



SERIES: HEALTH OCCUPATIONS B

CONTEST: BASIC HEALTH CARE

Online Test
Completed
by April 26

Online
Resumé
Submission

Series Director: ERIN ROY • (508) 416-2325 • eroy@jpkefeh.org

Competition: Blackstone - Health Services Room 310 with Event Manager: Heidi Bedard

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10.

Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

An online knowledge test will be in the **LMS** and the deadline for completion is April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

White scrubs, as shown

Hair must be off face and collar

Nails short and clean

White stockings / socks

White Lab coat (optional)

Clean all-white leather shoes (No canvas)

Athletic style shoes are acceptable, must meet criteria

NO personal name/school ID on clothing

NO heavy perfume/makeup/cologne

NO nail polish, gels or tips

NO gum chewing

NO jewelry except watch with second hand

NO open toes or open back shoes

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Safety glasses

Watch with second hand

Pen (black ink)

Any equipment and supplies for oral table-top presentation

State Skills:

The contest evaluates a contestant's beginning level of health occupations knowledge and skills and recognizes outstanding students for excellence and professionalism. The contestants' skills may be evaluated through a written test and/or a skill performance.

Contestants will demonstrate their knowledge and ability to perform procedures or skills selected from the following list of competencies. These skills may be evaluated through a written test and/or a skill performance at a variety of stations.

1. Employment Skills: This station will consist of completing a job application and demonstrating interview skills. (Refer to the National SkillsUSA Championships Technical Standards 2023) Each contestant must submit a one-page typewritten resumé to the LMS.

The following information must be contained in the one-page resume:

- Name, Address and Phone Number
- Career Objective
- Education and Training
- Work Experience (beginning with present employment listing specific responsibilities)
- Community/Volunteer Work
- Memberships, Major Accomplishments, Awards Earned
- References Upon Request

2. Academic Foundations:

CARE 1.0 Apply academic knowledge of life sciences as related to the health care professions

CARE 1.1 Demonstrate knowledge of human anatomy, structure and function

CARE 1.4 Perform core therapeutic and clinical skills that relate to most Basic Health Care Skills

3. Safety:

CARE 6.0 Create a safe working environment

CARE 6.1 Apply principles of body mechanics

CARE 6.6 Manage a safe environment

4. Career Opportunity Concepts:

CARE 3.0 Perceive major career opportunities and system available in health care.

CARE 3.4 Complete job application.

CARE 3.5 Demonstrate interview skills

CARE 4.0 Epitomize quality employment and teamwork skills

CONTEST: BASIC HEALTH CARE CONTINUED

5. **Communication Skills:**

- CARE 2.0 Express verbal and nonverbal communication skills
- CARE 2.3 Define, pronounce, spell and use key medical terms and abbreviations

6. **Ethical/ Legal:**

- Care 5.0 Differentiate between law and ethics

7. **Infection Control / Advanced Asepsis:**

- CARE 6.0 Create a safe working environment
- CARE 6.3 Practice infection control
- CARE 6.4 Employ standard safety precautions/body substance isolation techniques
- CARE 6.5 Demonstrate aseptic technique

8. **Measurements:**

- CARE 4.0 Epitomize quality employment and teamwork
- CARE 4.2.1 Measure and record through
- CARE 4.2.4 Time clock

9. **Emergency Care Component:** Latest American Red Cross/American Heart Association CPR standards will be used.

- CARE 4.2.1 Execute Emergency care for the infant to adult age spectrum

10. **Prepared Presentation:**

- CARE 2.1 Deliver a Prepared presentation

Each contestant will deliver a prepared 5-7 minute presentation.

- The purpose of the presentation is to present a topic related to basic health care through demonstration, display and/or explanation. (see Scope of the Contest Section Presentation Guidelines and Purpose in the National SkillsUSA Technical Standards)
- A presentation will be compact, no larger than 30" x 30" x 30". A 4' x 6' space and table will be available. Any visual aids (signs, charts, transparencies, slides, diagrams) are to be prepared by the contestants. Three-sided poster display boards and PowerPoint Presentations stored on jump drives are permitted (No note cards). No pressurized aerosol cans of any kind will be permitted, and no compressed air, gas, or flammable liquid may be used.
- All employers' names and manufactures' trade names must be covered or removed.
- The demonstration will neither promote nor advertise any commercial organization or product.
- The title should designate the exact nature of the presentation. Catchy titles are not appropriate to the scientific and educational purpose of the presentation.
- The prepared presentation does not include another person acting as a patient.
- Contestants will have access to a laptop and smartboard in the presentation room.

PLEASE NOTE

- All skills demonstrated will be based on nationally accepted accreditation and certification standards.
- The latest American Red Cross/American Heart Association CPR standards will be used. Note: First Aid & CPR cards are not required for this event.
- Refer to the most recent National SkillsUSA Championships and Technical Standards Book for further explanations.

Observer Rules: Observers will not be allowed to view the students during the competition. Talking or gesturing by the observers may result in disqualification of the contestant. Observers will not be permitted to communicate with contestants in the holding/assembly area.



SERIES: HEALTH OCCUPATIONS B CONTEST: DENTAL ASSISTING

Online Test
Completed
by April 26

Online
Resumé
Submission

Series Director: ERIN ROY • (508) 416-2325 • eroy@jpkeefehs.org

Competition: Blackstone - Dental Lab Room 670 & 202 with Event Manager: Tricia Wosney

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10.

Contestants must submit an electronic copy of their resumé to the **LMS** by April 26, by 5:00pm.

An online knowledge test will be in the **LMS** and the deadline for completion is April 26, by 5:00pm.

Clothing Requirements: avoid a clothing penalty

White scrubs, as shown

Hair must be off face and collar

Nails short and clean

White stockings / socks

White Lab coat (optional)

Clean all-white leather shoes (No canvas)

Athletic style shoes are acceptable, must meet criteria

NO personal name/school ID on clothing

NO heavy perfume/makeup/cologne

NO nail polish, gels or tips

NO gum chewing

NO jewelry except watch with second hand

NO open toes or open back shoes

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

2 - #2 pencils (1 red and 1 blue)

Watch with second hand

Safety goggles

1 - Black pen

NOTE: FIRST AID/CPR CARDS ARE NOT REQUIRED FOR THIS EVENT

Latest American Red Cross/American Heart Association CPR standards will be used.

Scope of Contest:

The contest is defined by the ability to perform the procedures specified in the ninth edition of the Task Analysis for Dental Assisting National Boards Inc. (DANB) Examinations and as determined by the SkillsUSA Health Occupations technical committee.

Additional Resources: Modern Dental Assisting, most recent edition, by Bird and Robinson

Knowledge Performance:

The contest will include a written knowledge exam assessing knowledge of dental foundations, communication skills, safety, infection control and asepsis, employment skills and law/ethics.

National Skills:

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of dental assisting.

State Skills:

The skills included in the contest will be selected from national competency categories and may involve total procedures or tasks that are part of the procedures. (Refer to SkillsUSA Championships Technical Standards for complete listing) All stations are using guidelines specified in the most recent edition of the Task Analysis of Dental Assisting National Board, Inc. (DANB) for examinations and as determined by the National SkillsUSA Health Occupations Technical Committee.

1. Chair side Assisting – DA 4.0 Apply chair side assisting procedures

- Demonstrating seating, dismissing, positioning client in treatment chair and placing of patient napkin
- Demonstrate knowledge of operator and assistant working positions inside the treatment area
- Demonstrate transfer of instruments to operator during various procedures such as sealants, operative or specialty
- Demonstrate the use of various restorative materials and their applications during the chair-side procedure
- Demonstrate use of high volume evacuation
- Identify and use instruments properly
- Demonstrate and assist with area isolation and moisture control

CONTEST: DENTAL ASSISTING CONTINUED

- h. Demonstrate knowledge of local anesthesia application and armamentarium
 - i. Demonstrate the use of various specialty materials and their applications during chair side procedures
 - j. Demonstrate field of operation during dental procedures using retraction, suction, irrigation, placing and removing cotton rolls, etc
 - k. Identify features of rotary instruments
 - l. Demonstrate cleaning and polishing of removable appliances and prostheses
2. **Laboratory Procedures – DA 5.0 Apply dental laboratory procedures utilizing various dental material**
- a. Demonstrate mixing various gypsum products and construct study models
 - b. Demonstrate mixing various cements and demonstrate their applications
 - c. Demonstrate mixing various restorative materials and their applications
 - d. Demonstrate and prepare various impression materials and their applications
 - e. Demonstrate and assist with oral sealants
 - f. Construct temporaries/provisionals using various methods
 - g. Construct mouth guard/bleaching tray/whitening tray using various methods
3. **Patient Assessment Procedures – DA 2.0 Assess the client’s condition following good practices**
- a. Measure and record blood pressure, respirations, oral temperature and pulse
 - b. Perform CPR for adult, child and infant
 - c. Demonstrate knowledge of basic dental emergencies
 - d. Demonstrate knowledge of pre and post operative instructions
4. **Infection Control Procedures – DA 1.0 Monitor and manage safety and infection control**
- a. Report and Record safety hazards in the workplace
 - b. Apply principles of body mechanics
 - c. Perform maintenance on equipment to keep in proper working order
 - d. Demonstrate and maintain a safe client environment
 - e. Interpret and respond to medical emergency protocol
 - f. Verify identity of client
 - g. Use precautions in the presence of ionizing radiation
 - h. Manage hazardous materials and use standard precautions of the workplace following EPA, OSHA, CDC, and ADA guidelines
 - i. Perform correct handwashing techniques
 - j. Use appropriate personal protective equipment
 - k. Identify modes of pathogen transmission
 - l. Apply principles of sterilization, disinfection and ultrasonic preparation for equipment, instruments and supplies in the workplace
5. **Radiography Procedures – DA 6.0 Apply radiology procedures**
- a. Demonstrate knowledge of radiation safety
 - b. Demonstrate knowledge of intraoral or extraoral radiography films
 - c. Identify radiographic processing errors
 - d. Demonstrate mounting and labeling of intraoral radiographic films
 - e. Demonstrate knowledge of processing radiographic films either manually or automatically
 - f. Demonstrate knowledge of intraoral radiographic equipment such as “XCP”
 - g. Demonstrate knowledge of methods of exposing radiographs
6. **Preventive Procedures – DA 3.0 Apply preventative procedures**
- a. Instruct client in use of dental floss and Bass tooth-brushing method
 - b. Identify food groups and their importance in relation to proper oral health
 - c. Assist with oral prophylaxis
 - d. Demonstrate proper oral appliance use and care
 - e. Demonstrate application of topical fluoride
7. **Office Management – DA 7.0 Manage the office**
- a. Complete written client materials such as registration, charts, and documents
 - b. Complete written office materials such as insurance forms, inventory, ordering supplies and record keeping
 - c. Complete client oral charting from oral and written communication
 - d. Complete various computer assignments including work processing, financial and/or office management software

CONTEST: DENTAL ASSISTING CONTINUED

- e. Demonstrate oral and written communication skills with clients, families and staff using HIPAA regulations
 - f. Demonstrate various types of filing used to preserve client records
 - g. Demonstrate professional telephone etiquette
 - h. Record messages both written and verbally
8. **Employability – DA 8.0**
- a. Apply ethical and legal standards using a state dental practice act
 - b. Prepare resume and job application
 - c. Participate in an interview for a job
 - d. Demonstrate ability to create a positive teamwork environment in the workplace
 - e. Demonstrate and exhibit professional appearance and conduct
 - 9. Preventive Procedures - DA 3.0 Apply preventative procedures using guidelines specified in the ninth edition of the Task Analysis of Dental Assisting National board, Inc. (DANB) for examinations and as determined by the national SkillsUSA Health Occupations Technical Committee

Each contestant must submit a one-page typewritten resumé to the LMS. The following information must be contained in the one-page resume:

Name, Address and Phone Number

Career Objective

Education and Training

Work Experience (beginning with present employment listing specific responsibilities)

Community/Volunteer Work

Memberships, Major Accomplishments, Awards Earned

References Upon Request

Observer Rules: Observers will not be allowed to view the students during the competition. Talking or gesturing by the observers may result in disqualification of the contestant. Observers will not be permitted to communicate with contestants in the holding/assembly area.



SERIES: HEALTH OCCUPATIONS B CONTEST: FIRST-AID/CPR

CPR Cards
Submission
by April 21

Online Test
Completed
by April 26

Online
Resumé
Submission

Series Director: ERIN ROY • (508) 416-2325 • eroy@jpkefehhs.org

Competition: Blackstone - Competition Center & Room 503 with Event Manager: Rob Cecil

REQUIREMENTS AND SCOPE OF CONTEST

Advisors will be sent log-on information for the **Learning Management System**, which will be open on April 10.

