

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 16, 2024.

NEW this year: all uploads (video and supplemental materials) will be uploaded to National HOSA’s new system. There are two ways to do this:

- 1.) If advisor’s used student emails when registering members, students can create an account with that email with HATS (HOSA Activity Tracking System) Student’s with an email address at registration, may also get an email from HOSA with a private upload link unique to that student and may receive reminders about uploading.
- 2.) If advisors were not able to use student emails, advisors will need to log-in and member’s their unique upload link.

All of these directions with video tutorials and handouts can be found at <https://hosa.org/competitive-event-digital-uploads/>

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. New: Videos must be uploaded to the form to the National HOSA Website. Directions to upload can be found [here](#). Note: there are two options to upload, please see notes at beginning of this document.
- 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 are large files, 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.

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 part of the competition process. (orange highlighted events do not have a skill video due on February 16). 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 16, 2024 (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
Biotechnology (BT)	Skill IV: Bacterial Transformation	<ul style="list-style-type: none">- Chemical such as pGlo and transformation solution may be simulated with any other liquid- may also use simulation with bacterial colonies using plated agar or even plated jello to simulate and save money- if using simulated materials may also use simulation for biohazard containers
Clinical Lab Science (CLS)	Skill II: Using a microscope	Prefer you to practice and know how to use an oil immersion microscope for the video, but may use a regular microscope and verbalize to simulate the oil immersion if you do not have an oil immersion microscope

Clinical Specialty (CS)	The skill is one you are creating and will be submitted with the portfolio by the March 15 deadline- see website for more information	
Dental Science (DS)	Skill VIII: Donning and doffing PPE	
Family Medicine Physician	This skill has no early uploads	
Home Health Aide (HHA)	Skill III: Emptying a urinary drainage unit	You do not have to have a hospital bed, you could hang the drainage unit anywhere

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) And same for Personal Care	Skill IV: Making and 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 IV: Compounding an oral solution	- Use the master formula sheet here for your recipe: here - Use candy like smarties for your tablets and water for

		your liquid
Phlebotomy (PH)	Skill II: Tourniquet application	Use either a training manikin or a family member or friend as your patient. Do not leave tourniquet on for extended length of time if using a human
Physical Therapy (PT)	Skill VIII: Donning and removing transmission-based isolation garments	
Respiratory Therapy (RT)	Skill I: Basic airway management	Ideally utilize a CPR or airway manikin where chest rise can be seen.
Sports Medicine (SM)	Skill IIIB: Taping achilles tendon	Use either a family member or friend as your patient
Veterinary Science (VS)	Skill I: 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 IV: Splinting a closed fracture	<p>-Both competitors should be filmed separately doing the assessment.</p> <p>-Use either a manikin, family member, or friend as your patient. Splint left lower leg.</p> <p>-Use any appropriate splinting materials.</p>
CPR 1st Aid	Skill VII Severe Burns AND Skill IIIB Infant BLS Rescuer 2 Assists	<p>Film as 2 separate videos: 1 of the severe burn and 1 of the CPR scenario with rescuer 2 coming in after 3 rounds of rescuer 1 doing CPR alone; Use either a manikin, family member, or friend as your patient for the first aid skill; for the CPR skill; 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.</p>
Life Support Skills	Skill III: Infant BLS/CPR	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.
EMT	Skill V: Bleeding control shock management	-Both competitors should be filmed separately (2 videos) doing the skill. - Patient is bleeding from right lower thigh -Ideally use a manikin or simulated leg with pool noodle or other rolled object - Have someone available to help read the parts the judge would “say” on the rubric.
Epidemiology	Online test only - NO SKILL VIDEO	
Mental Health Promotion	This is a presentation style event that will follow the March 15 deadline instructions- see website for more information	
Public Health	This event has no early uploads	