Home Health Aide

Event Category: Health Professions

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

Round 1 will take place during the SLC Online Testing Window

February 24th - March 2nd (8am-6pm)

- ✓ **Chapter advisors will coordinate testing time and location for the online testing session within the designated testing window.**
- ✓ **Chapter advisor must designate a proctor for the testing session that does not have content knowledge related to any HOSA event ensuring the integrity of the competitive events program.**

Event Summary

Home Health Aide allows members to gain the knowledge and skills required for supporting patients in their homes. This competitive event consists of two rounds. For SLC, Round One is an online, multiple-choice test, and the top-scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and equip them to serve patients in a home health setting.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	• **Round One:** The Chapter Advisor will determine the dress code requirements for all SLC online testing events. • **Round Two**: Attire appropriate to the occupational area. 26-27 HOSA Appendix D Dress Code FINAL .docx
Competitors Must Provide	• Laptop with internet access to the HOSA Online Testing System: https://testing.hosa.org/ • Photo ID for Round 2 • Manual watch with second hand required for Round 2 for Vital Signs (no iWatches) • Tape ½“ or 1” • Bandage Scissors • Gloves non-latex (3 pairs per competitor) 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: a. Balduzzi, Suzann. *Homemaker Home Health Aide*. Cengage Learning. Latest edition. b. Leahy, Fuzy, & Grafe. *Providing Home Care: A Textbook for Home Health Aides.* Hartman Publishing, Inc. Latest edition.

ROUND ONE- Test

Test Instructions	The online test will consist of 50 multiple-choice items in a maximum of 60 minutes.
Online Test Plan	Home Health Aide Test Plan: ● Responsibilities and Legal/Ethical Issues - 10% ● Effective Communication - 6% ● Infection Control and Safety - 10% ● Body Systems and Common Disorders - 40% ● Caring for Special Populations - 24% ● Basic Healthcare Skills - 10%
Sample Test Questions	**Sample Round One Test Questions** 1. A dying client tells the home health aide ,"Please leave me alone, I just want to be by myself." What stage of grief is the client experiencing? (Balduzzi pp 355) A. Acceptance B. Anger C. Bargaining **D. Depression** 2. What is the general term that refers to a serious loss of mental abilities such as thinking, remembering, reasoning, and communicating? (Fuzy pp 156) A. Alzheimer's disease **B. Dementia** C. Vascular stroke D. Parkinson's disease 3. A nebulizer would most likely be ordered to treat a client with which condition? (Balduzzi p 329) A. Iron deficiency anemia B. Arteriosclerosis **C. Emphysema** D. Congestive heart failure

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 posted on the conference app and HOSA SLC website.

2. Round Two is a selected skill(s) assessment. The Round Two skills approved for this event are:

Skill I: Taking an Adult Tympanic Temperature	**3 minutes**
Skill II: Taking an Apical Pulse	**3 minutes**
Skill III: Emptying a Urinary Drainage Unit	**4 minutes**
Skill IV: Changing a Dry Dressing Using Non-Sterile Technique	**5 minutes**
Skill V: Measuring and Recording Intake and Output	**5 minutes**
Skill VI: Caring for Dentures	**5 minutes**
Skill VII: Moving a Patient Up in Bed Using a Drawsheet	**3 minutes**
Skill VIII: Applying Elasticized Stockings (One leg)	**5 minutes**

For all skills, body fluids will be a simulated product.

3. 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.

4. 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. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.

5. 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.)

6. 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. . **Judges will not respond to questions that are not included in the judge script!**

7. 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.

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 SLC.

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.

International Leadership Conference (ILC) qualifiers

Go to https://hosa.org/guidelines/ for specifics about this competitive event at ILC.

June 22-25, 2027, Pennsylvania Convention Center in Philadelphia, Pennsylvania

High School/Post-Secondary/Collegiate Seniors

Don't wait until you graduate to join the HOSA alumni network! 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.

SC HOSA Scholarship

Application: https://www.schosa.org/students/scholarships/
Application Window Opens: December 1, 2026
Application Deadline: February 1, 2027

National HOSA Scholarship

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/.

Home Health Aide

Skill I: Taking an Adult Tympanic Temperature

Time: 3 minutes

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

	Skill I: Taking an Adult Tympanic Temperature	Possible		Awarded
1.	Gathered equipment: tympanic thermometer, disposable probe cover, daily record sheet, and gloves.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2	0	
3.	Explained skill to patient.	2	0	
4.	Placed new probe cover on thermometer.	1	0	
5.	Turned thermometer on.	1	0	
6.	Pulled top of ear up and back.	1	0	
7.	Pressed top button as inserted covered probe in ear.	1	0	
8.	Held thermometer in place until it beeps, then removed probe from ear.	2	0	
9.	Read the temperature on the screen.	1	0	
10.	Removed the probe cover and disposed of properly.	2	0	
11.	Removed gloves, and washed hands or use alcohol-based handrub for hand hygiene.	2	0	
12.	Accurately recorded temperature on daily record sheet.	4	0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
14.	Practiced standard precautions throughout skill.	2	0	
	Total Points- Skill I: 70% Mastery for Skill I: 16.8	**24**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for detailed information.

Home Health Aide

Skill II: Taking an Apical Pulse

Time: 3 minutes

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

	Skill II: Taking an Apical Pulse	Possible	Awarded
1.	Gathered equipment: stethoscope, wristwatch with second hand, alcohol wipes, pen, and daily record sheet.	**1 0**	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
3.	Explained skill to patient.	**2 0**	
4.	Cleaned stethoscope diaphragm and earpieces.	**2 0**	
5.	Correctly placed stethoscope earpieces in ears.	**1 0**	
6.	Placed the diaphragm over the apex of the patient's heart.	**1 0**	
7.	Counted the louder sound (lub) for one complete minute.	**1 0**	
8.	Removed the stethoscope from ears and patient.	**1 0**	
9.	Washed hands or use alcohol-based handrub for hand hygiene.	**2 0**	
10.	Accurately recorded apical pulse on daily record sheet, within + or – 2 of the judges count.	**4 0**	
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
12.	Practiced standard precautions throughout skill	**2 0**	
	Total Points- Skill II: 70% Mastery for Skill II: 14.7	**21**	

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Home Health Aide

Skill III: Emptying a Urinary Drainage Unit

Time: 4 minutes

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

	Skill III: Emptying a Urinary Drainage Unit	Possible	Awarded
1.	Gathered equipment: gloves, alcohol wipes, measuring device, paper towel.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3.	Explained skill to patient.	2 0	
4.	Placed paper towel underneath measuring device on floor below drainage bag.	1 0	
5.	a. Opened drain or spout and allowed urine to drain into measuring device.	1 0	
	b. Avoided allowing tip of tubing to touch sides of measuring device.	1 0	
6.	Closed drain, wiped it with the alcohol wipe, and replaced it in the holder on the bag.	1 0	
7.	Noted amount and color of urine (verbalized to judge).	4 0	
8.	Emptied urine into toilet (or designated container).	1 0	
9.	Washed and rinsed measuring device.	1 0	
10.	Removed gloves and washed hands or use alcohol-based handrub for hand hygiene.	2 0	
11.	Recorded output on daily record sheet.	4 0	
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
13.	Practiced standard precautions throughout skill.	2 0	
	Total Points- Skill III: 70% Mastery for Skill III: 17.5	**25**	

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Home Health Aide

Skill IV: Changing a Dry Dressing Using Non-sterile Technique

Time: 5 minutes

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

	Skill IV: Changing a Dry Dressing Using Non-sterile Technique	Possible	Awarded
1.	Gathered equipment: gloves (2 pair), 4X4 gauze dressings, waste bag, tape, adhesive remover and bandage scissors, disposable bed protector or paper towel.	**1 0**	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
3.	Explained skill to patient.	**2 0**	
4.	Positioned patient so area with dressing is accessible while maintaining patient comfort and privacy.	**1 0**	
5.	Placed supplies on a clean disposable bed protector or paper towel within reach.	**1 0**	
6.	Opened gauze package without touching the gauze.(maintaining pad sterility)	**2 0**	
7.	Put on gloves	**1 0**	
8.	a. Removed old dressing.	**1 0**	
	b. Noted color, amount of drainage, and condition of surrounding skin (verbalized to judge).	**4 0**	
	c. Disposed of used dressing in the waste bag.	**2 0**	
	d. Remove any adhesive from skin using adhesive remover.	**1 0**	
	e. Removed and discarded used gloves.	**2 0**	
	f. Washed hands or used alcohol based hand-rub for hand hygiene.	**2 0**	
9.	Put on new gloves.	**2 0**	
10.	Applied dressing without touching center, holding dressing on the corners only.	**2 0**	
11.	Applied tape correctly.	**1 0**	
12.	Positioned patient comfortably.	**1 0**	

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13.	Discarded waste and returned supplies to storage.	**2**	**0**	
14.	Removed gloves, and washed hands or use alcohol-based handrub for hand hygiene.	**2**	**0**	
15.	Recorded dressing change on daily record sheet, noting observation of skin condition, that dressing was changed, and any patient complaints.	**4**	**0**	
16.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
17.	Practiced standard precautions throughout skill	**2**	**0**	
	TOTAL POINTS -- SKILL IV 70% Mastery for Skill IV = 28	**40**		

Home Health Aide

Skill V: Measuring and Recording Intake and Output

Time: 5 minutes

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

	Skill V: Measuring and Recording Intake and Output	**Possible**	**Awarded**
1.	Gathered equipment: I & O sheet, graduate (measuring container), pen, notepaper, and gloves.	**1** **0**	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	**2** **0**	
3.	Explained skill to patient.	**2** **0**	
4.	Provided privacy for the patient (if appropriate).	**1** **0**	
5.	**INTAKE:** a. Determined amount of fluid intake using size of container and the amount consumed	**1** **0**	
	b. Noted amount on notepaper.	**1** **0**	
	c. If measured in ounces, converted to mL's.	**2** **0**	
6.	Washed hand or used alcohol–based handrub.	**2** **0**	
7.	**DOCUMENTING INTAKE** a. Documented amount of fluid consumed in mL's on I & O form.	**2** **0**	
	b. Recorded time and type of fluid consumed.	**2** **0**	
	c. Reported anything unusual that was observed, such as patient refusing to drink, drinking very little, or feeling nauseated.	**2** **0**	
8.	**OUTPUT** a. Washed hands or used alcohol-based handrub.	**2** **0**	
	b. Put on gloves before handling bedpan, urinal, or foley catheter bag.	**2** **0**	
	c. Emptied contents of the bedpan,urinal, or foley catheter bag into the graduate without splashing. If the bedpan or urinal has volume markings, note the amount.	**1** **0**	
	d. Placed graduate on flat surface and measured at eye level.	**1** **0**	
	e. If amount is between measurement lines, round up to the nearest 25 mL.	**1** **0**	
	f. Noted the amount on notepaper.	**1** **0**	
9.	**To measure vomitus:** a. Poured from basin into measuring container and added to output.	**1** **0**	

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	b. If vomit is on floor or bed - estimated amount and added to output.	1	0	
10.	Emptied the graduate into the toilet without splashing.	1	0	
11.	Rinsed the graduate and poured rinse water into the toilet.	1	0	
12.	Rinsed the bedpan/urinal and flushed in toilet **Judge will award points if a catheter bag is used.**	1	0	
13.	Stored the bedpan/urinal and graduate **Judge will award points if a catheter bag is used.**	1	0	
14.	Removed and discarded gloves.	2	0	
15.	Washed hands or used alcohol-based handrub.	2	0	
16.	Documented time and output on I & O form.	2	0	
Skill V: Continued…		**Possible**		**Awarded**
17.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
18.	Practiced standard precautions throughout skill.	2	0	
	TOTAL POINTS – SKILL V 70% Mastery for Skill V = 29.4	**42**		

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COMPETITOR ID # _____

HOSA INTAKE AND OUTPUT RECORD

DATE _____ PATIENT NAME _____

Record for Intake:			**Record for Output:**		
TIME (11-7)	INTAKE AMOUNT IN CCs	TYPE OF INTAKE	TIME	* OUTPUT AMOUNT IN CCs	TYPE OF OUTPUT
TOTAL					
TIME (7-3)					
TOTAL					

