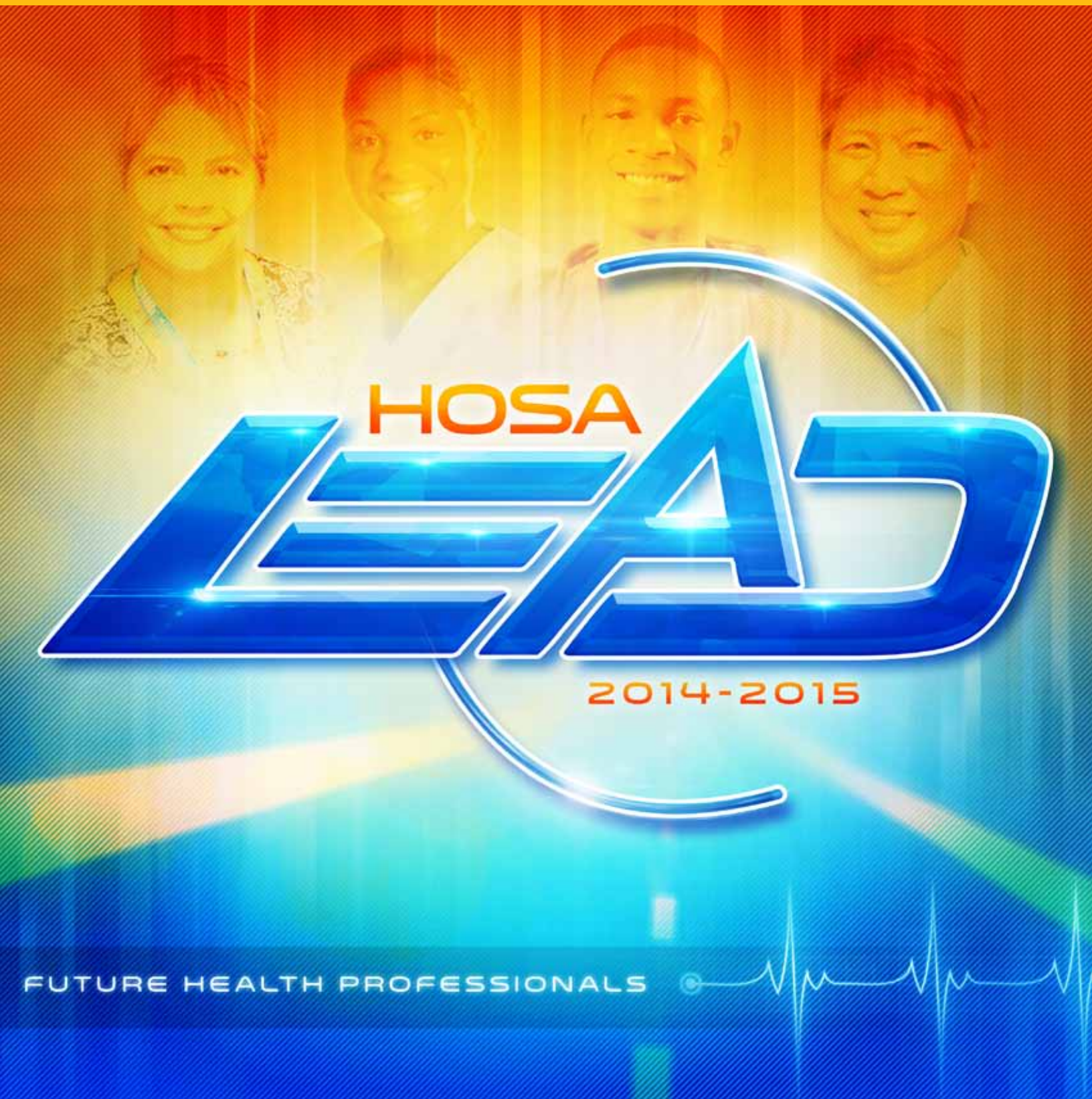
hosa future health professionals

FALL 2014



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My Journey with HOSA.

As a health professions student, it is common to hear your peers, and even yourself, repeating the saying, “I just want to help others.” And even though this repetitious phrase resonates in every college, internship, or job application essay, it wasn’t until I was a member of HOSA when I realized the absolute truth behind it all – the inherent desire to put the needs of others in front of your own forms the foundation of the modern health professional. This characteristic, while ever so natural to a person’s intrinsic personality traits can be, and was, exemplified through my experiences in HOSA-Future Health Professionals. It is because of these life-changing lessons and opportunities that I have become the student, friend and selfless future health professional that I am today.

My journey through HOSA was a steep slope down a winding roller coaster, pushing me out of my comfort zone and into a world of amazing prospects, everlasting friendships, and personal growth that I almost could not keep up with. Almost immediately after my introduction into HOSA, I found myself hunting for every availability to serve others, whether that was through a multitude of community service events or leading my local chapter as President. HOSA was a key component of my high school journey and transition into a much more rigorous academic setting, also known as college. This desire to serve others through democratic representation led to my nomination and election to the Historian position of Area 4 of HOSA, TX. The ability to truly represent a group of thousands of students just like me was a gratifying experience, to say the least. Through these leadership positions, HOSA allowed me to implement change and develop a leadership portfolio that still benefits me to this day as a professional student. The lessons I learned and the hardships I faced gave rise to my abilities to lead and to serve, two traits that are not only important to an individual’s personal strengths, but to healthcare professionals today.

Now, as a first year pharmacy student at the University of Texas at Austin College of Pharmacy, it has become even clearer just how much HOSA has helped me achieve my current status as a student. My passion for HOSA six years ago grows even stronger today, as the lessons I learned and the resources gained are prominent factors in my success today, just as I am sure they will be when I am a Doctor of Pharmacy in four years. I never thought that HOSA would have such an immense impact on my life, but I am reminded every day of the roots that the organization planted for me to grow upon. As I continue on this path of being a successful health provider, I hope that all students will take advantage of the plethora of opportunities that HOSA provides so that you can gain just as much as I did in my 5 years of active participation. This, along with the life lessons that you will most surely learn in HOSA, will make you an apt fit for the health team and give you the utmost desire to actually make a difference, and of course, help others.

