

# Practical Nursing III

**8359 36 weeks / 420 hours**

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## Acknowledgments

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## Course Description

**Suggested Grade Level:** 12

**Prerequisites:** 8357 and 8358

This course provides classroom instruction and clinical training (a minimum of 400 direct client-care hours) in approved hospitals, clinics, licensed nursing homes, home-care settings, group homes, assisted living facilities, and/or schools under the direction of a nurse educator. Instruction emphasizes administration of medicines and advanced and complex client care across the life cycle. Students learn advanced anatomy, physiology, and human behavior as related to health and disease, including mental illness. Upon successful completion of the total program, students are eligible to take the National Council Licensure Examination for Practical Nursing (NCLEX-PN).

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 prior to implementing this course. All inquiries may be sent to [cte@doe.virginia.gov](mailto: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.

8359	Tasks/Competencies
	Mastering Nursing Competencies/Skills in the Clinical Setting
⊕	Perform procedures related to the muscular and skeletal systems.
⊕	Perform procedures related to the cardiovascular system.
⊕	Perform procedures related to the respiratory system.
⊕	Perform procedures related to the gastrointestinal system.
⊕	Perform procedures related to the endocrine system.
⊕	Perform procedures related to the reproductive system.
⊕	Perform procedures related to the urinary system.
⊕	Perform procedures related to the integumentary system.
⊕	Perform procedures related to the neurosensory system.
⊕	Perform procedures related to wound care.
⊕	Perform procedures related to pain management.
⊕	Identify prevention and appropriate response to situations of bioterrorism and disaster management.

8359	Tasks/Competencies
+	Modify a plan of care using the nursing process.
+	Apply principles of communication in establishing therapeutic relationships.
+	Apply principles of conflict resolution with clients and co-workers.
+	Apply the rights of clients.
+	Demonstrate protection of client rights.
+	Promote client's rights to be free from abuse, mistreatment, neglect, and abandonment.
Administering Medications	
+	Apply the principles of medication administration.
+	Administer medications via all routes, as allowed by laws and regulations.
+	Explain characteristics of major drug classifications.
+	Administer intravenous therapy, as authorized by law.
Applying the Nursing Process to the Adult Client	
+	Apply the nursing process for a client with a disorder of the muscular and skeletal systems.
+	Apply the nursing process for a client with a disorder of the cardiovascular system.
+	Apply the nursing process for a client with a disorder of the respiratory system.
+	Apply the nursing process for a client with a disorder of the gastrointestinal system.
+	Apply the nursing process for a client with a disorder of the endocrine system.
+	Apply the nursing process for a client with a disorder of the reproductive system.
+	Apply the nursing process for a client with a disorder of the urinary system.
+	Apply the nursing process for a client with a disorder of the integumentary system.
+	Apply the nursing process for a client with a disorder of the nervous system.
+	Apply the nursing process for a client with a disorder of the neurosensory system.
+	Apply the nursing process for a client with a disorder of the hematologic or lymphatic system.
Examining the Nursing Process for the Geriatric Client	
+	Identify current psychosocial and cultural issues and concerns of the older adult, including client-centered care.
+	Identify community resources and services available to the geriatric client.
+	Demonstrate procedures relevant to the geriatric client.
+	Describe the common pathological changes of aging.
+	Describe significant factors related to medication use in the geriatric client.
+	Describe significant factors related to hydration and the nutritional needs of the geriatric client.
+	Perform skills and procedures related to the care of the geriatric client.
Examining the Nursing Process for the Maternal and Newborn Client	
+	Describe the normal course of pregnancy and the purpose of prenatal care.
+	Identify fetal, maternal, and newborn complications that may occur during pregnancy.
+	Describe fetal development.
+	Describe fetal presentation and positions.
+	Monitor the signs and stages of labor.
+	Describe the physiological and emotional changes during the postnatal period.
+	Describe common problems that occur in the postnatal client, including symptoms, treatment, and prevention.

8359	Tasks/Competencies
+	Describe care of the newborn.
+	Differentiate between the appearance of a normal newborn and a preterm newborn.
+	Describe common congenital anomalies.
Applying the Nursing Process to the Pediatric Client	
+	Identify changing concepts in pediatric health care.
+	Perform age-specific procedures related to the pediatric client.
+	Identify pediatric nutritional concepts, principles, and feeding practices.
+	Describe age-appropriate anticipatory guidance.
+	Describe healthy parenting behavior for each age group.
+	Apply the nursing process in the care of the pediatric client and the family.
+	Describe management techniques for common ambulatory health and developmental problems.
+	Perform procedures of care for the pediatric client.
+	Describe ways to foster positive adaptation of the child and family to stresses of illness and hospitalization.
+	Describe care associated with the dying child.
Understanding the Nursing Process as Related to the Mental Health Client	
+	Describe the history of and current trends in mental health nursing.
+	Explain the legal and ethical aspects of mental health nursing.
+	Explain concepts of personality development.
+	Apply therapeutic interpersonal communication techniques with the client.
+	Describe behavioral responses to stress.
+	Describe the nursing care related to mental health disorders.
+	Describe current treatment modalities for mental health disorders.
+	Apply the nursing process to provide care for the client with a mental health disorder.
Examining Techniques of Leadership and Management	
+	Differentiate between management and leadership.
+	Describe major organizational frameworks for healthcare delivery.
+	Describe client-care delivery systems.
+	Explain concepts in leadership and management in the delivery of client care.
+	Describe the elements of performance appraisal.
+	Describe principles of staffing and scheduling.
+	Describe unit coordination responsibilities of a nurse in the nurse-manager role.
+	Differentiate between delegation and assignment.

Legend: + Essential ○ Non-essential ⊖ Omitted

## Curriculum Framework

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# Mastering Nursing Competencies/Skills in the Clinical Setting

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## Task Number 39

### Perform procedures related to the muscular and skeletal systems.

#### Definition

Performance should include

- focused assessment of client's muscular and skeletal systems
- diagnostic procedures
- body positioning and transferring
- help with various therapeutic and assistive devices.

#### Process/Skill Questions

- How would you assess the client's muscular and skeletal systems through inspection, palpation, manipulation, and observation of activity level, coordination, posture, and gait?
- How would you assist with the following diagnostic procedures?
  - X-ray
  - scans
  - arthroscopy
  - electromyography (EMG)
  - joint aspiration
  - muscle biopsy
- How would you perform the following transfer procedures?
  - bed to chair
  - chair to bed
  - bed to stretcher
  - stretcher to bed
  - bed to wheelchair
  - wheelchair to bed
- How would you demonstrate the use of assistive devices, including gait belts, walkers, wheelchairs, and crutches?
- How would you demonstrate the use of a continuous passive motion (CPM) machine?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 40**

### **Perform procedures related to the cardiovascular system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- assessment of client's circulatory system
- assistance with diagnostic procedures
- use of antiembolic stockings/pneumatic devices
- vascular-related checks and treatments.

#### **Process/Skill Questions**

- How would you assess the client's circulatory system through inspection, palpation, auscultation, and observation of skin color, temperature, pulses, blood pressure, capillary refill, Doppler, and pulse oximetry?
- How would you assist with the following diagnostic procedures, while assuring appropriate use of equipment and supplies?
  - electrocardiogram (EKG)
  - stress test
  - echocardiogram
  - bone marrow biopsy
  - cardiac catheterization
  - blood tests
- How would you measure for antiembolic stockings and apply them?
- How would you perform vascular checks and treatments?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
  - Clinical Specialty
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## **Task Number 41**

### **Perform procedures related to the respiratory system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's respiratory system
- assistance with diagnostic procedures
- use of breathing exercises and equipment
- Heimlich maneuver (abdominal thrust)
- tracheostomy care
- chest-tube care
- care related to chest and nasal passage.

#### **Process/Skill Questions**

- What steps would you take to assess the client's respiratory system through observation, inspection, auscultation, and palpation?
- How would you assist with the following diagnostic procedures, while assuring appropriate use of equipment and supplies?
  - pulmonary function tests
  - skin testing
  - specimen collection
  - nasal and throat swabs
  - X-ray
  - endoscopic examination
  - thoracentesis
- How would you set up a vaporizer/humidifier?
- How would a nurse perform the Heimlich maneuver (abdominal thrust)?
- What steps would a nurse follow to perform tracheostomy care?

- How would a nurse satisfactorily maintain chest tubes?
- How would a nurse perform chest percussion and postural drainage?
- What steps would a nurse follow to teach the proper use of incentive spirometry?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

### **Emergency Preparedness Events**

- CPR/First Aid

## **Task Number 42**

### **Perform procedures related to the gastrointestinal system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's gastrointestinal system
- assistance with diagnostic procedures
- steps related to bowel elimination
- use of various tubes, drainage, gavage and lavage, pumps, feeding systems, and ostomy care.

#### **Process/Skill Questions**

- What steps would you follow to assess the client's gastrointestinal system through observation, inspection, auscultation, and palpation?
- How would you assist with the following diagnostic procedures, while assuring appropriate use of equipment and supplies?
  - X-ray
  - gastric analysis

- endoscopy
- stool culture
- scans
- liver biopsy
- ultrasound of abdomen
- tests for occult blood
- pH testing
- barium enema
- paracentesis
- How would you perform the following procedures related to bowel elimination?
  - retention and non-retention enemas
  - removal of fecal impaction
  - suppositories
  - stool specimens
- How would you manage and monitor various tubes, drainage, lavage, pumps, feeding systems, and ostomy care?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

## **Task Number 43**

### **Perform procedures related to the endocrine system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's endocrine system
- assistance with diagnostic testing
- identification of lab values
- maintenance of an external insulin pump
- blood-sugar testing

- insulin administration and use of a sliding scale.

### **Process/Skill Questions**

- What steps would you follow to assess the client's endocrine system through observation and inspection, including assessing for edema; changes in appetite, activity level, or menstrual irregularities; weight loss or gain; and an increase or decrease in thirst and/or urinary output?
- How would you assist with the following diagnostic procedures, while assuring appropriate use of equipment and supplies?
  - glucose tolerance testing
  - blood testing
  - radioactive scans
- What are the normal values for blood glucose, HgbA1C, T3, and T4? What does each test measure, and how do you determine when to notify the physician of abnormal findings?
- How would you maintain an external insulin pump?
- How would you use a sliding scale with insulin administration?
- How would you calculate carbohydrate intake and correlate to insulin needs?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology

#### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

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## **Task Number 44**

### **Perform procedures related to the reproductive system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's reproductive system
- assistance with diagnostic procedures
- preparation for client's pelvic, breast, or testicular examination

- cleansing and irrigation.

### **Process/Skill Questions**

- What steps do you follow to assess the client's reproductive system through observation, inspection, and palpation, including assessing for discharges, lesions, prostate, and breast/testicular lumps?
- How would you assist with diagnostic procedures, while assuring appropriate use of equipment and supplies?
  - cultures
  - smears
  - biopsies
- How would you drape your client for privacy during the pelvic examination?
- What steps would you follow when performing a vaginal cleansing and irrigation?
- What are the recommendations for screening for male and female reproductive disorders?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology

#### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 45**

### **Perform procedures related to the urinary system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's urinary system
- assistance with diagnostic procedures
- urinary catheterization (straight and indwelling)
- urine specimen collection
- care of complex urinary-diversion devices
- monitoring of dialysis clients.

## Process/Skill Questions

- What steps would you follow to assess the client's urinary system through inspection, palpation, percussion, and observation of urine, urination pattern, edema, and hydration status? How would you assist with the following diagnostic procedures?
  - sterile specimen
  - specific gravity and ketone bodies
  - cystoscopy
  - angiography
  - renal scan and ultrasound
  - bladder scan
- How would you measure and record urinary output?
- How would you perform a urinary catheterization and manage/monitor the closed system, including the following?
  - insertion (straight drainage or retention)
  - irrigation
  - maintenance, including personal hygiene measures
  - obtaining a sterile specimen
  - obtaining a 24-hour specimen
  - removal
- What steps would you take to collect urine specimens?
  - routine
  - clean catch
  - 24-hour
- How would you assist with kidney dialysis?
- How would you maintain intake and output on a patient/client who is receiving continuous bladder irrigation?

## HOSA Competitive Events (High School)

### Health Science Events

- Medical Spelling
- Medical Terminology

### Health Professions Events

- Clinical Nursing
- Clinical Specialty

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## Task Number 46

**Perform procedures related to the integumentary system.**

## Definition

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's integumentary system
- assistance with diagnostic procedures
- care of ulcers
- wound vacuums
- Braden scale
- application of complex wound-care dressings.

## Process/Skill Questions

- What steps would you follow to assess the client's integumentary system through inspection, palpation, and observation of skin color, swelling, integrity, lesions, and pruritus?
- What methods would you select to assess the wound, including location, size, color, drainage, odor, and presence or absence of necrosis, infection, and/or granulation tissue?
- How would you assist with the following diagnostic procedures, while assuring appropriate use of equipment and supplies?
  - cultures
  - biopsies
- What procedures would you follow for prevention of ulcers? How would you provide nursing care for the client with ulcers, including the following?
  - prophylactic techniques
  - staging
  - choice of therapeutic measures
  - implementation and evaluation of therapeutic measures
  - initiating assistance of a wound specialist
- How would you apply complex wound-care dressings?

## HOSA Competitive Events (High School)

### Health Science Events

- Medical Spelling
- Medical Terminology

### Health Professions Events

- Clinical Nursing

## **Task Number 47**

### **Perform procedures related to the neurosensory system.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- focused assessment of client's neurosensory system
- assistance with diagnostic procedures
- care related to eyes and ears.

#### **Process/Skill Questions**

- What steps would you follow to assess the client's neurosensory system through observation and inspection of neurological checks, including
  - level of consciousness
  - Glasgow Coma Scale
  - symmetry and purpose of movement
  - deep tendon reflexes
  - pupils' reactions to light
  - cranial nerve assessment
  - signs and symptoms of increased intracranial pressure
- How would you assist with the following diagnostic procedures, while assuring the appropriate use of equipment and supplies?
  - lumbar puncture
  - electroencephalogram (EEG)
  - magnetic resonance imaging (MRI)
  - computerized tomography (CT)
  - brain scan
- How would you prioritize your care to provide safety and security for the client with the following neurosensory problems?
  - sedated
  - confused
  - anxious
  - in pain
  - communication problem (e.g., speech, hearing, comprehension)
- What steps would you follow to irrigate an eye? An ear?
- What steps would you follow to care for contact lenses (i.e., remove, clean, store), eyeglasses, and hearing aids?

#### **HOSA Competitive Events (High School)**

##### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 48**

### **Perform procedures related to wound care.**

#### **Definition**

Performance should include

- use of surgical aseptic techniques
- assessment
- sterile field setup
- monitoring
- suture and staple removal
- irrigation
- dressing.

#### **Process/Skill Questions**

- How would you demonstrate surgical aseptic techniques?
- What methods would you select to assess the wound, including location, size, color, drainage, odor, and presence or absence of necrosis, infection, and/or granulation of tissue?
- How would you set up and maintain a sterile field?
- How would you monitor wound drainage systems, including the observation and management of any drainage collected?
- What assessment data would you obtain, and what steps would you take to remove staples and/or sutures?
- How would you demonstrate wound irrigation?
- How would you select the items to use, and how would you apply sterile dressings (e.g., dry, wet-to-damp)?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling

- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
  - Clinical Specialty
- 

## **Task Number 49**

### **Perform procedures related to pain management.**

#### **Definition**

Performance should include

- use of appropriate equipment and supplies
- consideration of theories of pain
- assessment of pain response and effects
- use of relevant pain assessment scale
- use of pain-relief methods
- assessment of pain relief.

#### **Process/Skill Questions**

- How would you explain theories of pain?
- How would you assess the client who is experiencing pain, including location, duration, quality, and intensity?
- How would you differentiate among the physiological, neurological, and emotional mechanisms or the effects of pain on the body?
- How could you implement the following strategies in your plan of care to assist the client in pain?
  - positioning for comfort while maintaining body alignment
  - therapeutic touch
  - back rub
  - relaxation techniques
  - diversion
- What steps would you select to assist/perform with a physician's order the following noninvasive procedures?
  - biofeedback
  - heat/cold applications
  - transcutaneous electrical nerve stimulation (TENS)
- What steps would you follow in the administration of analgesics?
- How would you assess the degree of pain relief experienced by the client?

- How would you maintain and document a patient-controlled analgesia (PCA) pump?
- What steps would you follow in the management of implanted pain devices?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing
  - Clinical Specialty
- 

## **Task Number 50**

### **Identify prevention and appropriate response to situations of bioterrorism and disaster management.**

#### **Definition**

Identification should include

- recognition of unusual events that may indicate a bioterrorism emergency
- description of common biological and chemical agents
- transmission of biological and chemical agents
- signs and symptoms of exposure
- precautions to take during and after an attack
- role of local, state, and federal public health and law enforcement agencies
- emergency preparedness plans of local healthcare facilities
- a nurse's role in an emergency response.

#### **Process/Skill Questions**

- What unusual events may indicate a bioterrorism emergency?
- How can biological agents (e.g., anthrax, botulism, plague, ricin, smallpox, viral hemorrhagic fevers) be described and transmitted?
- How can chemical agents (e.g., mustard gas, cyanide, sarin, BZ) be described and transmitted?
- How can signs and symptoms of exposure to biological and chemical agents be recognized?

- What precautions should be taken during and after a bioterrorism attack?
- What is the role of public health and law enforcement in a bioterrorism emergency? A nurse's role?

## **HOSA Competitive Events (High School)**

### **Teamwork Events**

- HOSA Bowl

## **Task Number 51**

### **Modify a plan of care using the nursing process.**

#### **Definition**

Modification should include

- development of a plan
- who/when to inform
- documentation processes
- selection and prioritization of a nursing diagnosis
- establishment of goals
- use of interventions, orders/actions, evaluation, modification.

#### **Process/Skill Questions**

- How would you develop a plan of care?
- What is an example of a nursing diagnosis as included in the North American Nursing Diagnosis Association (NANDA) list?
- How can nursing diagnoses be prioritized?
- What are established goals in the plan of care?
- What rationales are used for nursing interventions?
- What is the difference between a nursing order and a nursing action?
- In what ways can you evaluate goal achievement?
- How are nursing care plans modified when needed?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

## Health Professions Events

- Clinical Nursing
- 

### Task Number 52

## Apply principles of communication in establishing therapeutic relationships.

### Definition

Application should include

- classroom and clinical situations
- use of interviewing techniques
- establishment of rapport.

### Process/Skill Questions

- What are the benefits of therapeutic relationships with the client, family, and significant others?
- What is the difference between therapeutic and non-therapeutic communication?
- How would you demonstrate techniques of interviewing?
- How would you evaluate (e.g., videotape, role-play, and observation) principles of communication?
- What are the various methods used to establish rapport with the special-needs client?

### HOSA Competitive Events (High School)

#### Health Science Events

- Medical Spelling
- Medical Terminology

#### Health Professions Events

- Clinical Nursing
- 

### Task Number 53

## **Apply principles of conflict resolution with clients and co-workers.**

### **Definition**

Application should include

- exploration of appropriate methods to resolve conflicts
- demonstration of appropriate conflict-resolution methods.

### **Process/Skill Questions**

- What are examples of situations for which conflict resolution is needed?
- What types of skills are needed to resolve conflicts?
- What are the steps in conflict resolution?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Behavioral Health

### **Health Professions Events**

- Clinical Nursing
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## **Task Number 54**

## **Apply the rights of clients.**

### **Definition**

Application should include

- ensuring client advocacy
- adhering to the Patient's Bill of Rights
- ensuring the nurse's understanding of his/her role.

### **Process/Skill Questions**

- What is the importance of adhering to the Patient's Bill of Rights?
- What is your role, as a nurse, in ensuring that the client's rights are protected?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Knowledge Test: Medical Law and Ethics

### **Health Professions Events**

- Clinical Nursing

## **Task Number 55**

### **Demonstrate protection of client rights.**

#### **Definition**

Demonstration should include

- providing privacy and confidentiality
- promoting the client's right to make personal choices
- stating the consequences of Health Insurance Portability and Accountability Act (HIPAA) violation
- professional boundaries, to include the appropriate use of social media and electronic devices.

#### **Process/Skill Questions**

- What resources are available to inform you of the client's rights?
- What steps can you take to provide privacy and confidentiality for the client?
- What are examples of ways you can encourage the client in decision-making?
- What actions should you take if the client's rights are being violated?
- What are the consequences of misuse of social media and/or electronic devices?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Knowledge Test: Medical Law and Ethics

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 56**

### **Promote client's rights to be free from abuse, mistreatment, neglect, and abandonment.**

#### **Definition**

Promotion should include

- following professional methods to protect clients from abuse, mistreatment, and neglect
- reporting any instances of abuse, mistreatment, and neglect to appropriate staff
- documenting reconciliation of abuse, mistreatment, and neglect
- avoiding the need for restraints in accordance with current professional standards.

#### **Process/Skill Questions**

- To whom do you report instances of abuse, mistreatment, and neglect?
- What measures do you take to protect the client from abuse, mistreatment, and neglect?
- Where do you document instances of abuse, mistreatment, and neglect?
- What are some types of abuse, mistreatment, neglect, and abandonment?

#### **HOSA Competitive Events (High School)**

##### **Health Science Events**

- Knowledge Test: Medical Law and Ethics

##### **Health Professions Events**

- Clinical Nursing
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## **Administering Medications**

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### **Task Number 57**

# **Apply the principles of medication administration.**

## **Definition**

Application should include following guidelines for

- agency drug distribution systems
- Patient's Bill of Rights
- drug orders by the appropriate healthcare provider
- rights of medication administration
- safety issues
- methods of administration.

## **Process/Skill Questions**

- What methods are used to distribute drugs in healthcare agencies, including stock and unit dose?
- Which statement in the Patient's Bill of Rights relates to the administration of medication?
- What information must be included in a drug order by a healthcare provider?
- What are the rights of medication administration?
- How would you compare and contrast routes of drug administration in relation to rates of absorption, effectiveness, and safety of each?
- What types of syringes are used for injections?
- What criteria are used to select the correct needle size and length used for injections?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Knowledge Test: Pharmacology

### **Health Professions Events**

- Clinical Nursing

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## **Task Number 58**

# **Administer medications via all routes, as allowed by laws and regulations.**

## **Definition**

Administration should include

- use of unit dose and traditional methods
- interpretation of orders
- various methods of administering/applying.

### **Process/Skill Questions**

- How do you differentiate between unit dose and other traditional methods of medication administration?
- How are medication orders interpreted?
- What are the variations in preparing medications when using a unit dose system?
- What are the steps in preparing for oral administration of medications?
- What are the steps in preparing for parenteral injections?
- What is the purpose for using the Z-track technique?
- What assessment factors are necessary for applying medications via all routes as allowed by laws and regulations (e.g., skin, eyes, nose, ear, mouth, rectal, vaginal)?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Knowledge Test: Pharmacology

#### **Health Professions Events**

- Clinical Nursing

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## **Task Number 59**

### **Explain characteristics of major drug classifications.**

#### **Definition**

Explanation should include

- actions and uses of major drug groups
- adverse reactions
- interactions
- client education.

### **Process/Skill Questions**

- How does a drug's action relate to its classification and therapeutic use?
- What common side effects and adverse reactions are associated with the major drug groups?
- What are the most common drug interactions?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Knowledge Test: Pharmacology

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 60**

### **Administer intravenous therapy, as authorized by law.**

#### **Definition**

Administration should include

- use of appropriate equipment and supplies
- consideration of legal aspects of therapy
- consideration of various types of solutions
- client preparation
- infusion rate
- consideration of possible complications
- client assessment
- sequencing of nursing actions
- proper techniques
- client education.

#### **Process/Skill Questions**

- What legal implications concerning intravenous therapy are relevant for a nurse in Virginia?
- What is the rationale for use of the common types of IV fluids?
- How is the client prepared for IV therapy?
- How do you calculate IV flow rate for a gravity flow infusion? For an electronically monitored infusion?
- What nursing actions are necessary to monitor a blood transfusion?

- How do you maintain asepsis during IV therapy?
- What steps would you follow when initiating IV infusion at selected sites?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Math
- Knowledge Test: Pharmacology

### **Health Professions Events**

- Clinical Nursing

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# **Applying the Nursing Process to the Adult Client**

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## **Task Number 61**

### **Apply the nursing process for a client with a disorder of the muscular and skeletal systems.**

#### **Definition**

Application should include

- identification of the prevention of related disorders
- interdisciplinary collaboration
- identification of hazards of immobility
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- procedures to maintain physical comfort
- care related to various orthopedic devices
- nursing management of selected disorders
- diagnoses, plan of care, pre- and post-operative care
- pharmacological management and dietary plan
- education of patient/client in terms of safe use of assistive devices.

## Process/Skill Questions

- How do exercise, weight control, and body mechanics relate to the prevention of muscular system and skeletal system disorders?
- What are the hazards of immobility and the psychosocial effect related to each of the following systems?
  - circulatory
  - respiratory
  - gastrointestinal
  - integumentary
  - urinary
  - muscular
  - skeletal
- What are the steps in the nursing assessment of the muscular and skeletal systems, including the neurovascular assessment?
- What is the purpose and nursing management of each of the following diagnostic tests?
  - bone scan
  - wound culture
  - CT scan
  - urine studies
  - arthroscopy
  - myelogram
  - radiologic studies
  - arthrocentesis
  - MRI
  - blood studies (e.g., uric acid, calcium, phosphorus, rheumatoid factor, ANA)
  - bone/muscle biopsies
  - gallium/thallium scans
- How might you demonstrate procedures related to the operation of pressure-relieving beds/mattresses and air pillows?
- What is the importance of nursing care as it relates to cast care, decubiti prevention, active/passive range of motion, and use of orthopedic devices?
- What are the pathophysiology, clinical manifestations, nursing management, and treatment modalities of disorders such as congenital deformities, traumatic injuries (e.g., fractures, dislocations, sprains, contusions, whiplash), low back pain, osteoporosis, carpal tunnel syndrome, inflammatory disorders (e.g., rheumatoid arthritis, osteoarthritis, gout, ankyloses, spondylitis, lupus erythematosus), and neoplasms of the muscles/bones?
- What are some nursing diagnoses related to the client with muscular and skeletal systems disorders?
- What are the pre- and post-operative nursing care steps for the client experiencing surgical procedures, such as amputation, total joint replacement, arthroplasty, open reduction with internal/external fixation, and bunionectomy?
- How important is the integration of the following in the pharmacological management of the client:
  - Anti-inflammatory drugs (NSAIDS and corticosteroids)
  - Gold salts

- Muscle relaxants
- Antihyperuricemic drugs
- Opioids and non-opioids
- Salicylates and non-salicylates
- Antibiotics
- Cytotoxic drugs
- What is the importance of incorporating dietary principles into the care of the client?
- What steps are needed to educate the client to use assistive devices, such as walkers, crutches, and canes; to perform passive/active exercises; and to determine ways to prevent falls?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing

## **Task Number 62**

### **Apply the nursing process for a client with a disorder of the cardiovascular system.**

#### **Definition**

Application should include

- identification of factors in the prevention of circulatory system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- procedures related to antiembolic stockings and other devices
- use of nursing management of selected disorders
- diagnoses and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

#### **Process/Skill Questions**

- How do exercise, weight control, and body mechanics relate to the prevention of circulatory system disorders?
- What are the steps included in the nursing assessment of the circulatory system?
- How would you explain the purpose and nursing management of the following diagnostic tests: echocardiogram, radiographic studies (e.g., CT, MRI, cardiac catheterization and coronary angiography, blood studies (e.g., electrolytes, cholesterol, triglycerides, creatinine, serum enzymes and isoenzymes, coagulation studies, arterial blood gases), electrocardiogram, stress testing, electrophysiologic studies, ultrasound Doppler flow studies, arteriogram, interpretation of and intervention for cardiac rhythms, and venogram?
- How might you demonstrate procedures related to the application of thrombo-embolism deterrents (TEDs) and other antithrombotic devices?
- What is the importance of nursing care related to blood pressure, pulses, cardiopulmonary resuscitation (CPR), auscultation of heart sounds, use of doppler, and the assistance with oxygen-delivery equipment?
- How might you explain the pathophysiology, clinical manifestations, nursing management, and treatment modalities of disorders such as cardiac arrhythmias, valvular disorders of the heart, congestive heart failure, hypertension, occlusive disorders (e.g., coronary artery disease, angina pectoris, myocardial infarction, Raynaud's disease, embolism, thrombosis, phlebothrombosis, arterial occlusive disease), aneurysm, Buerger's disease, varicose veins, and infectious/inflammatory disorders?
- What are some nursing diagnoses related to the client with a cardiovascular system disorder?
- How would you develop the plan of care to meet the biological, psychological, social, and cultural needs of the client?
- What are the pre- and post-operative nursing care of the client experiencing surgical procedures such as valvuloplasty and valve replacement, coronary artery bypass, commissurotomy, aortic aneurysm repair, embolectomy, vein ligation, insertion of pacemaker, and heart transplant?
- How would you explain the integration of the following pharmacological agents in the nursing management of the client?
  - cardiotonics
  - antiarrhythmics
  - antihypertensives
  - calcium channel blockers
  - nitrates
  - anticoagulants
  - beta blockers
  - vasodilators
  - thrombolytic agents
  - diuretics
- What is the importance of incorporating dietary principles such as low-sodium diet, low-fat diet, and low-cholesterol diet in the care of the client?
- What are some educational guidelines for dealing with the adult client with disorders of the circulatory system?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 63**

### **Apply the nursing process for a client with a disorder of the respiratory system.**

#### **Definition**

Application should include

- identification of factors in the prevention of respiratory system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- procedures with related equipment
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnoses and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

#### **Process/Skill Questions**

- What are the factors related to the prevention of disorders of the respiratory system, such as cessation of smoking and health teaching?
- What are some of the steps included in the nursing assessment of respiratory system disorders?
- How would you explain the purpose and nursing management of the following diagnostic tests: lung perfusion scan, radiologic studies (e.g., chest X-rays, fluoroscopy, pulmonary angiogram), arterial blood gasses, biopsy, thoracic CT, and pulse oximetry?
- How would you describe the procedures related to ventilators and use of oxygen-delivery systems?

- How would you demonstrate skills related to CPR, sputum collections, suctioning, tracheostomy care, intradermal injections, and chest physical therapy?
- How would you describe the pathophysiology, clinical manifestations, nursing management, and treatment modalities of the following disorders?
  - nasal polyps
  - epistaxis
  - chronic obstructive pulmonary disease (COPD)
  - pneumothorax
  - pulmonary embolus
  - atelectasis
- inflammatory/infectious disorders (e.g., tonsillitis, peritonsillar abscess, pharyngitis, bronchiectasis, pneumonia, influenza, pulmonary tuberculosis)
- What are some nursing diagnoses related to the client with respiratory system disorders?
- How would you develop a plan of care to meet the biological, psychological, social, and cultural needs of the client?
- What nursing care is necessary for the pre- and post-operative client experiencing surgical procedures such as tracheostomy, tonsillectomy, laryngectomy, and pneumonectomy?
- How would you explain the integration of the following pharmacological agents in the nursing management of the client?
  - antihistamines
  - expectorants
  - corticosteroids
  - antitussives
  - bronchodilators
  - antituberculosis drugs
- What dietary principles are incorporated in the care of the client, including tube feedings?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing

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## **Task Number 64**

# Apply the nursing process for a client with a disorder of the gastrointestinal system.

## Definition

Application should include

- identification of factors in the prevention of gastrointestinal system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- procedures with related equipment
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnoses and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

## Process/Skill Questions

- How can you explain the purpose and nursing management of the following diagnostic tests: endoscopy, barium enema, ultrasonography, nuclear imaging, gastric analysis, and paracentesis?
- How would you demonstrate procedures related to nasogastric (NG) tubes, collection of specimens, auscultation of bowel sounds, testing for occult blood, and administration of enteral feedings?
- What are the procedures related to ileostomy/colostomy care?
- What are the pathophysiology, clinical manifestations, nursing management, and treatment modalities of selected disorders such as obesity, malnutrition, periodontal disorders, hiatal hernia, esophageal varices, peptic ulcer disease, cirrhosis of the liver, and inflammatory/infectious disorders (e.g., stomatitis, Crohn's disease, appendicitis, peritonitis, diverticulitis, and hepatitis A, B, C, and D)?
- What nursing diagnoses are related to the client with disorders of the gastrointestinal system?
- What are the pre- and post-operative nursing care of the client experiencing surgical procedures such as esophagectomy, colostomy, appendectomy, duodenostomy, pyloroplasty, ileostomy, hemorrhoidectomy, and bariatric surgery?
- What pharmacological agents are often associated with gastrointestinal system procedures? How would you integrate these agents into nursing management plans, including antacids; laxatives, cathartics, and stool softeners; digestants; antidiarrheal agents; emetics and antiemetics; and anticholinergics?
- How would you incorporate dietary principles, such as soft, high-fiber, low-residue, and bland diets, in the care of the client?
- How would you implement a plan of care to meet the biological, psychological, social, and cultural needs of the client?
- What educational guidelines would you provide for the client?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 65**

