

# Montana HOSA State Leadership Conference Directions for Technical Skill Video Submissions

The technical skill video plus your online test score is being used as a qualifier for who will get to move on to the in-person skills round at the State Leadership Conference (SLC). 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 17, 2023.

## 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 17). 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](mailto: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 17, 2023 (NOTE: technical support may not be available after business hours- please don't wait until the final hours to submit).. 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
<a href="#">Biotechnology</a> (BT)	Skill I: Using Micropipets and Transfer Pipets	
<a href="#">Clinical Lab Science</a> (CLS)	Skill I: Identification of Lab Instruments/Equipment (including purpose or use)	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.
<a href="#">Clinical Specialty</a> (CS)	The skill is one you are creating and will be submitted by the March 17 deadline- see website for	

	more information	
<a href="#">Dental Science</a> (DS)	Skill I: Instrument Identification (and purpose)	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.
<a href="#">Family Medicine Physician</a>	The skill is one you are creating and will be submitted by the March 17 deadline- see website for more information	
<a href="#">Home Health Aide</a> (HHA)	Skill V: Changing a Dry Dressing.	Use either a manikin, family member, or friend as your patient.

<a href="#">Medical Assisting</a> (MA)	Skill IV: Measure Height and Weight	For this you will need access to the correct type of scale. We realize this may be tricky but want to be sure you are also practicing and familiar with the correct equipment. Please contact us if you are having trouble with finding one to film.
<a href="#">Nursing Assisting</a> (NA)	Skill VII: Measure and Record Vital Signs	Use a family member or friend as your patient - you will need a human instead of a manikin for this one. Obviously a judge cannot verify your findings, so don't worry about those steps. You may also verbalize steps about the bed at the end of the rubric.

<p><a href="#">Pharmacy Science</a> (PS)</p>	<p>Skill V: Patient Screening for Pharmacist Consultation and Services</p>	<p>Use a family member or your friend as your patient. They should answer all questions as appropriate for receiving the medicine or vaccine. Please video yourself doing 2 screenings: Late refill AND Injectable Influenza</p>
<p><a href="#">Physical Therapy</a> (PT)</p>	<p>Skill II: Ambulating With a Cane</p>	<p>Use either a manikin, family member, or friend as your patient. We hope you have access to a cane for practicing these skills properly, but if not, can you replicate a cane for this video? Please have your patient use a 2 point gait with LEFT leg being the affected leg.</p>
<p><a href="#">Sports Medicine</a> (SM)</p>	<p>Skill IIIC: Shoulder Spica</p>	<p>Use either a family member or friend as your patient</p>
<p><a href="#">Surg Tech</a></p>	<p>Skill X: Identify Surgical Instruments</p>	<p>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.</p>
<p><a href="#">Veterinary Science</a> (VS)</p>	<p>Skill IV: Simple Fecal Float</p>	<p>Use cookie dough or similar type of material as simulated fecal matter.</p>

## Emergency Preparedness Events:

Event Name	Mystery Skill(s) Rubric to Record	Special Notes
<a href="#">CERT Skills</a> (CERT)	Skill II: Head to Toe Assessment	<p>Both competitors should be filmed separately doing the assessment.</p> <p>Use either a manikin, family member, or friend as your patient. Patient is conscious and hurts on their left leg which you find to be broken below the knee.</p>
<a href="#">CPR 1st Aid</a>	<p>Rescuer 1- Skill III Open Fracture and Splinting AND Skill IX Adult BLS with AED</p> <p>Rescuer 2- Skill VIII Adult BLS with AED- rescuer 2 initiates</p>	<p>Film as 2 separate videos: 1 of the splinting 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 should use a manikin; 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); again find something appropriate to simulate the head for using the bag valve mask or rescue mouth to mask. Same for simulating an AED.</p>

<a href="#">EMT</a>	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.
<a href="#">Epidemiology</a>	Online test only - NO SKILL VIDEO	
<a href="#">Mental Health Promotion</a>	This is a presentation style event that will follow the March 17 deadline instructions- see website for more information	
<a href="#">Public Health</a>	This is a presentation style event that will follow the March 17 deadline instructions- see website for more information	