

Virtual State Leadership Conference Directions for Technical Skill Video Submissions

New to MT HOSA this year is the technical skill video submission being used as a qualifier to sit for the online test. This handout is meant to give competitors guidance for how to videotape these skill presentations. Refer to the “Mystery Skill” list beginning on page 3 for a list of the specific events that require a videotaped presentation upload and which skill or skills you are required to record as the “mystery scenario”. Videos must be uploaded by February 12, 2021.

****Safety Highlight**** For the recording of all videos, competitors must follow all local, state, and federal COVID-19 directives regarding social distancing, shelter-in-place, and size of group gatherings.

Video Requirements:

All Videos Must:

- a. Be continuous, non-stop footage of the entire presentation without editing/splicing, use of green screens, virtual backdrops, or on-screen text.
- b. No fancy equipment is needed; presentation content will be judged, not the quality of the video production. Shooting a “selfie video” on your smartphone, or using your tablet/computer are all acceptable.
- c. Speak to judges and patients (if applicable) as if they are actually in front of you during the competitive event recording.
- d. Do not read from the rubric or guidelines. We want to see mastery of your skill just as if you were doing this in person at state.
- e. Competitors must be visible in the video recording.
- f. Try as best you can to film footage angles so judges can clearly see you are doing the skill properly; best practice is to verbalize your skill as you do it to ensure judges know what you are doing even if they can’t always “see” with the camera angle.
- g. Videos should meet the time guidelines
- h. Videos must be uploaded to the form on our website [here](#).
- i. Dress Code: As Future Health Professionals, HOSA members should present themselves in a professional manner for all recorded presentations and/or live events for Virtual SLC 2021 and follow the appropriate dress code for their event.
- j. File must be named by school name followed by competitor(s) last name followed by abbreviation of event name (Ex: CareerCenterMeierEMT or CareerCenterMeierBLS). See abbreviations used in table below.

Video Tips:

- a. Try to hold the recording device steady during the recording
- b. Try to remove distracting items in the background. Solid color walls as backdrops will work best, but are not necessary, as only the presentation content of the video is judged.
- c. Record the presentation from a quiet location and test the audio before-hand

- d. If you don't like your first take – try again! With Virtual SLC, you have time to perfect your presentation & submit the link to your BEST video! Just remember, videos must be one continuous shot.

Mystery Skill List for Technical Skill Video Submissions:

Below is a table that includes each of the technical skills that requires a video submission as a qualifier to sit for the written exam (orange highlighted events do not have a skill video due on February 12). Each event name links to a page on our Montana HOSA [website](#) where you can find: information about the virtual conference; short sheet guidelines that include rubrics for the skills mentioned below, as well as, information about the written exam; and video explanations and demonstrations for some of the skills. Please be sure to follow the guidelines and tips on page 1 of this document in addition to the guidelines for your individual skill. Reach out to Montana HOSA at montanahosa@katiemeier.co or 406-868-9445 if you have any questions or difficulties with recording or submission. Submissions are due by midnight on February 12, 2021. If you have difficulties with simulating equipment, please reach out for ideas.

Note: Even in the team events, EACH competitor is responsible for creating and uploading a video under their name.

Health Science Events:

Event Name	Mystery Skill(s) Rubric to Record	Special Notes
Biomedical Laboratory Science (BLS)	Skill II: Infection Control and Transmission Based Precautions	If you do not have gowns, you could simulate with a large long sleeve shirt put on backwards and verbalize the draw strings; glasses or sunglasses could be used if you don't have access to goggles
Clinical Specialty (CS)	The skill is one you are creating and will be submitted by the March 26 deadline- see website for more information	
Dental Science (DS)	Skill VII: Identify Instruments/Equipment	In the video, show judges pictures of 15 of the listed instruments, name them and tell the judges their purpose or use. This can be done holding pictures up to the video camera as you talk or in

		a screen share type program but your face must be seen and it should be clear that you are not reading from a script.
Home Health Aide (HHA)	Skill IV: Changing a Dry Dressing Using Non-sterile Technique	Use either a manikin, family member, or friend as your patient (remember to follow proper masking guidelines). The wound will be on upper right arm, with no drainage but red around the skin (to be verbalized when changing the dressing); verbalize recording information in daily record sheet

Medical Assisting (MA)	Skill VI: Screen for Visual Acuity	Use either a family member or friend as your patient (remember to follow proper masking guidelines); if you don't have an occluder, you could make a fake one out of paper; downloadable eye charts can be found on our website (Don't have access to a printer? Hand print something similar); verbalize recording findings in patient's chart
Nursing Assisting (NA)	Skill IV: Making an Occupied Bed	Use either a manikin, family member, or friend as your patient (remember to follow proper masking guidelines); you don't have to use a hospital bed- it can be a regular bed; verbalize lowering and raising head and foot, as well, as railings if you do not have these
Pharmacy Science (PS)	Skill I: Screening a Patient for Pharmacist Consultation and Services (injectable rubella	Have a family member or friend serve as your patient who is coming in for an

	vaccination)	injectable rubella vaccination (remember to follow proper masking guidelines); please instruct your patient ahead of time to answer “no” to all 5 of your questions. Please print and use page 11 to fill out the patient screening form and hold it up for your judges in the video (if you don’t have access to a printer- a hand written version is acceptable)
Physical Therapy (PT)	Skill IV: Range of Motion- do 3 repetitions of each of the exercises/motions listed in the rubric	Use either a manikin, family member, or friend as your patient (remember to follow proper masking guidelines); you don’t have to use a hospital bed- it can be a regular bed; no need to worry about side railings or bed drapings- just ignore those pieces as they are “not applicable”
Sports Medicine (SM)	Skill IIIA: Taping Ankle	Use either a family member or friend as your patient (remember to follow proper masking guidelines)
Veterinary Science (VS)	Skill III: Identify Equipment/Instruments	In the video, show judges pictures of 15 of the listed instruments, name them and tell the judges their purpose or use. This can be done holding pictures up to the video camera as you talk or in a screen share type program but your face must be seen and it should be clear that you are not reading from a script.

Emergency Preparedness Events:

Event Name	Mystery Skill(s) Rubric to Record	Special Notes
CERT Skills (CERT)	Skill II: Head to Toe Assessment	Both competitors should be filmed separately (2 videos) doing a head to toe assessment of a patient in a safe place (does not need to be moved). The patient is conscious and has some bruising to the right arm; Use either a manikin, family member, or friend as your patient (remember to follow proper masking guidelines); you do NOT need to fill out the area treatment record- just verbalize that it would be done.
CPR 1st Aid	Rescuer 1- Skill III Compound Fracture and Splinting AND Skill VII Adult CPR Assist Rescuer 2- Skill VI Adult CPR	Film as 2 separate videos: 1 of the compound fracture and 1 of the CPR scenario with rescuer 1 coming in after 3 rounds of rescuer 2 doing CPR alone; Use either a manikin, family member, or friend as your patient for the first aid skill (remember to follow proper masking guidelines); for the CPR skill, you do not have to give mouth to mask breaths (due to COVID) but demonstrate proper hand placement of the mask for judges; if you do not have a manikin, you could draw a basic chest outline on paper and tape it to a pillow so judges can see proper hand placement on the “chest” of

		your pillow); again find something appropriate to simulate the head for using the bag valve mask or rescue mouth to mask.
EMT	Skill I: Patient Assessment-Trauma	Both competitors should be filmed separately (2 videos) doing a trauma assessment. Use either a manikin, family member, or friend as your patient (remember to follow proper masking guidelines) but ideally use a live person as the scenario will be a conscious person in a MVA ejected from their vehicle; please inform your simulated patient to respond to your appropriately and make up normal answers to your SAMPLE history; for purposes of your radio report go ahead and use your patients age and gender; all vital findings are normal except: your patient is pale cool and clammy with a thready pulse and a low blood pressure. If you do not have a live patient, verbalize the questions you would ask and talk to your patient as if they are awake.
Epidemiology	Online test only - NO SKILL VIDEO	
Public Health	This is a presentation style event that will follow the March 26 deadline instructions- see website for more information	