

HOSA

A NEW FRONTIER —
MOVING FORWARD
BEYOND ALL LIMITS

C. H. L.

A NEW FRONTIER

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What is the new frontier? What does it mean to move Beyond All Limits? What is the role of members in facilitating that progress?

All these questions are subject to the perspective of the beholder, with the influences of each individual HOSA member shaping their vision for the future of this organization and defining their personal definition of going Beyond All Limits. Collectively, HOSA is rising once more, shedding the shackles that Covid-19 had on us and thriving in a society that is moving past the norm of quarantining. As a result of those unprecedented times, we are now in a new future, with a new frontier ahead of us. This is the opportunity for HOSA members to take risks, forge their paths forward, and equip themselves with the skills necessary to be future leaders and changemakers within society.

As the International Executive Council, we are excited to help guide HOSA into the new frontier, and we hope to catalyze growth within each HOSA member to help them move *Beyond All Limits*! However, there is no “right” way to achieve this progress. There are multiple paths, each of them unique to people with different experiences and resources.

On a broad scale, we spoke with leaders from a multitude of chartered associations to obtain critical insights on how they envisioned the path forward into the new frontier and what going “Beyond All Limits” meant to them. Despite this theme being first unveiled 3 months ago, our chartered associations have diligently begun to integrate this theme into their programs of work and their mission for the year, a testament to the drive our chartered associations must make an impact.

Each chartered association had a different idea on what “A New Frontier - Moving Beyond All Limits” meant to them. When speaking with Indiana HOSA, they said, “... we are uniting to cross frontiers and create endless opportunities...” Through HOSA, members are provided a platform through which they can network, collaborate, and

advocate on behalf of themselves and their passions. However, it does not stop there - these sentiments transcend state boundaries. South Carolina HOSA believes that “[Going Beyond All Limits is] a discovery of who you are as a person...” Many students join HOSA not knowing what their future holds, or the path they will take, but through a plethora of available opportunities, students are able to ensure a successful future all while developing into the leaders they aspire to be.

This futuristic perspective is in our organization's name: HOSA - Future Health Professionals. As North Dakota HOSA says, “We are preparing ourselves to be advocates and compassionate healthcare providers. We are learning to be leaders in today's constantly changing world. We are striving to be change-makers, people who seek out opportunities to challenge ourselves and one another. We are learning skills of resilience and determination so that when we step into the workforce as healthcare professionals, we are ready to go Beyond All Limits, into new frontiers.” To each member of the HOSA family, we urge you “...step outside of your comfort zone...and reduce what you believe to be your limitations” as New Jersey HOSA says. Always remember this - we are HOSA, we are the future.

Despite each chartered association emphasizing different nuances and visions for how they interpreted the multifaceted theme, they all unite under a common goal: progress for the organization. The recovery year for HOSA was 2022 - after an entirely virtual year and depressed membership numbers, leaders at the local and chartered association level were able to reinvigorate a passion for HOSA across the country, resulting in membership increases in every chartered association! Now, we can take this organization to new heights and help enhance the experience of HOSA members across the world.

This exemplifies a key phenomenon that cannot be overlooked: leaders in local chapters and chartered associations are the instruments for change. Their proximity to the members of our organization and their connections with their specific communities enable a rapid pace or progression. The initiatives executed within these levels of HOSA control the direction of the organization, resulting in tangible, impactful change that embodies the core values of HOSA.

At the top of the HOSA chain resides the members. They are of paramount importance within HOSA, and without them, HOSA would not possess the power it holds to unify students into this unique forum for professional and career development. Through the words of the chartered associations above, it is evident that the leaders of this organization embody vital attributes such as compassion for others, innovative thinking, and servant leadership.

With the above in mind, we urge you all, regardless of your title or position, to consider the implications of the new frontier from a broader lens. Keep the message of this year's theme applicable to HOSA and the work you do within the organization but keep it in the back of your mind for all facets of your life, as it can guide you in a myriad of scenarios. Remember, the International Executive Council will always be here to support you in your endeavors, whether it be HOSA or non-HOSA, and look forward to watching you go *Beyond All Limits* and step into the new frontier as a future health professional!



CELEBRATING OUR HERITAGE *BEYOND ALL LIMITS!*

Written By
Evelyn Urquidez
Historian
Douglas, AZ



The HOSA theme this year is *Beyond All Limits*, a positive theme that inspires members to get out of their comfort zone and help them discover what they can do. This year, Douglas HOSA has been very committed to the moving *Beyond All Limits*, so our officers set their membership goal at one hundred members to join HOSA-Future Health Professionals. As a small rural community, a 20% increase in membership seemed unlikely. However, our officer team worked very hard in promoting HOSA to our friends and classmates that now, for the first time since HOSA started in Douglas High School, have 115 members. Not only did we reach our goal, but also moved beyond the anticipated limits. Personally, my colleagues and I are overly excited to get to show the new members all the amazing opportunities HOSA has to offer because HOSA has changed our lives. It is our goal to show members that through HOSA they will develop as leaders and individuals. Having met our goal, it was time to celebrate, so it was back to the drawing board: how can we move *Beyond All Limits*?

Our community is small, but it is in the city of Douglas, Arizona, which is a border town with Agua Prieta Sonora, Mexico. This year, we are working to push past the limits of culture and language that our students face and instead celebrate that **92% of our members identify as Hispanic**. It is a source of pride and honor for us to say that we are not only American citizens, but we are also part of the Hispanic community. In addition to our *Member Welcome*, this year we decided to celebrate the independence of Mexico along with the beginning of the Hispanic Heritage month by bringing our 115 members to a Heritage Party on our school's front lawn. The independence of Mexico is an important celebration for our members as many of our members have family who live in Mexico.

