MO HOSA's Guide to Competitive Events

2026-2027 CE GUIDE

HTTPS://WWW.MISSOURIHOSA.ORG/

TABLE OF CONTENTS

1. Find Your Event (Page 3-4)
2. Guidelines Walk Through (Page 5-8)
3. Sample Skill (Page 5)
4. Tips From HOSA Members (Page 9)
5. Step Into the Spotlight (Page 11)

FIND YOUR EVENT

Health Science (Knowledge tests)	**Medical Terminology, Nutrition, Pathophysiology, etc.**
Health Professions	**Nursing Assisting, Dental Science, etc.**
Leadership	**Prepared Speaking, Extremporaneous Speaking, etc.**
Emergency Preparedness	**EMT, Public Health, etc.**
Teamwork	**Community Awareness, HOSA Bowl, etc.**

Additional Resources:

For Middle School and Secondary/PostSecondary competitors please use the links below!

MIDDLE SCHOOL-
HTTPS://HOSA.ORG/WP-CONTENT/UPLOADS/2026/08/26-27-WHATS-FOR-YOU-MS-VERSION-AUG30.PDF

SECONDARY/POSTSECONDARY
HTTPS://HOSA.ORG/WP-CONTENT/UPLOADS/2026/08/26-27-WHATS-RIGHT-FOR-YOU-SS.PSCAUG30.PDF

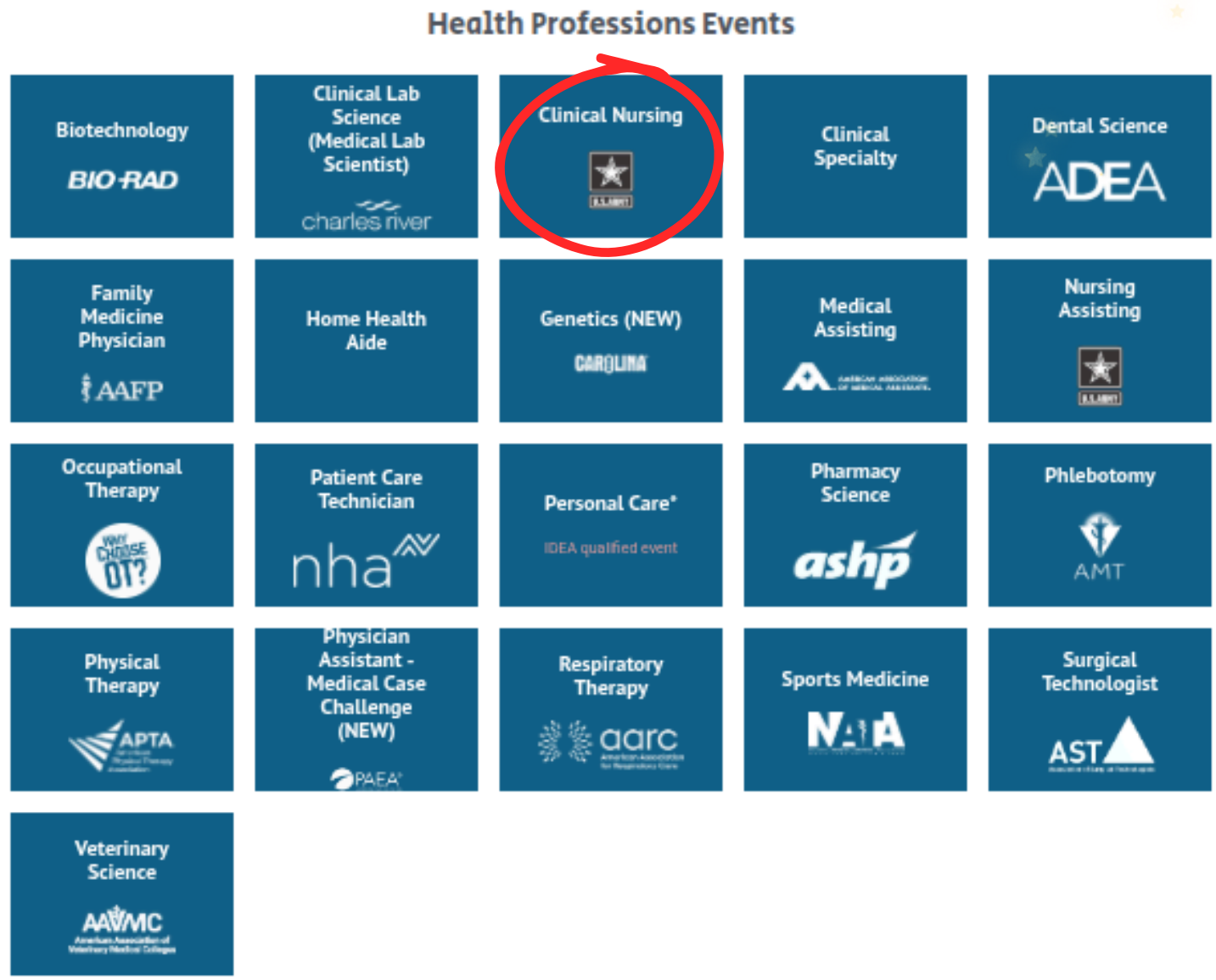
For more competition guidelines please visit:

HTTPS://HOSA.ORG/GUIDELINES/

SLC DISCLAIMER: MISSOURI HOSA HAS DIFFERENT REQUIREMENTS FOR COMPETITIVE EVENTS AT THE STATE LEVEL THAN AT THE INTERNATIONAL LEVEL. PLEASE MAKE SURE TO REVIEW MISSOURI SPECIFIC INFORMATION AS WELL AS THE INTERNATIONAL GUIDELINES FOR YOUR EVENT IF YOU PLAN TO COMPETE AT SLC.

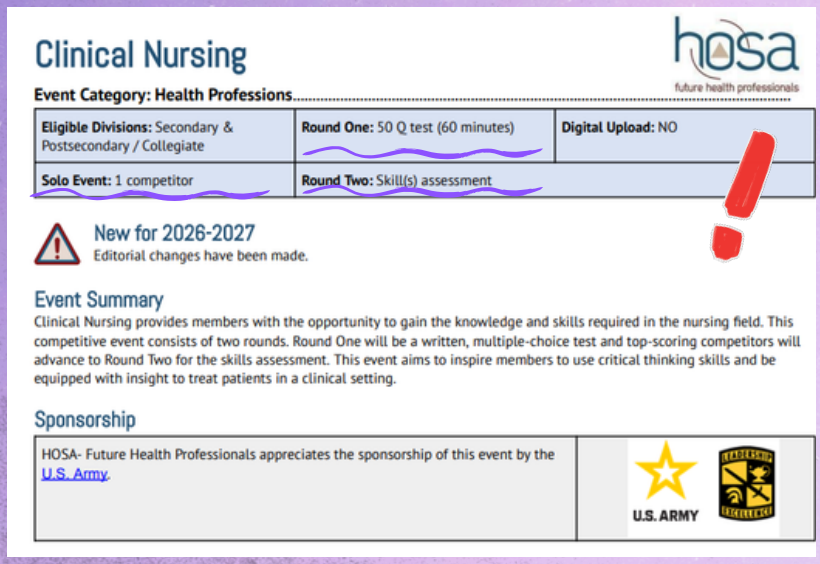
First time navigating Guidelines? Don't worry MO HOSA is on your side!

FOR THIS EXAMPLE LET'S USE A HEALTH PROFESSIONS EVENT!



HERE IS AN EXAMPLE EVENT. YOU CAN ALWAYS SEE YOUR GENERAL INFORMATION AT THE TOP OF YOUR CHOSEN EVENT!

YOU CAN SEE THAT ROUND ONE CONSISTS OF A 50 Q TEST WITH A 60 MINUTE TIME LIMIT, THIS IS A SOLO EVENT WITH NO DIGITAL UPLOAD, AND ROUND TWO WILL BE A SKILL(S) ASSESSMENT!



Clinical Nursing

hosa future health professionals

Event Category: Health Professions

Eligible Divisions: Secondary & Postsecondary / Collegiate	**Round One:** 50 Q test (60 minutes)	**Digital Upload:** NO
Solo Event: 1 competitor	**Round Two:** Skill(s) assessment	

New for 2026-2027
Editorial changes have been made.

Event Summary

Clinical Nursing provides members with the opportunity to gain the knowledge and skills required in the nursing field. This competitive event consists of two rounds. Round One will be a written, multiple-choice test and top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to use critical thinking skills and be equipped with insight to treat patients in a clinical setting.

