

Home Health Aide



New for 2023 – 2024

Providing Home Care: *A Textbook for Home Health Aides* by Leahy, Fuzy, & Grafe by Hartman

Publishing will replace *The Home Health Aide Handbook*.

Test plan has been revised to align with new text. Caring for Patient with Confusion and Dementia has been added to the plan.

Scissors provided by competitors have been clarified as bandage scissors.

Skill events now require attire appropriate to the occupational area be worn for Round 2.

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference.

Editorial updates have been made.

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 testing. Round 2 skill events require attire appropriate to the occupational area be worn. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide:

- ☐ A photo ID
- ☐ Two #2 lead pencils (not mechanical) with eraser for both rounds
- ☐ Manual watch with second hand required for Round 2 for Vital Signs (no iWatches)
- ☐ Tape ½" or 1"
- ☐ Bandage Scissors
- ☐ Gloves non-latex (3 pairs per competitor)

General Rules

1. Competitors in this event must be active members of HOSA and in good standing
2. **Eligible Divisions:** 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"](#)
HOSA Home Health Aide Guidelines (August 2023)

Competitive Events Program (GRR)."

- A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.
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.
 5. **Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an advanced practice nursing course should compete in Clinical Nursing and not Nursing Assisting.**

Official References

6. All official references are used in the development of the written test and skill rating sheets.
7. [Balduzzi, Suzann. *Homemaker Home Health Aide*. Cengage Learning. Latest edition.](#)
8. [Leahy, Fuzy, & Grafe. *Providing Home Care: A Textbook for Home Health Aides*. Hartman Publishing, Inc. Latest edition.](#)

Round One Test

9. **Test Instructions:** The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
10. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.

11. Written Test Plan

- Becoming a Home Health Aide.....10%
- Responsibilities and Legal Rights..... 6%
- Effective Communication Procedures and Documentation.....10%
- Infection Control..... 6%
- Wellness and Mental Health..... 4%
- Body Systems and Common Disorders..... 40%
- Caring for Terminally Ill Patient..... 6%
- Caring for Patient with Confusion, Dementia & Alzheimer's Disease..... 4%
- Caring for Patient with Cancer.....4%
- Maternal and Infant Care..... 10%

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

13. Sample Round One Test Questions

1. A dying client tells the home health aide "Please leave me alone, I just want to be by myself." What stage of grief is the client experiencing? (Balduzzi pp 355)
 - A. Acceptance
 - B. Anger
 - C. Bargaining.
 - D. Depression**

2. What is the general term that refers to a serious loss of mental abilities such as thinking, remembering, reasoning, and communicating? (Fuzy pp 156)
 - A. Alzheimer's disease
 - B. Dementia**
 - C. Vascular stroke
 - D. Parkinson's disease

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

Round Two Skills

14. 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)

15. 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](#).
16. Timing will begin when the scenario is presented to the competitor and competitors will be stopped at the end of the time allowed.
17. 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](#).
18. 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's condition and will be included in the scenario or judge script.

Final Scoring

19. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
20. 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.

HOME HEALTH AIDE

Section # _____
Competitor # _____

Division: _____ SS _____ PS/C
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.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL I		23	
70% Mastery for Skill I = 16.1			

HOME HEALTH AIDE

Section # _____ Division: _____ SS _____ PS/C
 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.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
12.	Practiced standard precautions throughout skill	2 0	
TOTAL POINTS -- SKILL II		21	
70% Mastery for Skill II = 14.7			

HOME HEALTH AIDE

Section # _____
Competitor # _____

Division: _____ SS _____ PS/C _____
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.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
13.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL III		25	
70% Mastery for Skill III = 17.5			

HOME HEALTH AIDE

Section # _____
Competitor # _____

Division: _____ SS _____ PS/C
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	
	d. Removed and discarded used gloves.	2 0	
	e. Washed hands or used alcohol based hand-rub for hand hygiene.	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.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
16.	Practiced standard precautions throughout skill	2 0	
TOTAL POINTS -- SKILL IV		38	
70% Mastery for Skill IV = 26.6			

HOME HEALTH AIDE

Section # _____
Competitor # _____

Division: _____ SS _____ PS/C
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.	Used 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			

HOME HEALTH AIDE

Section # _____
Competitor # _____

Division: _____ SS _____ PS/C
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.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL VI 70% Mastery for Skill VI = 16.1		23	

HOME HEALTH AIDE

Section # _____
Competitor # _____

Division: _____ SS _____ PS/C
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.	Used 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			

HOME HEALTH AIDE

Section # _____ Division: _____ SS _____ PS/C
 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.	Used 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 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:	