Our Keynote speaker was Mr. Alexis Moreno Martinez, Community Outreach Director from the Mexican Consulate in Douglas. Mr. Moreno Martinez spoke about the importance of Hispanic Heritage Month to those of us with Hispanic heritage and congratulated our members for being part of a professional organization that recognizes their heritage. He then proceeded to perform "El Grito." For Hispanics, "El Grito" represents the scream of freedom in Mexico. We had Mexican traditional games; the loteria, musical chairs, bottles and rings, egg drop races, and sack races. We also had traditional snacks and music so everyone enjoyed and had an enjoyable time. Douglas HOSA is having everyone in our HOSA community feel accepted and comfortable being who they are. This year's theme Beyond All Limits has inspired us to do more for our members moving past the competitions and bringing them together to celebrate their uniqueness and their heritage. This way, we may all learn together and move forward as a united Douglas HOSA.



HOSA–Future Health Professionals and America’s Blood Centers have partnered to increase the nation’s blood supply

America’s Blood Centers is proud to partner with HOSA Future Health Professionals on a multi-year national partnership that recognizes HOSA chapters’ outstanding contributions in strengthening our nation’s blood supply and builds the next generation of lifelong blood donors. A new resource page has been developed that provides blood center location finder, Vein-to-Vein Educational Program, and Career Opportunities at ABC Blood Centers.

<https://americasblood.org/hosa>

HOSA chapters have access to the ground breaking education program, [Vein-to-Vein: The Science of Blood Donation](#). This resource includes lessons that develop student leadership skills and information about pursuing rewarding careers in the blood community!

The new recognition event: **America’s Blood Centers & HOSA Blood Drive** recognizes chapters that participate with their local ABC Blood Centers. The recognition level starts at recruiting 65 donors for a drive or multiple drives throughout the year. Be sure to check out the new guidelines here:

<https://hosa.org/guidelines/>

Carter BloodCare, an ABC Blood Center, presented Copperas Cove High School HOSA officers with a grant for \$3,000 for collecting 491 units of blood during the 2021-2022 school year. Congratulations to Copperas Cove High School HOSA for making a tremendous impact on your community!

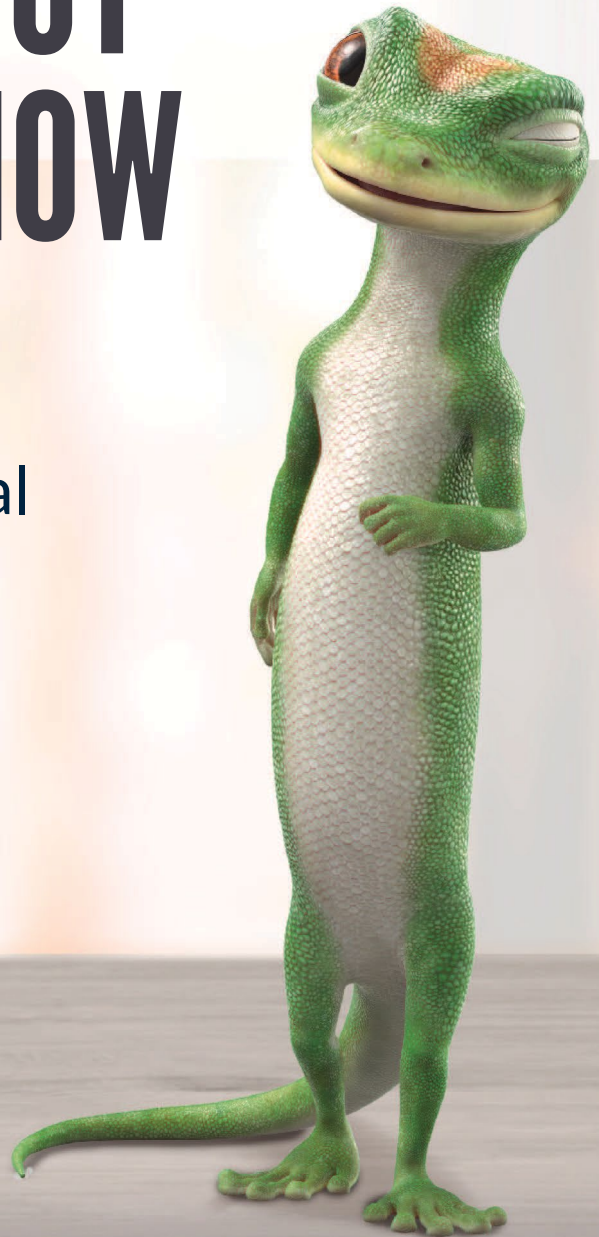


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BEYOND ALL LIMITS

HOSA CHAPTERS SAVE LIVES WITH BE THE MATCH®

Patients with blood cancers and blood diseases need us now more than ever.

You can make a life-saving difference when you fundraise to support patients and their families through their transplant journey and recruit new donors to the Be The Match Registry®.

Levi joined the Be The Match Registry in high school when he heard about this life-saving opportunity at a HOSA donor drive. When he was called as a match for a patient he didn't hesitate to say yes.

