

Montana HOSA State Leadership Conference Directions for Technical Skill Video Submissions

The technical skill video submission is 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 11, 2022.

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 in the rubric
- 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 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! You have time to perfect your presentation & submit the link to your BEST video! Just remember, videos must be one continuous shot.

Submission Tips:

- a. Video uploads have a 50 MB max, so you can either try to compress the video to upload or if it is easier, you will be given the option to submit a link to your video hosting it on a site of your choosing such as: Google Drive, Drop box, Youtube, ect.
- b. Note: if submitting a link you are responsible for double checking your share settings to make sure the video is sharable to Montana HOSA.
- c. Some advisors would prefer to send a whole school's videos to MT HOSA in one drive folder. This is acceptable. Please just organize into folders for events, make sure that the appropriate file name is being used, and that the share settings work.

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 11). Each event name links to a page on our Montana HOSA [website](#) where you can find: information about the 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 11:59pm on February 11, 2022. 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 IV: Using a Microscope	If you do not have an oil immersion microscope, you could simulate and walk us through that step.
Clinical Specialty (CS)	The skill is one you are creating and will be submitted by the March 18 deadline- see website for more information	
Dental Science (DS)	Skill V: Patient Education- Brushing and Flossing	Could use a manikin or tooth set. Ideally, with COVID precautions, we would prefer you did not do this on another person. You could make a tooth set with clay or do it on yourself. Email us with questions.
Family Medicine Physician	The skill is one you are creating and will be submitted by the March 18	

	deadline- see website for more information	
Home Health Aide (HHA)	Skill VII: Moving a Patient Up in Bed Using a Drawsheet	Use either a manikin, family member, or friend as your patient. For this skill, you will need an additional person to serve as a family member of the patient that you give instructions to to help you move the patient. You do not need to have access to a hospital bed any bed will do.

Medical Assisting (MA)	Skill VIII: Sterile Gloving	You do not have to use sterile gloves if you cannot find them at this time. Please just state that you would be opening the package and may use regular non-sterile gloves to lay out.
Nursing Assisting (NA)	Skill V: Admitting a Patient	Use either a manikin, family member, or friend as your patient. You may simulate night stand, call light, etc. if you do not have these where you are recording.
Pharmacy Science (PS)	Skill V: Identifying 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.
Physical Therapy (PT)	Skill II: Ambulating a Patient With a Walker	Use either a manikin, family member, or friend as your patient. We hope you have access to a walker for

		practicing these skills properly, but if not, can you replicate a walker for this video? PVC pipe, etc? Let us know if you need help with ideas.
Sports Medicine (SM)	Skill IIIB: Achilles Tendon	Use either a family member or friend as your patient
Surg Tech	Skill X: Identify Surgical Instruments	In the video, show judges pictures of 15 instruments from the source list, 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.
Veterinary Science (VS)	Skill V: Identification of Companion Animal Breeds/Species	In the video, show judges pictures of 15 different companion animals/breeds. You will name them and tell the judges their correct spelling. 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 IIIA: Lifts and Carries-Demonstration	<p>Both competitors should be filmed separately doing the one-person packstrap carry and then together for the other lifts. Move only a short distance.</p> <p>Use either a manikin, family member, or friend as your patient for the moves. Please read directions in the rubric and reach out with any questions.</p>
CPR 1st Aid	<p>Rescuer 1- Skill IV Severe Burns AND Skill XII Infant CPR Assist</p> <p>Rescuer 2- Skill X Infant BLS/CPR</p>	<p>Film as 2 separate videos: 1 of the severe burn 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; 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; have someone available to help read the parts the judge would “say” on the rubric.</p> <p>You should ideally have access to a manikin to ensure you are properly preparing for this event, but 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);</p>

		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 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 18 deadline instructions- see website for more information	