### **Apply the nursing process for a client with a disorder of the endocrine system.**

#### **Definition**

Application should include

- identification of factors in the prevention of endocrine system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- procedures with related equipment
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnoses and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

#### **Process/Skill Questions**

- What factors are related to the prevention of disorders of the endocrine system?
- What are the steps included in the nursing assessment of endocrine system disorders?
- What is the purpose of and nursing management for the following diagnostic tests:
  - Blood chemistry
  - Urine testing
  - Radionuclide studies
  - Thyroid scan
  - Biopsy
  - Radiography

- How can you demonstrate the procedures related to Trousseau's sign and Chvostek's sign?
- What skills are required for blood glucose monitoring, subcutaneous injections, and testing urine for glucose and acetone?
- How would you explain the pathophysiology, clinical manifestations, nursing management, and treatment modalities of disorders such as endemic goiter, hypothyroidism, hyperthyroidism, acromegaly, diabetes mellitus, diabetes insipidus, Cushing's syndrome, and Addison's disease?
- What are some nursing diagnoses related to the client with an endocrine disorder?
- How would you develop a plan of care to meet the biological, psychological, social, and cultural needs of the client?
- How would you explain the pre- and post-operative nursing care of the client experiencing surgical procedures such as thyroidectomy, adrenalectomy, and hypophysectomy?
- What role do pharmacological agents such as corticosteroids, glucagons, antithyroid drugs, and oral hypoglycemic drugs play in the nursing management of clients?
- What educational guidelines would you provide for the client?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing

## **Task Number 66**

### **Apply the nursing process for a client with a disorder of the reproductive system.**

#### **Definition**

Application should include

- identification of factors in the prevention of reproductive system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- use of skills involved with various related procedures

- use of nursing management of selected disorders
- diagnosis and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

### **Process/Skill Questions**

- What practices are related to the prevention of disorders of the reproductive system?
- How would you describe, use, and assess the client with a reproductive system disorder, including assisting with specimen collection and reporting abnormal findings?
- How would you explain the nursing management of the client who is to undergo selected diagnostic testing related to male or female reproductive system disorders, including assisting with specimen collection and reporting abnormal findings?
- What are some nursing diagnoses related to reproductive system disorders?
- What steps would you take to implement and modify (as clinical experiences allow) a nursing plan of care to meet the biological, psychological, social, and cultural needs of the client?
- How would you apply principles of nutrition in the care of the client with a reproductive system disorder?
- What are examples of and treatments for sexually-transmitted infections (STIs)?
- How would you explain the pathophysiology, clinical manifestations, nursing management, and treatment modalities of disorders such as cancers (male and female), STIs, infectious disorders, erectile dysfunction, menstrual disorders.
- What roles do pharmacological agents play in the nursing management of clients (e.g. fertility drugs, hormone replacements, contraceptives)?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

#### **Health Professions Events**

- Clinical Nursing

## **Task Number 67**

**Apply the nursing process for a client with a disorder of the urinary system.**

## Definition

Application should include

- identification of factors in the prevention of urinary system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnosis and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

## Process/Skill Questions

- What practices are related to the prevention of urinary system disorders?
- How would you describe, use, and apply nursing assessment skills in the care of the client who has a urinary system disorder, including assisting with specimen collection and reporting abnormal findings?
- How would you explain the nursing management of the client who is to undergo selected diagnostic tests and/or procedures related to the urinary system, including assisting with client preparation?
- What are some nursing diagnoses related to the urinary system disorders?
- What steps would you take to develop, implement, and evaluate (as clinical experience allows) a nursing plan of care to meet the needs of the client?
- How would you explain the pathophysiology, clinical manifestations, nursing management and treatment modalities related to urinary system disorders, such as renal calculi, urinary tract infections, renal failure, and benign prostatic hyperplasia?
- How would you explain the use of select pharmacologic agents in the care of the client with a urinary system disorder (e.g., analgesics, antibiotics, antispasmodics, electrolytes, diuretics)?
- How would you incorporate principles of good nutrition as they relate to the client with a urinary disorder, including client education regarding special or modified diets?
- How would you apply teaching and learning principles in client education in regard to the care of the urinary system?

## HOSA Competitive Events (High School)

### Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### Health Professions Events

- Clinical Nursing
- 

## **Task Number 68**

### **Apply the nursing process for a client with a disorder of the integumentary system.**

#### **Definition**

Application should include

- identification of factors in the prevention of integumentary system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnosis and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

#### **Process/Skill Questions**

- What factors are related to the prevention of disorders of the integumentary system, such as protection from the sun and frequent self-examination of the skin?
- How would you describe the steps included in the nursing assessment of the client?
- What is the purpose of and the nursing management for selected diagnostic tests, such as culture and sensitivity tests, curettages, allergy tests, and biopsies?
- How would you provide decubitus care? Apply wet and dry dressings?
- How would you explain the pathophysiology, clinical manifestations, nursing management, and treatment modalities of disorders such as pruritus, burns, fungal infections (e.g., exfoliative, contact, psoriasis, eczema), infestations, sebaceous cysts, and viral infections (e.g., herpes simplex, herpes zoster)?
- What nursing diagnoses are related to the client with an integumentary system disorder?
- How would you develop a plan of care to meet the biological, psychological, social, and cultural needs of the client?
- How would you explain the integration of the following pharmacological agents in the management of the client?
  - antibiotics
  - antifungal agents
  - anti-inflammatory agents
  - analgesics
  - debriding agents
  - local anesthetics

- How would you incorporate dietary principles in the care of the client?
- What educational guidelines would you provide for the client?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 69**

### **Apply the nursing process for a client with a disorder of the nervous system.**

#### **Definition**

Application should include

- identification of factors in the prevention of nervous system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- management and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

#### **Process/Skill Questions**

- What are the factors related to the prevention of nervous system disorders such as use of safety equipment, genetic counseling, reduction of modifiable risk factors that lead to vascular disease, and prenatal care?
- How would you describe the steps included in the nursing assessment, such as evaluation of the level of consciousness, orientation, speech patterns, pupils, and vital signs?

- What is the purpose of and the nursing management for selected diagnostic tests, such as neurological examinations, computerized tomography, radiology, myelogram, lumbar puncture, and electroencephalopathy?
- What are some nursing diagnoses related to the client with a disorder of the nervous system?
- How would you develop a plan of care to meet the biological, psychological, social, and cultural needs of the client?
- How would you integrate the following pharmacological agents in the management of the client?
  - anticonvulsants
  - antipsychotics
  - cerebral stimulants, tranquilizers, cytotoxic drugs, sedatives, and hypnotics
  - analgesics
  - osmotic diuretics
  - narcotic antagonists
  - narcotic and non-narcotic
- How would you incorporate dietary principles, such as dysphagia diet, adequate hydration, and protein supplements, in the care of the client?
- What educational guidelines would you provide that are related to bowel training; exercises; sexual function; use of walkers, canes, wheelchairs, and crutches; and monitoring of drug administration?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing

## **Task Number 70**

### **Apply the nursing process for a client with a disorder of the neurosensory system.**

#### **Definition**

Application should include

- identification of factors in the prevention of neurosensory system disorders
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnosis and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

### **Process/Skill Questions**

- What are the factors relating to the prevention of neurosensory system disorders, such as use of protective eye and ear equipment?
- What are the steps in the nursing assessment of the client with a neurosensory system disorder?
- How would you explain the purpose and nursing management of diagnostic tests such as ophthalmoscopy, radioactive uptake, tonometry, and audiometry?
- How would you explain the pathophysiology, clinical manifestations, nursing management, and treatment modalities for disorders such as eye injuries, infectious and inflammatory disorders of the eye (e.g., conjunctivitis, stye, uveitis), detached retina, cataracts, infectious and inflammatory disorders of the ear (e.g., acute otitis media), otosclerosis, and Meniere's disease?
- What are some nursing diagnoses related to the client with disorders of the neurosensory system?
- How would you develop a plan of care to meet the biological, psychological, social, and cultural needs of the client?
- How would you integrate the following pharmacological agents in the nursing management of the client: mydriatics, antihistamines, antiemetics, and antibiotics?
- What are the dietary principles in the care of the client?
- What are the educational guidelines for the client?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

#### **Health Professions Events**

- Clinical Nursing

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## **Task Number 71**

# Apply the nursing process for a client with a disorder of the hematologic or lymphatic system.

## Definition

Application should include

- identification of factors in the prevention of disorders of the hematologic and lymphatic systems
- description of steps in nursing assessment
- nursing management in various diagnostic tests
- use of skills involved with various related procedures
- use of nursing management of selected disorders
- diagnosis and plan of care
- pharmacological management and dietary plan
- provision of educational guidelines.

## Process/Skill Questions

- What are the factors related to the prevention of hematologic and lymphatic system disorders, such as reduction of environmental exposure to radiation and hazardous chemicals, genetic counseling, and adequate diet?
- What are the steps in the nursing assessment of the client with a hematologic and lymphatic system disorder?
- What is the purpose of and the nursing management for selected diagnostic tests, such as radiography, bone scan, lymphography, bone marrow aspiration, blood typing and cross matching, blood gas analysis, and blood tests (e.g., complete blood count [CBC], white blood cell count [WBC], differential sedimentation rate, Bence-Jones protein, Schilling test)?
- How would you explain the pathophysiology, clinical manifestations, nursing management, and treatment modalities for selected disorders such as red blood cell disorders (e.g., hemolytic anemia, iron deficiency anemia, sickle cell anemia, pernicious anemia, aplastic anemia, polycythemia vera), white blood cell disorders (e.g., agranulocytosis, hemophilia, acute and chronic leukemia), infectious mononucleosis, multiple myeloma, and lymphatic system disorders (e.g., Hodgkin's disease, non-Hodgkin's lymphoma)?
- What are some nursing diagnoses related to the client with a hematologic and lymphatic system disorder?
- How would you develop a plan of care to meet the biological, psychological, social, and cultural needs of the client with a hematologic or lymphatic disorder?
- How would you integrate the following pharmacological agents in the management of the client?
  - blood products
  - immunotherapeutic drugs
  - folic acid

- analgesics
- iron preparations
- antineoplastic drugs
- vitamin B12
- erythropoietin
- How would you incorporate dietary principles, such as bland diet, high-protein diet, and dietary supplements, in the care of the client?
- What educational guidelines, such as stress management, diet instructions, genetic counseling, and measures to prevent injury or hemorrhage, can you provide for the client?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Pathophysiology

### **Health Professions Events**

- Clinical Nursing

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# **Examining the Nursing Process for the Geriatric Client**

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## **Task Number 72**

**Identify current psychosocial and cultural issues and concerns of the older adult, including client-centered care.**

### **Definition**

Identification should include

- demographic trends
- perceptions, values, myths, and facts about older people
- changes, such as development, livelihood, housing, independence, losses
- client's view of his/her healthcare delivery.