At the most recent HOSA International Leadership Conference in Nashville, Levi met his recipient, Amanda, for the very first time.

"It's a rare opportunity to save someone's life. I get to finish raising my children because somebody was selfless enough to say yes at all costs."

—Amanda, stem cell transplant recipient



GET INVOLVED:

You can help more patients find their life-saving donor. Scan with your phone or visit BeTheMatch.org/HOSA



Amanda (right), stem cell transplant recipient, with Levi, her donor.

Breaking Down Mental Health Initiatives with Sreeya Pittala

An Interview Conducted by

Vivian On, Western Region Vice President, and

Rachael Thumma, Central Region Vice President

Death, Loss, Tragedy

A dedicated HOSA member with a passion for progressing the arena of mental health, is Sreeya Pittala. Her passion served as fuel for the multiple successful initiatives she led throughout her high school years that culminated in an unparalleled opportunity to meet with President Joe Biden, US Surgeon General Vice Admiral Vivek H. Murthy, and Selena Gomez at the MTV Mental Health Youth Action Forum.

Sreeya first realized the importance of mental health during quarantine, when the unthinkable occurred during a period that was already bleak and isolating.

Recounting the experience, Sreeya said, “We lost a classmate... She passed away... we were all in shock and we felt like there was no community to share how we were feeling.”

This terrible loss inspired Pittala to search for a way to build a safe sanctuary for her peers to heal. In her search, Pittala found a mental health organization called Bring Change to Mind. After the uncomplicated process of submitting a form, Sreeya was able to establish a chapter at her high school and provide her classmates with the community and support they so desperately needed.

She worked tirelessly within the organization and involved herself with the teen advisory board where she worked in small cohorts of individuals to develop campaigns that drove storytelling and action in the context of mental health.

“I feel like awareness is always there, but there are not always initiatives to bring action,” Pittala said.

Action is precisely what Pittala did as she went on to attend the MTV Mental Health Youth Action Forum at the White House. The MTV Mental Health Youth Action is a coalition of pioneer mental health nonprofits with a mission to encourage the collaboration of youth leaders in curating creative campaigns to advocate for mental health action.

Pittala's remarkable success has provided her with valuable experience she is excited to share with others who are also eager to begin passion projects of their own within high school.

"If you see something wrong, or if you find something you're super passionate about... go online and find a large organization that is doing what you would like to promote or educate," Pittala said.

However, Pittala recognizes the pressure to start many different initiatives throughout the course of high school to catch the attention of prestigious colleges. She noted an important reminder, "Find something you are actually interested in... it'll be fun only if you're actually interested."

With the workload of managing classes, clubs, and a social life, it can easily be overwhelming. Therefore, Pittala recommends the practice of mental health breaks.

"Meditation and taking deep breaths are helpful when you are super stressed," Pittala said. She recommends the app Headspace to help guide students through meditation flows.

She also adds, "I have been practicing Carnatic music for as long as I can remember and that has helped me ... incorporating that into my life as well as sleeping and eating well has been incredibly impactful."

Pittala's words of wisdom are valuable bits of information for anyone looking to create an impact in an area they are enthusiastic about, or just searching for helpful mental health practices to utilize in their daily routines. She is an inspiring youth leader who will surely go on to accomplish more amazing feats at Dartmouth University, where she will be attending for her first year of college this fall.

Reflecting on her past time in HOSA Sreeya said, "I am so thankful for HOSA, being a leader of my school's chapter has given me so much... It helped me prioritize what I thought was important. I really love HOSA for that."

HOSA is thankful to have members like Sreeya Pittala. We wish her the best in her future endeavors.



THE COVID-19 PANDEMIC LEFT ADOLESCENTS MORE VULNERABLE TO OTHER PREVENTABLE DISEASES

By Michelle Fiscus, MD
 Chief Medical Officer
 Association of Immunization Managers

The COVID-19 pandemic has taught us a lot about the importance of vaccines. It is estimated that the first year of COVID-19 vaccines saved 19.8 million lives worldwide—a reduction of nearly two-thirds compared to projected deaths in a world without vaccines. However, stay-at-home orders and the need for medical providers to shift resources from routine care to COVID-19 efforts meant many adolescents (ages 10-19) missed out on routine vaccines. This left adolescents vulnerable to diseases like pertussis (whooping cough), bacterial meningitis, and cancers caused by human papillomavirus (HPV).

To protect our youth from theses preventable diseases, the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the American Association of Family Physicians (AAFP) all recommend that every teen receives the following vaccines:

AGE	VACCINE	PREVENTS
11-12 years	Tdap (1 dose)	Tetanus (lock jaw), diphtheria, and pertussis (whooping cough)
	Human papillomavirus (HPV) (2 doses before age 15, 3 doses after age 15)	Six types of cancers caused by HPV
	Meningococcal ACWY (2 doses)	Meningitis caused by 4 types of meningococcal bacteria
Any age	COVID-19 series and booster(s) (2 initial doses plus recommended boosters)	COVID-19 disease
	Annual influenza vaccine (1 dose every Sept/Oct)	Seasonal flu
	Hepatitis A (2 doses if not already vaccinated)	Hepatitis A

Additionally, adolescents ages 16 and older should talk with their parents and their health care provider about getting the **meningococcal B vaccine** (2 doses), which helps to prevent an additional type of meningococcal meningitis.

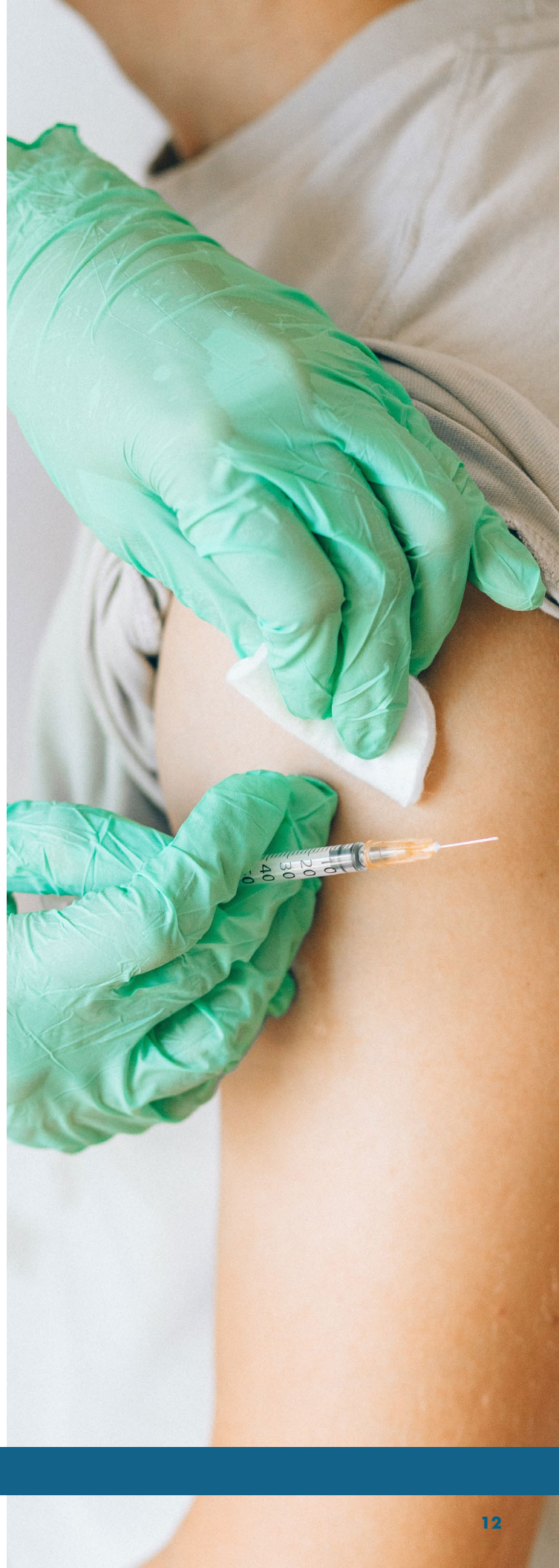
The AAP also recommends that all adolescents receive an annual wellness examination with their personal health care provider. “Catch-up” vaccinations (vaccinations that you need but haven’t received yet) can be provided at that visit. However, if it is not possible to see a regular provider, vaccinations can also be obtained at a local health department, community center, or in some pharmacies and schools.

Not sure if your vaccines are up to date? There may be a record of them in your state’s **immunization information system** (IIS). Contact your state’s IIS and request a copy of your record.

Encouraging adolescents to get back on track with recommended immunizations helps to protect them from key preventable diseases. Staying healthy keeps them in school and helps limit time away from working towards their personal and academic goals!

About Association of Immunization Managers:

The Association of Immunization Managers (AIM) is a nonprofit membership association comprised of representatives from 64 federally funded state, territorial and local National Center for Immunization and Respiratory Diseases awardees. AIM is dedicated to working with its partners nationwide to reduce, eliminate, or eradicate vaccine-preventable diseases. AIM also works to ensure the success of its members by providing support in their programming interests. Since 1999, AIM has enabled collaboration among immunization managers to effectively control vaccine-preventable diseases and improve immunization coverage in the United States. For more information on AIM, please visit www.immunizationmanagers.org.



OKLAHOMA CAREERTech

STUDENTS HAILED AS HEROES

AFTER PROVIDING LIFESAVING FIRST AID TO STABBING VICTIMS IN NASHVILLE

Oklahoma CareerTech is all about hands-on learning, and last week two paramedic instructors and their students took that learning approach to a whole new level at HOSA's International Leadership Conference in Nashville. HOSA is the career and technical student organization aligned with health careers education.

Lisa Dyer, Emergency Medical Services director at Kiamichi Technology Center in Poteau, teaches paramedics along with her colleague, Kelly Higdon. The two recently chaperoned a group of five adult, postsecondary students to the HOSA conference. The students - three from KTC, one from Northwest Technology Center and another from Central Technology Center - are certified emergency medical technicians studying to be paramedics, the highest level of emergency caregiver pre-hospital.

The conference was one of their last major events before graduation. For 16 months, Dyer and Higdon had taught the students about autonomous decision making, empathy, leadership, and of course academic theory and technical skills. KTC's website says the EMS field offers "the thrill of saving lives in real-world emergency situations." Little did the Oklahoma contingency know they would actually have that experience on their way to dinner on their first day in Nashville.

As the Oklahoma group prepared to leave their hotel, Dyer and the students heard a woman scream.

With coincidentally precise timing, a police officer showed up, responding to what he initially believed was an unrelated call. The students and officer were approached by two severely injured victims emerging from a nearby wooded area. The paramedic students, dressed in their blue HOSA uniform suits and white shirts, immediately ran toward the victims to provide lifesaving first aid.

The police officer on the scene offered the students a jump bag full of medical supplies and then worked to secure the scene. With the help of their instructors, the students immediately began rendering first aid.

While it was a gruesome scene as the victims had been brutally attacked, the students were not fazed by the patients' conditions. Putting their training and learned skills to work, they bandaged, applied a tourniquet, and even tended to a severe neck wound.

"Because of the severity of the injury, one of the victims would have likely bled to death if we had not applied a tourniquet," Dyer said.

Although critically wounded, both victims were expected to survive, thanks to the quick, professional work of the students.

“They went right to work,” Dyer said. “They worked together like a well-oiled machine. I was so proud of them. We had practiced scenarios just like that,” she added.

Needless to say, the police officer was grateful for the help, as Nashville EMS was responding to a four-alarm fire at the time of the incident. The victims were transported to the hospital and are expected to survive, and the suspect has been arrested.

It wasn’t the students’ first opportunity to respond to an emergency, as they all work on ambulances as EMTs while attending paramedic classes. The Nashville situation, however, was more severe than most of them had experienced.

Dyer said she had never been prouder of students in her life.

“They did their job efficiently and effectively; they worked together as a team,” Dyer said.

Another lesson learned in the classroom, Dyer said: “Teamwork makes the team work.”

About Oklahoma CareerTech

The Oklahoma Department of Career and Technology Education provides leadership and resources and assures standards of excellence for a comprehensive statewide system of career and technology education. The system offers programs and services in 29 technology center districts operating on 59 campuses, 394 PK-12 school districts, 13 Skills Centers campuses that include three juvenile facilities and 31 adult basic education service providers.

The agency is governed by the State Board of Career and Technology Education and works closely with the State Department of Education and the State Regents for Higher Education to provide a seamless educational system for all Oklahomans.



CareerTech paramedic students from left to right, Dalton Mahoney, Katherine (Dee) McQuate, Ashley Newman, Katey Lawson and Ethan Flynt.

On the Start of the School Year

PIECES OF CONVERSATION WITH
ANNA FENG, PRESIDENT-ELECT
KARTIK TYAGI, INTERNATIONAL PRESIDENT

Kartik Tyagi, International President, retires the “rising senior” status he claimed all summer, now having stepped fully into his senior year of college.

Nearing the close of his last few years in college, he reflects on the waning of his time as an undergraduate.

It is a lot of lasts. The last first day of class, last year before you leave into the real world. I have done a lot of reflecting on the last few years, on how I have grown. I was just having a conversation with a professor who I took classes with my first year, and then now my senior year, with how much more comfortable I have been — or have become — with not knowing everything about how I want to end up, or what I want to do. And being comfortable with figuring it out.

And have you always been comfortable with that?

No! Not at all. I do not think I am comfortable now even — but I am more comfortable, which I think for me is positive. I came into college thinking I wanted to be a practicing physician, and now that cannot be further from where I want to be. I found new passions, in health policy, in health policy and management. I have had great experiences in and outside of HOSA-FHP that have helped me figure out what my passions truly are. And I still do not know what that is. But I am more comfortable because I realize I am not doing it by myself — because I have a community around me supporting me, cheering me on, knowing that we are going to get through it together, whatever that might look like.

Anna — junior year, still wrapped in the whirlwind that is college, but close enough to graduation to feel some existential dread about it.

It has been hectic. There has been the feeling of being “steamrolled”, for lack of a better, English-major approved

word, by the work and late nights. Sunday night studying never gets easier. It has been a process of reorganizing my time to take care of myself and find what is important to me. And then along with that, trying to find time for those things — therapy, meditation, quiet time, time with friends that make me feel like myself. It grounds me to remember that semesters like these are always an opportunity for growth, and I always look back on them with some pride for that growth.

On looking forward —

Kartik — I am really looking forward to having genuine conversations with the people that I know. I have had lots of acquaintances here, but I am more selective with who I would call a friend. So, I am really looking forward to having that sense of true connection with the people I know, because I am never going to have an experience like this ever again. And that sounds pessimistic, but I like to look at it like an opportunity to make the most of the couple of months — 8, but who is counting — left in my undergraduate experience. That is what I am looking forward to, number one. Number two is cementing memories. When I look back, I want to be able to recall not only what I did academically, but also the memories I made and the people I made those memories with. Having had almost 2 years of my undergraduate experience fully on Zoom, being able to savor the time I have with the people and peers I think is a terrific opportunity. And it does not hurt that I am a huge fan of Carolina Athletics (Go Heels!) and that we will hopefully have an exciting time this year.

Sorry to any Duke fans —

No, not sorry. (he is kidding, but not really)

On looking forward to the HOSA year —

Anna — Well, we are about to leave for WLA — in a few short days, but who is counting — actually, our entire team is counting. We have been counting down the days. So, a few more days until we reunite as a team, which is most exciting for me right now. I think finding a sense of community on this team was important to me, and I think we have built that — and more — so I am incredibly grateful to all of them. It is already sad to think about June when this team transitions out — it is going to be one of the hardest goodbyes. But we do not have to think about that right now, because the year’s just started. I am excited for the goals we are going to accomplish, because there is something that feels different about this year, about this team, which translates into the work we are doing. It is having this genuine connection and genuine love for our HOSA community that shines through in how

we speak about our work — and how we approach our work. I think — and hope — that we will be able to truly touch the people we serve this year — and I am excited about that. It is thinking about the broader picture that becomes the most exciting opportunity— we will be able to change how an entire generation thinks about health, in degrees.

