



# Chapter Success Guide 2023–2024

## HOSA OVERVIEW

HOSA - Future Health Professionals is the premier organization for student leaders pursuing careers in the healthcare industry. HOSA's two-fold mission is to promote career opportunities in health care and to enhance the delivery of quality health care to all people.

### **History, Size and Reach of HOSA**

Founded in 1976, formerly as Health Occupations Students of America, HOSA - Future Health Professionals has over 260,000 members each year in over 5,000 secondary and post-secondary/collegiate chapters across the nation.

### **HOSA Endorsements**

HOSA is endorsed by the U.S. Department of Education, Oregon Department of Education, the Health Science Education Division of the Association for Career and Technical Education, National Health Science Consortium, and over 50 other health-related partners and industry associations.

### **HOSA is Co-Curricular**

HOSA is a national organization that operates as an integral component of the health science education curriculum. Through its network of state and local chapters, HOSA provides powerful instructional tools, recognition, leadership, networking, scholarships, and connections to the healthcare industry to thousands of members across the U.S.

Through the HOSA Competitive Events Program members compete in teams or as individuals in over 30 different events related to all aspects of health care. HOSA integrates into the Health Science Education curriculum to develop and recognize smart, dedicated, and passionate future health professionals.

HOSA offers numerous health leadership conferences and professional development opportunities including the International Leadership Conference, Washington Leadership Academy held in Washington, DC, HOSA University, Oregon Leadership Institute, and the Oregon State Leadership Conference.

### **HOSA Mission Statement**

The mission of HOSA is to empower HOSA-Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

## HOSA Facts

- HOSA is one of Oregon's seven Career and Technical Student Organizations (CTSOs) along with National FFA Organization; Future Business Leaders of America (FBLA); DECA; SkillsUSA; Family, Career and Community Leaders of America (FCCLA); and Future Natural Resource Leaders.
- Sarah Walters is the National HOSA Executive Director.
- HOSA is the largest student organization in America concentrating 100% of its mission and programs on developing future health professionals and leaders.
- Nationwide there are over 260,000 HOSA middle school, high school, and college members. The U.S. Department of Education endorses HOSA with all state chapters endorsed by the State Department of Education.
- National HOSA conferences feature high profile speakers. Dr. Mike Varshavski was the keynote speaker at the 2022 HOSA International Leadership Conference (ILC).
- Over 12,000 attendees are present at the ILC each year.
- Each year HOSA awards over \$400,000 in scholarships at the national and state levels to deserving members.
- National HOSA offers nearly 60 healthcare industry endorsed competitive events.



*Keynote speaker at the 2022 International Leadership Conference, Dr. Mike Varshavski*

- The competitive events program can be utilized throughout the academic school year as an instructional resource.
- HOSA's Competitive Events Program includes four events specifically designed for students with disabilities.
- The U.S. Surgeon General's office hosts summer internships in Washington, D.C. for HOSA members annually.
- During the summer of 2012, National HOSA launched a new brand for HOSA to modernize the image, retain familiarity, and establish HOSA's identity worldwide.
- The 2023-2024 National Theme is "Dare to Create"

## KEY CONTACT INFORMATION

### Oregon HOSA Contact Information

Mailing Address: Oregon HOSA  
PO Box 1440  
Owasso, OK 74055  
Phone: (541) 633-4287 | Fax: (971) 404-0903  
Email: [hq@oregonhosa.org](mailto:hq@oregonhosa.org)  
Website: [www.oregonhosa.org](http://www.oregonhosa.org)

### NATIONAL HOSA

#### National HOSA Headquarters

548 Silicon Drive, Suite 101, Southlake, TX 76092  
Phone: (800) 321-HOSA (4672) | Fax: (972) 874-0063  
Website: [www.hosa.org](http://www.hosa.org)

#### National HOSA Staff

Sarah Walters, Executive Director  
Dr. Jim Koeninger, Executive Director Emeritus  
Karen Koeninger, Director, Partnerships & Sponsorship  
Laura Sheppard, Senior Director  
Jeff Koeninger, Director  
Hope Antrim, Director of Finance  
Diane Bartosch - Technology Support

Bobby Crandall, Deputy Director Partnerships & Sponsorships  
Bergen Morehouse, Director of Competitive Events  
Jan Mould, Deputy Director of Competitive Events  
Carie Staub, Deputy Director of Competitive Events  
Jason Koeninger, Software Architect  
Janet Nelson, Director for New State Advisor Development

### HOSA Supply Service – Awards Unlimited

*Supplies all chapter materials, member emblematic supplies and official HOSA blazer.*

Phone: (800) 950-3553 | Fax: (402) 474-3782 |  
Web: <https://hosastore.americommerce.com/>

## SOCIAL MEDIA

[www.facebook.com/OregonHOSA](https://www.facebook.com/OregonHOSA)

[www.facebook.com/hosafhp](https://www.facebook.com/hosafhp)

@OregonHOSA

@NationalHOSA



## WEBSITES

Oregon HOSA [www.oregonhosa.org](https://www.oregonhosa.org)

National HOSA [www.hosa.org](https://www.hosa.org)

## STATE MANAGEMENT TEAM

Daphne Dale | **Executive Director**

*Governance, Industry Partnerships, Advocacy/Public Relations, Board Support*

Email: [executivedirector@oregonhosa.org](mailto:executivedirector@oregonhosa.org)

Heather Watterlond | **State Advisor**

*Operations Lead, Conferences, Membership, Competitive Events, Industry Partnerships, Advocacy/Public Relations*

Email: [hq@oregonhosa.org](mailto:hq@oregonhosa.org)

Jane Shovlin | **Advisor Support**

*Advisor Support and Chapter Development*

Email: [hello@oregonhosa.org](mailto:hello@oregonhosa.org)

Faith Ediae Holly | **State Officer Coach**

*Executive Leadership Program*

Email: [coach@oregonhosa.org](mailto:coach@oregonhosa.org)

Ryan Underwood | **Senior Director**

Email: [director@oregonhosa.org](mailto:director@oregonhosa.org)

## BOARD OF TRUSTEES

Jeffrey Crapper   <b>Board Chair</b> Carlie Harris   <b>Secretary/Treasurer</b> Kimberly Herder   <b>Board Member</b> Heidi Gorka   <b>Board Member</b> Martha Robertson   <b>Board Member</b>	Ramyar Eslami   <b>Board Member</b> Joshua Martich   <b>Board Member</b> Liz Rain   <b>Oregon Dept. of Education</b> Fabliha Maliyat   <b>State President</b> Daphne Dale   <b>Executive Director</b> Ryan Underwood   <b>Senior Director</b>
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## STATE OFFICER TEAM



Fabliha Maliyat | **State President**

*Westview High School*

[president@oregonhosa.org](mailto:president@oregonhosa.org)

Sophie Wang | **President-Elect**

*Beaverton Academy of Science and Engineering*

[pres-elect@oregonhosa.org](mailto:pres-elect@oregonhosa.org)

Upasya Swarna | **VP of Leadership**

*Sunset High School*

[vpleadership@oregonhosa.org](mailto:vpleadership@oregonhosa.org)

Lekhana Vaddadi | **VP of Membership**

*Westview High School*

[vpmembership@oregonhosa.org](mailto:vpmembership@oregonhosa.org)

Hasvi Patel | **Vice President of Communication**

*Westview High School*

[vpcommunication@oregonhosa.org](mailto:vpcommunication@oregonhosa.org)



## KEY EVENTS AND DATES

### State Leadership Conference (SLC)

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*Registration Fee: \$125*

*Monday, April 1 - Wednesday April 3, 2024*

*Hyatt Regency Portland Hotel. Portland, OR*

*Conference Registration Window: January 15 -February 3, 2024*

The pinnacle of Oregon HOSA is the State Leadership Conference. Students from all over Oregon come to compete for an opportunity to advance to the International Leadership Conference. Aside from competition, this conference includes many networking opportunities, leadership sessions, and a chance to create lasting friendships among chapter members. *All members must have paid their affiliation dues prior to registering for the conference.*

### International Leadership Conference (ILC)

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*Registration Fee: \$125*

The HOSA International Leadership Conference (ILC) is the highlight of the HOSA year. Over twelve thousand middle school, high school, and postsecondary/collegiate students, advisors, industry leaders, and alumni gather for several days of HOSA excitement. Most participants at ILC compete in one of HOSA's competitive events and the top competitors in each event are recognized for their outstanding achievements. In addition to the competitive events, many students and advisors participate in HOSA University and the Educational Symposiums.

#### **Houston, TX**

June 26-29, 2024

George R. Brown Convention Center| Houston, TX

To view all dates and deadlines for the 2023-2024 year, download our yearly calendar at [www.oregonhosa.org](http://www.oregonhosa.org)

## OREGON HOSA YEARLY CALENDAR

<b>September 22</b>	<b>Advisor CTSO Conference</b> Salem Convention Center, Salem, OR
<b>October 15</b>	<b>Initial Affiliation Deadline</b> <i>Earn HOSA 100 Club Recognition</i>
<b>October 23 -24</b> <b>October 25-26</b>	<b>Oregon CTSO Fall Leadership Conference</b> Pendleton <b>Oregon CTSO Fall Leadership Conference</b> Salem
<b>November 6-10</b>	<b>HOSA week</b>
<b>January TBD</b>	<b>State Officer Meeting/Retreat</b> <i>Portland, Oregon</i>
<b>January 15 – February 3</b>	<b>State Leadership Conference Registration Window</b> <i>Must be paid, registered HOSA members to participate.</i>
<b>February 3</b>	<b>State Leadership Conference Deadline Day!</b> <i>Advisor Statement of Assurance Form</i> <i>State Officer Candidate Applications</i> <i>Recognition Event Entries</i> <i>National Health Science Honor Roll Application</i> <i>**Pin Design Entries** NEW for Oregon HOSA!</i>
<b>February 5 – February 16</b>	<b>Online Testing Window</b>
<b>March 6, 2024</b>	<b>Hotel Housing Deadline</b>
<b>April TBD</b>	<b>National HOSA Scholarship Deadline</b>
<b>April 1-3</b>	<b>State Leadership Conference</b> <i>Portland, Oregon</i>
<b>April 15</b>	<b>International Leadership Conference Intent to Compete Deadline</b>
<b>April 19</b>	<b>International Leadership Conference Competitor Notification to Chapters</b> <i>from Oregon HOSA</i>
<b>May 10</b>	<b>International Leadership Conference Registration Deadline</b>
<b>May TBD</b>	<b>Oregon CTSO State Officer Orientation Meeting</b> <i>Portland, Oregon</i>
<b>June 26 - 29</b>	<b>International Leadership Conference</b> <i>George R. Brown Convention Center   Houston, TX</i>



## MEMBERSHIP INFORMATION

**Affiliate early and achieve HOSA 100 Club Recognition.** Oregon HOSA Chapters are encouraged to affiliate early in the year to achieve HOSA 100 Club recognition. To achieve HOSA 100 Club Recognition, Oregon HOSA chapters should meet the requirements listed below by **October 15<sup>th</sup>**.

All chapters achieving HOSA 100 Club affiliation status will receive a certificate, be recognized in HOSA online publications.

### Affiliation Requirements

To be an officially recognized Oregon HOSA chapter, the following requirements should be met:

#### **Submit Annual State Registration Form First**

Found on the Oregon website <https://oregonhosa.org/chapter-registration/>

#### **Submit annual payment for National HOSA affiliation fees and Oregon HOSA curriculum fees.**

Send payment to:                      *National HOSA*  
                                                    *548 Silicon Drive, Suite 101*  
                                                    *Southlake, TX 76092*

#### **Before You Begin**

Gather all the information you will need to enter into the Affiliation System. This includes the following:

- ✓ Chapter Charter Number and Password  
*This password remains the same each year. You may change the password by entering your chapter number at [www.aps.hosa.org](http://www.aps.hosa.org) and clicking on FORGOT PASSWORD. You will receive an email with instructions to change your password.*
- ✓ *If you need to request your username and password, contact your ORHOSA Chapter Mentor at [hello@oregonhosa.org](mailto:hello@oregonhosa.org)*

*You will be asked to provide information about each member to include:*

- Membership list
- Classification (grade or class in school)
- Organization and title (for professional members)
- Complete mailing address
- Phone, Fax, and E-mail Address

## Initial Affiliation Application

The Affiliation Process is online, and it is easy!

1. Go to the National HOSA web site: <https://apps.hosa.org/>
2. You will then be asked for your national charter number ("Login") and password. Enter the information and begin the online affiliation process.

3. After successfully logging in, click on the "+" sign to enter members into the HOSA online system.

### TIP: REVIEW THE ONLINE AFFILIATION INSTRUCTIONS

To access instructions for online affiliation, please click on the first link in the main menu. It is recommended that you review the instructions if you are unfamiliar with the online affiliation system.

## Affiliation and Curriculum Fees & Payments

Once local members are entered into the affiliation system, the chapter is ready to submit payment.

**Fees.** The National HOSA affiliation fee is \$10.00 per member. The Oregon HOSA affiliation fee is \$10.00 per member. Fees total \$20.00 per member.

**Submit payment.** To make payment, follow the following steps:

1. Print Invoice. To access the invoice, go to the Main Menu of the National HOSA Affiliation System. Select **View and Print an Affiliation Account Statement (PDF)** in the main menu.
2. Make checks payable to National HOSA. Both national affiliation fees and state curriculum fees are submitted and paid to National HOSA.
3. Mail payment and copy of invoice to:
 

National HOSA  
 548 Silicon Drive, Suite 101  
 Southlake, TX 76092

### National HOSA Chapter Membership Recognition

**HOSA 100 Club:** Chapters that submit their paid affiliation fees by **October 15** will be recognized as members of the HOSA 100 Club and will be listed in the HOSA Spring E-Magazine.

**HOSA 100% Affiliation Club:** Chapters that affiliate 100% of their Health Science students with HOSA will be recognized as a member of the HOSA 100% Affiliation Club and will be listed on the HOSA web site.

## STARTING A CHAPTER

### Requirements

To start a HOSA chapter, identify a faculty member to serve as the chapter advisor and recruit at least **five** members interested in pursuing a career in a health profession. Complete the Registration Form at <https://oregonhosa.org/chapter-registration/>

### Affiliation Process

Get started today! Just follow these steps:

1. Contact Oregon HOSA Chapter Mentor at [hello@oregonhosa.org](mailto:hello@oregonhosa.org) and indicate your interest in starting a HOSA chapter!
2. Decide which method your program will use to organize one or more HOSA chapters. The options are:
  - a. **Classroom-based chapter.** A HOSA chapter is formed for each health science class of five (5) or more students.
  - b. **Instructor-based chapter.** A chapter is formed by one health science instructor for all students enrolled in his/her classes.
  - c. **School-based chapter.** A single chapter is formed for all students in all classes regardless of the number of teachers.
3. Contact local school/college officials (e.g. activity directors, Dean of Student Activities) and inform them about starting a HOSA chapter. There may be additional rules, regulations, or approval processes to fulfill in order to start a HOSA Chapter. This is also a great opportunity to educate school officials about the benefits of HOSA.
4. Complete the Online Chapter Registration Form
5. Elect chapter officers and develop a Program of Work.
6. Set up a school visit by the state officers to help guide your chapter into the world of HOSA!

## COMPETITIVE EVENTS PROGRAM

HOSA's Competitive Events Program provides members with the opportunity to showcase their skills, knowledge, and leadership abilities in over 60 different healthcare related events and recognition events. The Competitive Events Program recognizes members for their excellence in competition on the state and international level. The top state performers qualify to compete at HOSA's annual International Leadership Conference.

### HOSA's Competitive Events Program

HOSA's competitive events are divided into six categories:

Health Science Events	Leadership Events
Health Professions Events	Teamwork Events
Emergency Preparedness Events	Recognition Events

*Please Note:*

1. *There are additional National HOSA competitive events not offered in Oregon.*
2. *Competitive event guidelines are in the HOSA Handbook, Section B at <http://www.hosa.org/guidelines>*

### Eligibility for State Competitions

Students must be affiliated and paid members to compete at the State Leadership Conference. The following is the eligibility policy adopted by the Oregon HOSA Board of trustees in 2017:

- Each Oregon HOSA member is eligible to compete in a maximum of three (3) Oregon HOSA Competitions in Health Science, Health Professions, Emergency Preparedness, Leadership, and Teamwork combined.
- Health Science Events – Competitors may register for a maximum of three (3) events in this category.
- Health Professions, Emergency Preparedness, Leadership, & Teamwork – Competitors may register for a maximum of one (1) event in all of these categories combined.  
*Exception: HOSA Bowl and Recognition Events do not count towards the event maximum limit*

### Eligibility for International Competitions

If students qualify for more than one event for the International HOSA competition, students must choose only one (1) competitive event for the International Leadership Conference, with the exception of Recognition Events. Students may compete in an unlimited number of Recognition Events at the international level.

### Oregon HOSA State Level Competitive Events

#### Health Science Events

- Dental Terminology
- Medical Law & Ethics
- Health Informatics
- Human Growth and Development
- Nutrition
- Pathophysiology
- Pharmacology
- Cultural Diversity & Disparities in Healthcare
- Behavioral Health
- Medical Reading
- Foundations of Medical Reading (Middle School Only)
- Health Career Exploration (Middle School Only)
- Medical Spelling
- Medical Terminology
- Foundations of Medical Terminology (Middle School Only)
- Medical Math
- Math for Health Careers (Middle School Only)

#### Health Profession Events

- Biotechnology
- Clinical Laboratory Science
- Dental Science
- Family Medicine Physician
- Medical Assisting
- Nursing Assisting
- \*Personal Care\* *IDEA Qualified Event*
- Pharmacy Science
- Physical Therapy
- Sports Medicine
- Veterinary Science

#### Emergency Preparedness Events

- CPR/First Aid
- Emergency Medical Technician
- Epidemiology
- \*Life Support Skills\* *IDEA Qualified Event*
- Life Threatening Situations (Middle School Only)
- MRC Partnership
- Mental Health Promotion
- Public Health
- Public Health (Middle School Only)

### Leadership Events

- Extemporaneous Health Poster (Middle School Only)
- Extemporaneous Writing
- Health Career Photography
- Health Careers Preparation (Middle School Only)
- Healthy Living
- Healthy Living (Middle School Only)
- \*Interviewing Skills\* *IDEA Qualified Event*
- Job Seeking Skills
- Prepared Speaking
- Prepared Speaking (Middle School Only)
- \*Speaking Skills\* *IDEA Qualified Event*
- Research Poster

### Teamwork Events

- Biomedical Debate
- Community Awareness
- Creative Problem Solving
- HOSA Bowl
- Foundations of HOSA Bowl (Middle School Only)
- Health Career Display
- Forensic Science
- Health Education
- Health Education (Middle School Only)
- Dynamic Decisions (Middle School Only)
- Public Service Announcement

### Recognition Events

- American Blood Centers & HOSA Blood Drives
- American Red Cross Volunteer Service **\*\*NEW EVENT\*\***
- Barbara James Service Award SS/MS/PS
- Health Care Issues Exam
- HOSA Happenings SS/MS
- National Service Project SS/MS

\*Must be classified under the provision of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17.



