

Home Health Aide

8364 36 weeks

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Course Description

Suggested Grade Level: 11 or 12

Home Health Aide provides training in entry-level skills within the health care field. Students gain the knowledge and basic skills necessary for entering advanced Health and Medical Sciences programs and/or securing entry-level employment as a home health aide in a private home or other health-care setting. Access to a clinical training facility is essential. The Home Health Aide course may be offered as a three-hour block senior intensified program or may, as a local option, be scheduled as a one-year, two-hour block at grade 11 or 12.

Recommended prerequisite: Introduction to Health and Medical Sciences 8302

NOTE: *This course has specific state laws and regulations from a governing medical board or agency. Please contact the Virginia Department of Education, Office of Career and Technical Education Services prior to implementing this course. All inquiries may be sent to cte@doe.virginia.gov.*

Task Essentials Table

- Tasks/competencies designated by plus icons (⊕) in the left-hand column(s) are essential
- Tasks/competencies designated by empty-circle icons (○) are optional
- Tasks/competencies designated by minus icons (⊖) are omitted
- Tasks marked with an asterisk (*) are sensitive.

8364	Tasks/Competencies
Exploring Employment	
⊕	Identify job opportunities in home health care.
⊕	Identify professional dress, personal hygiene, and other necessary traits of a home health aide.
⊕	Explain the Client's Bill of Rights and how it relates to daily care.
⊕	Explain client confidentiality and the Health Insurance Portability and Accountability Act of 1996 (HIPAA).
⊕	Explain ethics related to home health care.

8364	Tasks/Competencies
+	Identify roles of home health care team members, including the legal responsibilities of each.
○	Explain the need for a criminal background investigation as a condition for employment in the home health care field.
○	Differentiate between Medicare, Medicaid, private insurance, and private pay.
Identifying Concepts Related to Life Span	
+	Identify the basic human needs of individuals and families across the life span.
+	Explain the psychosocial challenges individuals experience across the life span.
+	Describe the diverse effects of aging.
+	Distinguish facts from stereotypes and myths regarding older adults and the aging process.
Managing Interpersonal Relations	
+	Describe communication strategies.
+	Identify methods of developing good relationships with a client and a client's family.
+	Describe the influences of cultural diversity on interpersonal relations.
Understanding Safety	
+	Demonstrate proper hand-washing techniques.
+	Implement standard precautions.
+	Demonstrate proper body mechanics.
+	Identify procedures for maintaining a safe home environment.
+	Identify fire safety procedures for the home.
+	Identify fall-prevention strategies.
+	Identify emergencies related to home heating equipment.
+	Demonstrate techniques for the safe use of home electrical equipment.
+	Explain policies regarding accidents, damages, and injuries that occur in the home.

8364	Tasks/Competencies
+	Identify responses to home plumbing emergencies.
+	Explain home pest-control measures and safety precautions.
+	Describe the use of chemical, physical, and environmental client restraints.
+	Identify safety measures for the automobile transport of a client.
+	Describe the protocol for personal safety.
+	Identify disaster procedures.
Understanding Body Systems and Disorders	
+	Describe human body organization.
+	Identify the major structures and functions of the integumentary system.
+	Identify common disorders of the integumentary system.
+	Identify the major structures and functions of the circulatory system.
+	Identify common disorders of the circulatory system.
+	Identify the major structures and functions of the respiratory system.
+	Identify common disorders of the respiratory system.
+	Identify the major structures and functions of the nervous system.
+	Identify common disorders of the nervous system, including Alzheimer's Disease.
+	Identify the major structures and functions of the musculoskeletal system.
+	Identify common disorders of the musculoskeletal system.
+	Identify the major structures and functions of the male and female reproductive systems.
+	Identify common disorders of the male and female reproductive systems.
+	Identify the major structures and functions of the urinary system.
+	Identify common disorders of the urinary system.
+	Identify the major structures and functions of the gastrointestinal system.

8364	Tasks/Competencies
+	Identify common disorders of the gastrointestinal system.
+	Identify the major structures and functions of the endocrine system.
+	Identify common disorders of the endocrine system.
+	Identify the major structures and functions of the sensory system.
+	Identify common disorders of the sensory system.
+	Identify the major structures and functions of the lymphatic system.
+	Identify common disorders of the lymphatic system.
Monitoring, Reporting, and Recording Client's Status	
+	Demonstrate the use of medical terminology and abbreviations.
+	Measure and record intake and output as prescribed in the client care plan.
+	Measure and record vital signs as prescribed in the care plan.
+	Assess a client's mental status.
+	Report and record untoward changes or occurrences in a client's status.
+	Complete agency forms and records pertaining to a health care visit.
Providing Personal Care	
+	Make occupied and unoccupied beds.
+	Provide client hygiene as prescribed in the client care plan.
+	Dress and undress a client as prescribed in the client care plan.
+	Provide skin care, including monitoring skin breakdown.
+	Administer oral hygiene, including dental care and special mouth care.
+	Provide personal grooming assistance.
+	Provide perineal care, including catheter care.
+	Assist a client in using mechanical aids for elimination.

8364	Tasks/Competencies
+	Conduct range-of-motion exercises.
+	Turn and position a client.
+	Transfer client, including the use of a mechanical lift.
+	Assist a client in ambulation, including the use of assistive devices.
+	Transport a client, using a wheelchair.
+	Assist a client with physical exercise.
+	Assist a client in following a physician's orders regarding medications and treatments.
Managing a Client's Personal Affairs	
+	Explain the principles of time management for client.
+	Explain the principles of money management for a client.
+	Purchase food, clothing, and household goods for a client in accordance with a budget and client's requests.
+	Manage phone calls for a client.
+	Make a health care appointment for client.
Managing the Home Environment	
+	Explain the importance of maintaining a clean environment.
+	Identify cleaning and sanitation methods for the home.
+	Analyze housekeeping tasks.
+	Identify types of cleaning supplies for the home.
+	Clean a client's environment.
○	Care for a client's laundry.
+	Teach a client and a client's family to maintain a clean environment.
Understanding Nutrition and Meal Preparation	
+	Describe the food groups of ChooseMyPlate.

8364	Tasks/Competencies
+	Explain dietary needs for persons in various age groups.
+	Explain common therapeutic diets.
+	Maintain hydration of a client.
+	Identify problems that can affect the nutrition of persons with various medical needs.
+	Demonstrate sanitary food handling and storage practices.
+	Demonstrate the use of kitchen utensils and appliances.
+	Prepare a simple breakfast, lunch, and supper.
+	Demonstrate feeding techniques based on the client care plan.
+	Prepare an environment for mealtime.
Responding to Emergencies	
+	Identify general first aid concepts.
+	Control external bleeding.
+	Administer cardiopulmonary resuscitation (CPR).
+	Administer ABD compressions to conscious and unconscious choking victims.
+	Identify first aid procedures for a musculoskeletal injury.
+	Identify first aid procedures for an animal bite.
+	Identify first aid procedures for a burn.
+	Identify the signs and symptoms of a heart attack and responding procedures.
+	Identify the signs and symptoms of a stroke and responding procedures.
+	Identify the signs and symptoms of a seizure and responding procedures.
+	Identify the signs and symptoms of poisoning and responding procedures.
+	Identify the signs and symptoms of shock and responding procedures.
+	Identify the signs and symptoms of heat and cold exposure and responding procedures.

8364	Tasks/Competencies
Examining Dying, Hospice Care, and Death	
+	Describe advance directives.
+	Identify different cultural beliefs and practices related to dying and death.
+	Analyze the stages of dying.
+	Identify the physical signs of impending death.
+	Describe the role of a home health aide in caring for the terminally ill.
+	Identify the responsibilities of a home health aide when a client dies.
Describing the Opioid Crisis	
+	Describe the history and current state of the opioid crisis in the United States.
+	Describe the history and current state of the opioid crisis in Virginia.
+	Define the pharmacological components and common uses of opioids.
Examining the Key Factors of Drug Addiction	
+	Examine the science of addiction.
+	Explain prevention and early intervention strategies.
+	Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).
+	Describe the treatment models of addiction therapy.
+	Describe the medication management antidote used to prevent fatal opioid overdoses.
Understanding Pain Management Protocols	
+	Explain the science of physiological and mental pain.
+	Describe the diagnostic tools used in developing pain management plans.
+	Describe pain treatment options available to various populations of patients.
+	Describe the effects of opioid dependency on the human body systems.
+	Explain the mechanism and physical effects of opioids on the human body.

8364	Tasks/Competencies
+	Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.
+	Describe the withdrawal and tapering side effects of opioid use.
+	Describe storage and disposal options for opioids.
+	Explain community resources for education about opioid use.
Working with Patients and Caregivers	
+	Describe key communication topics involving opioids for patients.
+	Describe communication topics for caregivers and family members.

Legend: + Essential ○ Non-essential - Omitted

Curriculum Framework

Exploring Employment

Task Number 39

Identify job opportunities in home health care.

Definition

Identification should include

- use of the national government's *Occupational Outlook Handbook* (<http://www.bls.gov/ooh/healthcare/home.htm>)
- use of Virginia career resources such as Virginia Career VIEW (<http://www.vaview.vt.edu/>), Virginia Career Planning Guide (CPG), Virginia's College and Career Planning System (<http://kudernavigator.com/>)
- methods of locating job openings in home health, using such resources as
 - classified ads in local and state newspapers
 - job/career fairs, as available

- school career counselors
- networking with professionals
- employment agencies
- job shadowing
- Internet searches
- the certification process for a home health aide as provided by the Virginia Department of Medical Assistance Services (DMAS).

Process/Skill Questions

- Why is the use of home health care increasing across the U.S.?
- What is the job outlook for employment as a home health aide in Virginia?
- What is the salary range for a home health aide in Virginia?
- What are the training requirements for a home health aide in Virginia?
- Where can you find the scope of practice for a home health aide in Virginia?
- What are the certification requirements for a home health aide in Virginia?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Leadership Events

- Job-Seeking Skills

Teamwork Events

- Health Career Display

Task Number 40

Identify professional dress, personal hygiene, and other necessary traits of a home health aide.

Definition

Identification should include

- standards of professional dress as specified by employer (i.e., agency)
- standards of personal hygiene and grooming

- personal characteristics (e.g., honesty, tact, integrity, punctuality and dependability, empathy, respect, confidentiality)
- professional behavior.

Process/Skill Questions

- Why is professional dress important to a home health aide?
- What is the most important personal characteristic of a home health aide?
- Why is personal hygiene important to a home health aide?
- Why should a home health aide continue his/her education?
- Why should a home health aide belong to a professional organization? Which should he/she seek to join?
- What are some methods of helping a client maintain dignity?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 41

Explain the Client’s Bill of Rights and how it relates to daily care.

Definition

Explanation should include

- the rationale for and importance of having a Client’s Bill of Rights
- a list of the elements in the Client’s Bill of Rights, as mandated by OBRA regulations
- the role of a home health aide in upholding the rights of clients.

Process/Skill Questions

- Why is a client’s privacy important?
- What might be the consequences of violating OBRA regulations?
- Without violating a client's rights, how can a home health aide help a client make appropriate choices?
- How should a home health aide report suspected client abuse?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Human Growth and Development

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 42

Explain client confidentiality and the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Definition

Explanation should include

- the importance of maintaining information about a client confidential
- reasons that confidentiality is both an ethical and a legal issue
- HIPAA regulations.

Process/Skill Questions

- Why is confidentiality so important in the field of health care?
- What would be the consequences of not following HIPAA regulations?
- What is an example of a violation of confidentiality?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
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Task Number 43

Explain ethics related to home health care.

Definition

Explanation should include

- the similarities and differences among the meanings of the terms *ethics*, *professional ethics*, *personal ethics*, *ethical behavior*, and *work ethic*
- ethical dilemmas, ethical considerations, and ethical decision making
- individual value systems
- the role of a home health aide in controversial situations
- the importance of ethical behavior in home health care.

Process/Skill Questions

- Why are issues such as receiving gifts ethical dilemmas for a home health aide?
- What is the importance of an individual's value system as it relates to autonomy, accountability, standards of conduct, and the withholding/withdrawal of food and fluids?
- How might ethical considerations be a factor in issues such as right-to-die and donor-recipient allocations?
- What are some ethical issues that could affect client care?
- How do ethical issues differ from legal issues?
- How can confidentiality be an ethical as well as a legal issue?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Biomedical Debate
- HOSA Bowl

Task Number 44

Identify roles of home health care team members, including the legal responsibilities of each.

Definition

Identification should include

- the role of home health care team members (e.g., in-patient case manager, social work case manager, RN or LPN, home health aide, professionals in other health care disciplines, client's family members, client)
- the ethically and/or legally binding responsibilities of health care team members in regard to abuse and neglect.

Process/Skill Questions

- What are the different types of abuse? What are some signs of each type?
- What are the signs of client abuse (e.g., physical, mental, verbal, financial)?
- What situations of client abuse by health care team members may occur?
- What should a home health aide do when confronted with the suspected abuse of a client by another health care team member? By a caretaker?
- Where can you find the scope of practice for each health care team member?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Leadership Events

- Medical Photography

Task Number 45

Explain the need for a criminal background investigation as a condition for employment in the home health care field.

Definition

Explanation should include

- the need to investigate criminal offenses (e.g., misdemeanors, felonies, barrier crimes, moral turpitude)
- the need to investigate driving records
- the need to investigate history of abuse (e.g., domestic, child, sexual)

- the need to conduct drug screenings.

Process/Skill Questions

- How is a criminal background check initiated and completed?
- What are the grounds for not being cleared for employment in a criminal background check?
- What is a felony? What types of crimes are examples of felonies?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
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Task Number 46

Differentiate between Medicare, Medicaid, private insurance, and private pay.

Definition

Differentiation should include

- examination of the basic payment processes of Medicare (including Medicare Part D), Medicaid, private insurance, and private pay
- ways a home health aide receives compensation
- methods for observing, recording, and reporting for each.

Process/Skill Questions

- Why is knowledge of medical insurance plans and procedures important for a home health aide?
- How does a client apply for Medicare and/or Medicaid?
- What is the role of a home health aide in reimbursement?
- What are the documentation requirements of a home health aide?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Identifying Concepts Related to Life Span

Task Number 47

Identify the basic human needs of individuals and families across the life span.

Definition

Identification should include

- the elements of Maslow's hierarchy of needs
- the developmental tasks and associated age group for each of Erikson's life stages.

Process/Skill Questions

- What are the basic human needs, according to Abraham Maslow?
- What are recommended ways to make a client feel secure?
- How would you describe the role of a home health aide in helping clients meet their needs?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
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Task Number 48

Explain the psychosocial challenges individuals experience across the life span.

Definition

Explanation should include

- mistrust
- shame/doubt
- guilt
- inferiority
- role confusion
- isolation
- loneliness
- depression
- apathy
- withdrawal
- stagnation
- despair.

Process/Skill Questions

- What are some signs of unmet developmental tasks?
- What are signs and symptoms of depression?
- How should a home health aide respond to a client who evidences the problems in the above list?
- How can a home health aide adjust his/her behavior toward a client with learning disabilities?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
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Task Number 49

Describe the diverse effects of aging.

Definition

Description should include

- common physical changes impacting each of the body systems
- common psychosocial changes
- common mental changes
- common emotional changes
- common financial effects.

Process/Skill Questions

- Why is knowledge about the effects of aging important to a home health aide?
- What accommodations should a home health aide make for the personal hygiene of an elderly client?
- What consequences might occur if the characteristics of aging are not taken into account when caring for an elderly client?
- How might an elderly client's environment affect his/her mental status?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Community Awareness
- Health Education
- HOSA Bowl

Task Number 50

Distinguish facts from stereotypes and myths regarding older adults and the aging process.

Definition

Distinguishing should include

- decline of cognitive abilities
- loss of physical abilities (e.g., hearing, vision, continence)
- lack of concern for appearance
- decline of sexuality
- stereotypes of clients receiving home health care
- stereotypes based on cultural differences.

Process/Skill Questions

- Why do stereotypes about older adults exist?
- What are some examples of how society stereotypes older adults?
- How does accepting stereotypes and myths get in the way of providing individualized quality care?
- Why is it important to distinguish facts from stereotypes and myths about older adults?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Leadership Events

- Researched Persuasive Speaking

Teamwork Events

- HOSA Bowl

Managing Interpersonal Relations

Task Number 51

Describe communication strategies.

Definition

Description should include

- elements of effective communication with client, client's family, and home health care team members
- the importance of effective communication by a home health aide
- methods to make communication more accurate
- forms of communication (i.e., verbal, nonverbal, written)
- barriers to communication
- strategies to address barriers to communication
- use of interpreter services.
- listening skills.

Process/Skill Questions

- What are some ways to improve listening skills?
- What are some ways to improve verbal communication skills?
- How can a home health aide communicate with a client who is hearing impaired?
- How can a home health aide communicate with a client who is experiencing disorientation and/or sensory loss?
- How can a home health aide communicate effectively with clients with each type of sensory deficit?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 52

Identify methods of developing good relationships with a client and a client's family.

Definition

Identification should include

- impact of good communications on relationships
- importance of maintaining a professional attitude and behavior (e.g., respecting a client's privacy)
- methods to make communication more accurate
- importance of maintaining emotional self-control
- importance of providing positive feedback
- importance of establishing appropriate expectations for the role of a home health aide
- steps for addressing interpersonal problems between a home health aide, a client, and/or a client's family.

Process/Skill Questions

- What might be the consequences of not developing good relations with a client? With a client's family members?
- What are some methods of maintaining emotional self-control when caring for a client who displays abusive behavior? When faced with a family member who displays abusive behavior?
- What are strategies for developing good relationships with a client? With a client's family members?
- What are some strategies to address specific communication deficits?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
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Task Number 53

Describe the influences of cultural diversity on interpersonal relations.

Definition

Description should include

- cultural differences in gender, race, and religion

- cultural differences in communication styles (e.g., eye contact, body language, gestures, personal space)
- health care beliefs (e.g., pain management, birth, illness, death)
- importance of avoiding stereotyping
- importance of acceptance by a client, a client's family, and a home health aide.

Process/Skill Questions

- Why is it important to respect the difference found in various cultures?
- Where would you find information about cultural diversity pertaining to interpersonal relations?
- How can a home health aide adjust caring for clients with different cultural backgrounds?
- What constitutes culture (e.g., religion, ethnicity)?
- What can be done to improve communication between a non-English speaking client/family and a home health aide?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Understanding Safety

Task Number 54

Demonstrate proper hand-washing techniques.

Definition

Demonstration should include

- elements of effective hand washing according to CDC standards
- use of hand sanitizers (i.e., hand hygiene).

Process/Skill Questions

- What are the essential features of proper hand washing?
- Why are there standards for hand washing?
- What are some ways to ensure that hand washing has been thorough?
- How often should hand sanitizers be used between hand washings?
- What is the difference between clean and dirty?
- How would you explain the chain of infection?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 55

Implement standard precautions.

Definition

Implementation should include

- defining *standard precautions* and identifying OSHA requirements
- identifying and demonstrating aseptic techniques
- listing guidelines for standard precautions
- demonstrating the use of personal protective equipment (PPE)
- identifying blood-borne pathogens
- demonstrating the use of precautions against blood-borne pathogens
- identifying the proper disposal of sharps
- identifying guidelines for removal of potentially contaminated linen and other supplies
- distinguishing between hazardous and non-hazardous waste materials
- identifying how to address spills.

Process/Skill Questions

- How would you differentiate between the disposal of hazardous and non-hazardous waste materials?
- What are the most common types of personal protective equipment (PPE)? What is the use of each?
- What are the proper ways to don and remove PPE?
- In what scenarios is the use of PPE mandatory?
- What client situations may require the use of higher-level precautions?
- Why are the elderly at a higher risk for infection?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 56

Demonstrate proper body mechanics.

Definition

Demonstration should include

- elements of good body mechanics (e.g., base of support, proximity to load, minimal twisting, avoidance of repetitive motions, use of large muscles, and posture).
- techniques for standing, sitting, and moving for the personal protection of a home health aide
- techniques for moving, transferring, and lifting clients.

Process/Skill Questions

- What types of devices can help you transfer and lift clients?
- Why is good posture important for a home health aide?

- What are the potential consequences of not using proper body mechanics?
- When lifting, how can bodily injury be prevented?
- How should you position yourself to pick up a heavy object?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 57

Identify procedures for maintaining a safe home environment.

Definition

Identification should include

- ways to identify and report hazards according to the guidelines from the Joint Commission on Accreditation of Health Care Organizations, National Safety Council; Occupational Safety and Health Administration (OSHA); and the Centers for Disease Control (CDC)
- safe storage of hazardous chemicals, including instruction in Safety Data Sheets (SDS)
- factors that increase a client's risk of falling
- factors that increase a client's risk of being burned.

Process/Skill Questions

- How should one plan, implement, and evaluate general and client-specific home-environment safety precautions and procedures?
- What might be the consequences of not following all safety precautions and procedures?

- What are OSHA’s bloodborne pathogen standards?
- What might be the consequences of not documenting all safety precautions and procedures?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
 - Public Service Announcement
-

Task Number 58

Identify fire safety procedures for the home.

Definition

Identification should include

- location of fire extinguishers
- use of fire extinguishers (P-A-S-S)
- use of smoke detectors, including battery check
- proper emergency response to fire (R-A-C-E)
- use of evacuation plan
- precautions needed when using oxygen.

Process/Skill Questions

- What sequence of events should you implement when responding to a fire in the home?
- What behaviors are essential in an emergency?
- How can you identify areas and situations with a high potential for fire?
- What are the three types of fire extinguishers? How do their use and operation differ?
- What safety precautions should be taken with a client receiving oxygen?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
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Task Number 59

Identify fall-prevention strategies.

Definition

Identification should include

- factors that can decrease the risk of falling
- demographics of clientele who are the most at-risk for falls
- guidelines to prevent falls.

Process/Skill Questions

- Why are most falls considered preventable accidents?
 - What are some of the negative impacts a fall can have on the body?
 - What is the first step a home health aide should take once discovering a client who has fallen?
-

Task Number 60

Identify emergencies related to home heating equipment.

Definition

Identification should include

- loss of heat due to equipment failure, power failure, or service disconnection
- signs and symptoms of carbon monoxide poisoning
- risks involved with the use of heating devices (e.g., space heater, wood stove, fireplace, gas log).

Process/Skill Questions

- How should a home health aide respond to heating equipment failure?
- What are resources for obtaining fire and carbon monoxide warning devices?
- How can a home health aide reduce the risk of injury to him/herself and his/her client when using home heating equipment?
- Why is it important to have an evacuation plan in place?
- What are guidelines to help prevent thermal injury?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 61

Demonstrate techniques for the safe use of home electrical equipment.

Definition

Demonstration should include precautions involved with

- using extension cords
- replacing light bulbs
- disposing of batteries
- using large and small appliances
- using personal electrical equipment (e.g., heating pad, hair dryer, curling iron, electric razor)
- using and storing electrical equipment near water sources.

Process/Skill Questions

- How would you summarize electrical safety procedures?
- What precautions are necessary when applying a heating pad to a client?
- Why should electrical equipment not be used near water sources?
- What can be the consequences of electrical shock?
- What are some alternative methods for battery disposal?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Leadership Events

- Prepared Speaking

Teamwork Events

- Public Service Announcement
-

Task Number 62

Explain policies regarding accidents, damages, and injuries that occur in the home.

Definition

Explanation should include

- documenting and reporting incidents
- giving examples of policies from home health care agencies.

Process/Skill Questions

- Why are there policies for documenting and reporting accidents, damages, and injuries that occur in the home?
- How can policies regarding accidents, damages, and injuries that occur in the home be located?
- What would be the possible consequences of not documenting and reporting accidents, damages, and injuries that occur in the home?
- What are some fire evacuation strategies?
- What is the order of evacuation in a fire?
- What are some safety precaution guidelines for home oxygen use?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide
-

Task Number 63

Identify responses to home plumbing emergencies.

Definition

Identification should include

- indicators of plumbing problems
- strategies for avoiding plumbing problems
- ways to turn off water supply (e.g., turning off valves under fixtures and/or in basement, locating and turning off water pump breaker)
- use of a plunger
- use of drain-cleaner products
- notification of the responsible party (e.g., client, family member, agency)
- ways to contact the utility company.

Process/Skill Questions

- Why is it important for a home health aide to know how to deal with plumbing emergencies?
- How can a home health aide distinguish among various plumbing emergencies and decide on the appropriate response?
- What precautions are necessary when using drain-cleaner products?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 64

Explain home pest-control measures and safety precautions.

Definition

Explanation should include

- identification of common household pests
- health risks of common household pests
- ways to treat minor infestations
- necessary safety precautions when treating infestations
- measures of preventing infestations
- determination of whether or not it is safe for a client to remain in the home
- guidelines for deciding when to contact a professional exterminator.

Process/Skill Questions

- What measures should a home health aide take to prevent bed bugs?
- What daily tasks can be performed to prevent insect/rodent infestation?
- What are some possible diseases carried by insects? By rodents?
- What precautions are necessary when using pest-control products?
- What are some indicators of infestation?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 65

Describe the use of chemical, physical, and environmental client restraints.

Definition

Description should include

- differentiation of the three types of restraints and their applications
- appropriate use of each type of restraint, including client behavior precipitating use of each type
- physical and psychological challenges associated with restraints
- authorization required for the use of each type
- safety issues involved with each type
- documentation of use.

Process/Skill Questions

- Why must the use of client restraints be authorized? By whom?

- What are the legal implications of using client restraints?
- What could be the possible consequences of not documenting the use of client restraints?
- What are some alternatives to restraints?
- What are some guidelines for the care of a client in restraints?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 66

Identify safety measures for the automobile transport of a client.

Definition

Identification should include

- importance of notifying the appropriate party before transporting a client
- summary of the legal liabilities involved with transporting a client
- importance of checking the vehicle for road readiness
- ways to assist a client in and out of the vehicle safely
- use of safety restraints according to standard legal procedures (e.g., infant, child, adult)
- ways to address car trouble (e.g., using flashers, calling for assistance).

Process/Skill Questions

- Where can the legal liabilities involved with transporting a client be located?
- When should you allow a client to drive?

- How can you ensure a client is in compliance with safety precautions (e.g., seat belts, air bags)?
- What issues about car insurance must be considered when transporting a client?
- In the event of a breakdown, what resources for assistance are available?
- In the event of an accident, what are the first responses of a home health aide?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education

Task Number 67

Describe the protocol for personal safety.

Definition

Description should include

- list of potentially dangerous situations (e.g., situational awareness, including “street smart” behaviors; threatening situations inside the home; environmental hazards)
- list of precautionary measures for potentially dangerous situations
- methods to remove yourself and, if necessary, a client from a situation.

Process/Skill Questions

- What are the resources for assistance in the event of a threatening situation inside the home?
- Who are the first contacts for each type of situation?
- How can a home health aide recognize environmental hazards and take precautions against injury?
- How much information should a home health aide share?
- If injury occurs on the job, what courses of action should a home health aide take?
- Why is it important to keep contact information easily accessible?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 68

Identify disaster procedures.

Definition

Identification should include knowledge of a disaster plan in case of:

- A tornado
- An act of terrorism
- A lightning storm
- A flood
- A blackout
- A hurricane

Process/Skill Questions

- What safety precautions should a home health aide implement during a disaster?

Understanding Body Systems and Disorders

Task Number 69

Describe human body organization.

Definition

Description should include

- structures and functions of cells and organelles
- structures and functions of tissues
- structures and functions of organs
- structures and functions of body systems
- terminology for describing body locations (e.g., planes, regions, quadrants).

Process/Skill Questions

- How is the human body organized? What is the hierarchy of the various components?
- Why is understanding the organization of the human body important?
- What are three requirements of all cells?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 70

Identify the major structures and functions of the integumentary system.

Definition

Identification should include

- the basic functions of the system
- the names and locations of the major structures within the integumentary system
- the basic function of each structure.

Process/Skill Questions

- What are the functions of the skin?
- What are the layers of the skin, and how are they similar and/or different?
- What are the accessory organs of the skin?
- What is the location and function of each type of accessory organ of the skin?
- What can be done to reduce the effects of aging on the integumentary system?
- Why is it important to understand all aspects of the skin?
- Why is it important to care for the skin?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 71

Identify common disorders of the integumentary system.

Definition

Identification should include

- signs and symptoms
- use of diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the integumentary system?
- What are some of the diagnostic tests used to identify integumentary system disorders?
- What influence do risk factors have on integumentary system disorders?
- How can abnormal skin color be described?
- What are the stages of pressure ulcer formation, and what is the treatment for each stage?
- What actions can a home health aide take to prevent skin breakdown?
- What changes in the skin should be reported?
- Why is it important to document and report noticeable changes?
- What are some age-related changes to the integumentary system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 72

Identify the major structures and functions of the circulatory system.

Definition

Identification should include

- the basic functions of the circulatory systems
- the names and locations of the major structures of the system
- the basic function of each structure.

Process/Skill Questions

- What are the types of vessels and structures in the circulatory system?
- What are the names and locations of the major pulse sites in the body?
- What is the difference between an artery and a vein?
- What is blood pressure?
- What are some factors that could increase and decrease blood pressure?
- What are some factors that could increase and decrease pulse rate?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 73

Identify common disorders of the circulatory system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the circulatory system?
- What are some of the diagnostic tests used to identify circulatory system disorders?
- What influence do risk factors have on circulatory system disorders?
- What are some signs and symptoms that should be reported?
- What actions can a home health aide take to prevent circulatory problems?
- What are some age-related changes to the circulatory system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 74

Identify the major structures and functions of the respiratory system.

Definition

Identification should include

- the names and locations of the major structures of the respiratory system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- How would you explain the gas exchange between the lungs, blood, tissues, and cells?
- How are oxygen and carbon dioxide transported in the blood?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 75

Identify common disorders of the respiratory system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are some signs and symptoms of common disorders of the respiratory system?
- What are some diagnostic tests used to identify respiratory system disorders?
- What influence do risk factors have on respiratory system disorders?
- What is the purpose of a nebulizer and inhaler in the treatment of respiratory disorders?
- What is the purpose of CPAP in the treatment of sleep apnea?
- What is the responsibility of a home health aide in checking oxygen saturation?
- What are common risk factors associated with respiratory disorders/diseases?
- What are some signs and symptoms that should be reported?
- What actions can a home health aide take to help prevent respiratory problems?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 76

Identify the major structures and functions of the nervous system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- What are the two major divisions of the nervous system? What are their components?
- How would you compare and contrast the functions of the central and peripheral systems, including the autonomic nervous system?
- What is a nerve cell?
- What is a synapse?
- What is a neurotransmitter?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 77

Identify common disorders of the nervous system, including Alzheimer's Disease.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment and prognosis
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the nervous system?
- What are some diagnostic tests used to identify nervous system disorders?
- What influence do risk factors have on nervous system disorders?
- What is a seizure? How should a home health aide respond if a client is having a seizure?
- What are some signs and symptoms of a stroke? How should a home health aide respond to these symptoms?
- What are some techniques used when caring for a client with Alzheimer's Disease and other forms of dementia?
- What is Parkinson's Disease? How does it impact daily living activities?
- What is Multiple Sclerosis? What physical limitations would a client with MS exhibit?
- How would you describe the different types of physical limitations associated with paralysis?
- What signs and symptoms should a home health aide report?
- What actions can a home health aide take to help prevent problems from nervous system disorders?
- What are some age-related changes to the neurological system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 78

Identify the major structures and functions of the musculoskeletal system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- What are the two major divisions of the skeleton, and which bones are included in each division?
- What is the basic structure/composition of bone?
- What are the main functions of bones?
- How are bones attached to other bones?
- How can red bone marrow and yellow bone marrow be differentiated?
- What are the five divisions of the vertebral column?
- How would you describe the different muscle and joint movements?
- What are some of the effects of aging on the musculoskeletal system?
- What are some ways to reduce the effects of aging on the human skeleton?
- What are the differences between flexion, extension, abduction, adduction, and circumduction?
- What signs and symptoms should be reported?
- What actions can a home health aide take to help prevent problems with the musculoskeletal system?
- What are some age-related changes to the musculoskeletal system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 79

Identify common disorders of the musculoskeletal system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment and prognosis
- role/responsibilities of a home health aide
- safety precautions for a client with musculoskeletal disorders.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the musculoskeletal system?
- What are some of the diagnostic tests used to identify musculoskeletal system disorders?
- What influence do risk factors have on musculoskeletal system disorders?
- What is active range of motion?
- What is passive range of motion?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 80

Identify the major structures and functions of the male and female reproductive systems.

Definition

Identification should include

- the names and locations of the major structures of the male and female systems
- the basic functions of each system
- the basic function of each structure.

Process/Skill Questions

- What are the structures and functions of the male and female reproductive systems?
- What are the accessory organs of the male and female reproductive tracts, and what are the functions of each?
- What are the functions of the main male sex hormones?
- What are the functions of the main female sex hormones?
- What effect does aging have on the male and female reproductive systems?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 81

Identify common disorders of the male and female reproductive systems.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocol
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the male and female reproductive systems?
- What are some of the diagnostic tests used to identify reproductive system disorders?
- What influence do risk factors have on reproductive system disorders?
- What signs and symptoms should be reported?
- What actions can a home health aide take to help prevent problems with the reproductive system?
- What are some age-related changes to the reproductive system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 82

Identify the major structures and functions of the urinary system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- What are the functions of the urinary system?

- What organs comprise the urinary system?
- What factors affect kidney function and urine formation?
- What are the normal characteristics of urine?
- How would you describe the normal constituents of urine?
- What is normal urinary output?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 83

Identify common disorders of the urinary system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the urinary system?
- What are some of the diagnostic tests used to identify urinary system disorders?
- What influence do risk factors have on urinary system disorders?
- What signs and symptoms should be reported?
- What actions can a home health aide take to help prevent problems with the urinary system?

- What are urinary catheters and what is a home health aide’s responsibility in caring for them?
- What are some age-related changes to the urinary system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 84

Identify the major structures and functions of the gastrointestinal system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- How would you describe the functions of the gastrointestinal system?
- What are the organs of the digestive tract, and how would you describe their structures and functions?
- How would you identify and describe the structures and functions of the accessory organs of digestion?
- What is the process and purpose of absorption? Of elimination?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 85

Identify common disorders of the gastrointestinal system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the gastrointestinal system?
- What are some diagnostic tests used to identify gastrointestinal system disorders?
- What influence do risk factors have on gastrointestinal system disorders?
- What signs and symptoms should be reported?
- What actions can a home health aide take to help prevent problems with the gastrointestinal system?
- What is normal bowel elimination?
- What are nutritional supplements, and what is their importance?
- What is the procedure for feeding a client?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling

- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 86

Identify the major structures and functions of the endocrine system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- Where are the endocrine glands located?
- How would you describe the structure and function of each endocrine gland?
- What are the functions of hormones?
- What is the master gland? Why is it called the master gland?
- How would you summarize the mechanisms of hormone action?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 87

Identify common disorders of the endocrine system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the endocrine system?
- What are some of the diagnostic tests used to identify endocrine system disorders?
- What influence do risk factors have on endocrine system disorders?
- What signs and symptoms should be reported?
- What is normal blood sugar?
- What is insulin?
- What are the symptoms of low blood sugar, and what action can a home health aide take?
- What signs and symptoms should a home health aide report?
- What are some age-related changes to the endocrine system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education

- HOSA Bowl
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Task Number 88

Identify the major structures and functions of the sensory system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- How would you describe the functions of each of the five components of the sensory system?
- How would you describe the structure of the eye?
- How would you describe the structure of the ear?
- What is the location and function of the receptors for hearing and equilibrium?
- How do eyeglasses correct common vision problems?
- What is colorblindness? How is it caused?
- What does *legally blind* mean?
- How are taste and smell interconnected?
- What is the importance of the sense of touch?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 89

Identify common disorders of the sensory system.

Definition

Identification should include

- signs and symptoms
- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the sensory system?
- What are some of the diagnostic tests used to identify sensory system disorders?
- What influence do risk factors have on sensory system disorders?
- What signs and symptoms should a home health aide report?
- What are some actions a home health aide can take to assist a client with sensory problems?
- What are some age-related changes to the sensory system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 90

Identify the major structures and functions of the lymphatic system.

Definition

Identification should include

- the names and locations of the major structures of the system
- the basic functions of the system
- the basic function of each structure.

Process/Skill Questions

- What are the functions of the lymphatic system?
- Where are the major lymph node groups located?
- How would you explain immunity?
- What are allergies, and how do they relate to the immune system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 91

Identify common disorders of the lymphatic system.

Definition

Identification should include

- signs and symptoms

- diagnostic tests
- treatment protocols
- role/responsibilities of a home health aide.

Process/Skill Questions

- What are the signs and symptoms of common disorders of the lymphatic system?
- What are some of the diagnostic tests used to identify lymphatic system disorders?
- What influence do risk factors have on lymphatic system disorders?
- What are some ways to maintain a healthy immune system?
- What are immunizations and why are they important?
- What signs and symptoms should a home health aide report?
- What are some age-related changes to the immune system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Monitoring, Reporting, and Recording Client's Status

Task Number 92

Demonstrate the use of medical terminology and abbreviations.

Definition

Demonstration should include

- use of basic word parts (i.e., roots, prefixes, suffixes)
- use of common medical abbreviations as specified by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO).

Process/Skill Questions

- How would you describe the role of medical terminology in everyday life?
- What is a root?
- What is a prefix?
- What is a suffix?
- Why is caution important when using medical abbreviations?
- Where can you find approved medical abbreviations?
- What are common errors made when using medical abbreviations?
- How can the same medical abbreviation be used for different terms?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 93

Measure and record intake and output as prescribed in the client care plan.

Definition

Measuring and recording should include

- use of the metric system and U.S. customary measure, including conversion between systems
- ways to measure fluid intake
- ways to measure fluid output
- ways to measure percentage of food and fluid consumed
- procedure for recording measurement according to agency documentation guidelines.

Process/Skill Questions

- Why is documentation such a vital responsibility of a home health aide? How does it relate to reimbursement?
- In regard to documentation, what is meant by the expression, “If it is not documented, it didn’t happen”?
- Why is the metric system used for measuring and documenting intake and output?
- Why are accurate intake and output measurements essential?
- How would you describe measuring output from a Foley catheter?
- How do you measure the amount of fluid intake?
- How do you measure the amount of food intake?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 94

Measure and record vital signs as prescribed in the care plan.

Definition

Measuring and recording should include

- ways to measure temperature
- ways to measure pulse
- ways to measure respiration
- ways to measure blood pressure
- ways to measure pain
- prompt reporting of abnormal findings to the proper person
- procedure for recording measurements according to agency documentation guidelines (e.g., graphing).

Process/Skill Questions

- What are the normal ranges for each of the measurement in the above list?
- What are the different ways to obtain a client's temperature measurement?
- How can a home health aide determine which method to use to obtain a client's temperature?
- When should a home health aide report abnormal findings?
- What could be the consequences of not reporting abnormal findings?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 95

Assess a client's mental status.

Definition

Assessment should include

- recognition of changes in mental status
- orientation to person, place, and time

- level of consciousness
- comparison to baseline.

Process/Skill Questions

- What are the signs and symptoms of common mental disorders?
- How should a home health aide respond to angry, aggressive behavior from a client?
- When and how should a home health aide report an altered level of consciousness in a client?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 96

Report and record untoward changes or occurrences in a client's status.

Definition

Reporting and recording should include

- ways to identify skin abnormalities
- ways to identify changes in speech
- ways to identify changes in mobility
- ways to identify injuries
- ways to identify changes in emotional status
- ways to record falls.

Process/Skill Questions

- What may be the possible causes of changes in speech and/or mobility?
- When should a home health aide report changes in speech and/or mobility?
- Why should a home health aide report falls and injuries?
- How can a home health aide communicate changes in status to family members who do not want to hear about them?
- How can a home health aide ensure professional health providers understand when changes are urgent?
- What could be the consequences of not reporting falls and injuries?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 97

Complete agency forms and records pertaining to a health care visit.

Definition

Completion should include

- following guidelines for appropriate documentation on a home health aide record
- using 24-hour time
- using an agency's care plan.

Process/Skill Questions

- What are the uses of an agency's forms and records?
- Why is following guidelines for appropriate documentation important?
- How do you record using military time?

- What are the advantages of using 24-hour time?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Providing Personal Care

Task Number 98

Make occupied and unoccupied beds.

Definition

Making should include following guidelines for handling linens and occupied and unoccupied beds.

Process/Skill Questions

- Why is it important to follow the guidelines for handling linens and making occupied and unoccupied beds?
- What safety practices should be followed when making an occupied bed?
- How should soiled linens be handled?
- How should clean linens be handled?
- What actions by a home health aide could cause linens to be considered soiled?
- What steps should a home health aide take to clean a mattress if he/she finds soiled linens?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 99

Provide client hygiene as prescribed in the client care plan.

Definition

Providing should include following guidelines for a complete shower, a partial shower, and a bed bath.

Process/Skill Questions

- How would you distinguish among the different types of baths such as cleansing, bed bath, medicated, and therapeutic?
- How would you administer a bed bath?
- How would you assist a client with a tub bath?
- How would you assist a client with a complete or partial shower?
- How would you assist a client with a sitz bath?
- How would you assist a client with a whirlpool bath?
- Why is it important to follow guidelines for bathing a client?
- What might be the consequences of not following guidelines?
- What are two ways to test bath water for temperature safety and comfort?
- What safety concerns should a home health aide be alert to when providing client hygiene?
- How does culture impact hygiene preferences and practices?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 100

Dress and undress a client as prescribed in the client care plan.

Definition

Dressing and undressing should include following guidelines for

- selecting appropriate clothing a client
- identifying adaptations of clothing
- dressing and undressing a client
- dressing and undressing a client with an affected (i.e., weak) extremity.

Process/Skill Questions

- How can a home health aide adapt clothing for dressing and undressing a client with a one-side paralysis?
- What criteria determine appropriate clothing selection for a client?
- What assistive devices might be used to dress and undress a client with disabilities?
- When dressing a client with an affected upper extremity, how would you put on and remove a shirt.

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 101

Provide skin care, including monitoring skin breakdown.

Definition

Providing should include

- measuring for maintenance of skin integrity
- reporting and properly describing a skin breakdown
- explaining skin-breakdown preventive measures
- explaining the treatment of skin breakdown.

Process/Skill Questions

- What methods would you use to inspect a client's skin?
- What mechanical aids are used to prevent skin breakdown? How are they used?
- What conditions require reporting a skin breakdown?
- What are some circumstances that may result in skin breakdown?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 102

Administer oral hygiene, including dental care and special mouth care.

Definition

Administration should include following guidelines for

- brushing and flossing teeth
- caring for dentures (e.g., protecting surface by using an appropriate toothpaste)
- providing special mouth care.

Process/Skill Questions

- Why is oral care important?
- What conditions require reporting an oral hygiene problem?
- How often should mouth care be performed?
- How can weight loss impact a person who wears dentures?

HOSA Competitive Events (High School)

Health Science Events

- Dental Terminology
- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 103

Provide personal grooming assistance.

Definition

Providing should include following guidelines for

- the care of nails
- the care of hair
- shaving
- the care of feet
- the care of eyeglasses, contact lenses, and hearing aids.

Process/Skill Questions

- What methods would you use to inspect a client's hair and nails?
- How can you evaluate a client's response to your personal hygiene measures?
- How do you determine if you satisfactorily performed procedures related to personal hygiene?
- How do you determine if you satisfactorily documented procedures related to personal hygiene?
- Why could failing to provide a client with his/her eyeglasses or hearing aids be considered neglect?
- Why do diabetic clients require meticulous foot care?
- How often should foot care be performed on a client with diabetes mellitus?
- What types of clients should be encouraged to use electric razors instead of a blade?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
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Task Number 104

Provide perineal care, including catheter care.

Definition

Providing should include following guidelines for

- male and female perineal care
- external and internal catheter care.

Process/Skill Questions

- How often should you perform perineal care?
- What are the consequences of not performing perineal care? Of not performing it according to official guidelines?
- How often should a catheter be replaced?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide
-

Task Number 105

Assist a client in using mechanical aids for elimination.

Definition

Assistance should include following guidelines for using a bedpan, urinal, and bedside commode.

Process/Skill Questions

- What safety precautions should a home health aide take when assisting client with using a bedside commode?
- How can a home health aide assist a client with elimination while preserving privacy?
- What procedures for waste disposal should a home health aide follow?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 106

Conduct range-of-motion exercises.

Definition

Conducting should include following guidelines and the client care plan for

- describing how range of motion (ROM) is assessed
- explaining precautions needed when performing ROM exercises
- displaying both active and passive techniques
- demonstrating flexion and extension
- demonstrating abduction and adduction
- employing stretching techniques
- describing adaptive exercise or activity options for clients with disabilities
- documenting the session.

Process/Skill Questions

- What are the benefits of stretching in a therapeutic setting?
- How can someone with limited mobility improve his/her range of motion?
- What is the distinction between passive, active, and active-assist range of motion?
- How should a home health aide respond if a client complains of joint pain during a prescribed home exercise program?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 107

Turn and position a client.

Definition

Turning and positioning should include following guidelines and the client care plan for

- maintaining a client's proper body alignment
- positioning a client (e.g., supine, Fowlers, lateral, Sim's, prone, logrolling).

Process/Skill Questions

- What safety precautions should a home health aide take when turning and positioning a client?
- How would you describe the terms *supine*, *Fowlers*, *lateral*, *Sim's*, *prone*, and *logrolling*?
- What assistive devices can be used when turning and positioning a client?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 108

Transfer client, including the use of a mechanical lift.

Definition

Transferring should include following guidelines and the client care plan for

- equipment (e.g., transfer belt, gait belt, lift, wheelchair, sliding board)
- clients with various physical disabilities (e.g., one-sided weakness, paralysis)
- clients in various activities of daily living (e.g., moving to and from the bath/shower, toilet, car, and chair).

Process/Skill Questions

- What should be communicated to a client prior to and during a transfer?
- When would you use a sliding board to transfer a client?
- What strategies can be used to avoid a fall during a transfer?
- How would you lower a client safely to the floor in an emergency situation?
- Why is it important to follow standard procedures exactly when transferring a client?
- What principles of good body mechanics should be used to prevent injury to a caregiver?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 109

Assist a client in ambulation, including the use of assistive devices.

Definition

Assistance should include following guidelines and the client care plan for

- clients in safe ambulation using various equipment (e.g., walkers, canes, crutches)
- adjustment of assistive devices.

Process/Skill Questions

- What factors may affect a client's ability to ambulate?
- If a client's left leg is injured, in which hand should he/she use a cane? Why?
- How can a home health aide determine the adjustments needed for assistive devices?
- What should a home health aide do if a client begins to fall while ambulating?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Task Number 110

Transport a client, using a wheelchair.

Definition

Transportation should include following guidelines and the client care plan for

- maneuvering a manual wheelchair
- maneuvering a motorized wheelchair
- adjusting wheelchair parts
- propelling a wheelchair on different types of surfaces.

Process/Skill Questions

- When a client's knees are higher than his/her hips, which parts of a wheelchair need adjusting?
- What environmental adaptations are available in the community to accommodate wheelchair users?
- How can a person in a wheelchair safely get in and out of a car? Go up a curb? Enter and use a public bathroom?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Task Number 111

Assist a client with physical exercise.

Definition

Assistance should include

- following guidelines to ensure client safety during physical exercise
- following guidelines and client care plan for a variety of physical exercises
- differentiating between isometric and cardio exercises.

Process/Skill Questions

- What exercises are appropriate for a client with diabetes?
- What exercises are appropriate for a client with arthritis?
- What exercises are appropriate for a client who is morbidly obese?
- What exercises are appropriate for a client with a heart condition?
- What exercises are appropriate for a client with a respiratory condition?
- Why is it important to follow the client care plan and standard procedures exactly when assisting a client with physical exercise?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl

Task Number 112

Assist a client in following a physician's orders regarding medications and treatments.

Definition

Assistance should include following guidelines and the client care plan for

- taking medications according to printed instructions
- obtaining specimens for laboratory tests
- applying anti-embolic hose
- applying dry sterile dressing to wound
- providing hot/cold treatments
- performing chest percussion
- assisting with coughing and deep breathing
- providing ostomy care
- administering oxygen.

Process/Skill Questions

- What may a home health aide do and not do when assisting a client with taking medications? Why?
- Why is it essential to follow a physician's orders regarding medications and treatments?
- What might be the consequences of not following a physician's orders regarding medications and treatments?
- What precautions are necessary for hot/cold treatments?
- What precautions are necessary when administering oxygen?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
- HOSA Bowl

Managing a Client's Personal Affairs

Task Number 113

Explain the principles of time management for client.

Definition

Explanation should include following the client care plan to

- schedule activities of daily living around the family's routine
- prioritize daily tasks according to importance
- schedule a client's periodic appointments outside of the home
- incorporate recreational activities that stimulate a client's physical and mental needs.

Process/Skill Questions

- Why must a home health aide often take charge of time management for a client?
- When a client's wishes regarding time management conflict with a family member's wishes, how can a home health aide help to resolve the conflict?
- How might a home health aide determine appropriate recreational activities that will stimulate the physical and mental needs of a client?
- What are the best methods for creating and maintaining daily, weekly, and monthly schedules?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Creative Problem Solving

Task Number 114

Explain the principles of money management for a client.

Definition

Explanation should include

- how to set up a budget
- how to write a check and balance a checkbook
- how to pay bills
- how to document expenditures and file receipts
- the legal and ethical responsibilities of a home health aide, including the consequences for the misappropriation of funds.

Process/Skill Questions

- Why might a home health aide be asked to take charge of money management for a client?
- When a client's wishes regarding money management conflict with a family member's wishes, how can a home health aide help to resolve the conflict?
- What is a budget?
- What precautions are absolutely essential to observe when managing a client's money?

- What might be the consequences of mismanaging a client's money, even by mistake?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Creative Problem Solving
-

Task Number 115

Purchase food, clothing, and household goods for a client in accordance with a budget and client's requests.

Definition

Purchasing should include

- following guidelines and the client care plan for weekly menu planning, incorporating religious and cultural preferences
- reading nutrition labels
- incorporating the principles of ChooseMyPlate
- differentiating between and evaluating fresh and processed food choices
- practicing comparison shopping for food, clothing, and household goods.

Process/Skill Questions

- How can a home health aide use ChooseMyPlate to create food pyramid that is specific for the client?
- Why must the client care plan affect weekly menu planning?
- How can a home health aide be sure that menu choices are aligned with the client care plan?
- How can a home health aide select clothing for a client that will meet his/her needs and be in accordance with a budget?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 116

Manage phone calls for a client.

Definition

Management should include

- using telephone etiquette
- phoning in prescription refills
- contacting utility companies as necessary
- using a variety of communication devices (e.g., home phone, cell phone)
- recording/documenting and communicating phone messages appropriately.

Process/Skill Questions

- How would you summarize appropriate telephone etiquette for making and receiving phone calls?
- What information should you gather before phoning in a prescription refill?
- What information should you gather before phoning a utility company?
- Where would you find information about a communication device, if necessary?
- Why is accurate and complete recording/documenting and communicating of phone messages important?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 117

Make a health care appointment for client.

Definition

Making should include

- using telephone etiquette
- providing appropriate demographic and insurance information
- maintaining client confidentiality according to HIPAA regulations
- documenting appointments on the client/family calendar.

Process/Skill Questions

- How would you summarize appropriate telephone etiquette for making and receiving phone calls?
- What information should you gather before phoning for a health care appointment?
- Why is it important to maintain client confidentiality according to HIPAA regulations?
- What should a home health aide do if a client cannot keep an appointment, especially at the last minute?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Managing the Home Environment

Task Number 118

Explain the importance of maintaining a clean environment.

Definition

Explanation should include

- identifying the relationship between a clean environment and the client's health and safety
- identifying the importance of maintaining a clutter-free environment
- identifying the process of planning and prioritizing/organizing cleaning tasks.

Process/Skill Questions

- Why is it important to maintain a clean, clutter-free environment?
- How can a home health aide balance the responsibilities of cleaning and tending to a client's personal needs?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 119

Identify cleaning and sanitation methods for the home.

Definition

Identification should include

- basic tasks of cleaning and sanitizing
- ways to complete each task efficiently
- care/cleaning of major home appliances
- household waste management procedures
- procedures for the safe use of cleaning agents (e.g., ventilation, precautions about mixing cleaning agents).

Process/Skill Questions

- What precautions should be taken when cleaning and sanitizing to maintain the safety of yourself, a client, and others in the home.
- Where can a home health aide access resources on the care of home appliances?
- Where can a home health aide find resources about community waste disposal procedures? Why might this be necessary?

Task Number 120

Analyze housekeeping tasks.

Definition

Analysis should include

- prioritizing tasks according to level of importance
- identifying daily, weekly, and periodic tasks
- scheduling tasks either to incorporate or work around family members and a client.

Process/Skill Questions

- What considerations are necessary when prioritizing tasks according to level of importance?
- What considerations are necessary when prioritizing tasks according to frequency (e.g., daily, weekly)?
- How would you schedule tasks to incorporate family members? To incorporate a client?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 121

Identify types of cleaning supplies for the home.

Definition

Identification should include

- equipment such as mops, brooms, and vacuums
- cleaning and disinfecting agents
- cleaning supplies such as cloths, brushes, sponges, paper towels, and scouring pads
- when to use gloves.

Process/Skill Questions

- Why must a home health aide frequently use a variety of cleaning supplies in a client's home?
- When faced with using an unfamiliar cleaning supply or device, what are the first steps?
- What precautions are necessary when using a vacuum? Disinfecting agents? Scouring pads?
- Why should a home health aide read and understand all the information about use printed on a cleaning agent?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 122

Clean a client's environment.

Definition

Cleaning should include

- kitchen
- bathroom
- bedroom
- living area

and ways to address special cases of soiling such as spilled urine, blood stains, and pet accidents.

Process/Skill Questions

- Why might the tasks of cleaning in a client's home be different from the tasks involved with cleaning a home health aide's own home?
- How can a home health aide decide what protective clothing, including gloves, are necessary for a particular cleaning task?
- What are ways to decide which cleaning agent is best to use for a particular task?
- If a cleaning task seems too difficult or complicated, what should a home health aide do?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 123

Care for a client's laundry.

Definition

Care should include

- checking operating instructions specific to the type of washer and dryer to be used
- reading care instructions on garment and linen labels
- pretreating garments and linens soiled with body fluids

- selecting and using laundry products (e.g., detergents, bleach, fabric softeners) as appropriate for the task
- washing, including sorting clothing and selecting water temperatures
- drying
- folding and ironing.

Process/Skill Questions

- Why might the task of doing laundry in a client's home be different from the same task in a home health aide's own home?
- How can a home health aide decide which laundry product(s) to use for which articles?
- What are ways to decide which pretreating product is best to use for a particular stain?
- If the washer or dryer are unfamiliar, what should a home health aide do?
- If certain articles do not seem perfectly clean after laundering, how can a home health aide decide what to do?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 124

Teach a client and a client's family to maintain a clean environment.

Definition

Teaching should include

- the necessity for cleaning, including the consequences of not cleaning.
- the frequency of cleaning required
- techniques to use for accomplishing cleaning tasks both effectively and efficiently.

Process/Skill Questions

- What are some techniques to use to teach a client and a client's family to maintain a clean environment?
- If a client or a client's family does not recognize the need for maintaining a clean environment, what measures are appropriate for a home health aide to take? What measures are inappropriate?

- If a client or client's family persist in doing an essential cleaning task incorrectly, what should a home health aide do?
- What are the best ways to organize a daily task schedule?
- Why is it important to communicate clear expectations to family members in regard to their daily cleaning responsibilities?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Understanding Nutrition and Meal Preparation

Task Number 125

Describe the food groups of ChooseMyPlate.

Definition

Description should include information found at <http://www.choosemyplate.gov>.

Process/Skill Questions

- Why are the food groups of ChooseMyPlate important for a home health aide to understand?
- How can a home health aide use the information found at <http://www.choosemyplate.gov> to assist a client with maintaining good nutrition?
- How do these food groups relate to special diets and preferences?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Nutrition

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 126

Explain dietary needs for persons in various age groups.

Definition

Explanation should include

- age-appropriate diets and portion sizes
- choking hazards
- nutritional needs across the life span
- hydration needs
- nutritious menu plans in accordance with a client's budget, culture, and care plan.

Process/Skill Questions

- Why do normal diets vary for persons according to their age?
- How can a home health aide plan nutritious menus in accordance with a client's budget, culture, and care plan?
- Under what circumstances should a home health aide try to modify a client's accustomed diet?
- How can a home health aide communicate information about normal, nutritious diets to a client and a client's family members when necessary?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Nutrition

Health Professions Events

- Home Health Aide

Leadership Events

- Extemporaneous Health Poster

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 127

Explain common therapeutic diets.

Definition

Explanation should include

- special diets based on client care plans (e.g., liquid, soft, low-calorie, high-calorie, bland, diabetic)
- nutritional supplements such as Ensure[®], Glucerna[®], and Sustical[®]
- documentation of calorie counts and food intake studies
- ways to plan nutritious, therapeutic-diet menus in accordance with a client's budget, culture, and care plan.

Process/Skill Questions

- Why should a home health aide understand common therapeutic diets?
- When the client care plan specifies a special therapeutic diet (e.g., liquid, soft, low-calorie, high-calorie, bland, diabetic), where and how can a home health aide find detailed helpful information about this diet?
- What is the role of nutritional supplements such as Ensure[®], Glucerna[®], and Sustical[®]? Can these products be substituted for all other foods? Why, or why not?
- Where and how can a home health aide get assistance with planning nutritious, therapeutic-diet menus in accordance with a client's budget, culture, and care plan?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Nutrition

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 128

Maintain hydration of a client.

Definition

Maintenance should include

- identifying signs of too little fluid (i.e., dehydration)
- providing care for a dehydrated client
- identifying signs of too much fluid (i.e., fluid overload)
- providing care for a client with fluid overload
- documenting intake and output according to the client care plan.

Process/Skill Questions

- What are the dangers of dehydration? Of fluid overload?
- What precautionary measures can a home health aide take to prevent client dehydration?
- What are some signs and symptoms of dehydration that need to be reported?
- When would you notify a supervisor of suspected client dehydration?
- What actions can a home health aide do to prevent dehydration?
- What are some signs and symptoms of too much fluid that need to be reported?
- What precautionary measures can a home health aide take to prevent client fluid overload?
- When would you notify a supervisor of suspected fluid overload?
- Why may a home health aide not force a client to take fluids?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Nutrition

Health Professions Events

- Home Health Aide

Teamwork Events

- HOSA Bowl
-

Task Number 129

Identify problems that can affect the nutrition of persons with various medical needs.

Definition

Identification should include problems related to

- pregnancy and breast feeding
- dysphagia
- teeth and mouth, including the use or absence of dentures
- youth culture (e.g., anorexia, bulimia)
- socioeconomic status
- illness and treatment of illness (e.g., dialysis, cancer, chemotherapy, mental health, antibiotics).

Process/Skill Questions

- Why should a home health aide be aware of age-related problems that may affect the nutrition of a client?
- How can a home health aide assist a client with dysphagia?
- What are the signs and symptoms of anorexia? Of bulimia?
- How can a home health aide assist a client who has chewing problems?
- How important to a client's nutrition are properly fitting dentures?
- What actions can a home health aide take if a client's dentures are not worn?
- What cultural eating patterns that could be harmful need be reported?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Nutrition

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 130

Demonstrate sanitary food handling and storage practices.

Definition

Demonstration should include

- use of food and refrigeration thermometers
- appropriate procedures for handling, storing, and thawing fruits, vegetables, meats, and dairy products
- precautions used to prevent cross-contamination
- proper hand-washing techniques
- checking expiration dates and recalls on food items.

Process/Skill Questions

- How can a home health aide find the appropriate procedures for handling, storing, and thawing fruits, vegetables, meats, and dairy products?
- What is the difference between cleaning and sanitizing?
- What are the different methods for sanitizing work surfaces and equipment?
- Which sanitizing methods (e.g., iodine, bleach, commercial sanitizing agent, steam heat) are most effective?
- What are the major causes of food spoilage?
- What are the warning signs associated with spoiled food and contamination?
- How can you avoid cross-contamination when preparing and storing potentially hazardous foods?
- Should food ever be used after the expiration date has passed? Why, or why not?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
 - HOSA Bowl
-

Task Number 131

Demonstrate the use of kitchen utensils and appliances.

Definition

Demonstration should include

- explaining the importance of matching the proper tool to the task
- safe handling and use of sharp knives
- correct use of adaptive devices and utensils
- checking the operating instructions specific to the types of appliances used in the home.

Process/Skill Questions

- How can the proper utensil for a particular task be determined?
- What should a home health aide do if the needed utensil is not available in the client's kitchen?
- What are basic safety practices involved with handling and using sharp knives?
- What are common accidents involving the use of kitchen utensils and appliances?
- What preventive measures can be taken to avoid accidents involving kitchen utensils?
- What preventive measures can be taken to avoid accidents involving kitchen appliances, especially a cook top and oven?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 132

Prepare a simple breakfast, lunch, and supper.

Definition

Preparation should include preparation of nutritious meals based on the client care plan and ChooseMyPlate guidelines.

Process/Skill Questions

- Why is it important to read and understand food labels?
- What steps should a home health aide use to prepare nutritious meals for a client?
- What resources are available for determining the nutritional value of foods?
- How can a home health aide share nutritional information with a client?
- Why is food presentation important?
- What responsibility can a home health aide take for choosing healthy foods for a client?
- What is the importance of working cooperatively to prepare nutritious food?
- Who is responsible for ensuring that safety and sanitation practices are followed?
- Who is responsible for making sure that the supplies needed to prepare meals are available?
- How can a home health aide prepare a meal for an elderly client with a smaller throat and older taste buds?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 133

Demonstrate feeding techniques based on the client care plan.

Definition

Demonstration should include

- addressing a client's individual and special needs (e.g., tube feedings)
- providing a client with assistive devices (e.g., plate guard, special utensils)
- positioning a client according to the care plan
- preparing a client for a meal (e.g., hand washing, dentures, clothing protectors)
- supervising self-feeding
- alternating liquids and solids
- following appropriate guidelines for feeding both a self-care and a dependent client.

Process/Skill Questions

- What precautions must be taken when administering a tube feeding?
- Why is it advisable to alternate liquids and solids?
- What is a safe position for feeding a client?
- What must a home health aide do to prepare a client to eat?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Teamwork Events

- Health Education
-

Task Number 134

Prepare an environment for mealtime.

Definition

Preparation should include

- sanitizing the eating surfaces
- maintaining an environment free from pests such as houseflies, ants, and roaches
- maintaining an environment free from offensive odors and objects.

Process/Skill Questions

- How do sanitation and disinfection differ?
- Why is it important to maintain a safe and clean environment for mealtime?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Responding to Emergencies

Task Number 135

Identify general first aid concepts.

Definition

Identification should include

- description of the concept of first aid
- ways to recognize and respond to medical emergencies
- use of Standard Precautions
- use of personal protective equipment (PPE).

Process/Skill Questions

- Why are Standard Precautions and PPE required?
- What is the first step in responding to a medical emergency?
- What is the number to call for poison control? Where should this number be recorded to always be available at a moment's notice?
- What preparations can a home health aide make prior to a medical emergency?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Emergency Preparedness Events

- CPR/First Aid
- Life Support Skills

Task Number 136

Control external bleeding.

Definition

Controlling should include

- care for open wounds, including abrasions, lacerations, avulsions, and puncture wounds
- use of various types of bandages and compresses
- application of direct pressure
- care for a severed body part
- care for an embedded object
- care for a nosebleed
- care for a mouth, tooth, or lip injury.

Process/Skill Questions

- Why is it recommended to apply pressure to a wound?
- What measures other than pressure can be implemented to control bleeding?
- How can it be determined whether it is necessary to use a tourniquet?
- What measures can a home health aide implement to prevent the spread of infection during wound care?
- What vital-sign changes should a home health aide report to a supervisor during an episode of bleeding?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Emergency Preparedness Events

- CPR/First Aid
- Life Support Skills

Task Number 137

Administer cardiopulmonary resuscitation (CPR).

Definition

Administration should include following the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in administering CPR?
- What safety precautions should be observed for both a client and a home health aide?
- In what position should a home health aide place a client to perform CPR?
- What equipment will a home health aide need to perform CPR?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 138

Administer ABD compressions to conscious and unconscious choking victims.

Definition

Administration should include following the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in administering first aid to a conscious choking victim?
- What is the first step in administering first aid to an unconscious choking victim?
- What safety precautions should be observed for both a client and a home health aide?
- What are some observable indicators of an obstructed airway?
- What is the proper hand placement for delivering abdominal thrusts to an adult client?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 139

Identify first aid procedures for a musculoskeletal injury.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in administering first aid for a musculoskeletal injury?
- What safety precautions should be observed for both a client and a home health aide?
- What are some signs and symptoms of a musculoskeletal injury?
- What equipment should a home health aide use to immobilize an extremity following a musculoskeletal injury?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 140

Identify first aid procedures for an animal bite.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in administering first aid for an animal bite?
- What safety precautions should be observed for both a client and a home health aide?
- How can a home health aide determine whether an animal has been vaccinated for rabies?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 141

Identify first aid procedures for a burn.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in administering first aid for a burn?
- What safety precautions should be observed for both a client and a home health aide?
- What steps should a home health aide take if a client's clothing is on fire?
- What skin manifestations should a home health aide report to a supervisor following a burn injury?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 142

Identify the signs and symptoms of a heart attack and responding procedures.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in recognizing a heart attack?
- What is the first step in responding to a possible heart attack?
- How can a home health aide determine whether it is appropriate to start CPR?
- What information should a home health aide gather for emergency personnel?
- What causes a heart attack?
- What lifestyle changes can be expected to be made following a heart attack?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
- Life Support Skills

Task Number 143

Identify the signs and symptoms of a stroke and responding procedures.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in recognizing a stroke?

- What is the first step in responding to a possible stroke?
- What information should a home health aide gather for emergency personnel?
- How are range-of-motion exercises helpful for a client recovering from a stroke?
- What safety measures must a home health aide consider when caring for a client post-stroke?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 144

Identify the signs and symptoms of a seizure and responding procedures.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in recognizing a seizure?
- What is the first step in responding to a seizure?
- What information should a home health aide gather for emergency personnel?
- What safety measures should a home health aide implement while a client is having a seizure?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 145

Identify the signs and symptoms of poisoning and responding procedures.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in recognizing a poisoning?
- What is the first step in responding to a possible poisoning?
- What information should a home health aide gather for emergency personnel?
- What is the number to the Poison Control Hotline?
- Where should the Poison Control number be posted to be available at a moment's notice?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 146

Identify the signs and symptoms of shock and responding procedures.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?

- What is the first step in recognizing shock?
- What is the first step in responding to possible shock?
- What information should a home health aide gather for emergency personnel?
- What are some examples of behaviors that contraindicate foot elevation of a shock victim?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Task Number 147

Identify the signs and symptoms of heat and cold exposure and responding procedures.

Definition

Identification should include the guidelines from the American Heart Association or American Red Cross, in accordance with agency policy.

Process/Skill Questions

- Where can a home health aide access the guidelines from the American Heart Association or American Red Cross?
- What is the first step in recognizing heat or cold exposure?
- What is the first step in responding to heat or cold exposure?
- What information should a home health aide gather for emergency personnel?
- What symptoms should a home health aide report to a supervisor that may indicate an affected area is worsening?
- What effect can hot water have on an area affected by cold exposure?

HOSA Competitive Events (High School)

Emergency Preparedness Events

- CPR/First Aid
 - Life Support Skills
-

Examining Dying, Hospice Care, and Death

Task Number 148

Describe advance directives.

Definition

Description should include concepts involved with

- Do Not Resuscitate (DNR)
- living will
- medical power of attorney
- organ donation.

Process/Skill Questions

- Why are advance directives important?
- Why should a home health aide know the location of certain documents such as DNR, living will, and medical power of attorney?
- Where can a home health aide gather information about these documents for a client who does not have them.
- What steps can a home health aide take to help separate his/her personal beliefs from the wishes of a client? Why is this important?
- How can a home health aide determine whether or not a client is DNR?
- What care is given to a client that has a DNR order?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide

Task Number 149

Identify different cultural beliefs and practices related to dying and death.

Definition

Identification should include

- the cultural beliefs and practices of American society in general
- the cultural beliefs and practices of various different cultural groups found in America
- explanation of personal feelings about death and dying
- ways to respect the cultural beliefs and practices of a client
- ways to respect the cultural beliefs and practices of family members.

Process/Skill Questions

- Why is respect for cultural beliefs and practices related to death important to individuals?
- When cultural beliefs and practices of a client conflicts with prevailing beliefs and practices, how can a home health aide help to reconcile the differences.
- How can a home health aide help family members express their feelings about death and dying?
- What are some examples of nonverbal communication that may be expressed while a client is dying?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide

Task Number 150

Analyze the stages of dying.

Definition

Analysis should include a description of the

- characteristics of each stage
- variation of the sequence of the stages
- theories of death and dying
- concept of hope
- roles of personal and religious beliefs.

Process/Skill Questions

- How would you describe the Kubler-Ross theory of death and dying?
- What are your personal feelings about death and dying?
- How would you explore the impact of religious beliefs on death and dying?
- How would you identify each stage of death and dying?
- How would you describe the characteristics associated with each stage?
- What are the influences of various cultures on grief?
- How can a home health aide effectively communicate these stages to family members? Why is this important?
- Give some examples of ways that hope can impact the concept of death and dying.
- What strategies can a home health aide use to help a family members with expression regarding their loved one's impending death?

HOSA Competitive Events (High School)

Health Professions Events

- Home Health Aide
-

Task Number 151

Identify the physical signs of impending death.

Definition

Identification should include

- changes in vital signs
- physical changes, such as loss of muscle tone, breathing difficulty, circulatory failure, and loss of senses other than hearing.

Process/Skill Questions

- How can a home health aide determine the physical signs of approaching death?
- How can a home health aide maintain a sense of calm when observing physical signs of impending death?
- How can a home health aide determine the need to notify a supervisor after observing the physical signs of impending death.
- How can a home health aide make the death experience as positive as possible?
- What are examples of statements that a client may make that indicate death is impending?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide
-

Task Number 152

Describe the role of a home health aide in caring for the terminally ill.

Definition

Description should include

- ways to provide physical and emotional care, including comfort measures and communication techniques
- ways to assess pain level
- ways to deal with personal feelings about death and dying.

Process/Skill Questions

- What should a home health aide do to help a client face his/her own death?
- What interventions to pain management may be available, other than medications?
- How can a home health aide separate his/her feelings about death and dying from the situation at hand?
- When is hospice care available to a client?
- When is palliative care available to a client?
- What are special qualities/characteristics that a hospice home health aide should have?
- What are examples of behaviors a home health aide may exhibit that may indicate possible burn-out?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide
-

Task Number 153

Identify the responsibilities of a home health aide when a client dies.

Definition

Identification should include

- providing postmortem care according to the guidelines of client's culture, hospice, and/or agency
- notifying the appropriate medical and legal authorities
- documenting the death according to agency guidelines.

Process/Skill Questions

- What is the first step in postmortem care?
- What other steps must a home health aide take?
- When does a home health aide notify the appropriate medical and legal authorities?
- Why is documentation important when a client dies?
- What bodily changes occur after death?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Home Health Aide
-

Describing the Opioid Crisis

Task Number 154

Describe the history and current state of the opioid crisis in the United States.

Definition

Description should include

- the relationship between opioid prescribing and illicit opioid use to overall opioid overdose deaths
- the prevalence of co-occurring mental health disorders
- the shift in attitudes in the 1990s toward pain management and use of opioids, including the role of pharmaceutical marketing
- the stigma associated with addiction and the changing view of addiction from a moral failing to a chronic, relapsing disease
- statistics, trends, and demographics surrounding the crisis
- population health and other public health aspects of the crisis, including its effects on family and neonates, as well as overall health costs.

Process/Skill Questions

- How are opioids created?
- Can opioids be safely prescribed to patients taking psychotropic drugs?
- How does society stereotype individuals with a history of drug addiction?
- What are the current trends that have contributed to the nationwide opioid crisis?
- How has the opioid epidemic affected emergency rooms and the first responder system?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Teamwork Events

- Creative Problem Solving
- HOSA Bowl
- Public Service Announcement

Task Number 155

Describe the history and current state of the opioid crisis in Virginia.

Definition

Description should include

- the relationship between opioid prescribing and illicit opioid use to overall opioid overdose deaths
- the prevalence of co-occurring mental health disorders
- the shift in attitudes in the 1990s toward pain management and use of opioids, including the role of pharmaceutical marketing
- the stigma associated with addiction and the changing view of addiction from a moral failing to a chronic, relapsing disease
- statistics, trends, and demographics surrounding the crisis
- population health and other public health aspects of the crisis, including its effects on family and neonates, as well as overall health costs
- the Virginia Department of Health's [Declaration of a Public Health Emergency](#) on November 21, 2016
- proposed legislation to address the crisis in Virginia (i.e., [House Bill 2161](#) and [Senate Bill 1179](#), which require the secretary of health and human resources to convene a workgroup to establish educational guidelines for training healthcare providers in the safe prescribing and appropriate use of opioids)
- the development of curricula and educational standards regarding opioid addiction.

Resource: [The Opioid Crisis Among Virginia Medicaid Beneficiaries](#)

Process/Skill Questions

- What agencies participated in the governor's task meeting on the opioid crisis?
- What educational organizations will be tasked with providing opioid training to their students?
- What is the benefit of educating future medical professionals about opioid addiction?
- What is the current attitude in society about opioid use and addiction?
- How is the local community affected by the opioid epidemic?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Teamwork Events

- Creative Problem Solving
 - HOSA Bowl
 - Public Service Announcement
-

Task Number 156

Define the pharmacological components and common uses of opioids.

Definition

Definition should include

- plant-based opioids (e.g., opium from poppy seeds)
- names of legal and illegal opioids
- [heroin](#)
- names of the most common opioids
- [fentanyl](#)
- medical diagnoses and injuries associated with opioid prescriptions
- [commonly used terms](#).

Resource: [Prescription Pain Medications](#), National Institute on Drug Abuse for Teens

Process/Skill Questions

- For what illnesses are opioids commonly prescribed?
- What is the current medical protocol when opioids are prescribed?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pharmacology

Health Professions Events

- Clinical Nursing

Examining the Key Factors of Drug Addiction

Task Number 157

Examine the science of addiction.

Definition

Examination should include

- biopsychosocial aspects of addiction
- the role of endorphins and dopamine
- the role of religious beliefs
- behavioral aspects of addiction
- life cycle of addiction
- misuse of opioids.

Process/Skill Questions

- How will understanding the physiological absorption of opioids in the body provide a holistic assessment?
- What spiritual characteristics might be observed in the science of addiction?
- What are some genetic explanations for some family members being more prone to addiction?

Task Number 158

Explain prevention and early intervention strategies.

Definition

Explanation should include

- risk and protective factors in opioid addiction
- specific populations at risk of addiction
- motivational interviewing and other communication strategies
- naloxone co-prescribing

- roles of family and social institutions in prevention and early intervention.

Resources:

- [Prevention Tip Card](#), Office of the Attorney General of Virginia
- [Prescription Opioids: Even When Prescribed by a Doctor](#) (video), Centers for Disease Control and Prevention (CDC)

Process/Skill Questions

- What are the physiological characteristics of opioid addiction?
- What demographic is most affected by the opioid epidemic? What are some explanations for this?
- How can provision of naloxone and training in its use be sustained financially?
- What obligations do families and society as a whole have in preventing and providing early intervention related to drug addiction?

Task Number 159

Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

Definition

Identification should include

- DSM-5 Criteria for Substance Use Disorders
- American Society of Addiction Medicine (ASAM) Criteria (i.e., The Six Dimensions of Multidimensional Assessment)
- CONTINUUM, The ASAM Criteria Decision Engine
- clinical and behavioral aspects of addiction
- practice-appropriate screening tools, including co-morbidity screening.

Process/Skill Questions

- What are DSM-5 and ASAM and what information do they provide to healthcare professionals?
- What are clinical and behavioral elements of addiction that should be recognized by healthcare professionals?
- Who is responsible for providing the necessary screening tools and training?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Behavioral Health
- Knowledge Test: Medical Law and Ethics

Health Professions Events

- Clinical Nursing
-

Task Number 160

Describe the treatment models of addiction therapy.

Definition

Description should include

- a recognition that addiction is a chronic disease
- evidence-based treatment models for addiction in general and opioid addiction in particular
- medication-assisted treatment
- the continuum of care in opioid addiction treatment
- how and when to make a referral for treatment
- the roles in an interdisciplinary addiction team
- the role of peers in the treatment of addiction
- the difference between a drug culture and recovery culture
- the management of patients in recovery, including factors contributing to relapse.

Process/Skill Questions

- How many treatment models exist for addiction therapy? Why is one model better than the other?
- What are the advantages of evidence-based treatments and models?
- What medication-assisted treatment programs are available? Who provides them?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Behavioral Health
- Knowledge Test: Medical Law and Ethics

Health Professions Events

- Clinical Nursing
-

Task Number 161

Describe the medication management antidote used to prevent fatal opioid overdoses.

Definition

Description should include

- availability and use of naloxone
- naloxone training (e.g., [REVIVE!](#))
- naloxone training agencies
- monitoring of concurrent prescriptions.

Resources:

- [Frequently Asked Questions about Naloxone](#), Virginia Department of Health
- [How to prepare naloxone for administration](#), Virginia Department of Behavioral Health and Developmental Services

Process/Skill Questions

- What is naloxone?
- How much does naloxone cost with health insurance? How much does naloxone cost without health insurance?
- Who should receive naloxone training?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
 - Medical Terminology
 - Knowledge Test: Pharmacology
-

Understanding Pain Management Protocols

Task Number 162

Explain the science of physiological and mental pain.

Definition

Explanation should include

- definition of pain from the International Association for the Study of Pain (IASP)
- neurobiological basis of pain
- biopsychosocial model of pain
- types of pain (e.g., neuropathic)
- acute, sub-acute, and chronic pain, including pain generation
- spinal and brain modulation, behavioral adaptation and maladaptation, and the continuum from acute to chronic disabling pain
- the underlying science of pain relief.

Process/Skill Questions

- What is the IASP definition of pain?
- How can a medical professional get a patient to describe physiological pain?
- What assessment tools can be used to help patients describe physiological pain? How do tools differ for describing mental pain?
- How are pain and levels of pain categorized?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Nutrition
- Knowledge Test: Transcultural Health Care

Teamwork Events

- Community Awareness
 - Creative Problem Solving
 - HOSA Bowl
-

Task Number 163

Describe the diagnostic tools used in developing pain management plans.

Definition

Description should include

- pain-related health history and examination
- understanding the role of family in supporting individuals in need of pain management
- practice-appropriate screening tools that include aspects such as mood and function
- the use and limitations of pain scales
- differential diagnosis of pain and its placement on the pain continuum.

Resource: [Promoting Safer and More Effective Pain Management](#), CDC

Process/Skill Questions

- What are the Wong-Baker, LEGO, and Hospice assessment tools?
- How do pain assessment tools vary across the life span?
- When completing an assessment, is pain considered subjective or objective?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Nutrition
- Knowledge Test: Transcultural Health Care

Teamwork Events

- Community Awareness
- Creative Problem Solving
- HOSA Bowl

Task Number 164

Describe pain treatment options available to various populations of patients.

Definition

Description should include

- special populations in pain management, such as palliative/end-of-life care patients, patients with cancer, pediatric patients, and geriatric populations
- non-pharmacologic treatment of pain, including active care and self-care, evidence- and non-evidence-based approaches, and multimodal pain management
- non-opioid pharmacologic management of pain
- the challenges in discussing the psychological aspects of pain and the role of the central nervous system
- adverse drug event prevention for all pain medications
- the roles in an interdisciplinary pain management team
- the significance of issues such as anxiety, depression, and sleep deprivation in pain management
- the placebo effect
- goals and expectations in the treatment of pain, based on diagnosis and pain continuum
- when to make a pain referral and to whom.

Resources:

- [CDC Fact Sheet for Prescribing Opioids for Chronic Pain](#)
- [CDC Guidelines for Prescribing Opioids for Chronic Pain](#)

Process/Skill Questions

- What pain management resources are available for special populations?
- What are alternative forms of pain management?
- What role does the mind play in pain management?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Nutrition
- Knowledge Test: Transcultural Health Care

Teamwork Events

- Community Awareness
- Creative Problem Solving
- HOSA Bowl

Task Number 165

Describe the effects of opioid dependency on the human body systems.

Definition

Description should include the short- and long-term effects of opioids on the following:

- Nervous system
- Respiratory system
- Circulatory system
- Digestive system
- Skeletal system

Resource: [Drugs and Your Body](#), Scholastic

Process/Skill Questions

- How does the misuse of opioids affect nutrition and weight loss?
- How might opioid misuse be evident in a person's vital signs?
- How do opioids affect the brain as the control center for homeostasis?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Teamwork Events

- HOSA Bowl
-

Task Number 166

Explain the mechanism and physical effects of opioids on the human body.

Definition

Explanation should include the following:

- Mechanism of action and metabolism of opioids
- Development of tolerance, dependence, and addiction
- Health consequences of drug misuse
 - HIV, hepatitis, and other infectious diseases
 - Cancer
 - Cardiovascular effects
 - Respiratory effects
 - Gastrointestinal effects
 - Musculoskeletal effects
 - Kidney damage
 - Liver damage
 - Neurological effects
 - Hormonal effects
 - Prenatal effects
 - Other health effects
 - Mental health effects
 - Death
- Withdrawal
 - Causes
 - Timeframe (i.e., peaks of withdrawal symptoms)
 - Physical signs (e.g., nausea, diarrhea, vomiting, cold flashes)

Process/Skill Questions

- What are the short- and long-term effects of withdrawal dependence symptoms?
- How long can the human body function while exhibiting the symptoms of withdrawal?
- What are other medical conditions that may arise because of the symptoms of physical dependence?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Teamwork Events

- HOSA Bowl

Task Number 167

Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.

Definition

Explanation should include

- appropriate use of different opioids in various practice settings
- the interactions, risks, and intolerance of prescription opioids
- the role and effectiveness of opioids in acute, sub-acute, and chronic pain
- a reassessment of opioid use based on stage of pain
- contemporary treatment guidelines, best practices, health policies, and government regulations related to opioid use
- use of opioids in pain management of patients with substance abuse disorders, in recovery, and in palliative/end-of-life care.

Process/Skill Questions

- When should risk factors regarding opioids be reviewed with the patient?
- What are the options when treating patients with a history of substance abuse?
- What government regulations and policies are in place to improve the safe administration of opioids?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pharmacology

Teamwork Events

- Creative Problem Solving
- HOSA Bowl

Task Number 168

Describe the withdrawal and tapering side effects of opioid use.

Definition

Description should include

- characteristics of acute and protracted withdrawal from opioid dependence or addiction
- tapering
- pain contracts or agreements.

Process/Skill Questions

- What are the stages of withdrawal in opioid abuse transition?
- What medications might be needed in the withdrawal stage?
- What information should be included in the pain management contract?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Pharmacology

Health Professions Events

- Clinical Nursing
-

Task Number 169

Describe storage and disposal options for opioids.

Definition

Description should include

- medicine take-back options (e.g., [National Drug Take Back Day](#))
- disposal in the household trash and flushing certain potentially dangerous medicines down the toilet.

Resources:

- [Disposal of Unused Medicines: What You Should Know](#), Food and Drug Administration (FDA)
- [Prescription Drug Abuse and Tips for Proper Disposal](#), Office of the Attorney General of Virginia

Process/Skill Questions

- How should medications be stored in the house?
- What is National Prescription Drug Take Back Initiative?
- What is the *black box*?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Pharmacology

Health Professions Events

- Clinical Nursing

Task Number 170

Explain community resources for education about opioid use.

Definition

Explanation should include key components of and resources for patient education in the use of opioids, including

- risks
- benefits
- side effects
- tolerance
- signs of sedation or overdose
- naloxone, including its storage and disposal.

Process/Skill Questions

- What resources for opioid education are available locally, statewide, and nationally?
- Where should the patient first be informed about the resources available?
- How does social media aid in patient education on opioid addiction?

HOSA Competitive Events (High School)

Health Science Events

- Knowledge Test: Pharmacology

Health Professions Events

- Clinical Nursing
-

Working with Patients and Caregivers

Task Number 171

Describe key communication topics involving opioids for patients.

Definition

Description should include

- benefits and risks of opioids
- opioid risk screening (i.e., taking a social, medical, and financial history)
- risk mitigation (e.g., naloxone, safe storage, pain contracts)
- medication tapers and/or discontinuation of therapy.

Process/Skill Questions

- What are the benefits of using opioids in medicine?
- What is the relationship between demographics and risk of opioid addiction?
- How does culture influence risk factors in opioid abuse?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Clinical Nursing

Task Number 172

Describe communication topics for caregivers and family members.

Definition

Description should include

- basic knowledge about opioids
- signs of addiction
- treatment options for addiction
- naloxone training for caregivers
- legal issues related to misuse.

Process/Skill Questions

- What rights do caregivers have in regard to medical information of the abuser?
- What legal steps might the caregiver or family have to take for treatment?
- Where can the caregiver or family members receive naloxone training? Are children of opioid abusers eligible for training?

HOSA Competitive Events (High School)

Health Science Events

- Medical Spelling
- Medical Terminology

Health Professions Events

- Clinical Nursing

SOL Correlation by Task

Identify job opportunities in home health care.	English: 11.8, 12.8
Identify professional dress, personal hygiene, and other necessary traits of a home health aide.	

Explain the Client's Bill of Rights and how it relates to daily care.	History and Social Science: GOVT.2, GOVT.11
Explain client confidentiality and the Health Insurance Portability and Accountability Act of 1996 (HIPAA).	History and Social Science: VUS.1
Explain ethics related to home health care.	History and Social Science: VUS.1
Identify roles of home health care team members, including the legal responsibilities of each.	English: 11.5, 12.5 History and Social Science: GOVT.16
Explain the need for a criminal background investigation as a condition for employment in the home health care field.	History and Social Science: GOVT.16
Differentiate between Medicare, Medicaid, private insurance, and private pay.	English: 11.5, 12.5
Identify the basic human needs of individuals and families across the life span.	English: 11.5, 12.5
Explain the psychosocial challenges individuals experience across the life span.	
Describe the diverse effects of aging.	
Distinguish facts from stereotypes and myths regarding older adults and the aging process.	English: 11.5, 12.5
Describe communication strategies.	
Identify methods of developing good relationships with a client and a client's family.	History and Social Science: GOVT.16
Describe the influences of cultural diversity on interpersonal relations.	English: 11.5, 12.5 History and Social Science: GOVT.3
Demonstrate proper hand-washing techniques.	
Implement standard precautions.	
Demonstrate proper body mechanics.	
Identify procedures for maintaining a safe home environment.	English: 11.5, 12.5
Identify fire safety procedures for the home.	
Identify fall-prevention strategies.	
Identify emergencies related to home heating equipment.	
Demonstrate techniques for the safe use of home electrical equipment.	
Explain policies regarding accidents, damages, and injuries that occur in the home.	English: 11.5, 12.5
Identify responses to home plumbing emergencies.	
Explain home pest-control measures and safety precautions.	English: 11.5, 12.5
Describe the use of chemical, physical, and environmental client restraints.	English: 11.5, 12.5
Identify safety measures for the automobile transport of a client.	English: 11.5, 12.5

Describe the protocol for personal safety.	English: 11.5, 12.5
Identify disaster procedures.	English: 11.5, 12.5
Describe human body organization.	English: 11.5, 12.5 Science: BIO.3, BIO.4
Identify the major structures and functions of the integumentary system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the integumentary system.	English: 11.5, 12.5
Identify the major structures and functions of the circulatory system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the circulatory system.	English: 11.5, 12.5
Identify the major structures and functions of the respiratory system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the respiratory system.	English: 11.5, 12.5
Identify the major structures and functions of the nervous system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the nervous system, including Alzheimer's Disease.	English: 11.5, 12.5
Identify the major structures and functions of the musculoskeletal system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the musculoskeletal system.	English: 11.5, 12.5
Identify the major structures and functions of the male and female reproductive systems.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the male and female reproductive systems.	English: 11.5, 12.5
Identify the major structures and functions of the urinary system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the urinary system.	English: 11.5, 12.5
Identify the major structures and functions of the gastrointestinal system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the gastrointestinal system.	English: 11.5, 12.5
Identify the major structures and functions of the endocrine system.	English: 11.5, 12.5 Science: BIO.4
Identify common disorders of the endocrine system.	English: 11.5, 12.5
Identify the major structures and functions of the sensory system.	English: 11.5, 12.5

	Science: BIO.4
Identify common disorders of the sensory system.	English: 11.5, 12.5
Identify the major structures and functions of the lymphatic system.	English: 11.5, 12.5
	Science: BIO.4
Identify common disorders of the lymphatic system.	English: 11.5, 12.5
Demonstrate the use of medical terminology and abbreviations.	English: 11.5, 12.5
Measure and record intake and output as prescribed in the client care plan.	
Measure and record vital signs as prescribed in the care plan.	
Assess a client's mental status.	
Report and record untoward changes or occurrences in a client's status.	
Complete agency forms and records pertaining to a health care visit.	
Make occupied and unoccupied beds.	
Provide client hygiene as prescribed in the client care plan.	
Dress and undress a client as prescribed in the client care plan.	
Provide skin care, including monitoring skin breakdown.	
Administer oral hygiene, including dental care and special mouth care.	
Provide personal grooming assistance.	
Provide perineal care, including catheter care.	
Assist a client in using mechanical aids for elimination.	
Conduct range-of-motion exercises.	
Turn and position a client.	
Transfer client, including the use of a mechanical lift.	
Assist a client in ambulation, including the use of assistive devices.	
Transport a client, using a wheelchair.	
Assist a client with physical exercise.	
Assist a client in following a physician's orders regarding medications and treatments.	
Explain the principles of time management for client.	
Explain the principles of money management for a client.	History and Social Science: GOVT.16
Purchase food, clothing, and household goods for a client in accordance with a budget and client's requests.	
Manage phone calls for a client.	
Make a health care appointment for client.	
Explain the importance of maintaining a clean environment.	
Identify cleaning and sanitation methods for the home.	English: 11.5, 12.5
Analyze housekeeping tasks.	
Identify types of cleaning supplies for the home.	
Clean a client's environment.	
Care for a client's laundry.	

Teach a client and a client's family to maintain a clean environment.	
Describe the food groups of ChooseMyPlate.	
Explain dietary needs for persons in various age groups.	
Explain common therapeutic diets.	
Maintain hydration of a client.	
Identify problems that can affect the nutrition of persons with various medical needs.	English: 11.5, 12.5
Demonstrate sanitary food handling and storage practices.	
Demonstrate the use of kitchen utensils and appliances.	
Prepare a simple breakfast, lunch, and supper.	
Demonstrate feeding techniques based on the client care plan.	
Prepare an environment for mealtime.	
Identify general first aid concepts.	English: 11.5, 12.5
Control external bleeding.	
Administer cardiopulmonary resuscitation (CPR).	
Administer ABD compressions to conscious and unconscious choking victims.	
Identify first aid procedures for a musculoskeletal injury.	English: 11.5, 12.5
Identify first aid procedures for an animal bite.	English: 11.5, 12.5
Identify first aid procedures for a burn.	English: 11.5, 12.5
Identify the signs and symptoms of a heart attack and responding procedures.	English: 11.5, 12.5
Identify the signs and symptoms of a stroke and responding procedures.	English: 11.5, 12.5
Identify the signs and symptoms of a seizure and responding procedures.	English: 11.5, 12.5
Identify the signs and symptoms of poisoning and responding procedures.	English: 11.5, 12.5
Identify the signs and symptoms of shock and responding procedures.	English: 11.5, 12.5
Identify the signs and symptoms of heat and cold exposure and responding procedures.	English: 11.5, 12.5
Describe advance directives.	English: 11.5, 12.5
Identify different cultural beliefs and practices related to dying and death.	English: 11.5, 12.5 History and Social Science: VUS.13
Analyze the stages of dying.	
Identify the physical signs of impending death.	English: 11.5, 12.5
Describe the role of a home health aide in caring for the terminally ill.	
Identify the responsibilities of a home health aide when a client dies.	English: 11.5, 12.5

Describe the history and current state of the opioid crisis in the United States.	English: 11.5, 12.5
Describe the history and current state of the opioid crisis in Virginia.	English: 11.5, 11.8, 12.5, 12.8
Define the pharmacological components and common uses of opioids.	English: 11.3, 11.8, 12.3, 12.8
Examine the science of addiction.	English: 11.5, 12.5
Explain prevention and early intervention strategies.	English: 11.5, 11.8, 12.5, 12.8
Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).	English: 11.5, 12.5
Describe the treatment models of addiction therapy.	English: 11.5, 12.5
Describe the medication management antidote used to prevent fatal opioid overdoses.	English: 11.5, 11.8, 12.5, 12.8
Explain the science of physiological and mental pain.	English: 11.3, 11.5, 12.3, 12.5
Describe the diagnostic tools used in developing pain management plans.	English: 11.5, 12.5
Describe pain treatment options available to various populations of patients.	English: 11.5, 11.8, 12.5, 12.8
Describe the effects of opioid dependency on the human body systems.	English: 11.5, 12.5
Explain the mechanism and physical effects of opioids on the human body.	English: 11.5, 12.5
Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.	English: 11.5, 12.5
Describe the withdrawal and tapering side effects of opioid use.	English: 11.5, 12.5
Describe storage and disposal options for opioids.	English: 11.5, 11.8, 12.5, 12.8
Explain community resources for education about opioid use.	English: 11.5, 12.5
Describe key communication topics involving opioids for patients.	English: 11.5, 12.5
Describe communication topics for caregivers and family members.	English: 11.5, 12.5

Entrepreneurship Infusion Units

Entrepreneurship Infusion Units may be used to help students achieve additional, focused competencies and enhance the validated tasks/competencies related to identifying and starting a new business venture. Because the unit is a complement to certain designated courses and is not mandatory, all tasks/competencies are marked “optional.”

Opioid Abuse Prevention Education

This [Opioid Abuse Prevention](#) document includes resources for opioid abuse prevention education from kindergarten to 12th grade.

Other Opioid Resources

Virginia Department of Behavioral Health and Developmental Services. Revive! Opioid Overdose and Naloxone Education for Virginia. [Naloxone Fact Sheet](#) (PDF).

Virginia Department of Behavioral Health and Developmental Services. [Revive! Opioid Overdose and Naloxone Education for Virginia](#) (Website).

Office of National Drug Control Policy, White House. [Fentanyl: Safety Recommendations for First Responders](#) (PDF).

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Alcohol](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Bath Salts](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Cocaine](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: E-Cigarette](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Heroin](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Marijuana](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: MDMA](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Meth](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Pain Medicine](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Spice \(K2\)](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Tobacco and Nicotine](#) (Website; PDF available)

National Institute on Drug Abuse, National Institutes of Health. [Easy to Read Drug Facts: Other Drugs People Use and Misuse](#) (Website; PDF available)

Appendix: Credentials, Course Sequences, and Career Cluster Information

Industry Credentials: Only apply to 36-week courses

- College and Work Readiness Assessment (CWRA+)
- Home Health Aide Assessment
- National Career Readiness Certificate Assessment
- Workplace Readiness Skills for the Commonwealth Examination

Concentration sequences: *A combination of this course and those below, equivalent to two 36-week courses, is a concentration sequence. Students wishing to complete a specialization may take additional courses based on their career pathways. A program completer is a student who has met the requirements for a CTE concentration sequence and all other requirements for high school graduation or an approved alternative education program.*

- Health Assisting Careers (8331/36 weeks)
- Introduction to Health and Medical Sciences (8302/36 weeks)
- Introduction to Health and Medical Sciences (8301/18 weeks)
- Mental Health Assisting Careers (8332/36 weeks, 280 hours)

Career Cluster: Health Science	
Pathway	Occupations
Therapeutic Services	Certified Nurse Aide Home Health Aide