Contestants must submit an electronic copy of the resumé along with their current **CPR Card** and **First Aid Certification Card** to the **LMS** by April 21, by 5:00pm.

An online knowledge test will be in the **LMS** and the deadline for completion is April 26 by 5:00pm.

Clothing Requirements: avoid a clothing penalty

White scrubs, as shown

Hair must be off face and collar

Nails short and clean

White stockings / socks

White Lab coat (optional)

Clean all-white leather shoes (No canvas)

Athletic style shoes are acceptable, must meet criteria

NO personal name/school ID on clothing

NO heavy perfume/makeup/cologne

NO nail polish, gels or tips

NO gum chewing

NO jewelry except watch with second hand

NO open toes or open back shoes

NO cell phones or SmartWatches allowed

Tool Requirements: Contestants must submit online a one-page type-written resume, failure to do so will result in a 50-point penalty

Safety glasses Watch with second hand

STUDENTS SHOULD BE TRAINED IN BOTH CPR AND FIRST AID. STUDENTS MUST SUPPLY A COPY OF THEIR CURRENT CERTIFICATIONS IN CPR/AED AND FIRST AID FROM ANY OF THE FOLLOWING: AMERICAN RED CROSS, AMERICAN HEART ASSOCIATION, AMERICAN HEALTH AND SAFETY INSTITUTE OR THE NATIONAL SAFETY COUNCIL

CARDS SHOULD BE UPLOADED TO THE LMS NO LATER THAN 1 WEEK PRIOR TO COMPETITION APRIL 21, 2023

State Skills:

To evaluate each contestant's ability to react positively in simulated demanding first aid intervention and to recognize excellence and professionalism in the career and technical student's first aid skills.

1. Contestants will demonstrate their ability to perform procedures or take appropriate action based on scenarios presented related to the following topic areas:
 - A. **CPR 1.0- CPR with AED for Adult**
Demonstrate skills in performing CPR with AED
 - B. **CPR for Child**
Demonstrate skills in performing CPR for child
 - C. **CPR for Infant**
Demonstrate skills in performing CPR for Infant
 - D. **Choking Victim: Conscious/Unconscious Adult**
Demonstrate skills in performing choking emergencies for conscious/unconscious adult
 - E. **Choking Victim: Conscious/Unconscious Child**
Demonstrate skills in performing choking emergencies for conscious/unconscious child
 - F. **Choking Victim: Conscious/Unconscious Infant**
Demonstrate skills in performing choking emergencies for conscious/unconscious infant
 - G. **Sudden Illness: Seizures/Diabetics**
Demonstrate skills in performing interventions and care for seizures/diabetic emergencies
 - H. **Injuries to Muscles, Bones, and Joints (dislocations, fractures, sprains and strains, head, neck and back injuries)**
Demonstrate care dealing with muscle, bone and joint injuries
 - I. **Bleeding/Wound Care**
Demonstrate care/control dealing with bleeding/wound care
 - J. **Burn Care**
Demonstrate care for first, second, and third degree burns

CONTEST: FIRST-AID/CPR CONTINUED

2. All skills demonstrated will be based on nationally accepted standards as identified by the American Red Cross for first aid emergencies and the American Red Cross/American Heart Association for CPR and the National Safety Council. Latest American Red Cross/American Heart Association CPR standards will be used.
3. Contestants will take a written test that will constitute no more than 20% of the total score. Based on the American Red Cross and American Heart Association manuals.
4. Employability - each contestant must submit a one-page typewritten resumé to the LMS. The following information must be contained in the one-page resume:
 - a. Name, Address and Phone Number
 - b. Career Objective
 - c. Education and Training
 - d. Work Experience (beginning with present employment listing specific responsibilities)
 - e. Community/Volunteer Work
 - f. Memberships, Major Accomplishments, Awards Earned
 - g. References Upon Request

Observer Rules:

Observers will be allowed to view the scenarios as the contestants participate provided there is space available.

Talking or gesturing by the observers may result in disqualification of the contestant.

Observers will not be permitted to communicate with contestants in the holding/assembly area.

Refer to General Regulations, SkillsUSA Championships Technical Standards regarding photography rules.