— *Christopher Medlin*

I never thought that HOSA would have such an immense impact on my life, but I am reminded every day of the roots that the organization planted for me to grow upon.

Why Start a Postsecondary Chapter?

— Ahjahta McDuffie (Local HOSA President)

Maintaining a postsecondary HOSA chapter wasn't as easy as I thought it would be. It's not until you're face-to-face with the confirmation of your chapter's official recognition that you realize the amount of work that you have to put into the organization. My chapter at the University of New Haven in West Haven, CT is going on three years as a recognized student organization; even with the time that we have been a chapter on campus, finding ideas to catch the attention of approximately 2,000 undergraduates, and live up to expectations you plan for yourself is difficult. However, from what I can honestly tell you: I have no regrets about starting the HOSA chapter.

Why did I want to start the chapter in the first place? It started my senior year of high school. I remember crying because I couldn't run for national office. My family thought it would be best that I concentrate more on my education than leadership in such a high position. I wanted an opportunity to make a difference in HOSA, and I thought that being a National HOSA officer was a great choice for me. When becoming a national officer was no longer an option, I decided to take another route. Instead of giving up on HOSA, I decided to do something equally amazing and beneficial-start my own postsecondary chapter!

After attending a workshop at the National Leadership Conference in Anaheim, I thought that starting a HOSA chapter shouldn't be too difficult. When I arrived at college, my goal was to find approximately ten students that love health and medicine as much as I do. The objective was to tell people how amazing HOSA was, how we spread knowledge about health, pride in community service and that you could possibly travel to the National Leadership Conference. (I knew talking about competitive events and possibly attending the HOSA National Leadership Conference in Orlando or Nashville was a sure bet!) Asking friends to hold offices such as Vice President, Treasurer, and Parliamentarian was a challenge. I made them understand how beneficial a leadership role was, especially for a well-known organization like HOSA-Future Health Professionals. It came to a point where having officers wasn't the tedious objective; it was finding an advisor. I had help from Student Activities to send an inquiry out to the entire full-time faculty, telling them I was in need of an advisor if I wanted my chapter to be recognized. I informed them of our mission as a health-themed organization. I almost lost hope, thinking that I wasn't going to find someone to advise the chapter. All of a sudden, I received four faculty members that were interested in running the chapter! I talked to them, informed them about the chapter's goals, and after hearing several responses such as maybe not or I think I'm actually too busy, I received a YES from a faculty member. Although she worked for the business department, she was caring and willing to help if she could. Once I had members, the advisor, and the constitution all together, as well as held interest meetings on campus, I just had to patiently wait for the chapter to get recognized. A few months later during the summer of 2012, I received an email saying we were recognized! It was one of the best experiences of my life! I had goals and plans already for our chapter! When I got to school, I realized that being President of an organization wasn't all fun and games. There were many deadlines that we had to meet in order to remain

I want anyone that is interested in starting a Postsecondary Chapter to know that it's not easy, but it is worth it.

on campus. Also, finding members that wanted to stay committed to the chapter was arduous. We went from having twenty people show up to a meeting, to only having five per meeting. We had fun events such as "Create a Doctor Bag" with tote bags and we helped raised awareness for Cystic Fibrosis through informational tables. Considering the fact that I was in several other chapters, and a double-major, I pretty much lost hope in my HOSA Chapter. Fortunately, I had friends that really talked to me about how to impprove our chapter. With their help, I was able to see how the HOSA chapter could truly improve, such as have weekly meetings and not monthly meetings, and increase involvement and visibility with other chapters that are more well-known.

Why did I write this article? I want anyone that is interested in starting a postsecondary chapter to know that it's not easy, but it is worth it. HOSA really offers amazing opportunities to its members at the local, state and national levels. Never be afraid to go up to another organization, and inform them that you want to work together. Stay organized, and get HOSA promoted as many times as possible. Most importantly, never forget that you should have fun in HOSA. Helping others is our specialty—never forget that! There may be chapters that are twice the size as you. Do not let them make you feel inferior—let them be your motivation. Learn from other chapters, and see what they have done. Let your creativity flow. If you organize a community service project and it doesn't work, learn from your mistakes. Talk to your local hospital, nursing home or food bank to see if your chapter can complete a community service project at their facility. If you're struggling with your postsecondary chapter, don't give up. Ask for help on the HOSA postsecondary Facebook page. Also, consider co-sponsoring with other postsecondary HOSA chapters as well! If you want to do trips and have no money for buses, consider carpooling. Most importantly, talk to your student activities office about their guidelines for all aspects of an organization. Starting and maintaining a HOSA chapter at postsecondary level can be difficult, but it is possible. Just remember that one thing that makes HOSA members different from other students is that we are go-getters! Now that New Haven HOSA is active for a third year on campus, we have several ideas in mind. These include: Selling ribbons for the Leukemia and Lymphoma Society, competing for the first time this year, trips to forensics lab, raising awareness about Muscular Dystrophy, and MCAT workshops. Every year is an opportunity to better your HOSA chapter. Don't give up!

HOSA AND SERVICE IN THE HEALTH COMMUNITY

Future health professionals in HOSA are branded by our compassionate devotion to the health community through dedicated and persistent service on the local, state, and national levels. Various HOSA chapters throughout the nation have partnered with numerous organizations and implemented successful projects to help fight Cystic Fibrosis, to help end childhood hunger, and to raise awareness of the many diseases and conditions that strike the community. What HOSA does daily, weekly, monthly, and yearly is truly astounding in its impact and its promise for the future of health.

Acknowledging the excellence of HOSA and its expansive capabilities through community service early in my involvement as a member, I've devoted myself to my community through the many activities of my local chapter. The Academy of Medical Arts at Carson High Complex (AMA HOSA) has been a driving force of health outreach in Carson, California, as we've served the community through various lenses. As avid volunteers, we've worked at our local hospital, Harbor-UCLA Medical Center, in many departments ranging from pediatrics to pathology. As health advocates, we've encouraged community members to develop healthier lifestyles by participating in health fairs at our local mall. HOSA members truly demonstrate outstanding capability and passion in community service.

From being an active participant in community service, I've developed this mindset: "Where help is needed, that is where you must go." I share this thought with many of my fellow HOSA members across the nation as we constantly jump to opportunities for us to serve. This is what makes HOSA-Future Health Professionals the expansively impacting student organization it is.

Matthew De Leon
Chapter Co-President
Academy of Medical Arts at Carson
California HOSA, Region 4

hosa future health professionals

We Need Your Input!

Ever wonder how the "topics" are selected for events at the state and national levels?

Well, we need your help!

We are looking for **topic ideas** for the following events:

- Extemporaneous Writing
- Extemporaneous Health Poster
- Creative Problem Solving

What kind of topics would you want to write an essay about, make a poster about, or work with your team to find a solution? Of course, they need to be health and/or HOSA related!

We are looking for **great interview questions** to use in the following events:

- Interviewing Skills
- Job Seeking Skills

Do you have a favorite question, one that you always hope you will get asked in an interview? Send them our way!

For Parliamentary Procedure, we need **5 motions**. What are your "favorite" motions that you want to see at the state and national level? The secret problem always has a sample motion to use in competition. What is a great sample motion that we could use?

Please submit your ideas to Bergen Morehouse at **Bergen.Morehouse@hosa.org** for consideration!

CALIFORNIA

hosa future health professionals

ALYSSA CHIN

Not only has HOSA helped contribute to the growing interest in health but it has also help build our nation's future leaders and future role models.

My name is **ALYSSA CHIN** and I am a current and active member of the John C. Kimball High School HOSA Chapter located in Tracy, California. I joined HOSA two years ago as a freshman. HOSA not only allowed me to experience and learn about the numerous health professions available, but it has also helped me and the fellow chapter members to give back to the community through service projects and blood drives. As our chapter members, advisor and officers organized different community service projects throughout the year, we have formed a big, passionate heart not only towards the organization, but also towards helping the people in our community.

My HOSA chapter has done various different types of service projects throughout the school year, but the most successful and memorable project was the Teddy Bear Clinic. My chapter partnered with Tracy Sutter Hospital during the annual Sutter Health Fair. At the fair, the hospital granted us a booth in which we set up a Teddy Bear Clinic. The members and the hospital donated boxes full of stuffed animals and we performed checkups and demonstrated CPR on the animals for the children and parents to see. We also explained to children why it is important to get checkups regularly and what they can do to prevent themselves from getting sick. At the end of the fair, we gave the stuffed animals to the children for free. This project not only allowed HOSA to get involved with the community but it also allowed the HOSA members to create connections and have a healthy influence.

In addition to community service projects, our HOSA chapter organizes blood drives to take place on our school campus. I am the blood drive manager and I work with my advisor, Dean Medek, and our local Tracy Delta Blood Bank to set up blood drives at school to give students and teachers the opportunity to help save lives by donating their blood. Over the course of three years, just on our school campus alone, we have had over 200 donors and accumulated hundreds of gallons of blood to save dozens of lives. Through HOSA, not only do our members contribute to the growth and improvement of our community but also the students, classmates, teachers and staff. HOSA opens up a pathway to give back to the community in a healthy and professional way.

HOSA is not just an activity. HOSA is not just a competition. HOSA is not just a gathering of people interested in a health career. It is a PASSION. A growing and burning passion of mine and my fellow members. HOSA allows us to utilize our passion in a way that benefits our community. My chapter and I will continue to play an active role in our little city of Tracy, California and will continue to grow into the future health professionals that we have devoted our lives to be.

Alvin High School HOSA Chapter in Alvin, Texas

The Alvin High School HOSA Chapter in Alvin, Texas never settles for just "good enough".

The members decided to go beyond and reached out to a community group, Mosaic, in dire need of assistance. Chapter members vowed to raise awareness and educate the community about the organization. Mosaic is a faith-based organization serving people with intellectual disabilities. Over the past few years, the school has had a small partnership with the organization, but this year Alvin HOSA decided to put all of their efforts towards its support, including asking HOSA area chapters for help in collecting needed supplies during the fall leadership conference.

Additionally, the AHS HOSA chapter constructed a float to inform the city of Alvin about Mosaic and HOSA happenings during their annual Depot Days Labor Day Parade. Over the course of a week, the members conceived an idea, developed plans to carry-out their idea, and created the float, "HOSA and Mosaic-Popping with a Lifetime of Possibilities". Although chapter members were exhausted as they traveled down the streets, their efforts paid off with the 1st place prize for the float. Although they were surprised by the award, the members and individuals of Mosaic were ecstatic and it has motivated further partnerships with the group. The HOSA chapter has future plans to support Mosaic at health fairs and supply drives and maybe even another parade!

TEXAS

The HOSA chapter at the University of Houston recruits students by offering shadowing, volunteering, and other opportunities that allow our members to grow as a person and improve their resume.

