

# Home Health Aide

## Health Professions Event .....

<b>Eligible Divisions:</b> Secondary & Postsecondary / Collegiate	<b>Round 1:</b> 50 Q test in 60 minutes	<b>Digital Upload:</b> NO
<b>Solo Event:</b> 1 competitor	<b>Round 2:</b> Skill Demonstration	



### New for 2024 – 2025

The test plan has been updated. The backrub skill has been retired. A skill measuring and recording intake and output has been added. An Intake and Output Form has been added. Editorial updates have been made.

### Event Summary

Home Health Aide allows members to gain the knowledge and skills required for supporting patients in their homes. This competitive event consists of two 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 equip them to serve patients in a home health setting.

### Dress Code

Bonus points will be awarded for [proper dress](#).

Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area

Round 2: Attire appropriate to the occupational area

### Competitor Must Provide:

- [A photo ID](#) for both rounds
- Two #2 lead pencils (not mechanical) with eraser for the test.
- 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 must be familiar with and adhere to the [General Rules and Regulations](#).

### Official References

2. The below references are used in the development of the test questions and skill rating sheets:
  - a. [Balduzzi, Suzann. \*Homemaker Home Health Aide\*. Cengage Learning. Latest edition.](#)
  - b. [Leahy, Fuzy, & Grafe. \*Providing Home Care: A Textbook for Home Health Aides\*. Hartman Publishing, Inc. Latest edition.](#)

### Round One Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 minutes.
4. **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.

5. **Written Test Plan:**

The test plan for Home Health Aide is:  
Responsibilities and Legal/Ethical Issues - 10%  
Effective Communication - 6%  
Infection Control and Safety - 10%  
Body Systems and Common Disorders - 40%  
Caring for Special Populations - 24%  
Basic Healthcare Skills - 10%

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

7. **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**

8. Round Two is a selected skill(s) performance. 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:	Measuring and Recording Intake and Output	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)**

9. 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. Some scenarios may involve the combination of multiple skill sheets, in which case some elements may not be scored due either to being duplicative or not appropriate within the scenario. A sample scenario can be found [here](#).

10. 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](#).
11. 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 the patient's condition and will be included in the scenario or judge script.

### **Final Scoring**

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

# HOME HEALTH AIDE

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/C  
 Competitor # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill I Taking an Adult Tympanic Temperature (Time: 3 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
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	
<b>TOTAL POINTS -- SKILL I</b>		<b>23</b>	
<b>70% Mastery for Skill I = 16.1</b>			

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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.	Correctly 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
<b>TOTAL POINTS -- SKILL II</b>		<b>21</b>	
<b>70% Mastery for Skill II = 14.7</b>			

# HOME HEALTH AIDE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/C \_\_\_\_\_  
 Judge's Signature \_\_\_\_\_

<b>Skill III Emptying a Urinary Drainage Unit (Time: 4 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
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	
<b>TOTAL POINTS -- SKILL III</b>		<b>25</b>	
<b>70% Mastery for Skill III = 17.5</b>			

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Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/C  
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<b>Skill IV Changing a Dry Dressing Using Non-sterile Technique (Time: 5 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Gathered equipment: gloves, 4X4 gauze pads, waste bag, tape and bandage 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	
<b>TOTAL POINTS -- SKILL IV</b>		<b>38</b>		
<b>70% Mastery for Skill IV = 26.6</b>				

# HOME HEALTH AIDE

Section # \_\_\_\_\_

Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/C

Competitor # \_\_\_\_\_

Judge's Signature \_\_\_\_\_

*Competitors are responsible for knowing the conversions related to intake and output.*

