge High School

Summer Conference Reflection

This summer your state officers had the opportunity to attend the 2024 NC Career and Technical Education Summer Conference. We not only were able to come together as a team and work on many of Team 49's initiatives, but we also conversed with teachers across the state. We built relationships with current HOSA advisors and strengthened our connections with chapters through our new Slack initiative. We also had the opportunity to advocate for HOSA and the establishment of new chapters. While at the conference we networked with other CTSO state officers and are leading a statewide collaborative video to educate students and teachers on the impact of CTSOs. This conference was a great opportunity for all involved.

Calendar

Thursday, August 1st: HOSA System Reset

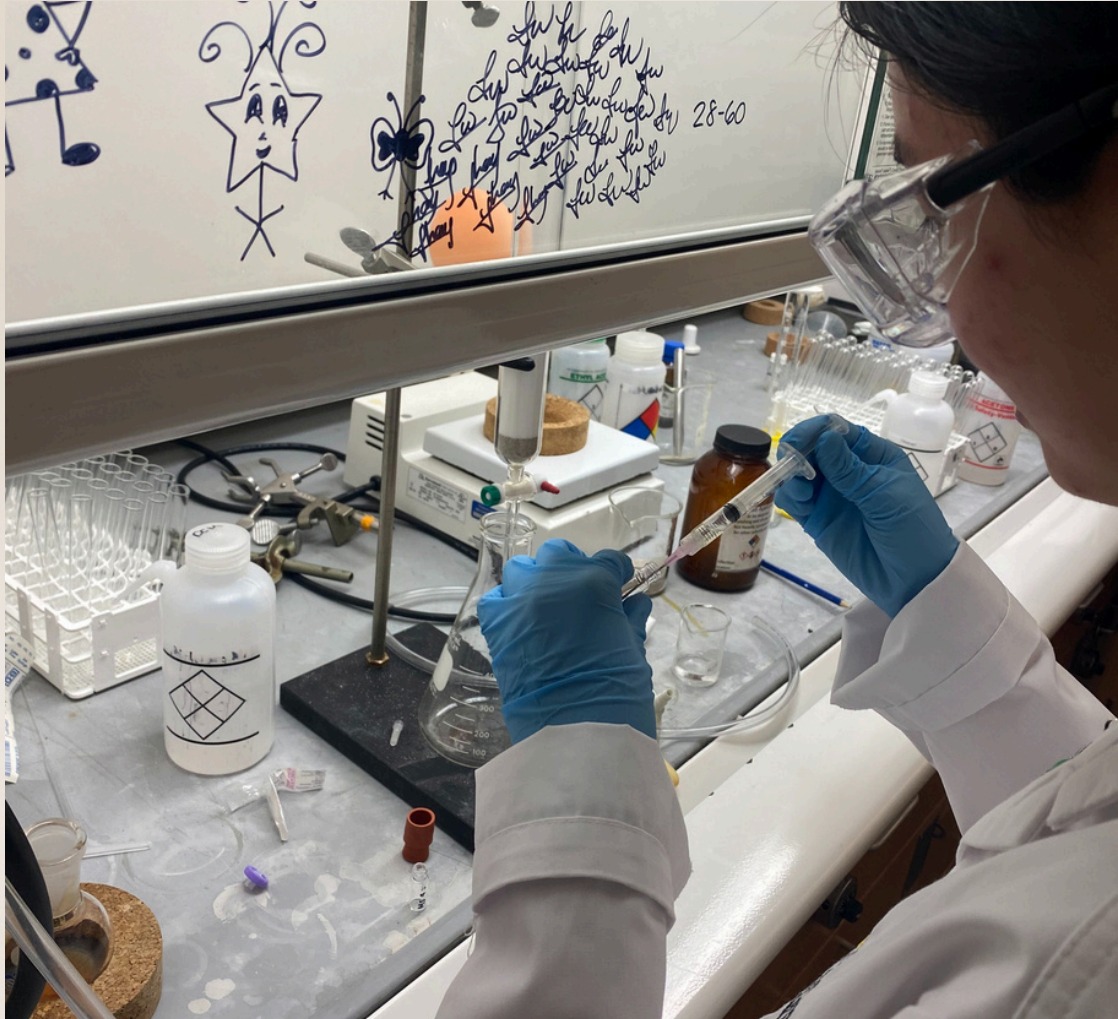
Saturday, August 31st: WLA Registration
Deadline

Sunday, September 1st: Competition
Guidelines Update

Friday, September 27th - Monday, September
30th: Washington Leadership Academy



Career Spotlight



Biomedical laboratory scientists, also known as medical laboratory scientists, work behind the scenes, running tests to help doctors diagnose and treat their patients. They typically hold a Bachelor of Science in Medical Laboratory Science (MLS) or Clinical Laboratory Science, go through some clinical training, and then have to pass a national certification exam for medical laboratory science. Once all their training is done, as a biomedical laboratory scientist you can work in hospitals, clinics, forensic/public health laboratories, biotechnology & pharmaceutical companies, and so much more. To learn more about biotechnology careers and biomedical science you can compete in our biotechnology event.

SERVICE PROJECT



This year HOSA-Future Health Professionals continues its partnership with the National Marrow Donor Program (NMDP) previously known as Be the Match.

NMDPs mission is to help patients get the life saving treatments they need. NMDP is contributing in many ways to this mission by conducting research, growing the NMDP registry, connecting patients with donors, advocating for important legislation, etc. Through our partnership HOSA has substantially impacted this mission and continues to do so. Your chapters can make a difference today in many ways. Firstly, you can encourage students to join the pre-registry or registry to begin the journey as a potential donor. Secondly, you can hold fundraisers to financially support NMDPs mission. Finally, you can simply bring awareness to this important organization and its life saving goals. Whatever you do, we are extremely grateful for your contributions and efforts.

Awards



National Geographic Testing Center Winners

- 4th - Family Medicine Career: Aanandi Thakur
- 5th - Family Medicine Career: Jordin Beasley
- 2nd - Anatomy and Physiology: Jiah Lee
- 10th - Career Development: Vinaya Rao
- 8th - Respiratory Therapy: Alan Shr

Secondary Division

- 2nd - Behavioral Health: Pranavi Josyula
- 2nd - Clinical Nursing: Yanzhi Zhang
- 3rd - Dental Science: Alex Lin
- 1st - Dental terminology: Shreyan Kancharla
- 6th - Family Medicine Physician: Sahana Gupta
- 3rd - Forensic Science: Rocco; Murugan
- 7th Forensic Science: Ignacio; Collins
- 10th - Health Informatics: Ohm Patel
- 5th - Healthy Living: Daksha Karthikeyan
- 6th - Home Health Aide: Sarah Greene
- 8th - Home Health Aide: Samantha Hormung
- 9th - Interviewing Skills: Camila Delgado-Santos
- 9th - Job Seeking Skills: William Soles
- 6th - Medical Innovation: Louigrade; Nallam; Pramanik
- 7th - Medical Law and Ethics: Anjana Ramanujam
- 8th - Medical Reading: Irene Jin
- 10th - Medical reading: Shruthi Meenaksh
- 8th - Medical Spelling: Gauri Murali
- 4th - Medical Terminology: Jiah Lee
- 1st - Mental Health Promotion: Leonar; Vol Yu; Kim; Alviar; Karki

Secondary Division (Continued)

- 3rd - Mental Health Promotion: Siripuram; Gowri Shankar; Dundigalla
- 7th - Nutrition: Alexandra Deng
- 6th - Pathophysiology: Olivia Li
- 10th - Pharmacology: Kaavya Bheemireddy
- 5th - Physical Therapy: Ishaanvi Gummadi
- 7th - Research Poster: Srinidha PG
- 9th - Respiratory Therapy: Carolyn Xiong
- 2nd - Speaking Skills: Benjamin Carver
- 9th - Speaking Skills: Tyshawn Claude
- 9th - Veterinary Science: Rachel Mathai
- 8th - Respiratory Therapy: Alan Shr

Middle School Division

- 8th - Dynamic Decisions: Williams; Martin; McMillan
- 10th - Exploring Medical Innovation: Lal; Patel
- 4th - Extemporaneous Health Poster: Cassie Gambill
- 9th - Foundations of Medical Terminology: Reilly Dollyhite
- 6th - Health Career Display: Newman; Lyons
- 9th - Health Career Display: Amo Kuffour; Aguilar
- 2nd - Life Threatening Situations: Abigail Southern
- 9th - Life Threatening Situations: Amahni Norman
- 5th - Prepared Speaking: Emilyynn Haymore