During the summer, our chapter has shadowing opportunities for our most active members at Texas Children's Hospital. This draws in many pre-medical students because they want to show medical schools they have done their research on the profession and know that it is the right job for them. This semester, we are also offering tours of UT Houston Medial School and Baylor College of Medicine to allow students to meet medical school students and staff to determine if medical school is right for them. HOSA also draws in many students by providing volunteer opportunities. Through HOSA, we offer a variety of volunteer opportunities that members can try and continue if they enjoy the experience. The main volunteer events are Project Cure, Houston Food Bank, and partnering with the same organizations as our university. However, we plan to create volunteer opportunities in health for the homeless and a clinic in an impoverished area of Houston. Another big draw for students is Texas Medical Center speakers who share their experiences and give advice to the members about entering into the medical fields. Along with the competitions that HOSA provides, HOSA at the University of Houston offers many opportunities for students to explore the field of medicine and become well-rounded individuals.

HAWAII

Chow Fun Fundraiser

HOSA members help the Haleakala/ Maui Lions Club at their annual Chow Fun Fundraiser. The members helped with prepping and cooking of the chow fun, along with advertising. Not only did our members work, but bonded together creating many new friendships. Thank you to those who volunteered to help. And an even bigger thanks to all of the members who have sold their Chow Fun tickets!

Volcanic Membership Numbers!

Maui High has always been known for having the most members in Hawaii HOSA and this year we are a chapter of 165 members - the biggest chapter yet. Continue what you are doing HOSA members, stay passionate because the future of health on Maui looks promising!

THE REWARDS AND STRUGGLES OF TEAMWORK

Teamwork is defined by Dictionary.com as “cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause.” Anyone who has been a member of a team knows that the definition of a team goes much deeper than those words. Teams form by two or more persons who need to work together in order to quickly and efficiently complete a task.

Whether you are working as a team in a business, on a school project, or to improve your environment (work, home, and community), teamwork is very rewarding. Teamwork allows for efficiency, diverse ideas, mutual support, responsibility, and stress relief.

Teamwork allows for a group to be more efficient in their efforts. Working in teams allows each person with unique skills to be utilized for a specific task. With a member focusing their energy and unique skills on one task, the task may be accomplished more quickly and correctly.

Being part of a team allows for the exposure to different ideas and experiences. Some of the most creative teams are composed of people with diverse backgrounds. This may include members from other cultures, races, age, gender, department, primary language, or religion.

When groups of people with different backgrounds work together, many ideas on how to complete the task are presented allowing for creativity and efficiency when solving problems.

"Coming together is the beginning. Keeping together is progress. Working together… is success." Although teamwork does allow for success, it is not always easy. There are struggles and rewards of teamwork.

— Henry Ford

Teamwork also allows for moral support from members within the group. When a group of people come together to work toward a common goal, the group is more encouraging of their team members. Since the group is working towards the same goal, it is in the best interest of the group to stay motivated and work well together. The support of other team members may enable someone to reach goals they would not have thought personally possible.

Teamwork allows responsibility to be delegated to members of the team. Members are held responsible for one or a few tasks to complete. This gives each member a sense of importance and contribution to the group, and allows for each person to have ownership in the project. Additionally, being responsible for only certain portions of a project can serve as a source for stress relief. A team of people working toward a common goal, even though seemingly insurmountable, will be able to complete more together than an individual would be able to complete on their own.

Although teamwork has many benefits, it is not always easy to work in a team environment. Any team will face challenges when objectives and roles are unclear; there is a lack of leadership and motivation; or there is unequal participation by team members. Objectives should be clearly communicated within the team before efforts are made to complete any task. Without specific objectives, there will be no direction for individuals or the group as a whole.

Specific roles should be assigned in order to reach maximum efficiency and prevent multiple members from working on the same task. Leadership is a critical part of success when working in teams. Projects will not be accomplished as quickly, efficiently, or as smoothly if leadership is not present. When the leader of a group is not actively engaged, this usually leads to a decline in motivation. The lack of motivation will cause progress to slow down or even halt completely.

Additionally, there will be no source of conflict resolution for the group and members may act in their own interest rather than the interest of the group. Whether the group feels that the task may be too difficult; they do not have the right resources to complete it; or members become frustrated with the task/each other, a leader is needed to take charge and encourage the group to ensure the task is completed. Unequal participation is a common challenge in a teamwork environment. Some members in a team may be inclined to rely on the hard work of others to accomplish the task at hand. When this happens, the hardest working members of the group tend to resent those who are perceived as not working as hard. When resentment occurs, conflicts will arise, which will ultimately halt progres**s. As you can see, teamwork has rewards and struggles.** Although Dictionary.com defines teamwork as "cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause," you can see that teamwork goes deeper than those words. There is much sacrifice and hard work that goes into working on a successful team. Inevitably, there will be struggles in any team. However, the most successful team will find opportunities to work through those struggles in order to reap the rewards from teamwork.

THERE IS MUCH SACRIFICE AND HARD WORK THAT GOES INTO WORKING ON A SUCCESSFUL TEAM.

UNIVERSITY OF ARIZONA HOSA

ALWAYS LENDING A HAND

The University of Arizona HOSA strives to be active in their community through active service of volunteering. Throughout the years, UA HOSA members have participated in numerous activities that have helped several heath communities such as; Ben's Bells, The Kidney Foundation, Cystic Fibrosis Foundation and the University community at large producing our own health fair and promoting awareness for both breast cancer and vaccinations.

UA HOSA knows the importance of working with HOSA's national service project partners. The past two years, UA HOSA members have worked closely with the Cystic Fibrosis Foundation of Southern Arizona. Members have volunteered at many Cystic Fibrosis events such as the Monster Mash and 5K Dash, the Great Strides Walk, participated in car washes and made chocolate roses to sell to CF which stands for "cure found". Working for the CF foundation has been an enlightening experience for all of UA HOSA's members. "Working with the Cystic Fibrosis Foundation has been one of the most rewarding experiences," said member Jenna Wild. "Together we are working towards the goal of finding a cure for CF and that is important to us." While the National HOSA Service Project Partner has changed for the year, UA HOSA members still want to help the Cystic Fibrosis Foundation and look forward to working with HOSA's new partner, The Leukemia & Lymphoma Society.

For the past three years, UA HOSA members have also volunteered their time with the National Kidney Foundation of Arizona for their annual walk in Tucson, Arizona. Students assisted with the event set up, registration, guided walkers to designated areas, and helped keep walkers hydrated during their walk by passing out water. Members loved to help out at this event. "I had a great experience!" said UA HOSA member Jorge Gonzalez, "It is one of those events that requires a minimum demand from our community, and produces a huge impact to the lives of those affected with kidney issues." We hope to continue to work with the National Kidney Foundation at their upcoming events in the future.

> "Working with the Cystic Fibrosis Foundation has been one of the most rewarding experiences. Together we are working towards the goal of finding a cure for CF and that is important to us."
>
> — Jenna Wild

UA HOSA members engage with the student population to promote the mission of HOSA and promote healthy lifestyle through our annual fair on the University of Arizona campus.

University of Arizona HOSA also provides activities to spread awareness around their campus community. These activities have included, a movie night to promote breast cancer awareness, vaccination awareness and promotion during National HOSA Week, and hosting our annual campus health fair. UA HOSA members engage with the student population to promote the mission of HOSA and promote healthy lifestyle through our annual fair on the University of Arizona campus. “As college students, we tend to forget to take care of ourselves and in the long run, it’s very unhealthy,” said UA HOSA member Marvin Tala. “It is very difficult to find help for these sorts of problems and having events, like the UA HOSA health fair provides a small stepping stone for students to be aware of different organizations and facilities that provide services, and even working positions, that could help them.”

This year is UA HOSA’s 3rd annual health fair, and members are working hard to make it the biggest and best yet.

HOSA Learning, Growing & Opportunities

BY DAVID PHAM

"HOSA has undoubtedly played a huge role in my personal and professional growth".

—David Pham

When I look back and reminisce on my days as a Secondary and Postsecondary/ Collegiate HOSA member, I clearly remember all of the fun and memorable times that I had. From volunteering with my friends at the chapter level to competing against new friends at the national level, my HOSA experience was filled with numerous opportunities to meet new people and travel to exciting destinations. One thing I didn't realize during high school was just how instrumental HOSA would be in my growth as a *future health professional*.

I am currently a student at the University of Houston College of Pharmacy, and my decision to pursue pharmacy really stems from HOSA and what I was able to learn in my health science classes during high school. I remember learning in class about how pharmacists are leaders within their communities and how they serve as advocates for their patients' health. I also liked how the profession of pharmacy was constantly evolving. Not only do pharmacists serve in the traditional community setting, but their scope of practice has also expanded to other settings including clinical, long-term care, and ambulatory. Pharmacists are no longer known as individuals who just stand behind the counter and count pills; they also work closely with other health professionals as a part of an interdisciplinary health team, offering their drug and clinical expertise to improve patient health. When I consider all of the skills that an effective pharmacist should have, I think of HOSA and how it has helped me grow in that regard.

I've realized that not only has HOSA introduced me to the many opportunities available in pharmacy, but it has also equipped me with the knowledge and skills necessary to be successful in achieving my goals.

My favorite part about being a HOSA member was attending state and national leadership conferences. These conferences were exhilarating and served as great ways to showcase all of the hard work that we put into preparing for our competitive events. For me, however, the satisfaction didn't come from the acquisition of medals and ribbons. In fact, I feel like the true benefit comes from the preparation rather than the actual competitive event itself. In preparing for the Community Awareness competitive event, my team and I were able to develop our teamwork, critical-thinking, and communication and speaking skills, all of which are vital in becoming an effective health professional. In addition, HOSA also provided many leadership opportunities, not just at the chapter level, but also at the state and national levels as well. Working in these officer teams has taught me how to effectively manage a team as well as improve my problem-solving abilities. The leadership and communication skills that I gained and developed through HOSA definitely made me more confident when applying to pharmacy school.

From high school through college, I've been able to learn so much, not just about healthcare but about myself. And while pharmacy school is what keeps me busy these days, I'll never forget the role that HOSA played in helping me get here.

My Involvement with the Medical Reserve Corps

By Jenna Marie Wild

HOSA-Future Health Professionals strives to create partnerships with organizations that help engage students in becoming future health professionals. One of the greatest partnerships HOSA has created is with the Medical Reserve Corps. The mission of the Medical Reserve Corps (MRC) is to "engage volunteers to strengthen public health, emergency response and community resiliency."

I joined both HOSA and the Student Medical Reserve Corps of Southern Arizona my junior year of high school. It was wonderful to see so many students around Southern Arizona create a foundation to work together toward their health professional goals. During my time in the Student Medical Reserve Corps, I was introduced to disaster preparedness public health. I became certified in Community Emergency Response Team, START Triage, Incident Command System and many other opportunities that would help my community in a time of a disaster.

It wasn't until my 4th year of HOSA membership that I took advantage of the HOSA-MRC partnership and applied to become an intern of the Office of the Surgeon General. I was excited when I found out I was selected because I would have the opportunity to learn more about the MRC and how it works nationally. During my time as an intern, I made a commitment to Arizona and worked with our MRC units to help promote the mission of the MRC and HOSA. Immediately, I contacted the MRC unit and was put in touch with my Student MRC director, Tim Siemsen.

Once in contact with him, I was given the opportunity to intern for the MRC unit of Southern Arizona (MRCSA). I worked on a series of projects including Crisis Standards of Care, Community Needs Assessment and building up a new Student MRC consisting of both high school students in Southern Arizona and students at the University of Arizona. During my time as an intern with MRCSA, I was able to further my knowledge, skills and experiences in a health field that is my passion.

Joining my local MRC unit was one of the greatest experiences, I needed to continue on my path to study Public Health. I encourage everyone, both students and advisors to partner their chapters with their MRC units and to take advantage of the HOSA opportunities with the Medical Reserve Corps. They can help provide you wonderful opportunities and experiences to help you on your journey of becoming a future health professional.

For more information on the MRC or to locate units near you, go to https://www.medicalreservecorps.gov/

BS/MD Undergraduate Students Express Interest in HOSA

By: Pavela Bambekova & Chirag Buch (2nd Year FAME Students and HOSA members)

In the fall of 2013, the University of Texas at San Antonio welcomed its first cohort of Facilitated Acceptance to Medical Education (FAME) students. Today, one year after the pioneering of the program, the new class of 2021 carries on the success of FAME. FAME is one of three programs that offers innovative curriculum, competency-based education, and joint admission to medical school for undergraduate students in the state of Texas.

"It is a privilege to be surrounded by students who are passionate about what they do," said Lisa Michaels, a first year FAME student and a postsecondary HOSA member. "We have a great dynamic, as if we're all a giant puzzle and fit together perfectly."

After years in the making, The University of Texas (UT) System adopted a Transformation in Medical Education (TIME) Initiative, a multi-institutional plan within the University of Texas System that will integrate innovative educational programs for future physicians. Currently, physician education in the United States is a third lengthier compared to the rest of the world and much more expensive. BS/MD programs in Texas not only address these challenges, but they also focus on the creation of professional clinicians who are competent in many fields.

"It is a privilege to be surrounded by students who are passionate about what they do. We have a great dynamic, as if we're all a giant puzzle and fit together perfectly."

— Lisa Michaels, a first year FAME student and a post-secondary HOSA member

"We started with a blank slate and tried to identify aspects of an ideal physician education system," says Co-chair of the TIME Initiative Steering Committee Dr. Steve Lieberman. We wanted to have students who would have a broad view of the human condition, not strictly medicine."

Many of the BS/MD students in the TIME Initiative are also HOSA alumni. Because of their dedication and commitment to medicine, academics, and leadership, five FAME students have stepped forward and created a HOSA chapter at UTSA.

"The College of Sciences enthusiastically endorses our students' efforts to develop a vibrant HOSA student organization at UTSA," says College of Sciences Associate Dean of Academic Programs and UTSA HOSA Sponsor Dr. Craig Jordan.

Among the pioneers of the new organization is sophomore Jaswanth Kintada. "The co-founders of UTSA HOSA and I were extremely grateful when we realized the magnitude of interested students at our campus," says Kintada. "We began advertising our organization the moment we were given permission, and from the first poster and first social media announcements, students were already contacting us about their prospective membership."

UTSA HOSA is open for all undergraduate students on the San Antonio campus. HOSA will offer students the opportunity to discover their true passion as well as their true potential. Alongside with volunteer activities, UTSA HOSA members will have the privilege of representing their university through a variety of competitive and recognition events at state and national leadership conferences around Texas and the United States.

“We have many students who have already profited from being members as high school students because of the camaraderie the group activities encourage, the opportunities to become increasingly familiar with the language and issues pertinent to their professional paths, and from the social maturation that accompanies being a member of a collaborative endeavor where members are highly motivated and serve as ambassadors for their institution,” says Jordan.

UTSA is now able to join other universities at the postsecondary division of the organization and continue introducing students to medical topics, health knowledge, interpersonal networking, and a higher level of one’s emotional intelligence.

“HOSA will enjoy a full measure of support from the College of Sciences, and we look forward to them playing a role in promoting an atmosphere of professionalism and dedication within our student body,” shares Jordan.

When asked about her view on HOSA’s influence and significance at UTSA, Michaels mentioned “[she] doesn’t doubt that [her] undergraduate years will be some of the best in [her] life because of the myriad of phenomenal opportunities HOSA and UTSA offer.”

Upon his concluding remarks, Lieberman leaves students with the following thought from Sir William Osler, “The student begins with the patient, continues with the patient, and ends his studies with the patient, using books and lectures as tools, as means to an end.”

Lieberman claims “that is what medicine is about, [but] that is not what medical education has always been about. It is very easy for everyone to focus on the material and lose sight of the patient. What Osler was telling us over 100 years ago is to never lose sight of the patients.”

At UTSA, HOSA students are about to focus their lens on the sight of their skills - the skills they will use in their future professions.

Alongside with volunteer activities, UTSA HOSA members will have the privilege of representing their university through a variety of competitive and recognition events at state and national leadership conferences around Texas and the United States.

National HOSA on Medium

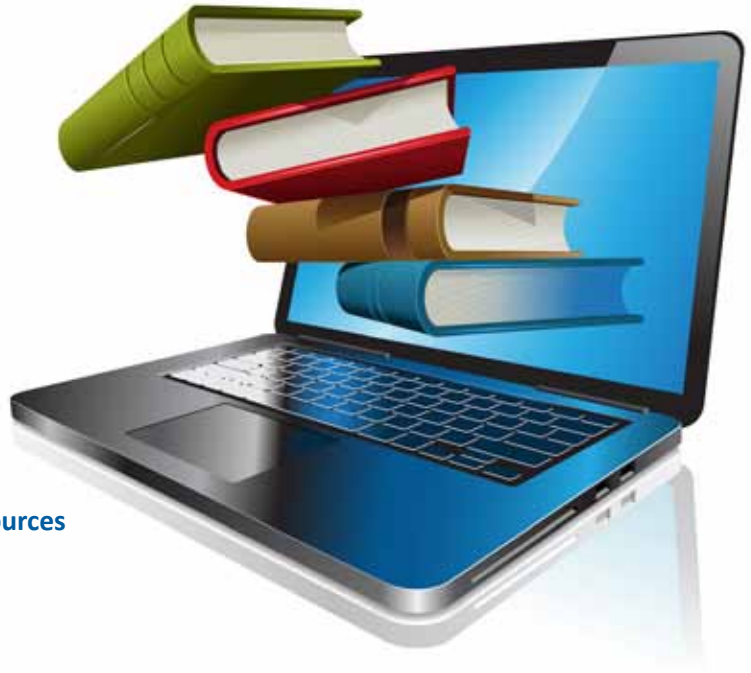
HOSA Stories

There is a certain power in words and in stories; transformative lessons hide in each of our individual stories – making us so much stronger together than we are separately. HOSA's membership holds countless stories that can inspire, teach, motivate and enlighten. Now, National HOSA looks to share these stories through the Medium platform. This platform will allow National HOSA to create a journal – full of vibrant stories from our diverse membership. Chapter advisors are encouraged to share this with their students and motivate them to write about a transformative or meaningful experience they had with HOSA.

