

COMPETITIVE EVENTS UPDATE 2022 - 2023



SEPTEMBER 1, 2022

THIS UPDATE SUMMARIZES MOST MAJOR CHANGES TO THE EVENT GUIDELINES, BUT IS **NOT** AN ALL-INCLUSIVE LIST. CHANGES TO BOTH THE RATING SHEETS AND RULES ARE MADE EVERY YEAR FOR CONSISTENCY AND CLARITY. FULL EVENT GUIDELINES SHOULD BE PRINTED NEW FROM HOSA.ORG EVERY SEPTEMBER.

Event	Update
GENERAL EVENT UPDATES	
Tallo Digital Uploads	In all events that require a Tallo digital upload for ILC, competitors must upload material to be given an appointment time at ILC. The content uploaded digitally will be pre-judged prior to ILC.
Resource Changes	The following events have new resources: Cultural Diversities and Disparities, Human Growth and Development, Medical Terminology, Foundations of Medical Terminology, Nutrition, Foundations of Nutrition, Health Career Exploration, and Health Informatics.
Test Plan Changes	The following events have updated test plans: Cultural Diversities and Disparities, Health Career Exploration, EMT, CPR, Healthy Lifestyle, Home Health Aide, Nursing Assisting, Pharmacy Science, Vet Science, Physical Therapy, and Creative Problem Solving.
Skill Events	In applicable skills, hand hygiene will be verbalized, or hand sanitizer will be allowed. This will allow implementation of skills even if access to a sink and running water is not available.
Testing at ILC	All tests at ILC will continue to be administered in the Testing Center where competitors are responsible for monitoring their own testing time. Therefore, time remaining announcements are no longer given.
Reference Pages	In events that allow reference pages, there is no longer a one-page limit. Competitors can include as many pages of reference citations as used in the development of the project.
Portfolio Pages	In events with portfolios, only the maximum page numbers are scored. The page limits to the individual sections of the portfolio have been removed.
Eligibility forms for ILC	Speaking Skills – Interviewing Skills – Personal Care – Life Support Skills: The eligibility form submission process for ILC has changed to a digital Wufoo submission instead of using Tallo.
Accommodation Request Process	Information has been added to the guidelines sharing how special accommodations can be requested in any event for ILC. Competitors who need special accommodation for state-level conferences will need to work directly with their state leadership. View Appendix H for the definition of event accommodation.
NGL ATC Events	States have the option to offer all 14 National Geographic Learning Academic Testing Center (NGL ATC) events at the State Conference level. All tests now also have test plans included.
HEALTH SCIENCE & RECOGNITION EVENTS	
Medical Reading (Middle School division)	<ul style="list-style-type: none"> Seven Signs of Life: Unforgettable Signs from an Intensive Care Doctor by Aoife Abbey You're Going to Die! My Journey to Survive by Jesse Campbell Student Leadership Challenge: Five Practices for Becoming an Exemplary Leader by James Kouzes and Barry Posner
Medical Reading (SS & PSC divisions)	<ul style="list-style-type: none"> Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones by James Clear Every Deep-Drawn Breath: A Critical Care Doctor on Healing, Recovery, and Transforming Medicine in the ICU by Wes Ely, MD. A Good Time to Be Born: How Science and Public Health Gave Children a Future by Perri Klass The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine by Janice Nimura The Kissing Bug: A True Story of a Family, an Insect, and a Nation's Neglect of a Deadly Disease by Daisy Hernandez
Medical Spelling	The fishbowl method has been removed – words will be spelled in numerical order from a pre-set randomized list. Clarification about the use of the audio glossary tool has been added.
America's Blood Centers and HOSA Blood Drive	New recognition event to track and reward involvement in hosting Blood Drives.
Emotional Well-Being Challenge	New recognition event to encourage teams to develop presentations about a mental health/emotional well-being educational topics.
HCIE	States have the option of offering a regional AND state HCIE.
Outstanding HOSA Alumni	New recognition event to honor alumni members.
Outstanding HOSA Achievement	A minimum of 5 chapters must participate in the state project to be considered for this recognition event.

HEALTH PROFESSIONS EVENTS	
Biotechnology	Biomedical Laboratory Science has been split into Clinical Laboratory Science and Biotechnology.
Clinical Laboratory Science	
Clinical Specialty	The skill video is no longer required to be uploaded to Tallo.
Dental Science	A new edition of <i>Dental Assisting A Comprehensive Approach</i> has been released, which resulted in significant changes in skill steps. The time allowed for the "Treatment of Contaminated Tray in the Sterilization Center" has been increased to 8 minutes.
Sports Medicine	Points have been added for correct spelling to the range of motion skill.
EMERGENCY PREPAREDNESS EVENTS	
CERT Skills	Skills III-A (Lifts and Carries Demonstrations) & III-B (Lifts and Carries Scenarios) have been combined into one skill (Skill III-Lifts and Carries) with specific instructions on verbalization vs. demonstration.
CPR/First Aid	Simulated breaths will continue per AHA Covid protocols. Compound fracture had been changed to open fracture. Summary Steps for patient of rescuer 1 have been moved to the BLS rating sheets.
EMT	The rubrics have been aligned to the textbook since the NREMT skill sheets have been retired. Simulated breaths will continue per AHA Covid protocols. Joint immobilization and long bone immobilization skills have been combined.
Life Support Skills	Simulated breaths will continue per AHA Covid protocols. Tourniquet and shock have been added to Skill V. Skill VI has been updated to Open Fracture/Splinting
Life Threatening Situations	The language regarding the use of the tourniquet has been aligned to the FAST curriculum.
Mental Health Promotion	New event to encourage mental health awareness through a social media campaign and presentation.
Public Health	2022 -2023 Topic: <i>Heart Healthy for Life: What You Need to Know Now</i>
LEADERSHIP EVENTS	
Extemporaneous Writing	The submission process at ILC will be digital (via Google/Wufoo form) as opposed to flash drives/printing hard copies of the completed essays.
Health Career Preparation	There is no longer a required digital upload of the statement of interest.
Healthy Lifestyle	There is no longer a required digital upload of the portfolio. The rubric has been updated.
Organizational Leadership	There is no longer a required digital upload of the Voting Delegate form
Prepared Speaking and Speaking Skills	2022-2023 Topic: <i>Beyond All Limits</i>
Research Poster	The time for the presentation and judge questions has changed.
Researched Persuasive Writing and Speaking	2022-2023 Topic: <i>Virtual Learning: Positive or Negative for Future Health Professionals?</i>
TEAMWORK EVENTS	
Biomedical Debate	2022-2023 Topic: <i>Medical Errors Should be Considered Criminal Offenses</i>
Exploring Medical Innovation	This is now a round 1 and round 2 event. Up to 8 photos of the exhibit are allowed for the digital upload for round 1 pre-judging.
Forensic Science	The round two written conclusion will now be submitted digitally at ILC, and competitors must bring a laptop / tablet to type their responses into a digital submission form.
Health Career Display	All divisions are now aligned – this means middle school division has a round 1/round 2 and required display time. Up to 8 photos of the display are allowed for the digital upload for round 1 pre-judging.
HOSA Bowl Middle School	This is a new event for the middle school division.
Medical Innovation	A video summary link is part of the digital upload. Up to 8 photos of the exhibit are allowed for the digital upload for round 1 pre-judging.
Parliamentary Procedure	There is no longer a required digital upload of the meeting minutes.
Public Service Announcement	The PSA is only shown once at the beginning of the presentation instead of used throughout the presentation. 2022-2023 Topic: <i>How to Talk to Friends and Family about Mental Health</i>