## Process/Skill Questions

- What are the demographic trends related to the older adult in the United States (e.g., population distribution, longevity, economic factors), and how might they impact care?
- What are examples of personal perceptions and values pertaining to the older population?
- What are some myths about older people and examples of those who have dispelled them?
- What are some developmental tasks of the older adult that undergo transitions?
- What is the impact of aging on family dynamics and interactions?
- How might changes such as income, housing, transportation, and health affect the older adult?
- In what ways might losses experienced by the older adult, such as good health, the death of friends and/or spouse, financial security, and profession affect them? What gains are associated with aging?
- What is the outcome of client-centered care as opposed to healthcare provider-centered care?

## HOSA Competitive Events (High School)

### Health Science Events

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Pathophysiology

### Health Professions Events

- Clinical Nursing

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## Task Number 73

### Identify community resources and services available to the geriatric client.

#### Definition

Identification should include

- government policies
- community resources and services
- care and rehabilitation resources

- national groups
- rights, legal, and ethical considerations.

### **Process/Skill Questions**

- How do government policies, such as the Social Security Act, Medicare, Medicaid, and Omnibus Budget Reconciliation Act (OBRA), affect older adults?
- In what ways do local community resources and services, such as older citizen groups, Alzheimer's support groups, local mental health centers, long-term care facilities, and lifetime senior citizen centers, serve the geriatric client?
- What rehabilitation resources and interventions are specific to the aging client?
- What are the rights of geriatric clients, such as advanced directives, grievance, and regulations?
- What do national groups, such as the American Association of Retired Persons (AARP), the Federal Administration on Aging, and the Gray Panthers, offer the geriatric client?
- What are the legal and ethical considerations regarding the older adult, such as negligence, euthanasia, and elder abuse?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Knowledge Test: Medical Law and Ethics

#### **Health Professions Events**

- Clinical Nursing

#### **Teamwork Events**

- HOSA Bowl

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## **Task Number 74**

### **Demonstrate procedures relevant to the geriatric client.**

#### **Definition**

Demonstration should include procedures related to

- biological, psychological, sociological, and developmental theories
- body systems
- sleeping and eating patterns

- nurse's role in client care and intervention.

### **Process/Skill Questions**

- How would you correlate biological, psychological, sociological, and developmental theories of aging to clinical practice?
- How would the age-related changes in each of the following body systems be described?
  - cardiovascular
  - respiratory
  - musculoskeletal
  - integumentary
  - gastrointestinal
  - genitourinary
  - neurological
  - endocrine
  - reproductive
  - special senses
- What changes in sleep and eating patterns generally occur in the geriatric client?
- How would you determine the interventions to meet the physical and psychological needs resulting from age-related changes in the geriatric client?
- What specific communication techniques are required to interact effectively with the geriatric client?
- In what ways can you promote health and help prevent disease in older adults?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

#### **Health Professions Events**

- Clinical Nursing

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## **Task Number 75**

### **Describe the common pathological changes of aging.**

#### **Definition**

Description should include

- health problems related to body systems
- acute illnesses and health emergencies
- safety precautions.

### **Process/Skill Questions**

- What health-promotion measures are commonly used with geriatric clients who have chronic-body-system related health problems, such as arthritis, glaucoma, Alzheimer's, and organic brain syndrome?
- How would you describe the incidence of, assessment of, nursing interventions for, and prevention of common acute illnesses and health emergencies experienced by the geriatric client?
- What are specific safety precautions to apply to the aging client?
- What is the differentiation between delirium and dementia?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

#### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 76**

### **Describe significant factors related to medication use in the geriatric client.**

#### **Definition**

Description should include

- changes of aging related to the administration of medication
- risks and complications related to medication
- techniques in administering drugs
- client's ability to follow medication instructions.

### **Process/Skill Questions**

- What are the physiological, psychological, and sensory changes of aging that affect pharmacotherapeutics in the older adult?
- What are the risks of over-the-counter drugs and polypharmacology in the older adult?
- What are the signs and symptoms of common complications of drug therapy in the geriatric client?
- What are techniques, skills, procedures, and nursing interventions associated with drug administration, such as the rights, injections, teaching self-administration, and documentation?
- How can you assess the client's ability to understand and follow medication prescriptions?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Pharmacology

### **Health Professions Events**

- Clinical Nursing

## **Task Number 77**

### **Describe significant factors related to hydration and the nutritional needs of the geriatric client.**

#### **Definition**

Description should include

- client's physical and neurological status
- current lab results
- plan for and maintenance of adequate nutrition.

#### **Process/Skill Questions**

- How can the geriatric client be assessed for signs of dehydration?
- What lab tests indicate dehydration or malnutrition?
- What factors may cause dehydration or malnutrition in the geriatric client?

- How are caloric needs be calculated, taking into consideration activity level and disease process?
- How do you assess for aspiration?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Nutrition

### **Health Professions Events**

- Clinical Nursing

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## **Task Number 78**

### **Perform skills and procedures related to the care of the geriatric client.**

#### **Definition**

Performance should include

- procedures related to a client's personal belongings
- assistance with daily activities
- prevention of complications
- full assessment
- procedures related to elimination
- monitoring of vital signs
- procedure related to a geriatric client
- assessment of fluids and electrolyte imbalances
- techniques of client self-care
- promotion of safe environment.

See also “Curriculum: B.7.c” (Virginia Administrative Code): [18VAC90-20-120. \(Repealed.\)](#)

#### **Process/Skill Questions**

- What are the procedures related to the care of the client's personal belongings, including eyeglasses, hearing aids, clothing, dentures, money, and jewelry? How might they differ from a client of any other age group?
- What are considerations for assisting the geriatric client with activities of daily living, such as hygiene, nutrition, grooming, and dressing?
- What are examples of nursing interventions to prevent complications from immobility, such as decubiti, pneumonia, and contractions?
- How would you assess the geriatric client for changes in fluid and electrolyte imbalance?
- What are the appropriate nursing skills and procedures to assist the geriatric client with effective gas exchange, such as use of oxygen equipment; positioning; pulse oximetry; turn, cough, deep breathe, and suctioning (TCDB)?
- How can you assist the geriatric client to maintain a safe environment?
- What are special considerations needed when assessing a geriatric client/patient?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing

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# **Examining the Nursing Process for the Maternal and Newborn Client**

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## **Task Number 79**

**Describe the normal course of pregnancy and the purpose of prenatal care.**

### **Definition**

Description should include

- signs of pregnancy
- how body systems are affected

- prenatal care
- assessment of a client
- trends/issues/events
- diagnostic tests
- means to relieve normal discomforts
- risks and complications
- breastfeeding
- client education
- cultural considerations.

See also [“The Use of Simulation in Nursing Education”](#) (Virginia Board of Nursing):

### **Process/Skill Questions**

- What are the presumptive, probable, and positive signs of pregnancy?
- How does pregnancy affect each body system?
- What is the importance of prenatal care in achieving a healthy outcome for mother and baby (e.g., nutrition risk factors)?
- What is the purpose of the following laboratory tests in the initial and ongoing assessment of the prenatal client?
  - urinalysis
  - H&H
  - rubella
  - glucose tolerance test (GTT)
  - Group B streptococcus (GBS)
  - human immunodeficiency virus (HIV)
  - Venereal Disease Research Laboratory (VDRL) test
  - blood type
  - Rhesus (Rh) factor
  - pap smear
  - hepatitis B
  - alpha-fetoprotein (AFP) at 14 to 16 weeks
- What are the trends/issues/events in obstetrical nursing, including theories and methods of preparation for childbirth?
- What are the purposes, client preparation, interpretation, and post-test care of common prenatal medical diagnostic tests, such as amniocentesis, ultrasonography, nonstress test (NST), and contraction stress test (CST)?
- What effect do the following have on pregnancy?
  - alcohol
  - smoking
  - employment
  - medication
  - rest activity
  - drugs
  - personal hygiene
  - sexual relations

- nutrition
- clothing
- travel
- What are some preventive measures and nursing interventions for normal discomforts of pregnancy?
- What are the risk factors for, symptoms of, preventions for, and treatments of pregnancy, such as PIH, placenta previa, ectopic pregnancy, diabetes, hydatidiform mole, hyperemesis gravidarum, and spontaneous abortion?
- What are the advantages and disadvantages of breast feeding vs. bottle feeding?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Transcultural Health Care

### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

## **Task Number 80**

### **Identify fetal, maternal, and newborn complications that may occur during pregnancy.**

#### **Definition**

Identification should include

- complications that may affect outcome of pregnancy and newborn
- leading causes of maternal mortality
- causes of hemorrhage
- types of abortions
- preexisting disease
- sexually transmitted diseases
- preterm labor.

#### **Process/Skill Questions**

- What are the symptoms, preventive measures, nursing interventions, and treatments of complications of pregnancy?
- How might each complication (e.g., diabetes) affect the outcome of pregnancy and the newborn?
- What are the leading causes of maternal mortality?
- What are causes of hemorrhage during pregnancy?
- What are the main types of abortions?
- What impact does the Rh factor have on the outcome of pregnancy and the newborn?
- What is involved in the prevention and treatment of Rh incompatibility?
- What are the risk factors of, symptoms of, and therapeutic interventions for pregnancy-induced hypertension (PIH)?
- How would the three types of placenta previa/placenta abruptio, including the symptoms and nursing management be described?
- What impact does pre-existing disease, such as cardiac disease, have on pregnancy?
- What dangers to the fetus and newborn are posed by sexually transmitted diseases?
- What are the symptoms of preterm labor and the medical management of preterm labor?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing

## **Task Number 81**

### **Describe fetal development.**

#### **Definition**

Description should include

- monthly development of a fetus
- development of chorion and amnion
- risk factors at each stage
- methods to assess fetal well-being.

#### **Process/Skill Questions**

- What is one key event of fetal development that occurs in each lunar month?
- How do the chorion and amnion develop?
- What are the four functions of the amniotic fluid and abnormalities of the amniotic fluid?
- What are the four functions of the placenta and abnormalities of the placenta?
- What are the physiological and environmental risk factors at each stage of fetal development?
- What are the various techniques used to assess fetal well-being, such as amniocentesis, ultrasound, and stress-nonstress testing?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing

## **Task Number 82**

### **Describe fetal presentation and positions.**

#### **Definition**

Description should include

- presentation, position, station
- the seven cardinal movements.