Kartik — Right! HOSA not only offers students the opportunity to succeed, but also minimize long-term workforce shortages. So, the question becomes, how do we connect HOSA members to the health industry pipeline to then reduce those shortages? How can we continue to expose those who might not traditionally have access, or do not realize what HOSA can potentially do for them? To all the facets of what our organization will do this year. I am excited for a wonderful year ahead, with an *amazing* team of dedicated people and leaders. You mentioned next week is WLA — that is crazy to me. Because we have an opportunity there to support the leadership and development of hundreds of state and local leaders — to then impart those learnings and share those learning with hundreds of members across the globe. That is crazy to me, because I think that oftentimes we think that either a) we do not belong in the position we are in or b) we might not have all the resources to serve effectively or c) we do not know where to start. And this community is so special because it cuts through all those barriers. It gives leaders the resources, the confidence, and the relationships to do that — and more — effectively. I was talking to someone the other day — how funny it would be to think about where I would be without HOSA-FHP. And now I think back, and I do not think that would be funny at all — I think I would be in a completely different space, with different exposures, passions, motivators. So, I am fortunate to have this network of members, educators, and professionals that make that clear.

On navigating high school — what advice would we give our high school selves?

Many of the people that are reading this are younger, in high school, so looking back at your high school experience — if you can, I am sure that was a while ago... We are only one year apart, what do you mean? Next year you are going to be a senior!

We do not have to talk about that.

Kartik — I put myself in a box in high school, in that I had some ideal of where I wanted to end up. And all that I did or pursued was in *pursuit* of that end result. And that was very limiting, because it did not lend itself to the opportunity to gain exposure to areas that could have just been passion pursuits, or interests. It was not conducive to developing further interests. Because I put myself in a

box. I grew a lot in high school, but I grew a lot more in college because I was a little more open about where I might end up — what I might pursue. Which, then let me give myself the freedom and the flexibility to do things that I originally did not think I would do. And leaving myself open to having mentors — professional mentors that I can be completely honest to about how I am feeling. I think that would be my biggest piece of advice, that I did not necessarily take in high school.

Advice for those in high school, middle school, who may be coping with stress, with a lot of things they have to do, or feel they must do —

Anna — I would say to give yourself credit for effort. Give yourself credit for things like being — or for trying to be — a good, kind human. And when you give yourself that credit, truly let yourself feel it. Which is so, incredibly hard. Because I think sometimes, especially for our HOSA members — who are so amazing, and accomplished, high-achieving, ambitious — the path to success or what is considered success is marked by titles, awards, and the prestige they carry. For me in high school, I remember success was a handful of very tangible, measurable metrics. Which makes sense, because “success” to the colleges that I wanted to appeal to would need to measure my success somehow — on paper, on transcripts. But the advice that I would give myself and to anyone is that while those metrics do a fantastic job at measuring success as is told on paper, it is *equally* as important to feel successful. Because so much of the time, in high school, I was grappling with this distance between the “success” written on paper and how I felt about it. I looked successful according to these metrics, but I could not access the *feeling* of being successful. It was really weird to me, this dissonance. And it took so long for me to slow down, to look within and out — to discover what would bring me the feeling of success. So, I would say to anyone reading to find what “fills up your cup” — to intentionally carve out mental space to think about what gives you genuine, lasting joy, and spend time tapping into that joy. Because that is so important — to incorporate these beautiful things into life. And it is so hard sometimes — joy is not something I remember when midterm season comes — but we all deserve to *feel* proud of the work we do, of the people we are. Also be kind to yourself, as much as you can. Because that is hard too. Some days you will not be able to grandiose things, you will only be able to do “little” things. But what might be considered a “little” thing — being kind to someone, laughing with a friend, spending time alone, just existing sometimes — these are not unimportant things at all. And they deserve the same credit as any grand title. “Kind person” or even “Person who wants to be kind” is as grand as any.

HOSA **↑ RISING ↑** TO THE **M O M E N T** A MONTHLY MESSAGE FROM HOSA'S INTERNATIONAL PRESIDENT



International President **Kartik Tyagi**

“You belong...” is Kartik’s message in his first edition, and he hopes that these mini-blogs bring you a little closer – both to HOSA and to our basketball-loving, vegetarian-recipe dabbling, policy-passionate bearded Tar Heel. Check out the first post at hosa.org/hosa-rising – and be on the lookout for future posts via HOSA’s social media platforms!

Can you believe that it has been several months since HOSA’s 2022 International Leadership Conference in Nashville, Tennessee? The conference, HOSA’s first in-person International Leadership Conference since 2019, definitely “shattered all expectations” for over 10,500+ attendees – members, advisors, industry professionals, partners, alumni, and more.

Nashville’s 2022 ILC marked *firsts* for many – I recall chatting with HOSA members who mentioned that this past ILC was their *first* in-person conference, or their *first international* experience. In what other setting, they shared, could you meet like-minded, passionate individuals from all across the globe: together, living in the moment, and ready for the challenges that await – the challenges our generation will have to face.

Nashville holds a special place in my heart, too. In 2016, I remember myself as a first-year (and rising second-year) high school student, amazed by the prospect of attending HOSA’s International Conference, (nervously) ready to participate in Medical Spelling and attend educational symposia. Nashville was the site of my *first* International Leadership Conference – and the *first International* Conference HOSA held, with 2015’s Conference being HOSA’s final *National* Leadership Conference.