Sponsorship

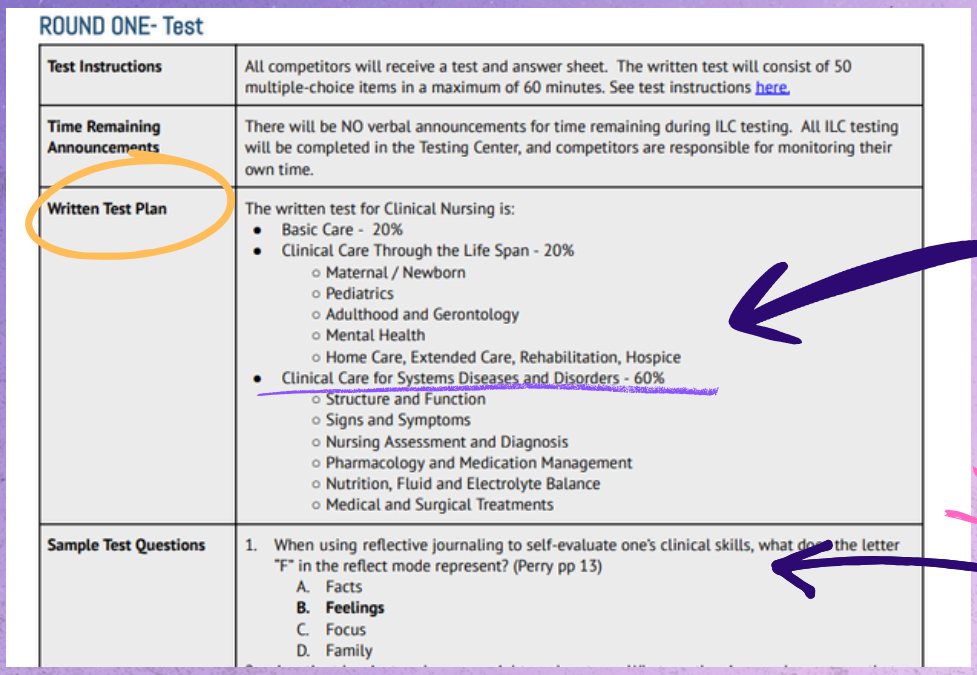
HOSA- Future Health Professionals appreciates the sponsorship of this event by the U.S. Army.	U.S. ARMY

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress. • Round One: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area. • Round Two: Attire appropriate to the occupational area.
Competitors Must Provide	• Photo ID for both rounds • Two #2 lead pencils (not mechanical) with eraser for the test. • Neon colored foam earplugs, NOT earbuds, for noise control (Rd1-optional) • Non-latex gloves, gown, goggles or safety glasses, mask, eye shield or face guard • Straight catheterization tray (disposable) Sample shown here • Sterile gloves HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions and skill rating sheets: • Perry and Potter. *Clinical Nursing Skills and Techniques.* Elsevier Science/Mosby, Inc., Latest edition. • Rosdahl and Kowalski. *Textbook of Basic Nursing.* Wolters Kluwer, Latest edition.

SCROLL DOWN TO FIND MORE GENERAL EVENT INFORMATION SUCH AS DRESS CODE, ITEMS NEEDED FOR YOUR EVENT, AND STUDY RESOURCES/TEXTBOOKS FOR YOUR EVENT!

ROUND ONE @LOCAL CHAPTER



ROUND ONE- Test

Test Instructions	All competitors will receive a test and answer sheet. The written test will consist of 50 multiple-choice items in a maximum of 60 minutes. See test instructions here.
Time Remaining Announcements	There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center, and competitors are responsible for monitoring their own time.
Written Test Plan	The written test for Clinical Nursing is: • Basic Care - 20% • Clinical Care Through the Life Span - 20% ○ Maternal / Newborn ○ Pediatrics ○ Adulthood and Gerontology ○ Mental Health ○ Home Care, Extended Care, Rehabilitation, Hospice • Clinical Care for Systems Diseases and Disorders - 60% ○ Structure and Function ○ Signs and Symptoms ○ Nursing Assessment and Diagnosis ○ Pharmacology and Medication Management ○ Nutrition, Fluid and Electrolyte Balance ○ Medical and Surgical Treatments
Sample Test Questions	1. When using reflective journaling to self-evaluate one's clinical skills, what does the letter "F" in the reflect mode represent? (Perry pp 13) A. Facts **B. Feelings** C. Focus D. Family