### 2023 – 2024 National HOSA Theme: “DARE TO CREATE”

#### 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](http://HOSA.ORG) EVERY SEPTEMBER.

Event	Update
<b>GENERAL EVENT UPDATES</b>	
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 <a href="#">HERE</a> . 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 <sup>th</sup> 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 <a href="#">digital form link</a> .
Accommodation Request Process	Special accommodations <a href="#">can be requested</a> in any event as appropriate. This form can be used for all regional, state, and ILC conferences. View <a href="#">Appendix H</a> 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.
<b>HEALTH SCIENCE &amp; RECOGNITION EVENTS</b>	
Foundations of Medical Reading (MS Division)	<ul style="list-style-type: none"> <li>On Fire: The 7 Choices to Ignite a Radically Inspired Life by John O'Leary</li> <li>Don't Kill the Birthday Girl: Tales from an Allergic Life by Sandra Beasley</li> <li>All That Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace &amp; Resilience by Jay Wellons</li> </ul>

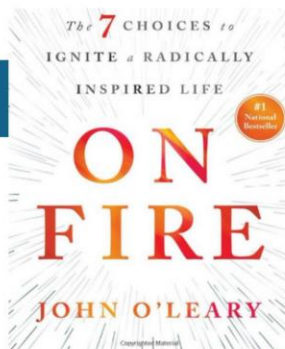
Updated September 1, 2023



Medical Reading (SS & PSC Divisions)	<ul style="list-style-type: none"> <li>How the Other Half Eats: The Untold Story of Food and Inequality in America by Priya Fielding-Singh</li> <li>A Molecule Away from Madness: Tales of the Hijacked Brain by Sara Manning Peskin</li> <li>The Facemaker: A Visionary Surgeon's Battle to Mend the Disfigured Soldiers of World War I by Lindsay Fitzharris</li> <li>Wonder Drug: 7 Scientifically Proven Ways that Serving Others is the Best Medicine for Yourself by Trzeciak &amp; Mazzairelli</li> <li>All That Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace &amp; Resilience by Jay Wellons</li> </ul>
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.
<b>HEALTH PROFESSIONS EVENTS</b>	
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
<b>EMERGENCY PREPAREDNESS EVENTS</b>	
CERT Skills	American Red Cross materials have been added as resource.
CPR/First Aid and Life Support Skills	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) 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. Two new skills have been added: Administer Epinephrine Pen & Administration of Naloxone (Nasal Spray).
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: <b>Technology Addiction: How to Protect Ourselves</b>
<b>LEADERSHIP EVENTS</b>	
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: <b>Dare to Create!</b>
Researched Persuasive Writing and Speaking	2023-2024 Topic: <b>Youth Sports Specializations: Good or Bad for Athletes?</b>
<b>TEAMWORK EVENTS</b>	
Biomedical Debate	2023-2024 Topic: <b>Should Artificial Intelligence in Healthcare be Welcomed or Feared?</b>
Public Service Announcement	2023-2024 Topic: <b>Fentanyl Will Kill You</b>



**MIDDLE SCHOOL DIVISION**



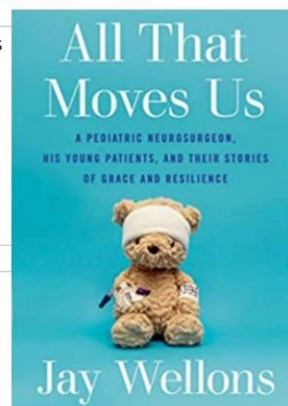
John O'Leary  
**On Fire: The 7 Choices to Ignite a Radically Inspired Life**

**Don't Kill the Birthday Girl**  
*Tales from an Allergic Life*

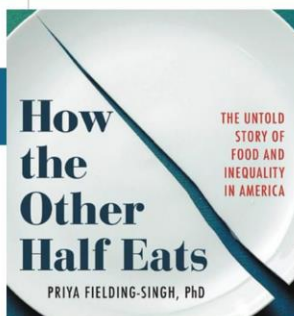


Jay Wellons  
**All That Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace and Resilience**

Sandra Beasley  
**Don't Kill the Birthday Girl: Tales from an Allergic Life**

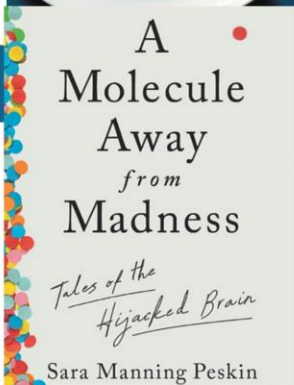
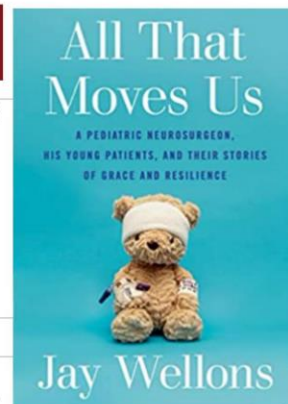


**SECONDARY / POSTSECONDARY COLLEGIATE DIVISION**



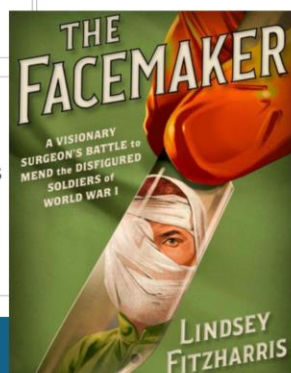
Priya Fielding-Singh  
**How the Other Half Eats: The Untold Story of Food & Inequality in America**

Jay Wellons  
**All That Moves Us: A Pediatric Neurosurgeon, His Young Patients, and Their Stories of Grace and Resilience**



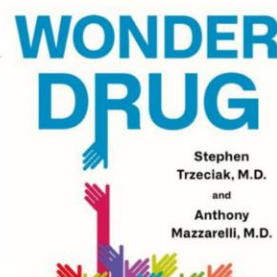
Sara Manning Peskin  
**A Molecule Away from Madness: Tales of the Hijacked Brain**

Lindsey Fitzharris  
**The Facemaker: A Visionary Surgeon's Battle to Mend the Disfigured Soldiers of World War I**



Stephen Trzeciak, M.D., & Anthony Mazzei, M.D.  
**Wonder Drug**

**7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself**



**HOSA MEDICAL READING 2023 - 2024**

## RECOGNITION EVENTS

HOSA's Recognition Events are designed to recognize members and chapters for outstanding work in HOSA and HOSA related projects. There are six Recognition Events that students are able to choose from, with recognition on both the state and national level.

Although students can only compete in one competitive event at the state and national conference, they can participate in as many recognition events as they wish.

The Recognition Events are:

- American Blood Supply/HOSA Blood Drive
- Red Cross Volunteer \*\*New Event\*\*
- Health Care Issues Exam
- National Service Project
- Barbara James Service Award
- MRC Volunteer Recognition
- HOSA Happenings

A brief overview of each recognition event is below. Complete rules and guidelines, criteria, applications and verification forms are available on the HOSA website, <http://www.hosa.org/guidelines>.

### Healthcare Issues Exam

*Purpose:* To encourage Health Science students to investigate, analyze and apply their knowledge of current healthcare-related issues.

*Description:* This event shall be in the form of a 50-item multiple-choice test and one essay question that will be graded only to break a tie. All questions will be written at a level to measure thinking skills. Competitors will have 1 hour to complete the test.

*Competition Details:* This event uses the following news outlets as resources: Medline Plus, CBS, NBC, and CNN. The state test will contain questions pertaining to articles dated July 1 – November 1<sup>st</sup>; the ILC test will contain questions pertaining to articles dated November 2 – March 15<sup>th</sup>. This event will take place during online testing.

### National Service Project (HOSA Service Project)

*Purpose:* To encourage Health Science students to provide community service through the adoption of goals and implementation of strategies related to the support of a national health care organization.

*Description:* The HOSA National Service Project involves the sponsorship of a national healthcare organization by local HOSA chapters. Local chapters plan service projects to support the selected

organization. Chapters document their involvement and submit documentation to their state advisor by the state deadline to be eligible for national recognition.

*2022 – 2024 Service Organization: Be The Match*

*Website – <https://bethematch.org/>*

*Competition Details:* More information on how this event will be recognized will come out at a later time from National HOSA. Visit the National HOSA website for updates. Entries into the HOSA Activity must be completed by the members and approved by the local advisor, for recognition at SLC by February 5<sup>th</sup>. The deadline for ILC is May 10<sup>th</sup>.

### Barbara James Service Award

*Purpose:* To encourage Health Science students to become contributing members of their communities by performing community service.

*Description:* The Barbara James Service Award is in memory of Barbara James, 1982-83 HOSA Inc. Board Chairman. Her leadership skills and contributions to HOSA exemplify the caring and compassion of HOSA members. This award seeks to recognize individual HOSA members whose commitment to community service is worthy of recognition.

*Competition Details:* To be recognized students must serve at least 100 hours of community service. They hours must be entered into the HOSA Activity Tracking System. Entries into the HOSA Activity must be completed by the members and approved by the local advisor, for recognition at SLC by February 5<sup>th</sup>. The deadline for ILC is May 10<sup>th</sup>.

### HOSA Happenings

*Purpose:* To encourage HOSA chapters to share chapter activities and professional learning.

*Description:* Chapters will tell their chapter's story throughout the year using a print newsletter, electronic newsletter, or website. For this recognition event, chapters will select ONE (1) newsletter or website to submit to the HOSA State Office to be judged. All submissions that reach a pre-determined standard will be awarded a Certificate of Excellence.

*Competition Details:* To be recognized for this event chapters must submit one copy of their newsletter or website at SLC registration. Chapters earning 80 points will be recognized at SLC. There is no judging of this event at ILC, therefore those chapters earning 80 points at SLC will be recognized at the ILC. Entries for recognition for HOSA Happenings must be turned in during registration at SLC.



## INTERNATIONAL LEADERSHIP CONFERENCE

The Annual International Leadership Conference (ILC) brings together thousands of future health professionals from across the country and the world! This conference features:

- Exciting general sessions
- Educational and social learning activities
- Leadership academies
- Tours to healthcare facilities
- Exhibits presented by professional healthcare associations.
- International Competitive Events
- Annual business of the national student organization of HOSA, including the election of national leaders
- Educational symposiums
- Opportunities to meet people from across the United States, Canada, America Samoa, and Puerto Rico
- Fun, excitement, recognition, and opportunities for HOSA members!

### Welcome to Houston, TX!

This year's International Leadership Conference will be held June 26 – 29, 2024 in Houston, TX at the George R. Brown Convention Center. For more information visit <https://hosa.org/ilc/>.

### Eligibility

All members registered by the Oregon HOSA ILC deadline are eligible to attend ILC.

For competitive events, Oregon HOSA sends the top three competitors/teams in each event to compete at ILC. To be eligible to compete, chapters must complete every step in the Registration Process including the Intent to Compete Form and Online Conference Registration.

### ILC Registration Process

Each year, Oregon HOSA will publish an ILC Registration Guide, which serves as your guide in preparation for ILC. *Although National HOSA provides registration information and deadlines, it is important to adhere to Oregon HOSA's process in order to be eligible to attend.*

**State Winners List:** Following the State Leadership Conference, Oregon HOSA publishes the list of winners. The top three individuals or teams in each event are eligible to compete at ILC. However, if a competitor decides not to attend ILC, Oregon HOSA will move up the next competitor. This means that members placing 4<sup>th</sup> or 5<sup>th</sup> may still have the opportunity to compete at ILC.

**Intent to Compete:** All top five winners in all competitive events must submit an Intent to Compete form. This form serves as official notification to Oregon HOSA regarding a competitor's intent to compete. This form is important because it assists Oregon HOSA in establishing the final list of competitors and ensures that Oregon HOSA will be fully represented in all competitive events. Every competitor who received 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> place should have an Intent to Compete form completed, even if the competitor(s) will not attend ILC. Any forms not received by the Intent to Compete deadline will be assumed as "No, will not attend" response.

***Intent to Compete Deadline: April 15, 2024***

**ILC Competitor Notification:** All Intent to Compete Forms will be processed, and chapters notified with a final ILC Competitor List. This list will be published on the Oregon HOSA website at [www.oregonhosa.org](http://www.oregonhosa.org).

***ILC Competitor Notification Release Date: April 19, 2024***

**ILC Online Registration:** The Oregon HOSA ILC Registration Guide will provide the steps to register for conference. Although National HOSA provides registration information and deadlines, it is important to adhere to Oregon HOSA's process. Chapters are responsible for registering students for events and confirming chapter details. Registration must be completed by the Oregon HOSA deadline as a validation process takes place immediately after the deadline.

**ILC Registration Payment:** Registration payments should be directed to Oregon HOSA. Please make checks payable to Oregon HOSA and mail check to:

Oregon HOSA  
PO Box 1440  
Owasso, OK 74055

**TIP: IT'S NEVER TOO EARLY!**

It's never too early to start planning for the International Leadership Conference! Start planning ahead by saving the dates in the calendar, studying competitive event guidelines, and fundraising.

## STATE PROGRAMS AND OPPORTUNITIES

### Chapter Visits

The state officers and HOSA alumni want to visit the local chapters! Having a state officer visit a local chapter connects state officers with local members while giving the state officers an opportunity to promote state and national conferences, programs, and initiatives. State officers and alumni can discuss a particular event, explain HOSA to a new chapter or class, and encourage students to get involved. To schedule a visit, contact [coach@oregonhosa.org](mailto:coach@oregonhosa.org).

### Chapter Officer Council Calls

The state officers will be hosting monthly conference calls for chapter officers to network, share ideas, and learn about important updates in Oregon HOSA. Call dates and times will be sent out soon. If your officers would like to receive the call information and join the council, please have them email [coach@oregonhosa.org](mailto:coach@oregonhosa.org).

### State Officer Goals and Initiatives

This year, the State Officers have many goals that they are excited to work towards. One of the main goals of the State Officer team this year is to increase the promotion of Oregon HOSA. The team is especially excited about visiting chapters this year and communicating with members and advisors. They want the success of local chapters to be shared with other Oregon HOSA chapters and nationally as well. They are proud of how far Oregon HOSA has come and want everyone to know what great things local chapters are doing.

### Oregon HOSA Online Newsletter

Get your voice heard! Receive publicity for your chapter's successes! Highlight a member's achievements! The Oregon HOSA Online newsletter is always looking to promote the outstanding work of the local members, officers, advisors and chapters. Have an officer or member write an article about a recent chapter activity or member success and email [president@oregonhosa.org](mailto:president@oregonhosa.org). Or email the state officers with a story idea and they will follow-up and develop a story! The Oregon HOSA state newsletter is available at [www.oregonhosa.org](http://www.oregonhosa.org).

### Oregon HOSA Social Media



Oregon HOSA is on Instagram where we regularly post quick updates and announcements about events, activities, programs, health related news and announcements, and key accomplishments. Visit us on Instagram and sign up to follow Oregon HOSA to stay up to date on what's new and happening with Oregon's Future Health Professionals!



Oregon HOSA is on Facebook ([www.facebook.com/oregonhosa](http://www.facebook.com/oregonhosa)) where we post more detailed updates, pictures, and videos that allow us to report on key accomplishments, events, activities, chapter accomplishments, and more. The Oregon HOSA State Officer Team uses Facebook to stay in touch with members, advisors, alumni, and supporters. Members are also able to leave comments, share information, and more. Visit us on Facebook and like Oregon HOSA!

**Like Us!** [www.facebook.com/Oregonhosa](http://www.facebook.com/Oregonhosa)

## NATIONAL PROGRAMS AND OPPORTUNITIES

### Washington Leadership Academy

The Washington Leadership Academy in Washington, D.C. has been hosted annually by HOSA for State Officers, and for Local Chapter Leaders. It is a training experience for future HOSA leaders who are interested in learning more about running for local chapter office, becoming a more effective leader, understanding and valuing people, interacting with others, and serving the organization and others. This action-packed experience provides the highest level of HOSA leadership training available. We encourage local chapter leaders and members who want to strengthen their leadership skills and build their resume to join HOSA in Washington, D.C. There are also opportunities for local chapter advisors to interact and share valuable ideas with other HOSA advisors. The Washington Leadership Academy will be hosted September 23-26, 2023. For more information, visit [www.hosa.org/wla](http://www.hosa.org/wla)

### HOSA E-Magazine

The HOSA E-Magazine is the official publication of National HOSA for its members, advisors, partners and supporters. The E-Magazine includes articles and information on chapter spotlights, alumni success stories, HOSA partners, healthcare related news, HOSA conferences, events, and opportunities, and more! Many of the articles are written by individual members and every chapter is encouraged to write and submit an article. The E-Magazine is published three times a year and articles can be sent to [hosa@hosa.org](mailto:hosa@hosa.org) at any time for inclusion in the next issue. Visit [www.hosa.org](http://www.hosa.org) to view the latest E-Magazine!

### National Service Project

Be The Match®, operated by the National Marrow Donor Program® (NMDP), is a nonprofit organization that's dedicated to helping every patient get the lifesaving transplant they need. As trusted leaders in advancing treatments for those facing life-threatening blood cancers, we provide ground-breaking research, innovative technologies, patient support and education that save lives. Visit their website for more information at <https://bethematch.org/>.

**School Blood Drives.** The State Officer team also encourages chapters to host blood drives to help increase blood donations for people who need them, which includes many patients with blood cancers. Oregon HOSA has partnered with BloodWorks this year for blood drives. More information about BloodWorks can be found on their website: <https://www.bloodworksnw.org/> If your HOSA chapter hosts or volunteers at a blood drive, send us photos and a short description so that we can recognize your chapter on the Oregon HOSA web site and social media feeds. Submit photos and descriptions to [president@oregonhosa.org](mailto:president@oregonhosa.org).

## RUNNING FOR OFFICE

### Become a Local, State, or National Leader!

If your dream is to be a Future Health Professional, community leader, or public servant then getting involved in the HOSA Officer Leadership Program is for you! Get started at the local level as a chapter officer or a committee member. Take the extra step to become a state officer and maybe even go onto become a national officer following your state officer term!

As an officer you will receive premier training, plan incredible projects, meet with civic and industry leaders, lead service projects, design public relations and communications efforts, and plan leadership conferences. If you enjoy training and traveling, networking and new friends, or simply want to be recognized as a leader in the world's premier student organization for those pursuing careers in the healthcare industry, then get started today in the HOSA Officer Leadership Program.

The Oregon HOSA State Officer Program provides tremendous opportunities for students to gain new leadership skills, learn critical thinking, improve their planning and organization skills, become stronger speakers, demonstrate initiative, and much more. In short, it is a unique and valuable experience that Oregon HOSA is excited to make available to its members.



2023-2024 ORHOSA State Officers

### Interested in Applying for State Office?

It is never too early to start thinking about running for state office! The first thing every member interested in serving on the state level should do is first gain experience on the local level. Whether this is as a local officer or a committee member, get involved!

The State Officer Application for 2024 – 2025 will be available on the state website this fall. The deadline to submit State Officer applications is **February 3, 2024**. All candidates must be active members of their local chapter and in good standing. Candidates must have a strong commitment to their education and have a 2.5 GPA or higher.

Each candidate will take a state officer exam that covers ORHOSA, National HOSA and Parliamentary Procedure during the SLC testing window **February 5 – February 16**. Candidates will be scheduled for an interview with Oregon HOSA State Staff, the State Officer Coach, and members of the Board of Trustees. The interviews will take place in February/March by appointment, and each will last approximately 10 minutes. After interviews candidates will be notified if they have been slated for a State Officer position. Candidates will give a two-minute speech during the Opening Session of the 2024 State Leadership Conference.



### Is State Office Right for Me?

The opportunities provided to state officers are tremendous. Many state officer alumni count this time as a pivotal experience in their life. Along with the opportunities and benefits of being an officer comes many important responsibilities. Those interested should carefully consider the decision to run for office and what it requires.

The average state officer spends five to ten hours a week working on their state officer assignments and responsibilities. Prior to state officer meetings, conferences, and HOSA events the amount of time required tends to spike as officers finalize preparations and polish up assignments. It is important to realize that although academics remain the number one priority, officers will not be able to fall behind in their responsibilities as a HOSA officer. Officers are required to participate in the team decision-making process, perform assigned tasks, and attend required conferences and events.

It is important to understand that if elected, officers will be required to attend conferences, officer meetings, and HOSA events throughout the year. Officers are not allowed to leave early, come late, or miss any parts of these events (except in the case of an extreme emergency) without permission. Officers have frequently had to miss out on big games, dances, trips, etc., because they conflicted with their state officer responsibilities. The expectation is that state officer responsibilities and commitments will take priority after an officer's academics.

Anyone willing to make this kind of commitment and that has the drive to succeed and the dedication to get the job done should seriously consider running for state office! If unsure, it is recommended members consult with their local advisor and get their opinion and advice. Those who decide to run for office can be assured that holding state office will be one of the most memorable experiences of their life, and one of the most effective career preparation experiences they could ever have while in high school.

### National Officer Selection Process

Members wishing to take their HOSA involvement to the highest level can serve on the National Executive Council. National officers are the ambassadors of HOSA and represent the over 260,000 HOSA members. Any Oregon HOSA member interested in running for national office must first be approved by the State Management Team. The National Officer Candidate Interest Form is due to Oregon HOSA by March 11, 2024. **A candidate for the International Executive Council must have served as a State Officer prior to seeking approval to run for National Office.**



LeAna Truong  
 National HOSA Executive Council  
 Member and former Oregon HOSA  
 State Officer

## SCHOLARSHIPS

HOSA's inter-curricular program fosters a culture of learning, discovery, and hard work. HOSA members look to prepare for their futures, and many continue their education into the postsecondary/collegiate level. HOSA's scholarship program is designed to support members' pursuit of a higher education and reward outstanding members with scholarships.

Scholarships are provided by sponsors such as:

- Nursing Spectrum
- National Technical Honor Society
- National Consortium on Health Science Education
- Delmar
- Philip R. Patton (HCA - Hospital Corporation of America)
- U.S. Public Health Service
- HOSA General Scholarship Fund
- And more!

HOSA has a new online system for competitive event uploads and scholarship applications. More on that in the near future. All required digital uploads must be complete no later than **March 15, 2024**, for consideration.

The Awards Committee will make the final decision on scholarship awards and scholarship recipients will be announced in May. Those receiving scholarships on the national level will be recognized during the general sessions and an awards dinner at the International Leadership Conference.

## ALUMNI

Any supporters of HOSA are encouraged to become Alumni members!

In addition to past HOSA members, all supporters of HOSA are also eligible to participate at the local, regional, and state levels as alumni members. Alumni members have an opportunity to help build and inspire the next generation of HOSA healthcare professionals.

Alumni members have the privileges of active members with the exception that they cannot vote, hold office, or compete. Benefits of alumni membership include:

- Strengthening your network through continued involvement
- Having the satisfaction of helping others
- Serving others
- Continuing professional development and leadership opportunities
- Being part of a great organization

Suggested participation includes:

- Assisting the advisor of your local chapter
- Volunteering to assist in activities at the regional, state, and national level.
- Serving as a local chapter mentor
- Judging events
- Serving as a competitive event section leader
- Assisting with Courtesy Corps
- Presenting and assisting with workshops
- Connecting your health care agency to Oregon HOSA
- Providing testimonials of how HOSA has impacted your life.

How to become an alumni member:

- Complimentary alumni membership is available at both the state and national level. It's free!!!
- Go to <https://apps.hosa.org/#alumni-registration> and apply for Alumni Membership
- Complete the application and submit it to National HOSA. That's all you have to do!
- Registration is one time only; you don't have to do it again!

Register to become a HOSA alumni member at <https://apps.hosa.org/#alumni-registration>

## CONFERENCE ATTIRE


### Official Dress Code for ALL General Sessions

# hosa DRESS CODE POLICY

Delegates are required to wear either the Official Uniform, or the Suit Option to all General Sessions.