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TIME (3-11)					
TOTAL					

***If patient does not urinate/void for 8 hours, call your nurse or supervisor**

Home Health Aide

Skill VI: Caring for Dentures

Time: 5 minutes

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

	Skill VI: Caring for Dentures	Possible	Awarded
1.	Gathered equipment: toothbrush, toothpaste, denture cleaning tablet, denture cup, gloves, mouthwash, small cup, emesis basin, washcloth, small towel.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3.	Explained skill to patient.	2 0	
4.	Asked patient to remove dentures and place in denture cup.	1 0	
5.	Placed 2-3 inches cool water and washcloth in bottom of sink.	1 0	
6.	Removed dentures from denture cup and rinsed dentures placing in the emesis basin.	1 0	
7.	Rinsed denture cup and filled with cold water and denture cleaning tablet.	1 0	
8.	Turned on cold water and brushed all surfaces of the upper and lower plate with toothpaste and rinsed	1 0	
9.	Placed dentures in denture cup.	1 0	
10.	Rinsed emesis basin and toothbrush.	1 0	
11.	Assisted patient to rinse mouth with mouthwash, expel rinse in emesis basin and wipe mouth.	1 0	
12.	Described (verbalized to the judge) the use of toothettes to clean the gums and tongue to observe the condition of the patient's mouth.	2 0	
13.	Placed the denture cup within reach of the patient and instructed patient to insert dentures when needed.	1 0	
14.	Removed gloves, washed hands or used alcohol-based handrub for hand hygiene, and returned supplies to their proper place.	2 0	
15.	Recorded completion of skill on daily record sheet, noting observation of skin (oral cavity) condition and any patient complaints.	4 0	
16.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	

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17.	Practiced standard precautions throughout skill.	**2 0**	
	TOTAL POINTS -- SKILL VI 70% Mastery for Skill VI = 18.2	**26**	

Home Health Aide

Skill VII: Moving a Patient Up in Bed Using the Drawsheet

Time: 3 minutes

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

	Skill VII: Moving the Patient Up in Bed Using the Drawsheet	**Possible**	**Awarded**
1.	Ask the family member (judge or event personnel) to help you move the patient up in bed.	**1 0**	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
3.	Explained skill to patient.	**2 0**	
Instructed the family member (judge or event personnel) on what to do and how to help throughout all steps of the skill, as needed. (points awarded at end of the rating sheet.)			
4.	Placed pillow at the head of the bed to protect the patient's head.	**2 0**	
5.	a. Rolled both sides of the drawsheet (or flat sheet folded in fours) toward the patient.	**1 0**	
	b. Placed the patient's feet 12 inches apart.	**1 0**	
	c. Bent the patient's knees.	**1 0**	
	d. With the hand nearest the patient's feet, grasped the rolled drawsheet.	**1 0**	
	e. With the other hand, both cradled the patient's head and shoulders and firmly grasped top of the drawsheet.	**1 0**	
6.	Turned body and feet toward the head of the bed, keeping feet 12 inches apart, knees slightly bent.	**2 0**	

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7.	On a coordinated count of 3, lifted the drawsheet and patient up toward the head of the bed without dragging the patient.	**2 0**	
8.	Aligned patient's body and limbs, placed pillow under head, tightened drawsheet and replaced covers.	**1 0**	
9.	Communicated appropriately and effectively to family member (judge or event personnel) throughout skill.	**2 0**	
10.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
11.	Recorded completion of skill and patient reaction on daily record sheet.	**4 0**	
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
13.	Practiced standard precautions throughout skill.	**2 0**	
	TOTAL POINTS -- SKILL VII 70% Mastery for Skill VII =20.3	**29**	

Home Health Aide

Skill VIII: Applying Elasticized Stockings (One leg)

Time: 5 minutes

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

	Skill VIII: Applying Elasticized Stockings (One leg)	**Possible**	**Awarded**
1.	Gathered equipment: knee-length elasticized / compression stockings.	**1 0**	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	**2 0**	
3.	Explained skill to patient.	**2 0**	
4.	With patient lying in bed supine, exposed the leg indicated in the scenario.	**4 0**	
5.	Turned stocking inside out to heel by placing hand inside stocking and grasping heel.	**1 0**	
6.	a. Positioned stocking over the foot and heel of patient making sure the heel of the stocking is in the proper place.	**1 0**	

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	b. Slid the remaining stocking over the foot and heel.	1 0	
	c. Continued to pull the stocking over the calf to the knee.	1 0	
7.	Checked to be sure stocking is applied evenly and smoothly with no wrinkles.	2 0	
8.	Washed hands or used alcohol-based handrub for hand hygiene.	2 0	
9.	Recorded completion of skill and patient reaction on daily record sheet.	4 0	
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
11.	Practiced standard precautions throughout skill.	2 0	
VIII	**TOTAL POINTS -- SKILL** 70% Mastery for Skill VIII = 17.5	**25**	

COMPETITOR ID # _____

HOME HEALTH AIDE DAILY RECORD

HOSA HOME HEALTH SERVICES

Patient:	**Day/Date:**
Treatment/Results	**Observations/Patient/Reaction**
Bath	
Grooming	

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for detailed information.

Dressing	
Mobility	
Catheter	
Temperature	
Pulse	
Respiration	
Blood Pressure	
Other Instructions:	
•	
•	
•	
Additional Treatment or Observations:	
Home Health Aide Signature:	Date:

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