Since that time, though, much has changed. From excitedly welcoming members from American Samoa, China, Korea, and others, to experiencing and struggling collectively with the impacts of a global pandemic – we have realized the only thing constant in our lives is change – and that, together, we are stronger.

At the ILC in Nashville this past June, I recall sharing with some of our partners, in addressing the HOSA-100 National Advisory Council, that after a couple of years unlike any other – marked by unparalleled uncertainty – our members showed up – stronger than ever before. Whether it be through HOSA’s robust competitive events program, engagement with **Be The Match**, HOSA’s service project, participation in HOSA’s many leadership and professional development opportunities at the local, state, and international levels: HOSA members rose to the occasion.

We saw in Nashville that our HOSA advisors showed up — more resilient than ever before. It was clear: our educators rose to the challenge. I asked our partners — are you ready to show up? Is your organization ready to show up in service of the next generation of health? Only then can we *truly* achieve our mission — in empowering our members to become leaders in the global health community.

At heart, we can only *rise to the moment* — together.

As members and advisors return to the classroom, I wanted to share that **HOSA's 2022-2023 International Executive Council** has been working tirelessly to lay the foundations for a year unlike any other — a year of, by, and for the membership we are charged with serving — a membership diverse in its background, passion, and interest.

Your International Executive Council has already begun our work in service of you: our HOSA family. At its core, HOSA is family. And each of you — regardless of your age, grade, sex, gender, race, ethnicity, ability, sexual orientation, membership division, or chartered association *belong*. **You** belong. And we are proud to call you a member, advisor, partner, or alum of HOSA-Future Health Professionals.

It is our sincere hope you are as proud as we are to be engaged with a community of 250,000+ members and 2.7 million+ alumni of HOSA-Future Health Professionals. How excited we are to take on the coming year alongside each of you — cheering you on!

We also look forward to seeing HOSA state and local leaders from September 24-27, 2022 in Washington, D.C. for HOSA's 16th Annual **Washington Leadership Academy** (WLA), HOSA's capstone leadership experience offering unique experiential learning, leadership, and networking experiences, dynamic workshops,

interactive activities, and more. WLA continues to be the highest level of leadership development for HOSA-Future Health Professionals globally.

Folks — there is so much to look forward to over the coming year. This year, I am excited to write to you through monthly messages. But you'll have many more opportunities to engage with HOSA's International Executive Council — through **HOSA's quarterly eMagazine**, monthly release of the International Executive Council's official *HOSA Herald* — your short, to-the-point one stop shop for all things HOSA, as well as on email and social media, including via **Instagram, Facebook, Twitter, LinkedIn, and LinkTree!**

If you are interested in requesting the participation of an International Executive Council member for guest appearances, including fall and spring leadership conferences and special meetings, ensure your State Advisor submits a request to HOSA Headquarters!

There's a Chinese proverb saying that "the best time to plant a tree was twenty years ago. The second best time is now." This year, your International Executive Council looks forward to — in partnership with chartered associations, partners, advisors, and members — sustaining HOSA's strong standing trees, as well as planting new ones.

HOSA — it is time to *rise to the moment*. It is time to move onwards "**beyond all limits.**"

So — what do you say? Let's do that — together — this year.

With love — today, tomorrow, and always!



A Growing Healthcare Workforce Shortage

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Secondary Board Representative

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When you think about the “new frontier” of healthcare, what do you envision?

Do you foresee the increasing accessibility of telemedicine as the world emerges from the recent pandemic? Do you imagine a rapidly expanding field facilitating rapid developments in genetic therapies and breakthroughs in pharmaceutical discovery? Or do you visualize the concept of universal healthcare providing equitable, accessible, and economical care to a global society?

Those are all great visions. And very lofty goals. Goals that we will undoubtedly achieve and supersede as our concept of quality healthcare takes on greater boundaries, greater influence, and greater utility.

But there is one thing in the short-term scope that holds us back from attaining this grand vision of healthcare. And it lies at the heart of the healthcare system, in the lifeblood that allows such an intricate and meticulous system to operate and serve its patients.

The healthcare workforce shortage.

We will start out with a few numbers. Numbers that accentuate the looming challenges that we face at this moment in the 21st century – challenges which undoubtedly will exacerbate if we do not take decisive action as a global community.

- Various projections estimate that the US healthcare system will face a shortage of 3.2 million medical professionals in the next five years.
- If current trends continue, our country will find itself in a nursing shortage of approximately 500,000 registered nurses by 2025.
- On a universal scale, the World Health Organization (WHO) predicts a shortage of 18 million healthcare workers worldwide by 2030 if no action is taken to address this pressing need.

By 2025, the US will likely face a shortage of...

446,300

Home health aides

98,700

Medical and lab
technologist and technicians

95,000

Nursing assistants

29,400

Nurse practitioners

Source: Mercer's US Healthcare External Labor Market Analysis. Calculations by Mercer's Workforce Strategy & Analytics practice.

The numbers tell us everything we need to know. And it is now that we find ourselves at a difficult crossroads: are we going to take those necessary steps to fulfill the needs of this modern society, or are we just going to idly sit back, hoping that the problem addresses itself?

Before we answer such a question, it is valuable to backtrack and answer another question first: how did we even reach such a critical crossroads where the quality of our healthcare services could be compromised due to a dwindling workforce?