#### **Process/Skill Questions**

- How would the birth process be explained in terms of presentation, position, and station?
- How would fetal monitoring, including advantages and disadvantages and internal vs. external be described?
- What are the indications for the use of forceps?
- What are the most common indications for cesarean section?
- What is the treatment for complications of fetal presentation and position?
- What are the methods used for evaluating fetal condition during pregnancy?
- What are the seven cardinal movements associated with the mechanics of labor?
- What methods could be used with abnormal presentation?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 83**

### **Monitor the signs and stages of labor.**

#### **Definition**

Monitoring should include identifying and/or describing

- the four stages of labor
- internal versus external methods of assessment
- methods of inducing labor
- treatments for complications of labor
- use of assistive devices
- causes for cesarean section.

#### **Process/Skill Questions**

- How would you describe the four stages of labor?
- How would you describe and compare internal vs. external methods of assessing the frequency, duration, and intensity of uterine contractions?
- What pharmacological management of pain is available for the laboring client?
- What are the types and purposes of episiotomies?
- What are the degrees of lacerations?
- What are three methods of inducing labor, including nursing assessment and management of the client?
- What are the treatments for the following complications of labor: uterine dystocia, supine hypotension, hemorrhage, ruptured uterus, multiple pregnancies, prolapsed cord, and cephalopelvic disproportion?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

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## **Task Number 84**

### **Describe the physiological and emotional changes during the postnatal period.**

#### **Definition**

Description should include

- assessments during postnatal period
- body changes
- three types of lochia
- principles of nursing care during postnatal period.

#### **Process/Skill Questions**

- What are the nursing assessments during the first postnatal hour?
- What are the normal body changes that occur during the postnatal period?
- How would the three types of lochia be described? What is the duration of each?
- How do colostrum and breast milk differ? What is the importance of ensuring that the new mother understands the implications of this distinction in terms of nursing?
- What are the psychological, social, and cultural considerations when caring for the postnatal client?
- What are the principles of nursing care during the postnatal period, including nutrition, bathing, perineal care, breast care, pain relief, bowel/bladder care, ambulation, rest, and prevention of infection?
- What would be included in discharge teaching for the postnatal client, including the six danger signs?

### **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 85**

**Describe common problems that occur in the postnatal client, including symptoms, treatment, and prevention.**

### **Definition**

Description should include

- causes and prevention measures for various physical problems
- fetal demise
- methods of contraception following childbirth
- difference between postnatal psychosis, depression, and the postpartum “blues”
- client education.

### **Process/Skill Questions**

- What are the three major causative factors and prevention measures for postpartum hemorrhage?
- What are the methods of prevention, nursing assessment, and interventions for the five types of puerperal infections?
- How would you describe the following postnatal complications, including assessment and intervention: mastitis, cystitis, and pulmonary embolism?
- What is postnatal psychosis, and how does it differ from the “blues”? How does it differ from depression?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 86**

### **Describe care of the newborn.**

#### **Definition**

Description should include

- characteristics of a normal newborn
- procedures performed immediately after birth, including diagnostic laboratory tests
- newborn safety
- respiration, infection control, temperature regulation
- normal reflexes
- complications
- care plan
- nutrition
- elimination
- immunizations
- prophylactic administration
- client education.

#### **Process/Skill Questions**

- What are the characteristics of the normal newborn?
- How is the newborn evaluated using the Apgar scoring system?
- What is involved in the following procedures that are performed immediately after birth: airway clearing, cord clamping, assessment, identification, and prevention of cold stress?
- How would respirations be initiated chemically and mechanically?
- What are two nursing interventions for preventing aspiration in the newborn?
- What are the five areas of assessment of the newborn upon admission to the nursery?
- What are the infection control and safety routines of the healthcare provider?
- How would the temperature-regulating mechanism of the newborn be described?
- What are the eight reflexes normally present in the newborn?
- What criteria are involved in a gestational age assessment from birth to one month?
- What role does the presence of excess red blood cells play in physiologic jaundice?
- How would you develop a care plan for the normal newborn, including weighing, measuring, cord care, positioning, bathing, hours of sleep, parent-infant interaction, care

of circumcision, feeding, diapering, emotional support, and signs and symptoms of illness?

- How would aspects of nutrition, including stomach capacity, sucking, caloric needs, weight loss, and vomiting be described?
- What are the characteristics of food substances that are easily digestible, such as breast milk and formula?
- What is involved in normal elimination, including time frame and assessment?
- What is the importance of vitamin K administration and eye prophylaxis for all newborns?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

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## **Task Number 87**

### **Differentiate between the appearance of a normal newborn and a preterm newborn.**

#### **Definition**

Differentiation should include

- understanding the systems of the normal newborn and the preterm newborn
- special care needs of the preterm infant
- common conditions related to preterm infants.

#### **Process/Skill Questions**

- What are the differences between the systems of the normal newborn and the preterm newborn?
- How is the Ballard Score used to assess gestational age?
- What are the steps in the nursing process to care for the preterm infant?

- What are the factors that contribute to prematurity, including diabetes, multiple births, malnutrition, and genetic factors?
- How would you describe conditions related to prematurity, such as infant respiratory distress syndrome (RDS), atelectasis, apnea, sepsis, retinopathy, and jaundice?
- How would you develop a plan of care for the preterm infant that includes phototherapy, thermoregulation, nutrition, positioning, and skin care?
- What psychological, social, and cultural factors relate to parenting the preterm infant?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing

## **Task Number 88**

### **Describe common congenital anomalies.**

#### **Definition**

Description should include

- assessment of and intervention for anomalies
- diagnosis and treatment of errors of metabolism
- Rh incompatibility.

#### **Process/Skill Questions**

- What are the nursing assessments and interventions for specific congenital anomalies?
- How are phenylketonuria (PKU) and other inborn errors of metabolism diagnosed and treated?
- What does Rh incompatibility mean?
- What are the treatment methods of erythroblastosis fetalis?
- How would you care for the newborn with specific congenital anomalies?
- What are the legal and ethical implications related to caring for the at-risk infant?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing

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# **Applying the Nursing Process to the Pediatric Client**

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## **Task Number 89**

### **Identify changing concepts in pediatric health care.**

#### **Definition**

Identification should include

- historical developments
- current/changing concepts and attitudes
- specialized child-care facilities
- agencies and support groups
- programs and laws.

#### **Process/Skill Questions**

- What are some historical developments in providing health care to children?
- How would you describe the changing concepts and attitudes in the care of children?
- What are the names of the healthcare facilities for specialized child care?
- What are the names of agencies and support groups for children with special health needs?
- What programs and laws affect the pediatric client?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing

### **Teamwork Events**

- HOSA Bowl
- 

## **Task Number 90**

### **Perform age-specific procedures related to the pediatric client.**

#### **Definition**

Performance should include

- measurement
- elimination
- hygiene
- restraints and orthopedic devices
- patient/client communications.

#### **Process/Skill Questions**

- How would you obtain measurements including weight, length, girth, head circumference, and vital signs of the pediatric client?
- How would you monitor urine and bowel elimination, including diaper changing and child weighing?
- How would you perform procedures related to hygiene, including bathing techniques for specific age groups?
- What are the names of various restraints, and where are they placed?
- Under what circumstances are orthopedic devices used, including crutches, braces, Pavlik harness, splints, Bryants, Bucks, and balanced suspension skeletal traction?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

#### **Health Professions Events**

- Clinical Nursing
  - Clinical Specialty
- 

## **Task Number 91**

### **Identify pediatric nutritional concepts, principles, and feeding practices.**

#### **Definition**

Identification should include

- current nutritional concepts
- significance of nutritional principles
- age-specific information (e.g., childhood obesity)
- caloric and fluid needs.

#### **Process/Skill Questions**

- What are current nutritional concepts as they relate to the pediatric client?
- How would you explain the significance of nutritional principles?
- What are some age-specific feeding practices and associated parental concerns?
- What are the caloric and fluid requirements of each pediatric age group?
- What are some specific examples of pediatric nutrition, based on clinical observation?
- How would you monitor and record intake?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Nutrition

#### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 92**

### **Describe age-appropriate anticipatory guidance.**

#### **Definition**

Description should include

- related developmental characteristics
- methods of accident prevention
- related exploratory behaviors
- principles of anticipatory guidance
- childhood immunizations.

#### **Process/Skill Questions**

- What developmental characteristics predispose a child to certain accidents?
- What are some methods of preventing specific types of accidents?
- How would you describe exploratory behaviors specific to certain age groups?
- How would you demonstrate positioning and carrying infants?
- What are examples of and preventive measures for the following common risks:
  - sports injuries
  - car seat safety
  - gun safety
  - substance abuse.

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

#### **Health Professions Events**

- Clinical Nursing
-

## **Task Number 93**

**Describe healthy parenting behavior for each age group.**

### **Definition**

Description should include

- parenting styles
- child abuse issues.

### **Process/Skill Questions**

- What are the methods of identifying and reporting child abuse or neglect and failure to thrive?
- How would you identify healthy and unhealthy parenting behaviors observed during selected clinical experiences?
- What are the definitions of different types of child abuse: physical, psychological, and sexual?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Transcultural Health Care

### **Health Professions Events**

- Clinical Nursing

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## **Task Number 94**

**Apply the nursing process in the care of the pediatric client and the family.**

### **Definition**

Application should include

- assessments
- use of diagnostic procedures
- diagnoses
- recognition of common signs and symptoms of diseases and disorders
- preventive measures.

### **Process/Skill Questions**

- How would normal child growth and development be described?
- What are the steps involved in performing an assessment of the pediatric client, including vital signs, measurements, head-to-toe inspection, neurological response, and parental involvement?
- What are some disease conditions specific to various age groups?
- How would pediatric diagnostic tests, such as laboratory tests, lumbar puncture, electroencephalogram, auditory and visual screening tests, and pulse oximeter, be described?
- What are the common signs and symptoms of selected pediatric diseases and disorders, such as rash and fever of chickenpox; shortened leg and limited hip abduction of congenital hip dysplasia; hip pain and limp of Legg-Calve' Perthes disease; simian crease and short, thick neck of Down syndrome; and tachypnea?
- What are the preventive measures for specific diseases and conditions?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

#### **Health Professions Events**

- Clinical Nursing

## **Task Number 95**

**Describe management techniques for common ambulatory health and developmental problems.**

### **Definition**

Description should include

- preventive measures
- chronic disorders
- nursing interventions for developmental disorders
- characteristics of special-needs children.

### **Process/Skill Questions**

- What are some preventive measures appropriate to pediatric clients, such as immunizations, well-baby visits, and client/family education?
- How would chronic disorders (e.g., diabetes, asthma, cancers) requiring long-term follow-up and special nursing interventions on a regular basis be described?
- What are the nursing interventions for children with developmental disorders?
- How would you describe behavioral and developmental characteristics of the following special needs child: Down syndrome, autism, attention-deficit/hyperactivity disorder (ADHD), and mental retardation?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

#### **Health Professions Events**

- Clinical Nursing

## **Task Number 96**

### **Perform procedures of care for the pediatric client.**

#### **Definition**

Performance should include

- diagnostic studies
- nursing interventions
- calculation and administration of medications
- fluid and electrolyte management
- specialized procedures.