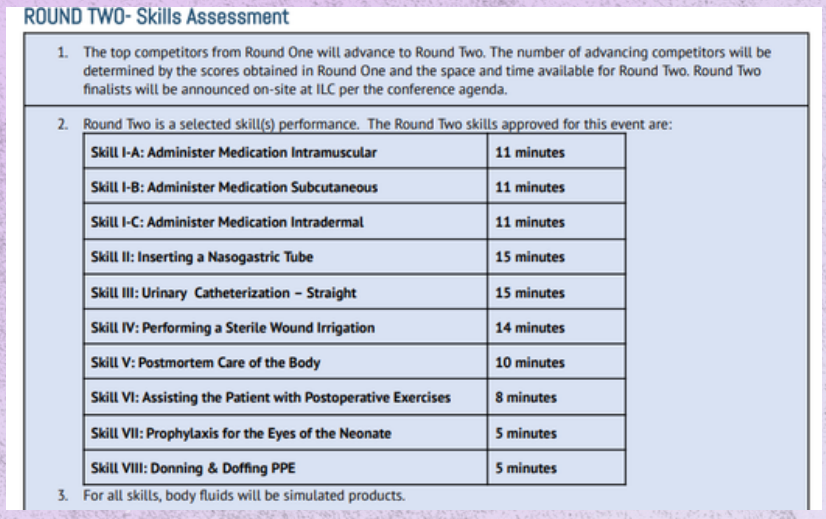
YOU CAN EXPECT ABOUT 60% OF THIS EXAM TO BE ON CLINICAL CARE FOR SYSTEMS DISEASES AND DISORDERS!

YOUR GUIDELINES ALSO INCLUDE SAMPLE TEST QUESTIONS!

THIS IS THE FOUNDATION FOR YOUR QUALIFYING ROUND, HERE YOU CAN FIND YOUR WRITTEN TEST PLAN WHICH GIVES YOU A PERCENTAGE OF INFORMATION THAT MIGHT SHOW UP ON YOUR ROUND ONE EXAM!

ROUND TWO- SKILLS SLC

ROUND TWO WILL TAKE PLACE DURING SLC (STATE LEADERSHIP CONFERENCE), THIS IS WHERE YOU'LL PERFORM YOUR EVENT'S SKILL PORTION. FOR THIS EVENT THERE ARE UP TO 8 SKILLS YOU MIGHT DO.



ROUND TWO- Skills Assessment

1. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.
2. Round Two is a selected skill(s) performance. The Round Two skills approved for this event are:

Skill I-A: Administer Medication Intramuscular	**11 minutes**
Skill I-B: Administer Medication Subcutaneous	**11 minutes**
Skill I-C: Administer Medication Intradermal	**11 minutes**
Skill II: Inserting a Nasogastric Tube	**15 minutes**
Skill III: Urinary Catheterization – Straight	**15 minutes**
Skill IV: Performing a Sterile Wound Irrigation	**14 minutes**
Skill V: Postmortem Care of the Body	**10 minutes**
Skill VI: Assisting the Patient with Postoperative Exercises	**8 minutes**
Skill VII: Prophylaxis for the Eyes of the Neonate	**5 minutes**
Skill VIII: Donning & Doffing PPE	**5 minutes**

3. For all skills, body fluids will be simulated products.

ADDITIONAL SKILL INFO

4.	The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor.A sample scenario can be found here. Some scenarios may involve the combination of multiple skills. If the event rating sheets are combined, it is not necessary to repeat a task a second time. An example would be competitors would not need to identify the patient twice.
5.	Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed. The scenario is a secret topic that includes Physician's Orders for the skills to be performed. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.
6.	Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)
7.	Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills, if the questions relate to the patient's condition and will be included in the scenario or judge script.
8.	Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

It is important to fully read through these skill boxes in order to help you prepare!

IN THESE BOXES IT PROVIDES YOU WITH EXTRA INFORMATION NEEDED FOR YOUR COMPETITION INCLUDING A SAMPLE SCENARIO THE JUDGE MIGHT ASK YOU AT STATE. ADDITIONALLY, DON'T FORGET! "SOME SCENARIOS MAY INVOLVE THE COMBINATION OF MULTIPLE SKILLS." SO IT'S IMPORTANT TO KNOW ALL OF THEM BECAUSE YOU WON'T KNOW WHAT YOU GET UNTIL YOU COMPETE.

Final Scoring

1. The competitor must earn a score of 70% or higher on the combined skill(s) in Round Two-Skills Assessment in order to be recognized as an award winner at the ILC.
2. The final rank is determined by adding the round one test score plus the round two skill score. In the event of a tie, the highest test score will be used to determine the final placement.

