

COMPETITIVE EVENTS UPDATE

2023 - 2024



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	
Guidelines	All guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your local/state advisors (or state websites) to determine how the events are implemented for all regional/area and state conferences.
Digital Uploads	The upload system has changed as Tallo will no longer be used. A new HOSA Digital Upload System has been created that integrates with the HOSA Conference Management System (CMS). Information on the new system can be found in the event guidelines and at the landing page HERE . In all events that require a 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. Digital uploads are no longer required in HCD, EMI, and MI.
Resource Changes	The following events have new resources, updated editions or retired resources: CERT Skills, CPR, EMT, LSS, Behavioral Health, Cultural Diversity & Disparities in Health Care, Human Growth & Development, Health Informatics, Healthy Living, Medical Math, Home Health Aide, Nursing Assisting, Physical Therapy, Pharmacy Science, Veterinary Science, Dynamic Decisions, Creative Problem Solving, HOSA Bowl, Foundations of HOSA Bowl, and Health Care Issues Exam.
Test Plan Changes	The following events have updated test plans: Creative Problem Solving, Cultural Diversity & Disparities in Health Care, Health Informatics, Healthy Living, Human Growth and Development, and Home Health Aide
Skill Events	Round 2 skill events dress code now requires attire appropriate to the occupational area be worn. Previously HOSA Uniform or professional dress could be worn for round 2 skills. Skills have been added to CPR, EMT, and LSS. American Heart Association and American Red Cross training will both be accepted in CPR & LSS. Clinical Nursing & Dental Science have new skills. Medical Assisting Urine Testing skill time has changed. Two new skill events have been added in Health Professions: Phlebotomy and Respiratory Therapy. A new skill event has been added to the Middle School Division: Foundations of Veterinary Science.
Team Members	The number of team members allowed in EWBC, CA, CPS, DD, HE, and PSA has changed to 2 – 6 people.
Testing at ILC	Scratch paper will no longer be provided for tests. Competitors may write in their test booklets if needed.
Event Names Updated	Extemporaneous Writing has been updated to Extemporaneous Writing-Health Policy. Healthy Lifestyle has a new name: Healthy Living. HOSA Bowl Middle School has a new name: Foundations of HOSA Bowl.
Deadline for ILC	All deadlines for submissions have been changed to May 15 th for consistency (there were previous inconsistencies in recognition events)
Eligibility forms for ILC	Speaking Skills – Interviewing Skills – Personal Care – Life Support Skills: The eligibility form submission process for regional, state, and ILC is through the digital form link .
Accommodation Request Process	Special accommodations can be requested in any event as appropriate. This form can be used for all regional, state, and ILC conferences. View Appendix H for the definition of event accommodation.
NGL ATC Events	Calculators will now be provided in Allied Health Statistics, Math for Health Professionals, Anatomy & Physiology, Biochemistry, General Chemistry, Organic Chemistry, and Physics.
Judge Questions	Judge questions have been removed to create consistency between all competitive events.
HEALTH SCIENCE & RECOGNITION EVENTS	
Foundations of Medical Reading (MS Division)	<ul style="list-style-type: none"> On Fire: The 7 Choices to Ignite a Radically Inspired Life by John O’Leary Don’t Kill the Birthday Girl: Tales from an Allergic Life by Sandra Beasley All That Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace & Resilience by Jay Wellons

Medical Reading (SS & PSC Divisions)	<ul style="list-style-type: none"> • How the Other Half Eats: The Untold Story of Food and Inequality in America by Priya Fielding-Singh • A Molecule Away from Madness: Tales of the Hijacked Brain by Sara Manning Peskin • The Facemaker: A Visionary Surgeon's Battle to Mend the Disfigured Soldiers of World War I by Lindsay Fitzharris • Wonder Drug: 7 Scientifically Proven Ways that Serving Others is the Best Medicine for Yourself by Trzeciak & Mazzealli • All That Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace & Resilience by Jay Wellons
Cultural Diversity & Disparities in Health Care	The Spector text has been retired. Additional resources have been added. The test plan has been updated.
Medical Spelling	The maximum number of times a competitor can ask for a pronunciation in the spelldown is now three (3) total.
American Red Cross Volunteer Service	New recognition event.
HEALTH PROFESSIONS EVENTS	
Clinical Nursing	Two skills have been added: PPE & Prophylaxis for the Eyes of the Neonate. The three types of injections have been combined into Skill I A – C.
Clinical Specialty	Skills for Phlebotomy & Respiratory Therapy that cannot be duplicated in CS have been added to the guidelines.
Phlebotomy	New event
Respiratory Therapy	New event
Foundations of Veterinary Science	New event
Dental Science	A new PPE skill has been added
Family Medicine Physician	An Interview Verification Form has been added and must be uploaded to the HOSA Digital Upload System
EMERGENCY PREPAREDNESS EVENTS	
CERT Skills	American Red Cross materials have been added as resource.
CPR/First Aid and Life Support Skills	<p>For CPR: The roles of the rescuers have been changed to match the resources. Rescuer 1 will initiate CPR. Rescuer 2 will initiate first aid skill and then assist with CPR. (for CPR event)</p> <p>For Both CPR and LSS: American Red Cross or American Heart Association protocols can be used in skill demonstrations. Competitors will tell judges which protocols they are using prior to beginning competition.</p> <p>Two new skills have been added: Administer Epinephrine Pen & Administration of Naloxone (Nasal Spray).</p>
EMT	Two new skills have been added: Administer Epinephrine Pen & Administration of Naloxone (Nasal Spray).
Mental Health Promotion	The requirement for the Be There Certification has been removed and it has been added as a suggested resource instead.
Public Health	2023 -2024 Topic: Technology Addiction: How to Protect Ourselves
LEADERSHIP EVENTS	
Extemporaneous Writing – Health Policy	This event has changed from Extemporaneous Writing to Extemporaneous Writing – Health Policy. The focus of the event has changed to Health Policy Writing instead of an essay. Competitors will be required to write a letter of support or opposition to the health policy related secret topic.
Healthy Lifestyle / Living	The event name has changed from Healthy Lifestyle to Healthy Living
Interviewing Skills and Job Seeking Skills	A digital portfolio on Tallo is no longer required.
Prepared Speaking and Speaking Skills	2023-2024 Topic: Dare to Create!
Researched Persuasive Writing and Speaking	2023-2024 Topic: Youth Sports Specializations: Good or Bad for Athletes?
TEAMWORK EVENTS	
Biomedical Debate	2023-2024 Topic: Should Artificial Intelligence in Healthcare be Welcomed or Feared?
Public Service Announcement	2023-2024 Topic: Fentanyl Will Kill You