### **Process/Skill Questions**

- How would you describe common diagnostic studies and apply your findings to the pediatric client?
- What are some nursing interventions for the pediatric client?
- How would you calculate and administer medications for the pediatric client?
- How would you manage the fluid and electrolytes of the pediatric client?
- How would you explain specialized procedures requiring nursing intervention specific for the pediatric client?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Medical Math
- Knowledge Test: Human Growth and Development
- Knowledge Test: Pharmacology

### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

## **Task Number 97**

### **Describe ways to foster positive adaptation of the child and family to stresses of illness and hospitalization.**

#### **Definition**

Description should include

- responses of the child, based on stage of development
- supervision during hospitalization
- coping strategies based on stage of development
- problems facing the family.

#### **Process/Skill Questions**

- What are the responses of the child to illness and hospitalization, based on stage of development?
- What is the importance of supervised play during hospitalization?

- How would you describe coping strategies of the child according to stages of development?
- What are the problems confronting the family of a hospitalized child?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 98**

### **Describe care associated with the dying child.**

#### **Definition**

Description should include

- consideration of theories related to death/dying
- nursing interventions
- support during the grieving process
- emotional responses of the caregiver
- cultural considerations.

#### **Process/Skill Questions**

- How would you describe the concepts of death and dying at various stages of development and as discussed by various theorists?
- What nursing interventions are appropriate to the family of the dying child?
- How would you incorporate the concepts of the grieving process in nursing interventions for care of the dying child?
- What might be emotional responses of the caregiver of a dying child?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development
- Knowledge Test: Transcultural Health Care

#### **Health Professions Events**

- Clinical Nursing
- Clinical Specialty

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# **Understanding the Nursing Process as Related to the Mental Health Client**

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## **Task Number 99**

### **Describe the history of and current trends in mental health nursing.**

#### **Definition**

Description should include

- historical changes in mental health nursing
- concepts of mental health and mental illness
- settings of care
- role of healthcare team
- identification of resources.

#### **Process/Skill Questions**

- What are the historical changes that have taken place in the care of the mentally ill?
- How would you compare concepts of mental health and mental illness?
- How would you compare the shift, which began in the 1960s, of mental health care from institutional care to community-based center?
- What are the types of settings for the care of the mentally ill?
- What are the roles of the nurse and other members of the healthcare team in the mental health-illness continuum?
- What community, state, and local resources are available for a client with a mental health disorder?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Behavioral Health

### **Health Professions Events**

- Clinical Nursing

### **Teamwork Events**

- HOSA Bowl
- 

## **Task Number 100**

### **Explain the legal and ethical aspects of mental health nursing.**

#### **Definition**

Explanation should include

- differentiation of values, rights, and ethics
- voluntary and involuntary admission
- conditional and unconditional discharge
- federal legislation.

#### **Process/Skill Questions**

- What are the differences among values, rights, and ethics?
- What is the purpose of the mental health client's Bill of Rights?
- What is the legal rationale for the Nurse Practice Acts?
- What considerations are involved in making an ethical decision?
- What is the difference between voluntary and involuntary admission to a mental health/psychiatric hospital?
- How would conditional and unconditional discharge from a mental healthcare setting be compared?
- What federal legislation affects the care of the client with a mental health disorder?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

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

### **Health Professions Events**

- Clinical Nursing

### **Teamwork Events**

- HOSA Bowl
- 

## **Task Number 101**

### **Explain concepts of personality development.**

#### **Definition**

Explanation should include

- interaction of heredity, environment, and nurturing
- theories
- moral development
- levels of consciousness
- structures of personality.

#### **Process/Skill Questions**

- In what ways do heredity, environment, and nurturing interact in personality formation?
- How would you describe stages of personality development by various theorists, including Freud, Erikson, and Piaget?
- What are the tasks to be accomplished at each stage of personality development throughout the life cycle?
- How would you explain the concepts of the levels of consciousness: conscious, subconscious, and unconscious?
- How would you describe the functions of the structures of the personality: id, ego, and super ego?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 102**

### **Apply therapeutic interpersonal communication techniques with the client.**

#### **Definition**

Application should include

- principles of therapeutic nursing intervention
- tasks for each of three therapeutic phases: establishment, development, termination
- therapeutic communication skills.

#### **Process/Skill Questions**

- What are the principles of therapeutic nursing intervention?
- What are the tasks to be accomplished during each of the three phases of a nurse-client therapeutic relationship?
- What are some therapeutic interpersonal communication techniques?
- How would you demonstrate effective therapeutic communication skills?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Human Growth and Development

### **Health Professions Events**

- Clinical Nursing
- 

## **Task Number 103**

### **Describe behavioral responses to stress.**

#### **Definition**

Description should include

- classifications of stress
- adaptive, maladaptive, or psychotic behavior
- general adaptation syndrome
- general systems theory
- methods of stress management for the healthcare worker.

#### **Process/Skill Questions**

- What are the descriptions of mild, moderate, severe, and panic classifications of anxiety?
- What are the three components of the general adaptation syndrome?
- What are adaptive and maladaptive defense mechanisms?
- How would you explain the general systems theory relating to individual and family coping responses?
- What are the characteristics of and nursing interventions related to the following responses to physical or mental illness?
  - anxiety/fear
  - aggression
  - projection
  - ritualistic behavior
  - hopelessness, helplessness, and powerlessness
  - withdrawal
  - depression
  - clinical depression
  - conversion disorders
- What are some methods of stress management for the healthcare worker?
- What stress-management resources are available for healthcare workers?

### **HOSA Competitive Events (High School)**

#### **Health Science Events**

- Medical Spelling
- Medical Terminology

- Knowledge Test: Behavioral Health

### **Health Professions Events**

- Clinical Nursing

### **Teamwork Events**

- HOSA Bowl
- 

## **Task Number 104**

### **Describe the nursing care related to mental health disorders.**

#### **Definition**

Description should include the

- etiology
- diagnosis
- clinical manifestations
- nursing implications
- management

of the categories of mental/psychiatric disorders.

#### **Process/Skill Questions**

- What are the etiology, diagnosis, clinical manifestations, nursing implications, and management of the following categories of mental health/psychiatric disorders?
  - anxiety
  - affective
  - schizophrenia
  - paranoia
  - personality
  - sexual
  - relational
  - eating
  - cognitive
  - alcoholism
  - psychoactive substance abuse
  - violence and suicide
  - those that occur in infancy, childhood, and adolescence

- those that affect the older adult.

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Behavioral Health

### **Health Professions Events**

- Clinical Nursing
  - Clinical Specialty
- 

## **Task Number 105**

### **Describe current treatment modalities for mental health disorders.**

#### **Definition**

Description should include

- characteristics of therapeutic milieu
- benefits of family and group therapy
- various forms of psychotherapy
- medications and other treatment modalities
- educational related matters
- safety factors
- community resources.

#### **Process/Skill Questions**

- What are the characteristics of a therapeutic milieu?
- What are the benefits of group therapy?
- How would the various forms of psychotherapy, such as cognitive therapy, psychoanalytic therapy, and behavioral therapy, be described?
- What are the extrapyramidal side effects of antipsychotic drugs?
- What would be involved in client and family education relating to the administration, uses, dosages, and side effects of psychopharmaceutical agents?

- What are the steps in ensuring a safe, protective environment for the mental health client receiving therapy?
- How would you explain the use of community resources when interacting with clients and families in crisis?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology
- Knowledge Test: Behavioral Health

### **Health Professions Events**

- Clinical Nursing

### **Teamwork Events**

- HOSA Bowl
- 

## **Task Number 106**

### **Apply the nursing process to provide care for the client with a mental health disorder.**

#### **Definition**

Application of the nursing process should include

- assessment
- mental status
- diagnostic procedures
- plan of care
- therapeutic communications.

#### **Process/Skill Questions**

- What is the purpose of a psychiatric/mental health assessment?
- What laboratory tests provide significant indicators of health or disorders in the client with a mental health disorder?

- How would a nurse write a plan of care, including safety; nutrition; medication administration; identification of changes in social, cultural, and psychological patterns; and nursing interventions?
- How would you promote self-care and independent functioning for the client with a mental health disorder?
- How would you use therapeutic communications to interact with the client and family?

## **HOSA Competitive Events (High School)**

### **Health Science Events**

- Medical Spelling
- Medical Terminology

### **Health Professions Events**

- Clinical Nursing

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# **Examining Techniques of Leadership and Management**

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## **Task Number 107**

### **Differentiate between management and leadership.**

#### **Definition**

Differentiation should include

- comparison of leadership and management processes and functions
- identification of formal and informal leadership
- discussion of various leadership styles
- roles of the registered nurse (RN) and licensed practical nurse (LPN)
- components of management.

See also “Guidance Document 90-23” (Virginia Board of Nursing):  
<https://www.dhp.virginia.gov/nursing/guidelines/90-23.pdf>

#### **Process/Skill Questions**

- How would you compare leadership and management processes and functions?
- What are the distinctions among types of formal and informal leadership?
- What are the characteristics of the following leadership styles: autocratic, democratic, participative, situational, and laissez-faire?
- What are the differences between the roles of the RN and the LPN, as specified in the Code of Virginia?
- How would you explain the components of management: organizing, planning, leading, and evaluating?

## **HOSA Competitive Events (High School)**

### **Health Professions Events**

- Clinical Nursing

## **Task Number 108**

### **Describe major organizational frameworks for healthcare delivery.**

#### **Definition**

Description should include

- formal and informal structures for healthcare delivery
- roles and responsibilities of key personnel, including interdisciplinary collaboration
- centralized and decentralized structures.

#### **Process/Skill Questions**

- How would you differentiate between formal and informal organizational structures of a healthcare agency?
- How would you diagram a formal organizational chart of a healthcare agency, including the nursing component?
- What are the roles and responsibilities of key personnel on the organizational chart?
- How would you differentiate centralized and decentralized structures?

## **HOSA Competitive Events (High School)**

### **Health Professions Events**

- Clinical Nursing

## Teamwork Events

- HOSA Bowl
- 

## Task Number 109

### Describe client-care delivery systems.

#### Definition

Description should include

- types of client-care delivery systems:
  - case management
  - functional nursing
  - team nursing
  - primary nursing
  - client-focused care
- advantages and disadvantages of each system
- role of a nurse.

#### Process/Skill Questions

- How do you describe the following five types of client-care delivery systems?
  - case management
  - functional nursing
  - team nursing
  - primary nursing
  - client-focused care
- What are the advantages and disadvantages of each system?
- What is a nurse's role in each system?