It will not come as much of a surprise that ever since the early 1900s, labor shortages have unfortunately become a staple of the healthcare sector. Various factors, including world wars and economic downturns, had previously led to periodic shortages of healthcare workers, most notably in nursing.

In the past, such shortages were either addressed to a moderate extent, or the shortage was not severe enough to demand immediate action. However, the magnitude of such shortages has reached a critical tipping point today, especially in this country, to the point where anything other than immediate action could have drastic impacts on community health.

Another factor to consider arises from the general population itself. As the Baby Boomer generation—those who were born between 1946 and 1964 following the second World War—retire from the workforce, they leave behind substantial job openings, notably in the healthcare field.

This reality, combined with the fact that the Baby Boomer demographic requires increased medical attention and care from today's healthcare professionals, makes for a challenging prospect. Especially as competition within programs in nursing, medical, and other allied health-focused institutions have become fiercer in recent years, filling in the gaps in the healthcare workforce will pose a great challenge to this generation and beyond.

Yet another critical aspect to consider is the rise of chronic disease around the world, and notably in the United States. Today, the top two leading causes of death in this country—cancer and heart disease—are both chronic illnesses, and in particular, heart disease is often a result of lifestyle choices. Combined with shortcomings in public health outreach, the rise of

chronic disease has indirectly exacerbated the scope of the COVID-19 pandemic.

Chronic diseases are incredibly difficult and expensive to treat, and their effects manifest themselves in the day-to-day lives of the people they afflict. Thus, our generation is now tasked with the great responsibility of providing these important healthcare services to our communities, most prominently through physician specialization to combat the chronic illness crisis.

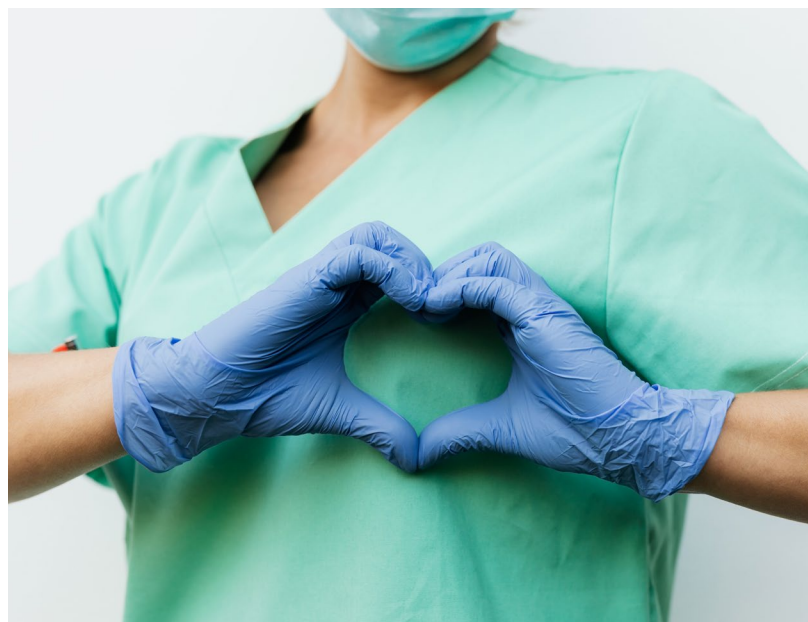
So — when it is all said and done, what can you do to help?

As future health professionals, it is on us to answer the call, to step up and address the pressing need for healthcare workers. The consequences of this labor shortage are clear: overworked medical personnel, a rise in cases of depression among workers, and increasing prevalence of medical errors.

But if we genuinely come together to uphold the pipeline that is HOSA-Future Health Professionals, we can enhance allocation, encourage communication, and emphasize good medical practice to combat the existing healthcare shortage crisis.

We have all heard—at one point or another—that we, ourselves, must be the change that we wish to see in the world. The current healthcare workforce situation demands change, a positive change that we ourselves can impart on our global society.

In short, **healthcare needs you**. People as passionate, as dedicated, and as willing as you to effect the change that so many around the world wish to see.



Be a part of tomorrow's medical breakthroughs



Bio-Rad Laboratories, a global leader in the biotechnology industry and in life science education, is proud to be a HOSA Premier Partner and Sponsor of a new competitive event in Biotechnology.

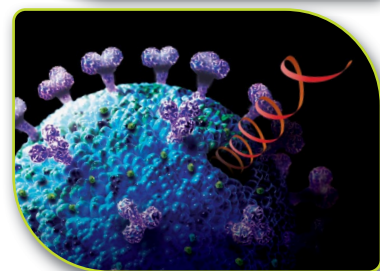
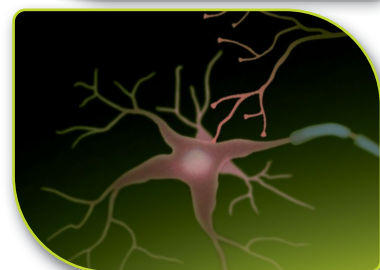
New HOSA Competitive Event in Biotechnology

Students will explore techniques like gel electrophoresis, protein quantitation, and genetic engineering as they explore career pathways in medical research and disease diagnostics, therapeutics, and prevention.

Have questions? Need help in preparing students for this event?

Contact us at explorer@bio-rad.com or visit us online at bio-rad.com/explorer to learn more about product offerings for educators, free teaching resources, support, and opportunities for professional development.

Visit HOSA.org or bio-rad.com/HOSA for more details about the competitive event in Biotechnology.



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