Future Opportunities

The HOSA Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: https://hosa.org/scholarships/.

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member- a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

LASTLY, SCHOLARSHIP INFORMATION CAN BE FOUND AT THE END OF COMPETITIVE GUIDES. FOR MORE INFORMATION PLEASE VISIT: HTTPS://HOSA.ORG/SCHOLARSHIPS/.

YOU SHOULD REVIEW THE MISSOURI COMPETITIVE EVENT INFORMATION AS WELL AS THE GUIDELINES ON THE HOSA.ORG SITE TO BE BEST PREPARED.

FINAL INFO

A COMPETITOR MUST EARN A SCORE OF 70% OR HIGHER ON THE COMBINED SKILL(S) DURING THE ROUND TWO SKILLS ASSESSMENT IN ORDER TO BE RECOGNIZED AS AN AWARD WINNER AT ILC (INTERNATIONAL LEADERSHIP CONFERENCE)

SAMPLE SKILL

NAME OF THE SKILL AND HOW MUCH TIME IT TAKES.

Clinical Nursing

Skill IV: Performing a Sterile Wound Irrigation

Time: 14 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill IV: Performing a Sterile Wound Irrigation	Possible	Awarded
1.	Washed hands or used alcohol based hand-rub for hand hygiene.	2 0	
2.	Checked physician's order (scenario)	2 0	
3.	Assembled equipment and supplies.	1 0	
4.	Greeted patient and introduced self.	1 0	
5.	Located two identifiers to confirm patient.	2 0	
6.	Explained skill to patient and the purpose.	2 0	
7.	Obtained privacy.	1 0	
8.	Put on gloves and eye shield or face guard.	2 0	
9.	Positioned patient so the solution will run from the upper end of the wound downward.	1 0	
10.	Placed the waterproof bed pad and clean basin or irrigating pouch under the area to be irrigated.	1 0	
11.	Draped the patient with a bath blanket exposing only the wound.	1 0	
12.	Removed the used dressing and discarded.	1 0	
13.	Discarded used gloves.	2 0	
14.	Repeated alcohol-based handrub for hand hygiene.	2 0	
15.	**Irrigation Tray:** a. Opened irrigation tray, using sterile technique.	2 0	

THE GUIDELINE GIVES YOU THE FULL RUBRIC FOR WHAT JUDGES ARE LOOKING FOR DURING COMPETITIONS! MAKE SURE TO STUDY THESE SKILLS IN ORDER TO GET AS MANY POINTS AS POSSIBLE.

CONTINUED SKILLS RUBRIC:
HTTPS://HOSA.ORG/WP-CONTENT/UPLOADS/2026/08/CN-26-27-FINAL-2-1.PDF

TIPS FROM HOSA MEMBERS





- START EARLY. DON'T WAIT UNTIL COMPETITION SEASON TO BEGIN PREPARING.
- PRACTICE OUT LOUD. ESPECIALLY FOR PRESENTATIONS AND SPEAKING EVENTS.
- USE YOUR RESOURCES. ASK ADVISORS, OFFICERS, TEACHERS, AND EXPERIENCED COMPETITORS FOR HELP.
- DON'T BE AFRAID TO TRY SOMETHING NEW. YOUR FIRST EVENT DOESN'T HAVE TO BE YOUR FOREVER EVENT!

THE HOSA ILC WEBSITE ALSO INCLUDES JUDGE'S FEEDBACK FOR EACH EVENT! ALMOST EVERY EVENT HAS ONE OUTSIDE OF THE HEALTH SCIENCE EVENTS SINCE THESE ARE TESTS.

YOU CAN FIND THIS AT:
HTTPS://HOSA.ORG/CEUSEFULTOOLS/
UNDER THE 'JUDGE FEEDBACK' CATEGORY

STEP INTO THE SPOTLIGHT

YOUR HOSA JOURNEY DOESN'T HAVE TO LOOK LIKE ANYONE ELSE'S

WHETHER YOU'RE TESTING YOUR KNOWLEDGE, DEMONSTRATING SKILLS, PRESENTING RESEARCH, OR COMPETING WITH A TEAM, THERE'S A PLACE FOR YOU IN HOSA.

FIND YOUR EVENT. PREPARE WITH PURPOSE. STEP INTO THE SPOTLIGHT.

hosa future health professionals MISSOURI