<b>Skill V Measuring and Recording Intake and Output (Time: 5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Gathered equipment: I & O sheet, graduate (measuring container), pen, notepaper, and gloves.	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. INTAKE:	1 0	
a. Determined amount of fluid intake using size of container and the amount consumed,		
b. Noted amount on notepaper.	1 0	
c. If measured in ounces, converted to mL's.	2 0	
6. Washed hand or used alcohol-based handrub.	2 0	
7. DOCUMENTING INTAKE	2 0	
a. Documented amount of fluid consumed in mL's on I & O form.		
b. Recorded time and type of fluid consumed.	2 0	
c. Reported anything unusual that was observed, such as patient refusing to drink, drinking very little, or feeling nauseated.	2 0	
8. OUTPUT	2 0	
a. Washed hands or used alcohol-based handrub.		
b. Put on gloves before handing bedpan, urinal, or foley catheter bag.	2 0	
c. Emptied contents of the bedpan,urinal, or foley catheter bag into the graduate without splashing.	1 0	
d. Placed graduate on flat surface and measured at eye level.	1 0	
e. If amount is between measurement lines, round up to the nearest 25 mL.	1 0	
f. Noted the amount on notepaper.	1 0	
9. To measure vomitus:	1 0	
a. poured from basin into measuring container and added to output.	1 0	
b. If vomit is on floor or bed - estimated amount and added to output.	1 0	
10. Emptied the graduate into the toilet without splashing.	1 0	



11.	Rinsed the graduate and poured rinse water into the toilet.	1	0	
12.	Rinsed the bedpan/urinal and flushed in toilet - judge will award points if catheter bag is used.	1	0	
13.	Stored the bedpan/urinal and graduate - judge will award points if catheter bag is used.	1	0	
14.	Removed and discarded gloves.	2	0	
15.	Washed hands or used alcohol-based handrub.	2	0	
16.	Documented time and output on I & O form.	2	0	
17.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
18.	Practiced standard precautions throughout skill.	2	0	
<b>TOTAL POINTS -- SKILL V</b>		<b>42</b>		
<b>70% Mastery for Skill V = 29.4</b>				

COMPETITOR ID # \_\_\_\_\_

## HOSA INTAKE AND OUTPUT RECORD

DATE \_\_\_\_\_ PATIENT NAME \_\_\_\_\_

**Record for Intake:**

**Record for Output:**

TIME (11-7)	INTAKE AMOUNT IN CCs	TYPE OF INTAKE	TIME	* OUTPUT AMOUNT IN CCs	TYPE OF OUTPUT
TOTAL					
TIME (7-3)					
TOTAL					
TIME (3-11)					
TOTAL					

**\*If patient does not urinate/void for 8 hours, call your nurse or supervisor**

# HOME HEALTH AIDE

Section # \_\_\_\_\_

Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/C

Competitor # \_\_\_\_\_

Judge's Signature \_\_\_\_\_

<b>Skill VI Caring for Dentures (Time: 5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
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. Removed dentures from denture cup and rinsed dentures placing in the emesis basin.	1 0	
7. Rinsed denture cup and filled with cold water and denture cleaning tablet.	1 0	
8. Turned on cold water and brushed all surfaces of the upper and lower plate with toothpaste and rinsed	1 0	
9. Placed dentures in denture cup.	1 0	
10. Rinsed emesis basin and toothbrush.	1 0	
11. Assisted patient to rinse mouth with mouthwash, expel rinse in emesis basin and wipe mouth.	1 0	
12. 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	
13. Placed the denture cup within reach of the patient and instructed patient to insert dentures when needed.	1 0	
14. Removed gloves, washed hands or used alcohol-based handrub for hand hygiene, and returned supplies to their proper place.	2 0	
15. Recorded completion of skill on daily record sheet, noting observation of skin (oral cavity) condition and any patient complaints.	4 0	
16. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
17. Practiced standard precautions throughout skill.	2 0	
<b>TOTAL POINTS -- SKILL VI</b>	<b>26</b>	
<b>70% Mastery for Skill VI = 18.2</b>		

# HOME HEALTH AIDE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/C  
 Judge's Signature \_\_\_\_\_

<b>Skill VII Moving the Patient Up in Bed Using the Drawsheet (Time: 3 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
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 (judge or event personnel) 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	
<b>TOTAL POINTS -- SKILL VII</b>		<b>29</b>		
<b>70% Mastery for Skill VII = 20.3</b>				

# 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	
<b>TOTAL POINTS -- SKILL VIII</b>		<b>25</b>		
<b>70% Mastery for Skill VIII = 17.5</b>				

**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: