

Home Health Aide

New for 2021 – 2022

Skill step point values have been revised.
Editorial updates have been made for clarity.

Event Summary

Home Health Aide provides members with the opportunity to gain knowledge and skills required for supporting patients in their homes. This competitive event consists of 2 rounds. Round one is a written, 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 be equipped to serve patients in a home health setting.

Dress Code Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during both rounds. Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA and in good standing
2. Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor’s [photo ID](#) must be presented prior to ALL competition rounds.

Official References

5. All official references are used in the development of the written test and skill rating sheets.
 - [Balduzzi, Suzann. Homemaker Home Health Aide. Cengage Learning. Latest edition](#)
 - [Fuzy and Leahy. The Home Health Aide Handbook. Hartman Publishing, Inc. Latest edition.](#)

Round One Test

6. **Test Instructions:** The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
7. The test will consist of fifty (50) multiple choice items. The test score will be used as part of the final score for the event.
8. **Time Remaining Announcements:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

9. **Written Test Plan**
- Becoming a Home Health Aide.....10%
 - Responsibilities and Legal Rights.....5%
 - Effective Communication Procedures and Documentation.....10%
 - Infection Control.....5%
 - Wellness and Mental Health.....5%
 - Body Systems and Common Disorders.....40%
 - Caring for Terminally Ill Patient.....5%
 - Caring for Patient with Alzheimer’s Disease.....5%
 - Caring for Patient with Cancer.....5%
 - Maternal and Infant Care.....10%

*NOTE: **Chartered associations** may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Chartered Association for the process you will be using.*

10. The test score from Round One will be used to qualify the competitor for the Round Two skills.

11. **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?
 - A. Acceptance
 - B. Anger
 - C. Bargaining.
 - D. Depression**
Balduzzi Page 355

2. What is the general term that refers to a serious loss of mental abilities such as thinking, remembering, reasoning, and communicating?
 - A. Alzheimer’s disease
 - B. Dementia**
 - C. Vascular stroke
 - D. Parkinson’s disease
Fuzy Page 186

3. A nebulizer would most likely be ordered to treat a client with which condition?
 - A. Iron deficiency anemia
 - B. Arteriosclerosis
 - C. Emphysema**
 - D. Congestive heart failure
Balduzzi Page 329

Round Two Skills

12. Round Two is the performance of a selected skill(s). 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:	Giving a Back Rub	(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	(5 minutes)

(FOR ALL SKILLS, BODY FLUIDS WILL BE A SIMULATED PRODUCT)

13. The selected skill(s) will be presented as a written scenario at the beginning of the round. The scenario will be the same for each competitor and will include a challenging component that will require the competitor to apply critical thinking skills. A sample scenario can be found [here](#).
14. Timing will begin when the scenario is presented to the team and competitors will be stopped at the end of the time allowed.
15. 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](#).
16. 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 patient physiology and will be included in the scenario.

Final Scoring

17. The competitor must earn a score of 70% or higher on the combined skill(s) of the even (excluding the test) in order to be recognized as an award winner at the ILC.
18. Final rank is determined by adding the round one test score plus round two skill score. In case of a tie, the highest test score will be used to determine the rank.

Competitor Must Provide:

- Two #2 lead pencils with eraser
- Watch required for Round 2 for Vital Signs
- Tape ½" or 1"
- Scissors
- Gloves non-latex (3 pairs per competitor)
- [A photo ID](#)

HOME HEALTH AIDE

Competitor #: _____ Judge's Signature: _____

Skill I Taking an Adult Tympanic Temperature (Time: 3 minutes)	Possible	Awarded
1. Gathered equipment: tympanic thermometer, disposable probe cover, daily record sheet, 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 and inserted covered probe in ear.	1 0	
8. Removed probe from ear when beep sounded.	1 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. 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 = 16.1	23	

HOME HEALTH AIDE

Competitor #: _____ Judge's Signature: _____

Skill II	Taking an Apical Pulse (Time: 3 minutes)	Possible		Awarded
1.	Gathered equipment: stethoscope, wristwatch with second hand, alcohol wipes, 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.	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.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
12.	Practiced standard precautions throughout skill	2	0	
TOTAL POINTS -- SKILL II		21		
70% Mastery for Skill II = 14.7				

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Competitor #: _____ Judge's Signature: _____

Skill III Emptying a Urinary Drainage Unit (Time: 4 minutes)		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.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
13.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL III		25		
70% Mastery for Skill III = 17.5				

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Competitor #: _____ Judge's Signature: _____

Skill IV	Changing a Dry Dressing Using Non-sterile Technique (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: gloves, 4X4 gauze pads, waste bag, tape and scissors.	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.	Positioned patient so area with dressing is accessible while maintaining patient comfort and privacy.	1	0
5.	Cut tape.	1	0
6.	Opened gauze pads while maintaining pad sterility.	2	0
7.	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
8.	Put on new gloves.	2	0
9.	Applied dressing without touching center, holding dressing on the corners only.	2	0
10.	Applied tape correctly.	1	0
11.	Positioned patient comfortably.	1	0
12.	Discarded waste and returned supplies to storage.	2	0
13.	Removed gloves, and washed hands or use alcohol-based handrub for hand hygiene.	2	0
14.	Recorded dressing change on daily record sheet, noting observation of skin condition, that dressing was changed, and any patient complaints.	4	0
15.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
16.	Practiced standard precautions throughout skill	2	0
TOTAL POINTS -- SKILL IV		34	
70% Mastery for Skill IV = 23.8			

