

## 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 14, 2025.

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

- 1.) If advisors used student emails when registering members, students can create an account with that email with HATS (HOSA Activity Tracking System). Students with an email address entered during 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 due to school privacy rules or other reasons, advisors will need to log-in and find and give members their unique upload link.

All of these directions with video tutorials and handouts can be found at <https://hosa.org/competitive-event-digital-uploads/> **NOTE:** the list from National on this site of events requiring digital uploads is **DIFFERENT** than Montana HOSA. Please be sure to use our lists of what events have upload requirements.

## 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. Be sure to record yourself doing the full skill as listed in the rubric. Note: Montana HOSA website/youtube videos sometimes show a condensed version of the skill- you are required to film the whole skill as shown on the skill rubric/skill sheet.
- f. Competitors must be visible in the video recording.
- g. 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.
- h. Videos should meet the time guidelines in the rubric
- i. 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 the beginning of this document.
- j. 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.
- k. 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. **Videos that are not able to be accessed by the deadline due to shared settings will not be accepted.**

## 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 14). 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 14, 2025 (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	May use any safe liquid to pipet. Ideally have someone who knows how to use the equipment to serve as the "judge" confirming the steps required in the skill sheet.
<a href="#">Clinical Lab Science</a> (CLS)	Skill VA: Preparing a blood film or smear	Be sure to use simulated blood for safety in demonstrating this skill. Please hold slide up to the video camera for a few seconds to verify the size and quality of the smear
<a href="#">Clinical Specialty</a> (CS)	The skill is one you are creating and will be submitted with the portfolio by the March 14 deadline- see website for more information	
<a href="#">Dental Science</a> (DS)	Skill V: Oral Hygiene	Should use a manikin or

	Instruction- Brushing and Flossing	tooth set. You could make a tooth set with clay or do it on yourself- please just do not do this on another person.
<a href="#">Family Medicine Physician</a>	This event will have you submit the interview verification form by the March 14 deadline- see website for more information	
<a href="#">Home Health Aide (HHA)</a>	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.

<a href="#">Medical Assisting (MA)</a>	Skill VIII: Sterile Gloving	
<a href="#">Nursing Assisting (NA)</a> And same for Personal Care (PC)	Skill VI: Transfer a patient with a specified disability from bed to a chair/wheel chair	-Use either a manikin, family member, or friend as your patient. Patient has a weak left side -You don't have to use a hospital bed- it can be a regular bed -may use either a chair or a wheel chair but chair needs arm rests
<a href="#">Occupational Therapy (OT)</a>	Online test only - NO SKILL VIDEO	
<a href="#">Pharmacy Science (PS)</a>	Skill V: Patient Screening for Pharmacist Consultation and Services	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><a href="#">Phlebotomy</a> (PH)</p>	<p>Skill IV: Steps to Follow if Patient Starts to Faint</p>	<p>-Use either a training manikin or a family member or friend as your patient. You <b>do NOT stick them with a needle</b> (You may verbalize removing it and then demonstrate the steps for safe handling of the needle)          -Do not leave tourniquet on for extended length of time if using a human- may verbalize removing a tourniquet rather than leaving on someone</p>
<p><a href="#">Physical Therapy</a> (PT)</p>	<p>Skill II: Ambulating a Patient With a Walker</p>	<p>-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.          - Patient has a weak left side</p>
<p><a href="#">Respiratory Therapy</a> (RT)</p>	<p>Skill III: Administering Oxygen via Nasa Cannula Without Humidification</p>	<p>-Physicians' orders are to apply oxygen via nasal cannula at 6 lpm to the patient          -Please use a manikin or manikin head for this skill</p>
<p><a href="#">Sports Medicine</a> (SM)</p>	<p>Skill I: Anatomical Landmark Identification</p>	<p>See notes for identification <a href="#">here</a>.</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 III: 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> (CPR)	<p>Rescuer 1- Skill IIA Adult BLS with AED- rescuer 1 initiates and Skill IIB- Adult BLS with AED Rescuer 2 Assists</p> <p>Rescuer 2- Skill IX Administration of Auto-Eject Epi-pen AND Skill IIB Adult BLS with AED Rescuer 2 Assists</p>	<p>Film as 2 separate videos: 1 of the fracture and 1 of the CPR scenario with rescuer 2 coming in after 3 rounds of rescuer 1 doing CPR alone</p> <p>Use either a manikin, family member, or friend as your patient for the first aid skill <b>BUT MUST HAVE EPI-PEN TRAINER</b> to use or make a fake one showing all the parts necessary for the video</p> <p>Have someone available to help read the parts the judge would “say” on the rubric.</p>
<a href="#">Life Support Skills</a> (LSS)	Skill II: Adult BLS with AED	
<a href="#">EMT</a> (EMT)	Skill III: BVM Apneic Adult Patient	<p>-Both competitors should be filmed separately (2 videos) doing the skill.</p> <p>-Will need access to a manikin appropriate to demonstrate all skills and see chest rise</p> <p>- Have someone available to help read the parts the judge</p>

		would “say” on the rubric.
<a href="#">Epidemiology</a>	Online test only - NO SKILL VIDEO	
<a href="#">Mental Health Promotion (MHP)</a>	This is a presentation style event that will follow the March 14 deadline instructions- see website for more information	
<a href="#">Public Health (PH)</a>	This is a presentation style event that will follow the March 14 deadline instructions- see website for more information	