### HOSA Competitive Events (High School)

#### Health Professions Events

- Clinical Nursing

#### Teamwork Events

- HOSA Bowl
-

## **Task Number 110**

### **Explain concepts in leadership and management in the delivery of client care.**

#### **Definition**

Explanation should include

- adaptations to change
- conflict resolution with members of the healthcare team
- development of management and supervisory skills
- supervision of certified nurse aides, registered medication aides, and unlicensed assistant personnel
- effects of group dynamics
- communication, assertiveness, misuse of power, politics
- decision-making process
- time management, assignment, prioritizing.

See also “Delegation of Nursing Tasks and Procedures” (Virginia Administrative Code):  
<http://law.lis.virginia.gov/admincode/title18/agency90/chapter20/section420/>

#### **Process/Skill Questions**

- What adaptations to change are required of managers or leaders?
- What are common methods of preventing, controlling, and resolving conflict?
- What are the effects of group dynamics?
- How can you explain managerial communication in written, verbal, and nonverbal forms?
- What is the relationship of assertiveness and power to leadership and management?
- What is the impact of politics on leadership and management roles?
- What is the decision-making process, and how does it relate to the nursing process?
- What are some effective time-management techniques?
- How would you differentiate between delegation and assignment?
- What is the necessity of prioritizing in the decision-making process?

#### **HOSA Competitive Events (High School)**

##### **Health Professions Events**

- Clinical Nursing

## **Task Number 111**

### **Describe the elements of performance appraisal.**

#### **Definition**

Description should include

- use as evaluation
- objective and subjective evaluations
- legal concerns
- grievance procedures.

#### **Process/Skill Questions**

- How can a performance appraisal be used in an evaluation?
- How can a nursing leader differentiate between objective and subjective evaluation factors?
- What are the legal concerns of performance appraisal, including the impact of negative evaluations, the need for documentation, and the wording of written evaluations?
- What are the principles in handling grievance procedures?

## **Task Number 112**

### **Describe principles of staffing and scheduling.**

#### **Definition**

Description should include

- centralized and decentralized types of staffing
- client classification systems
- types of work schedules
- role of nurse manager
- staffing patterns.

See also [“Patient Abandonment by Care Providers”](#) (Virginia Board of Nursing)

#### **Process/Skill Questions**

- How would you differentiate between centralized and decentralized types of staffing?
- How is the use of patient classification systems related to defining staffing needs?
- What are the types of work schedules for staffing?
- What is the role of the nurse manager in staffing?

- What criteria would be used to develop a staffing pattern for a nursing unit?

## **Task Number 113**

### **Describe unit coordination responsibilities of a nurse in the nurse-manager role.**

#### **Definition**

Description should include

- classifying levels of client activity and acuity
- inventory and budget needs
- nursing care at all levels
- coordinating client services.

#### **Process/Skill Questions**

- What criteria are used to classify levels of activity of individual clients?
- What criteria are needed to manage supplies and equipment and to determine and implement inventory and procurement procedures?
- How does a nurse manager coordinate and evaluate nursing care through all levels of administration?
- What criteria does a nurse manager use to coordinate client services, including nursing and non-nursing responsibilities such as securing transportation, contacting social services, and coordinating dietary requirements?

## **Task Number 114**

### **Differentiate between delegation and assignment.**

#### **Definition**

Differentiation should include description of delegation and staff-assignment creation, within the guidelines of the scope of practice and facility policy.

#### **Process/Skill Questions**

- What is the definition of *nursing delegation*?
- What does staff assignment mean?
- Who determines a nurse's authority to delegate?
- What factors are taken into consideration when making client assignments to staff?
- What factors would necessitate a change in assignment?

- How would a staff complaint about assignment responsibilities be handled?

## SOL Correlation by Task

Perform procedures related to the muscular and skeletal systems.	
Perform procedures related to the cardiovascular system.	
Perform procedures related to the respiratory system.	
Perform procedures related to the gastrointestinal system.	
Perform procedures related to the endocrine system.	
Perform procedures related to the reproductive system.	
Perform procedures related to the urinary system.	
Perform procedures related to the integumentary system.	
Perform procedures related to the neurosensory system.	
Perform procedures related to wound care.	
Perform procedures related to pain management.	
Identify prevention and appropriate response to situations of bioterrorism and disaster management.	English: 12.5 History and Social Science: GOVT.14
Modify a plan of care using the nursing process.	English: 12.5 History and Social Science: GOVT.14
Apply principles of communication in establishing therapeutic relationships.	
Apply principles of conflict resolution with clients and co-workers.	History and Social Science: GOVT.16
Apply the rights of clients.	English: 12.5
Demonstrate protection of client rights.	English: 12.5 History and Social Science: GOVT.16
Promote client's rights to be free from abuse, mistreatment, neglect, and abandonment.	English: 12.5
Apply the principles of medication administration.	English: 12.5 History and Social Science: GOVT.9, GOVT.11, GOVT.16
Administer medications via all routes, as allowed by laws and regulations.	
Explain characteristics of major drug classifications.	English: 12.5
Administer intravenous therapy, as authorized by law.	
Apply the nursing process for a client with a disorder of the muscular and skeletal systems.	Science: BIO.4d

Apply the nursing process for a client with a disorder of the cardiovascular system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the respiratory system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the gastrointestinal system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the endocrine system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the reproductive system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the urinary system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the integumentary system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the nervous system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the neurosensory system.	Science: BIO.4d
Apply the nursing process for a client with a disorder of the hematologic or lymphatic system.	Science: BIO.4d
Identify current psychosocial and cultural issues and concerns of the older adult, including client-centered care.	English: 12.5
Identify community resources and services available to the geriatric client.	English: 12.5
Demonstrate procedures relevant to the geriatric client.	
Describe the common pathological changes of aging.	English: 12.5
Describe significant factors related to medication use in the geriatric client.	English: 12.5
Describe significant factors related to hydration and the nutritional needs of the geriatric client.	English: 12.5
Perform skills and procedures related to the care of the geriatric client.	
Describe the normal course of pregnancy and the purpose of prenatal care.	English: 12.5, 12.8
Identify fetal, maternal, and newborn complications that may occur during pregnancy.	English: 12.5
Describe fetal development.	English: 12.5
Describe fetal presentation and positions.	English: 12.5
Monitor the signs and stages of labor.	
Describe the physiological and emotional changes during the postnatal period.	English: 12.5
Describe common problems that occur in the postnatal client, including symptoms, treatment, and prevention.	English: 12.5
Describe care of the newborn.	English: 12.5

Differentiate between the appearance of a normal newborn and a preterm newborn.	English: 12.5
Describe common congenital anomalies.	English: 12.5
Identify changing concepts in pediatric health care.	English: 12.5
Perform age-specific procedures related to the pediatric client.	
Identify pediatric nutritional concepts, principles, and feeding practices.	English: 12.5
Describe age-appropriate anticipatory guidance.	English: 12.5
Describe healthy parenting behavior for each age group.	English: 12.5  History and Social Science: GOVT.16
Apply the nursing process in the care of the pediatric client and the family.	
Describe management techniques for common ambulatory health and developmental problems.	English: 12.5
Perform procedures of care for the pediatric client.	
Describe ways to foster positive adaptation of the child and family to stresses of illness and hospitalization.	English: 12.5
Describe care associated with the dying child.	English: 12.5
Describe the history of and current trends in mental health nursing.	English: 12.5
Explain the legal and ethical aspects of mental health nursing.	English: 12.5
Explain concepts of personality development.	English: 12.5
Apply therapeutic interpersonal communication techniques with the client.	
Describe behavioral responses to stress.	English: 12.5
Describe the nursing care related to mental health disorders.	English: 12.5
Describe current treatment modalities for mental health disorders.	English: 12.5
Apply the nursing process to provide care for the client with a mental health disorder.	
Differentiate between management and leadership.	English: 12.5  History and Social Science: GOVT.16
Describe major organizational frameworks for healthcare delivery.	English: 12.5
Describe client-care delivery systems.	English: 12.5
Explain concepts in leadership and management in the delivery of client care.	English: 12.5, 12.8

Describe the elements of performance appraisal.	English: 12.5  History and Social Science: GOVT.16
Describe principles of staffing and scheduling.	English: 12.5, 12.8
Describe unit coordination responsibilities of a nurse in the nurse-manager role.	English: 12.5
Differentiate between delegation and assignment.	English: 12.5

## HOSA Information

Health Occupations Students of America (HOSA), the co-curricular student organization for Health and Medical Sciences, provides many opportunities for students to apply the knowledge, skills, and processes learned in a variety of courses. A correlation of HOSA activities and competitive events to the Duty Areas in Practical Nursing III appears elsewhere in this document.

For additional information about the student organization, see the national HOSA website at <http://www.hosa.org/> and the Virginia HOSA Web site at <http://www.vahosa.org/>.

## HOSA Competitive Events Correlated by Duty Areas

### Mastering Nursing Competencies/Skills in the Clinical Setting

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- Knowledge Tests: Pathophysiology
- CPR/First Aid
- HOSA Bowl
- Clinical Nursing
- Medical Terminology
- Medical spelling
- Extemporaneous Speaking
- Creative problem Solving
- Knowledge Tests: Medical Law and Ethics

### Administering Medications

- Medical Spelling
- Medical Terminology
- Creative Problem Solving

- Medical Math
- Knowledge Tests: Pharmacology
- Biomedical Debate

#### Maintaining Fluid and Electrolyte Balance

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- Medical Math
- Knowledge Tests: Nutrition, Pharmacology, Pathophysiology
- HOSA Bowl

#### Applying the Nursing Process to the Adult Client

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- Medical Math
- Knowledge Tests: Pathophysiology
- Clinical Nursing
- HOSA Bowl

#### Examining the Nursing Process for the Geriatric Client

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- Medical Math
- Knowledge Tests: Pathophysiology, Human Growth and Development
- Clinical Nursing
- Health Education

#### Examining the Nursing Process for the Maternal and Newborn Clients

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- Medical Math
- Knowledge Tests: Pathophysiology, Human Growth and Development

#### Applying the Nursing Process to the Pediatric Client

- Medical Spelling
- Medical Terminology
- Creative Problem Solving

- Medical Math
- Knowledge Tests: Pathophysiology, Human Growth and Development
- Health Education

### **Understanding the Nursing Process as Related to the Mental Health Client**

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- Medical Math
- Knowledge Tests: Pharmacology, Pathophysiology, Medical Law and Ethics

### **Examining Techniques of Leadership and Management**

- Medical Spelling
- Medical Terminology
- Creative Problem Solving
- HOSA Bowl
- Career Health Display
- Outstanding HOSA Chapter
- National Recognition Program
- Health Care Issues Exam
- Biomedical Debate

# Appendix: Credentials, Course Sequences, and Career Cluster Information

## Industry Credentials: Only apply to 36-week courses

- College and Work Readiness Assessment (CWRA+)
- EKG Technician Certification (ETC) Examination
- 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.*

- Practical Nursing I (8357/18 weeks, 280 hours)
- Practical Nursing II (8358/18 weeks, 280 hours)

Career Cluster: Health Science	
Pathway	Occupations
Therapeutic Services	Licensed Practical Nurse Registered Nurse