Students can submit their stories via email hosa@hosa.org to have them featured on our Medium account.

Visit: https://medium.com/@NationalHOSA

Examine Resources Available Through The National Library of Medicine



Explore Comprehensive Classroom and Health Resources

(Fall edition HOSA eMagazine)

National Library of Medicine Web Site

www.nlm.nih.gov

NLM Databases and Electronic Resources

http://wwwcf2.nlm.nih.gov/nlm_eresources/eresources/search_database.cfm

MedlinePlus

www.medlineplus.gov

MedlinePlus contains information on hundreds of health topics in English, Spanish and other languages. It includes a medical encyclopedia and anatomy and surgery videos.

http://www.nlm.nih.gov/medlineplus/videosandcooltools.html

NIH MedlinePlus Magazine

http://www.nlm.nih.gov/medlineplus/magazine/index.html

NIH MedlinePlus magazine delivers health information. The free publication comes out 4 times a year, in print and online. There's also an English/Spanish publication, NIH MedlinePlus, Salud.

http://www.nlm.nih.gov/medlineplus/spanish/magazine/

The Visible Human Project

This innovative NLM project produced a digital image library of volumetric data representing complete, normal adult male and female anatomy. The dataset can be licensed and used to develop new products and services. http://www.nlm.nih.gov/research/visible/visible_human.html

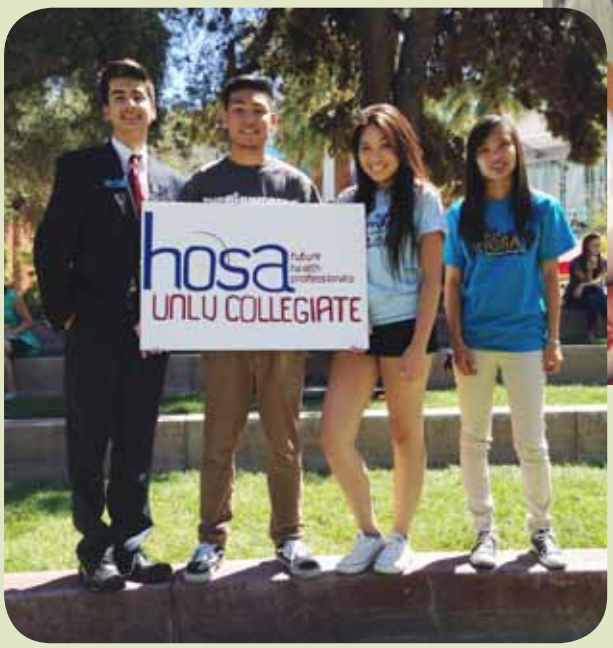
Leading Collegiate HOSA

You have successfully placed at the HOSA National Leadership Conference. You have been accepted to your dream college. Now, you finally get to start the first week of school, essentially a new chapter in your life. Not only that but you realize that as each day goes by, something is definitely missing.

Perhaps it is because your college does not provide you with a chance to be involved in the wonderful organization that is HOSA-Future Health Professionals.

If that is the case, the following is a guide to starting your very own chapter at your collegiate institution.

My name is **Fabian Donate**, and I am the HOSA Chapter President at the University of Nevada, Las Vegas. HOSA ended up being way more than some simple extracurricular activity for me; it became a lifestyle that led me to the path of being a future health professional. Several colleagues and I decided to start a chapter at our school, and it turned out to be quite rewarding.



Here are a few ways in which you can start leading a Collegiate HOSA chapter:

- Find a couple of supportive friends who will help in starting your chapter. Plan on recruiting at least five people who have similar interests, aspirations and ambitions as you. Think about potentially making them fellow chapter officers. That way, you will have a solid foundation by your side as you embark on this journey.

- In order for your name to be recognized, going through HOSA National and State Affiliations is a must. Various states have set different rules, so be sure to check state bylaws and contact state officers.

- Once chapter affiliation has been accomplished, visit the University/College Center of Student Life and ask for an application to begin registration of your New Student Organization (NSO).

- Depending on your college institution, additional paperwork may be required to further develop your organization. Make sure to find a faculty member or a professor who is willing to assist you with everything! It is vital that you constantly stay in touch with your advisor; therefore, communication issues will not arise in this process. Also, construct a well-developed and thorough constitution with your advisor and chapter officers.

- Once you have registered your NSO, be sure to fill out documents to register a school bank account for your organization and request for funding. The Office of Civic Engagement or Student Life may even offer you sufficient finances since it is your first year.

- As the leader of your organization, it is highly necessary that your voice is clearly heard! Once you have gained funding and financial matters are fairly stable, begin purchasing some marketing materials (i.e. signs, shirts, table cloths, displays, etc.) to help promote your organization. Sign up for marketing tables at the Office of Civic Engagement, and request enough space beforehand to utilize for the first meeting you plan to have.

- Recruit, Recruit, Recruit! Sign up to be a part of collegiate orientations or involvement fairs to help spread the word and maximize publicity for your chapter! Do not be afraid to team up with other student organizations because that is one solid method in developing your name within the student body.

Starting your collegiate chapter may be frustrating at first, but everything else will surely fall into place afterwards. Always have effort, motivation, passion and drive, or else the hard work you have put into this entire process is wasted.

If you have any questions, do not hesitate to contact your state officers and advisors to help begin your journey as a proud collegiate future health professional!

Remember, you are the future of health: make sure your voice resonates to the entire student population!

COLORADO HOSA ALUMNI SPOTLIGHT

ROGER JAPP

Former HOSA member, **ROGER JAPP**

WHERE WERE YOU A HOSA MEMBER:

Northeastern Junior College; Sterling, Colorado

IN WHICH EVENTS DID YOU COMPETE:

First Aid/CPR

EDUCATIONAL ACHIEVEMENTS:

Bachelor of Science Degree (Exercise Science) University of Northern Colorado/Master of Business Administration-Healthcare Administration

CURRENT JOB:

I am currently the Education Services Program Manager for the Department of Anesthesiology at the University of Colorado, School of Medicine. I am in-charge of managing all educational aspects of our Department, including our Residency, Fellowships, Medical Student Education, and our Master of Medical Science in Anesthesiology Program.

PAST JOBS:

I've been fortunate to have had a number of jobs since leaving high school! I have been a paramedic for over 20 years, having worked in many different areas, including: Sterling, Fort Morgan, Greeley/Weld County, and Cheyenne. For seven of those years I was a flight paramedic, having worked for the helicopter service based in Greeley, North Colorado Med Evac. I then decided that working in an ambulance and helicopter were way too exciting, so I went to work as the Paramedic Program Director for St. Anthony Hospitals in Denver. There, I taught paramedic courses for approximately 4 years. I then began to work in graduate medical education, working with physician's during their residencies. I moved to Seattle, WA and began working for the Department of Family Medicine at the University of Washington. I was there for approximately two years, and then relocated back home to Colorado.

ADVICE FOR HOSA MEMBERS:

First, **go to college.** In healthcare, you must have your college diploma. It is an imperative asset to you later in life. *Secondly,* **follow your dreams.** I knew from a very early time that I was drawn to the world of emergency medicine. I have been blessed over the past 20 years to have worked in such a dynamic atmosphere. *Third,* **be true to yourself.** Say what you mean, and mean what you say.

Follow your dreams.

2014 HOSA WEBINARS

WE NEED YOUR PARTICIPATION!

National HOSA will be conducting WEBINARS throughout the year and we would love your participation! Below are topics that will be covered. Invitations will be sent two weeks prior to the webinar.

November 12 5:00PM CST

Local Advisors: Preparing Members for Success in Competitive Events

Perhaps the most important preparation for competition is the knowledge of competitive event resources and understanding best practices that are designed to help members be successful. This webinar will cover competitive event guidelines, samples, and event resources.

December 9 6:30PM CST

Local Advisors and Members: Fundraising Ideas for Local Chapters

Covering the HOSA Fundraising Handbook in detail. Discuss best practices for raising money at the local level.

More topics coming in 2015! Do you have any you want discussed?

If you have any questions about these webinars, please email hosa@hosa.org.

A Tribute to

Angela Scott

As the 2014-2015 school year opened, HOSA joined with many to mourn the loss of an outstanding local HOSA chapter advisor, Angela Scott. We will remember Angela Scott of Bella Vista, Arkansas as a mother, teacher, nurse, leader, advocate, and friend. Even though her life was tragically cut short on the morning of July 8, 2014 from injuries sustained in a motor vehicle accident, Angela lived a full life, committed to years of service to health professions, to HOSA, to her school, to career and technical education, and to her family.

Angela was medical professions and health science teacher for Gravette Public Schools for 19 years and an emergency room RN at Mercy Medical Center. She received many honors with the teaching profession and Gravette High School (GHS) HOSA Chapter chartered under her leadership. Some include: Gravette Public Schools Teacher of the Year (1999-2000 and 2008-2009), AR HOSA Advisor of the Year (2008-2012 and 2014), Outstanding Service Award for HOSA Advisors Region 2 finalist, 2010 ACTE National Fellow, and Who's Who Among American Teachers numerous years. Other contributions include: Arkansas Association of Career and Technical Education President 2013-14, Health Science Educators Division President 2009-2011, and Gravette HS Career and Technical Department Chair 2009-2014. Angela was most proud of numerous HOSA state and national awards earned by her students: 281 state HOSA medals, six National HOSA medals, and 38 Top 10 HOSA National Competitive Events finalists.

In May 2014, in her National HOSA Outstanding Service Award application, Angela eloquently shared:

There is no greater reward than to see a child succeed. I have been so blessed in my years of teaching to see countless students succeed in the classroom and in HOSA ultimately leading to careers serving health needs of others. I believe my assets are leading by example, instilling a sense of belonging, and empowering my students.

Students will tell you they love HOSA even though it is challenging. HOSA members feel they belong to something great. They thrive and flourish with high expectations that have been set. They have a true sense of responsibility to themselves and their community to keep the accomplishments of this program at the top.

My students are exposed to careers they dream of holding. They are provided opportunities to experience their chosen field through industry and community partnerships, competitive events, and classroom units. Students know their future is in their hands. Yesterday, I received a card with the following: "Thank you for believing in me even when I didn't believe in myself. You have given me confidence in my ability to become a great nurse."

In reality, these students are the reason for their own success. I just get to provide a few tools….

Angela leaves behind her husband of 20 years Carl, and teenage children Peyton Kaylee, 18 and Jaren James, 14, Bella Vista and her parents Leonard (Mac) and Glenda McMurry, Prairie Grove, AR. She is also survived by hundreds of students at Gravette High School, co-workers at Gravette Public Schools, Mercy Medical Center in Rogers, AR, and Arkansas ACTE.

HOSA–Future Health Professionals is grateful for our connection to a life that was lived with grace, integrity, humility and an unwavering commitment to her profession that was more than a job; it was her passion.

We remember Angela Scott with true respect and extend our deepest sympathy to her immediate family and the large circle of students, professionals and friends she touched through her amazing life.