### OFFICIAL UNIFORM

- Tailored navy blazer with emblem affixed over the heart
- Matching navy slacks or navy knee-length skirt
- White, closed-neck, tailored dress shirt suitable for tie or scarf
- Accents: maroon HOSA scarf or maroon or navy long tie
- Closed-toe blue or black shoes (hose optional for women)
- Belt (blue or black)
- Head covers that are required for religious purposes or to honor cultural tradition are allowed




### SUIT OPTION

- Black or navy-blue suit
- White, closed-neck, tailored dress shirt (maroon or navy long tie)
- White blouse (can be member's choice)
- Accent: maroon HOSA scarf (optional)
- Members may choose to wear knee-length skirt or slacks
- Closed-toe blue or black shoes (hose optional for women)
- Belt (blue or black)
- Head covers that are required for religious purposes or to honor cultural tradition are allowed




### COMPETITIVE EVENTS

If the competitive event guidelines identify business attire is appropriate, any of the following dress is acceptable (color is not specified for clothing or shoes for competition):  
(closed-toe; open-toe; heeled sandals are permitted)



**Official HOSA Uniform**




**Business Attire**

- Shirts
- Jackets
- Skirts
- Sports Jackets
- Dresses
- Pants

Note: Shorts and flip-flops are not acceptable HOSA competitive event attire.


Delegates must adhere to the policy as specified in the individual competitive event guidelines for the orientation and event in which they are competing.

If the competitive event guidelines identify clinical uniform or attire appropriate to the occupational area for skill events, the following dress is acceptable (scrubs can be of any color/design, with or without a HOSA emblem):



**Medical Scrubs**

- Scrubs
- Clinical shoes or tennis shoes



**Polo & Khakis**


- Khaki pants with polo top

### EVENT-SPECIFIC DRESS CODE


Please see HOSA website at [hosa.org/guidelines](http://hosa.org/guidelines) for events and their specific dress code.

#### HEALTH PROFESSIONS EVENTS


Examples of health professions appropriate attire are pictured below.



**CERT SKILLS**



**EMT**



**SPORTS MEDICINE**

Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation, written test and skill(s) – jeans and shorts are not acceptable. Bonus points will be awarded for proper dress.

#### HEALTH SCIENCE EVENTS || EMERGENCY PREPAREDNESS EVENTS || LEADERSHIP EVENTS || TEAMWORK EVENTS || RECOGNITION || NATIONAL GEOGRAPHIC LEARNING ACADEMIC TESTING CENTER

Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for proper dress.

#### EXTEMPORANEOUS HEALTH POSTER

Competitors must be in official HOSA uniform, proper business attire, medical scrubs, or polo and khakis. Bonus points will be awarded in both rounds for proper dress. All team members must be properly dressed to receive bonus points.

#### FORENSIC MEDICINE

Competitors shall wear the HOSA uniform, proper business attire, medical scrubs, or polo and khakis. Bonus points will be awarded in both rounds for proper dress. All team members must be properly dressed to receive bonus points.

[f](https://www.facebook.com/hosa.org)
[t](https://twitter.com/hosa.org)
[i](https://www.instagram.com/hosa.org)

[hosa.org](http://hosa.org)

future health professionals

## HOSA Uniform Policy

- Tailored navy blazer with emblem affixed over the heart.
- Shirt/blouse for females—white tailored or short-sleeve white jewel neck shell)
- Shirt for males—white closed-neck, man-tailored dress shirt, suitable for use with a tie
- Accent for female members - maroon HOSA scarf or tie is optional but not required.
- Accent for male officers - navy or maroon long tie
- Matching navy slacks for males and matching navy slacks or skirts for females
- **Closed-toe** blue or black shoes (hose optional)



## Competitive Event Dress Attire

Delegates must adhere to the Dress Code as specified in the individual competitive event guidelines for the orientation and event in which they are competing. Bonus points will be given according to the individual guidelines. For all competitive events, five (5) bonus points will be added once per competitor and/or team to the tally sheet for appropriate dress. In team events, all team members must be properly dressed to receive the bonus points. Exceptions are noted in the event guidelines.

## Other Conference Attire

Conference delegate attire should be proper and appropriate since it reflects directly upon the State Association and National HOSA. Conference delegates are strongly encouraged to wear HOSA uniforms or appropriate business attire to all conference activities (other than the general sessions where the official dress code for general sessions will be adhered).

Under no circumstances will blue jeans, shorts, or other casual attire be accepted at any Conference function (with the exception of tours, HOSA's dances, and other recreational activities). Delegates dressed in such casual attire will not be permitted to participate in official HOSA conference meetings.



## Tips for Dress Code Success

No dress code can cover all contingencies so HOSA members must use a certain amount of judgment in their choice of clothing to wear. HOSA members who experience uncertainty about acceptable HOSA attire should ask their HOSA local or state advisor.

Here are a few more tips to help you understand the HOSA Dress Code:

- No denim clothing or canvas shoes will be acceptable. Denim pants in colors other than blue are not permitted. Blue jean skirts and dresses are NOT acceptable.
- Dressy pants of different lengths that are part of a suit/ensemble may be acceptable, but "shorts" are not acceptable.
- Casual tank or tube tops, t-shirts, sweatpants/shirts, or tennis shoes are never acceptable.
- Business-casual attire may include khaki pants and polo tops.
- Clothing should be pressed and never wrinkled. Torn, dirty, or frayed clothing is unacceptable. Any clothing that has words, terms, or pictures that may be offensive to HOSA delegates or guests is unacceptable.
- Open-toed shoes and heeled sandals are permitted, except during general sessions.

## HOSA BRAND

During the 2012 HOSA National Leadership Conference, the HOSA, Inc., Board of Directors launched a new brand for HOSA – Future Health Professionals. All chapters are required to incorporate the new brand moving forward.



**HOSA emblem:** This is the new HOSA emblem. If you would like a file copy of the new emblem, please email [hq@oregonhosa.org](mailto:hq@oregonhosa.org).





**Stationery and marketing:** The stationery and marketing elements feature these colors and shapes in a variety of ways to create a rich and vibrant system of collateral that stands out – reminding those who see it that HOSA is always moving forward.

### Using the Brand

For more information about how to use the new brand, please refer to the National HOSA Brand Style Guidelines. Oregon HOSA chapters may acquire access to HOSA logos, fonts, and other resources by contacting [hq@oregonhosa.org](mailto:hq@oregonhosa.org).

HOSA should **not** be referred to as  
“Health Occupations Students of America”