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Competitor #: _____ Judge's Signature: _____

Skill V	Giving a Back Rub (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: small towel, lotion.	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.	Positioned patient on side.	1 0	
6.	Placed small amount of lotion on hands, rubbing them together to warm lotion.	1 0	
7.	a. Started at base of spine and rubbed toward the neck in the center of the back, using both hands in one long stroke.	1 0	
	b. When reaching the neck, continued back down the sides of the back.	1 0	
	c. Repeated this circular pattern 3 more times.	1 0	
8.	Throughout skill, added more lotion when necessary.	1 0	
9.	Repeated the steps above but changed to a spiral motion when continuing down the sides of the back, for a total of 45 – 90 seconds.	1 0	
10.	Removed excess lotion with small towel and repositioned patient.	1 0	
11.	Washed hands or use alcohol-based handrub for hand hygiene, and returned supplies to their proper place.	2 0	
12.	Recorded back rub on daily record sheet, noting observation of skin condition and any patient complaints.	4 0	
13.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL V		24	
70% Mastery for Skill V = 16.8			

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Competitor #: _____ Judge's Signature: _____

Skill VI	Caring for Dentures (Time: 5 minutes)	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.	Turned on cold water and brushed all surfaces of the upper and lower plate with toothpaste, and rinsed.	1	0
7.	Rinsed denture cup, filled with cold water and a denture cleaning tablet, and placed dentures in cup.	1	0
8.	Assisted patient to rinse mouth with mouthwash, expel rinse in emesis basin and wipe mouth.	1	0
9.	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
10.	Placed the denture cup within reach of the patient and instructed patient to insert dentures when needed.	1	0
11.	Removed gloves, washed hands or used alcohol-based handrub for hand hygiene, and returned supplies to their proper place.	2	0
12.	Recorded completion of skill on daily record sheet, noting observation of skin (oral cavity) condition and any patient complaints.	4	0
13.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
14.	Practiced standard precautions throughout skill.	2	0
TOTAL POINTS -- SKILL VI		23	
70% Mastery for Skill VI = 16.1			

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Competitor #: _____ Judge's Signature: _____

Skill VII Moving the Patient Up in Bed Using the Drawsheet (Time: 3 minutes)		Possible		Awarded
1.	Asked 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	
4.	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 rating sheet.)		-	/
5.	Placed pillow at the head of the bed to protect the patient's head.	2	0	
6.	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	
7.	Turned body and feet toward the head of the bed, keeping feet 12 inches apart, knees slightly bent.	2	0	
8.	On a coordinated count of 3, lifted the drawsheet and patient up toward the head of the bed without dragging the patient.	2	0	
9.	Aligned patient's body and limbs, placed pillow under head, tightened drawsheet and replaced covers.	1	0	
10.	Communicated appropriately and effectively to family member throughout skill.	2	0	
11.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
12.	Recorded completion of skill and patient reaction on daily record sheet.	4	0	
13.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
14.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL VII		29		
70% Mastery for Skill VII = 20.3				

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Competitor #: _____ Judge's Signature: _____

Skill VIII	Applying Elasticized Stockings (One leg) (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: knee-length elasticized 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, 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
	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.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
11.	Practiced standard precautions throughout skill.	2	0
TOTAL POINTS -- SKILL VIII		25	
70% Mastery for Skill VIII = 17.5			

COMPETITOR ID # _____

HOME HEALTH AIDE INSTRUCTION SHEET

HOSA HOME HEALTH SERVICES

Patient: <i>John Doe</i>		Day/Date: Mon. Aug 31, 2021
✓	Bath <i>Already bathed, please give a backrub.</i>	
✓	Grooming <i>Care for patient's dentures.</i>	
	Dressing	
	Mobility	
	ROM	
✓	Catheter <i>Empty urinary drainage unit</i>	
✓	Temperature <input type="checkbox"/> Oral <input checked="" type="checkbox"/> Tympanic <input type="checkbox"/> Rectal	
✓	Pulse <input checked="" type="checkbox"/> Apical <input type="checkbox"/> Radial	
	Respiration	
	Blood pressure	
Other Instructions:		
✓	<i>Apply clean dressing to..... (specific instructions will be given.)</i>	
✓	<i>Apply elasticized knee-length stockings.</i>	
	Housekeeping	
	Meals	
Additional Instructions:		
✓	<i>Get help to move patient up in bed using a drawsheet as needed.</i>	
RN Signature: <i>J. Mould R.N.</i>		Date: <i>8/31/2021</i>

COMPETITOR ID # _____

HOME HEALTH AIDE DAILY RECORD

HOSA HOME HEALTH SERVICES

Patient:	Day/Date:
Treatment/Results	Observations/Patient/Reaction
Bath	
Grooming	
Dressing	
Mobility	
Catheter	
Temperature	
Pulse	
Respiration	
Blood Pressure	
Other Instructions:	
•	
•	
•	
Additional Treatment or Observations:	
Home Health Aide Signature:	Date: