

HOSA-Future Health Professionals

eMAGAZINE

FALL 2024

**Powered by
Possibilities**

Letter From The President

by **Nick Ballard**, HOSA International President



Dear HOSA Members and Future Health Professionals,

With my seventh year at HOSA-FHP just beginning, I'd like to take a moment to reflect on where we are headed this year. It is a great privilege to welcome you to the 2024-2025 year of HOSA! As we embark on this new journey together, I am energized by this year's international theme, "Powered by People." It perfectly captures the heart of what makes our organization so unique—the strength that comes from each one of us contributing our individual skills and passion, and the power that emerges when we come together as a community.

"Powered by People" is more than just a theme—it's a reminder that every step forward we take is driven by our collective efforts. Each of us, through our unique perspectives and talents, plays a crucial role in shaping the future of healthcare. Whether your heart lies in phlebotomy or pharmacy science, what I find to be the driver of our impact on the next generation of quality, compassionate care is the collaboration of our ideas, dedication, and commitment to the service of others.



This year, our new logo speaks to this message of unity and shared purpose. The lightning bolt representing bursts of innovation, combined with the gear, a symbol of teamwork, embodies the dynamic energy that propels us forward. It's a powerful reminder that when we work together, there are no limits to what we can achieve. As we move into this year, I encourage all of us to think about how we can contribute to the collective mission of HOSA. Whether through service, leadership, or learning, we each have the opportunity to make a lasting impact wherever we are.

As you continue your journey throughout this HOSA year, your International Executive Council and I hope that you will take inspiration from the content of this fall's eMagazine. In it, you'll find various tips on the power of social media, a reflection on our time together at the 18th Annual Washington Leadership Academy, and a new segment we like to call From Student to Specialist.

Your International Executive Council and I are incredibly proud to stand alongside all of you as you venture throughout this year. We encourage you to challenge yourselves, not only in your academics, but also in your personal and professional journeys as well. From the bottom of our hearts, thank you for being a part of this incredible journey. Together, we will continue to inspire change, push boundaries, and build a healthier, more connected future—because we are, and always will be, Powered by People.

With pride,

A handwritten signature in black ink that reads "Nick Ballard".

Nick Ballard
International President,
HOSA-Future Health Professionals





HOSA-Future Health Professionals RETURN TO WASHINGTON

by **Nick Ballard**, HOSA International President

This September, HOSA-Future Health Professionals returned to Washington, D.C. for HOSA's largest Washington Leadership Academy to date. The four-day conference – held from Sept. 27th to Sept. 30th – was a culmination of intensive leadership training, service engagement with HOSA's premier service partner NMDP and opportunities for peer-to-peer networking among chartered association and local student leaders. Attended by a record-breaking 207 chartered association officers, 148 local leaders, 130 advisors and chaperones and countless partners from the HOSA-100 Advisory Council, HOSA is proud to highlight the incredible accomplishments of more than 500 affiliates in attendance.

Attendees were welcomed in Washington, D.C. on Friday, September 27th for the kick-off opening ceremony in the early afternoon, where esteemed Deputy Director in the Office of Career, Technical, and Adult Education (CTE) at the U.S. Department of Education, Robin Utz, spoke on the productive collaboration between CTE and HOSA, and what it means for the nation's future health professionals. HOSA's Board of Directors members, state and chapter advisors were also recognized by Board Chair, Cindy Beck, and the International Executive Council before student leadership sessions were underway.



Over the weekend, students engaged in leadership training with workshops facilitated by the International Executive Council and CliftonStrengths-certified facilitators Jeff Koeninger, Director of Association Services at HOSA and Jennifer McNelly, Chief Executive Officer at the American Society of Safety Professionals (ASSP). A series of leadership trainings provided students with invaluable takeaways to host productive and collaborative terms ahead by highlighting how to lean into personal strengths and collaborate with the unique strengths of others. Empowered by these experiences, students went back to their chartered associations with a new passion for serving their members to the best of their abilities.

In addition, three IEC-facilitated workshops targeted annual goals developed in coordination with HOSA Headquarters, as follows:

- 1) Retaining Membership Within and Across Divisions:** Student leaders were charged to reflect on their personal commitment in pursuing the health professions, network with peers and discuss how they will engage the lifelong benefits of HOSA-Future Health Professionals while entering the next chapter of their HOSA journey.
- 2) Hosting Successful Conferences:** Student leaders designed their own conference and strategy for promoting attendance. They were provided a series of simulated challenges over the 90-minute workshop, collaborating in teams to develop formal conference proposals and sharing aloud to learn from the ideas of others.
- 3) Promoting NMDP Engagement:** The third and final workshop tasked HOSA leaders with developing strategies for promoting membership participation with HOSA's premier service project, NMDP, targeting drivers of engagement ranging from the NMDP registry, recognition event participation and general education on NMDP's offerings.

Beyond leadership training, HOSA's first-ever service project engagement at WLA was also held this year; HOSA was proud to welcome NMDP representatives Benita Davis, Senior Program Manager, and Evan Hutton, Community Fundraising and Events Specialist, to train students and advisors on service project advocacy and how to promote engagement. Students and advisors then had the pleasure of mobilizing at the National Mall to promote the NMDP registry and gather funds that will support bone marrow transplantation for HOSA's premier service project.

On Sunday evening, students and advisors were joined by **Christi Lower, Ph.D.**, Director of Academic and Workforce Development for the American Health Information Management Association (AHIMA). Lower facilitated advocacy training in preparation for "HOSA On the Hill" the following morning; students also enjoyed the opportunity to hear from lobbying experts and strong HOSA supporters Kate Fry from America's Blood Centers and **Diana Rubio, MD**, of the American Academy of Family Physicians (AAFP) before a state advisor activity hosted by the International Executive Council that evening.

On Monday, hundreds of students mobilized on Capitol Hill for our annual "HOSA on the Hill" day, meeting with congressional staff across the country to advocate for the importance of Career and Technical Education and the federally-authorized renewal of the Perkins Act. In addition, your International Executive Council members Ria Mohan, President-Elect, and Cameron Carter, Secondary Board Representative-joined by Christine Kim, International Executive Council Coordinator-met with the United States Deputy Surgeon General, Rear Admiral Denise Hinton, at the Hubert H. Humphrey Building, home of the

Department of Health and Human Services. While there, Ria, Cameron and Christine explored youth engagement strategies between HOSA and the United States Public Health Service; they even had the chance to meet esteemed Surgeon General and former HOSA ILC keynote speaker, Vivek Murthy!

The four-day convening came to a close Monday afternoon, where keynote speaker Rawle Andrews, Jr., Esq., Executive Director of the American Psychiatric Association Foundation (APAF) spoke on the "whole and well" model of healthcare and targeted strategies for aligning stakeholders to enact meaningful change. In sharing his "5 Rights" principle, Rawle reflected



on the importance of having the "right people, in the right places, doing the right things at the right time at the right costs."

More than a leadership and advocacy training, HOSA's Washington Leadership Academy is truly a launchpad for the personal and collective growth of HOSA members everywhere. Reflecting on our theme for the year, 'Powered by People,' WLA was an amazing opportunity for our attendees to recognize the commitment that HOSA leaders make to our members, and the dedication that our members have towards serving their communities. Towards the end of WLA, we were not powered by ourselves, but truly, powered by those we serve and those we lead alongside. As we continue throughout this year, let's move together, as one organization, one community, one family - powered by people.

Interested in joining us for next year's WLA? Grab your spot on hosa.org next fall! We look forward to seeing you join us!



From Student To Specialist: The Journey Of A Respiratory Therapist

by **Cameron Carter**, 2024-25 Secondary Board Representative

In this new series, we interview HOSA alumni who have transitioned from students to healthcare professionals. This fall, we sat down with Nate Thomas, a respiratory therapist from Georgia and the Georgia HOSA State Officer Coach. Mr. Thomas shared his inspiring journey into healthcare, which began with a simple childhood experience at a 2nd-grade summer camp, where he made fake blood. His interest deepened after learning about his grandmother's struggle with multiple sclerosis, sparking his initial desire to become a neurosurgeon.



As a freshman in high school, Mr. Thomas sought to be part of something bigger than himself and found HOSA. Initially unsure about committing to healthcare, he didn't take HOSA too seriously—until he met Sandra Martin, now Georgia HOSA's Program

Specialist at the Department of Education. Ms. Martin saw potential in him and pushed him to excel. His first Fall Leadership Rally cemented his passion, and from there, his journey with HOSA took off.

He developed strong public speaking skills and placed second in a state competition before competing at the National Leadership Conference (now known as the International Leadership Conference). Inspired by the state officers at his first SLC, he aimed higher and eventually served as the Postsecondary Vice President for GA HOSA. His HOSA story didn't end when his term ended.

After graduating from high school, Mr. Thomas attended the University of West Georgia, initially considering a career in criminology. However, he struggled to find his calling upon nearing graduation. Unsure of his next steps, he briefly considered nursing before discovering respiratory therapy. He enrolled in a respiratory therapy program, balancing a full-time job while studying full-time—a challenging but rewarding

experience. "It wasn't about learning for a test; it was about learning to save lives," Mr. Thomas reflected.

His hard work paid off, and he began working at some of Atlanta's top hospitals, gaining practical knowledge and experience. Alongside his career, an opportunity arose to apply for the Georgia HOSA State Officer Coach position. Initially doubting his qualifications, Mr. Thomas took a leap and applied, driven by a desire to pay forward the mentorship he had received. He succeeded, and today, he continues to push the state officer program to new heights.

In his professional life, Mr. Thomas also became a traveling respiratory therapist, gaining valuable experience in places like Miami, where he worked on trauma cases and learned from the local medical community. Currently, he serves as the Respiratory Care Coordinator for a sleep clinic while pursuing his master's degree in healthcare administration.

At the 2023 HOSA International Leadership Conference, Mr. Thomas was inducted into the HOSA Hall of Fame, an honor he found humbling. "I was very humbled to even be thought of," he said. Despite the recognition, he feels the weight of responsibility that comes with the honor, knowing he must continue to live up to the expectations his work has set.

Reflecting on his journey, Mr. Thomas emphasized the value of HOSA's core values—learning, leading, serving and innovating—that distinguish HOSA members from other students. "It may sound cliché," he remarked, "but I learn, lead, serve, and innovate every day as a healthcare professional, and HOSA's core values play a huge role in my life."

Looking to the future, Mr. Thomas hopes to one day become the CEO or long-term leader of a nonprofit hospital serving communities of low socioeconomic status, where he can continue to make a meaningful impact.

His final piece of advice for HOSA members: "Stay the course. It's going to get hard, and you're going to want to quit, but someone out there needs you. Nothing worth having comes for free. You'll get knocked down, but it's about how you get back up and keep going."

Want us to highlight a specific healthcare career?

Email us: socialmedia@hosa.org

HOSA Leaders Advocate For NMDP

by **Jillian Anderson**, 2024-25 Postsecondary/Collegiate Vice President & **Maddy Yarema**, 2024-25 Postsecondary/Collegiate Board Representative

Amidst the hustle and bustle of the National Mall in Washington D.C., HOSA leaders at WLA stepped up for a cause that hits home for many: helping blood disease patients get their life-saving cell therapy. In collaboration with HOSA's Premier Service Partner, NMDP, local and state leaders alike made a powerful contribution by participating in the first NMDP Advocacy Event to recruit potential registry members and fundraise for future cures.



Before hitting the National Mall, the members received guidance from NMDP staff themselves to prepare them for the day's efforts. "At first, I was uncertain about how much of a difference we could make just by walking through the streets asking for support," explained Texas HOSA President, David Gonzalez. Nerves ran high but HOSA leaders pulled through with their efforts. "After the training and just getting in the groove of talking about NMDP, it became clear that the individuals who truly cared and contributed were the ones who made a real impact... by the end, I realized what an amazing experience it was and I'm now planning a similar event with my local chapter." This is all thanks to NMDP representatives Benita Davis, Senior Program Manager, and Evan Hutton, Community Fundraising and Events Specialist for their hard work in preparing members for this special event!

This training was especially useful for Arizona HOSA's team who managed to recruit 33 donors in three hours! Sarah Olsen, Arizona HOSA's Secondary Vice President and Geet Joshi, Arizona HOSA's State Historian Reporter, recruited 20 of those 33 donors! "This was one of the hardest but most rewarding things. Hearing that people didn't want to potentially save lives was incredibly difficult but being able to see those willing to help NMDP or were already on the registry was truly amazing! I can't wait to see the impact that HOSA can have for NMDP and



hopefully we as future healthcare professionals can help to save even more lives," said Sarah.

Thanks to the efforts of our persevering local and state leaders who attended this year's NMDP Advocacy Event, 49 new people had joined the stem cell registry, and an impressive \$820 was raised by HOSA members. The NMDP Advocacy Event was a shining example of how HOSA members can lead the charge in healthcare and beyond—one swab, one donation, and one step at a time. As we turn towards the future of this year, be sure to keep NMDP in mind. The NMDP Service Project Recognition Event is already underway and now is your chance to begin gaining hours. We strongly encourage you to advocate, serve, and support this inspiring cause alongside our members.

Interested in learning more about what NMDP is and have a comprehensive understanding of how your chapter can get involved? Read the NEW HOSA Service Project Guide at <https://hosa.org/publications/>



Courage on the Course:

How HOSA Advisors and members became lifesavers at a cross-country meet

by **Noni Kigera**, Communications Specialist



Krista Taylor

SPANISH FORK, UTAH — At a Spanish Fork High School cross-country meet, what began as a routine event quickly turned into a life-saving mission. HOSA advisors and athletic trainers Rory Eyring and Krista Taylor, alongside their students, played critical roles in rescuing 49-year-old Farris Child, a father in cardiac arrest.



Rory Eyring

Eyring and Taylor were at the meet to provide medical support when they received the distressing news. “I got a phone call from Krista, and she said, ‘Hey, someone is having a seizure,’” Eyring recalled. Thinking it was a routine call, the severity of the situation became clear when one of Eyring’s students, PJ Merrill, stepped forward and said, “Starting CPR.”

While Merrill began chest compressions, Trayven Elquist called 911 and flagged down Eyring and other trainers at the meet. Taylor took over CPR, and Eyring retrieved the automatic external defibrillator (AED) he had in his golf cart

Together, the group restarted the man’s heart before a crew from the Spanish Fork Fire Department and emergency medical services arrived, loading him into an ambulance and transporting him to the hospital. Their quick actions, combined with Eyring and Taylor’s leadership, played a pivotal role in saving the man’s life.

Eyring and Taylor credit the day’s success to a well-executed medical response plan they had in place before the meet. Both emphasize that their swift response was the result of planning and preparation, including early 4 a.m. mornings at the track.

“What laid the groundwork for us was the medical response plan. The week before, we revisited and rehashed the plan,” Eyring explained. “We checked the venue. We checked all the equipment. We were prepared to the nines.”

Taylor echoed this sentiment: “The plan allowed us to respond smoothly without hiccups. There were eight of us in total, and

while we handled the emergency, the other trainers continued their duties without a glitch.”

Merrill and Elquist both stepped up during the crisis, applying the CPR skills they had learned in class. For the advisors, seeing their students in action was a powerful reminder of the impact their teaching has beyond the classroom.

“When I teach CPR, I can’t stress enough how important it is to know those steps because it’s life or death,” Eyring said. “Having them both in that class reassured me that what I taught them stuck, and they took something valuable from it. It showed me that *teenagers do listen.*”

The Spanish Fork Fire Department later honored Eyring, Taylor, and their students for their heroic actions, much to their surprise.

“I was just doing my job,” Taylor remarked. “To me, it was just another day saving a life—that’s what athletic trainers do.”

Eyring added, “I didn’t get into teaching or athletic training for accolades; I did it to make a difference. But receiving those challenge coins from EMS and knowing we were prepared for this moment made all the planning and effort feel worth it.”

Both Eyring and Taylor credit HOSA and their emergency medical responder classes with preparing their students for real-world situations. “Programs like HOSA give purpose and meaning,” Eyring stated.

Taylor emphasized how HOSA encourages students to get certified and compete, providing invaluable hands-on experience in high-pressure scenarios. “It always gives [students] comfort and hope that if [other students] can do it, I can do it,” she said. “They don’t need to be scared—they can save a life.”

For Eyring and Taylor, the event was a powerful affirmation of their roles as educators and advisors. Their quick thinking and their students’ preparedness made the difference between life and death, testifying to the power of training, planning, and leadership. As Eyring reflected, he said, “Success to me is that our plan worked. Thanks to training and teamwork, now there’s not another family whose kids won’t go into the holiday season without a dad.”



Powered by Social Media

How **YOU** can empower your community through social media and publications!

by **Aditya Suresh**, Central Region Vice President,
Hasvi Patel, Western Region Vice President,
and **Noni Kigera**, Communications Specialist

AS you're standing in line, waiting for your meal, it's likely that you're scrolling through social media on your phone. Platforms like Instagram, X, TikTok, and others have become dominant forces in mainstream media, shaping the way most people consume information and news. As a HOSA member, your potential impact extends far beyond your local community. Being part of an international organization gives you the unique ability to connect with peers and professionals worldwide, and we strongly encourage you to harness that power.

Social media offers more than just a platform to express your ideas—it's an opportunity to amplify the voices of others and foster meaningful connections. In alignment with this year's theme, Powered by People, we want to empower you to elevate not only your own voice but also the voices of those around you. By building and engaging with a diverse network on social media, you can share experiences, raise awareness on important health issues, and create a ripple effect of positive change.

So, how can you, as a HOSA member, take control of your own social media and begin making an impact? Start by being intentional about what you post, share stories that matter, and engage with content that aligns with your goals of improving global health. The world of social media is at your fingertips—use it to inspire and connect!

To help you get started, here are some examples of chartered associations utilizing social media already!

Arizona's Social Media Strategy:

"This year, Arizona HOSA is enhancing its social media strategy to foster stronger connections between the state executive council and local members through the launch of the "From Our Board to Yours" series. Recognizing the need to bridge communication gaps, this monthly series will provide essential information, including upcoming deadlines, new opportunities, and important reminders, ensuring members stay informed and engaged. To further expand our reach, we've enriched our YouTube content by releasing a "HOSA Care Package," a comprehensive playlist with all the essentials for members to kickstart their chapters and promote growth. Some topics covered in this playlist include membership engagement, volunteering opportunities, and competitive event submissions, offering valuable resources to our chapters. On Instagram, in celebration of Arizona HOSA's 20th anniversary, we honor our chapters on the 20th of each month, recognizing the crucial role they play in our success. Additionally, on a selected Monday each month, we recognize individual members who have demonstrated outstanding contributions to HOSA through their engagement or leadership, reinforcing that HOSA is Powered by People!"

Arizona HOSA State Officer Team, 2024-2025



Oregon's Social Media Strategy:

"Social media is one of the most important platforms that lets us engage with our Oregon HOSA community. On YouTube, we have launched an event tip series where Oregon HOSA winners and finalists from past State Leadership Conferences share brief overviews and personal tips for one of the 70+ competitive events. As a new HOSA member, it can be overwhelming to explore and choose from the variety of events available. Our goal with the event tip series is to help new members navigate competitive events more easily and feel more confident in their choices. Additionally, we plan to set up a statewide Remind system for chapter officers across the state to help develop leadership skills and promote networking opportunities. This platform will also enable chapters to connect with each other and share resources more effectively!"

Oregon HOSA State Officer Team, 2024-2025



Nevada's Social Media Strategy:

"The 2024-2025 State Officer Team has taken Nevada HOSA social media to new heights. With a focus on member recognition, the state officer team plans on including photos of members from various activities and events in their chapters to celebrate their triumphs. To increase engagement, the State Officer team has utilized Instagram's "Ask a Question" feature to create trivia posts that foster an interactive platform for members to voice their concerns and offer up new ideas. Aside from that we plan on integrating engaging and exciting vlogs that put the goals of this year's board in the spotlight- not only showcasing the vast possibilities of Nevada HOSA but, also showing the quirky personalities of HOSA members that's not usually seen! The 2024-2025 State Officer Team is excited to turn Nevada HOSA's social media into a lively hub where members can shine, share, and show off their awesome characters."

Nevada HOSA State Officer Team, 2024-2025



Washington's HOSA Highlight:

"This past year, Washington HOSA soared to new heights with record membership increases and new initiatives! We welcomed over 4,600 passionate future healthcare heroes, brought the excitement of leadership and healthcare to life at our conferences, and even shined on the international stage. As we move forward into this next year, we're using social media to celebrate our record-breaking membership growth, showcase exciting event highlights, and promote year-round engagement with activities like chapter visits and officer office hours. Stay tuned for interactive posts, fun healthcare challenges, and inspiring stories from our passionate members. We're currently working on our monthly newsletter as well to help spread information in an effective and fun way! From inspiring connections to innovative events, we had a blast growing together, learning, and making our HOSA family stronger than ever. We can't wait for next year and everything it has to offer!"

Washington HOSA State Officer Team 2024-2025



These are just a few strategies and ideas that our amazing chartered associations are implementing this HOSA year. We implore you to brainstorm your own ideas, take advantage of this new digital age, and catch the attention of that person scrolling while they are in line for a coffee!

By implementing strategies like these, HOSA members can create consistent, valuable content that resonates with their audience and builds a vibrant, engaged community. Remember, perfection isn't the goal—focus on authenticity and clarity to forge genuine connections. Embrace the power of social media to elevate not just your voice, but the collective impact of your network.

*Have an idea or strategy that you want highlighted?
Reach out to us at socialmedia@hosa.org*

HOSA Week 2024 Monday, 11/4 – Friday, 11/8

by **Bhavesh Manne**, Eastern Region VP & **Ria Mohan**, President-Elect

Guess what time of year it is? That's right, it's almost HOSA Week! HOSA Week is a week-long celebration recognizing current and aspiring health professionals-YOU! Five days of HOSA Week means five special activities which you can do individually, with your local chapters, or alongside your chartered associations. From Monday, November 4th to Friday, November 8th, be sure to show your love for HOSA and we'll highlight your amazing visions!

Nov. 4: Memory Monday

On our first day celebrating HOSA, we will be reflecting on our HOSA journeys. We'll look back at unforgettable moments from our previous conferences, workshops, and other events. Members are encouraged to share throwback photos and favorite memories from past events on social media highlighting experiences like their favorite SLC moments.



Nov. 5: Time Travel Tuesday

Did you know that the 50th Anniversary of HOSA will be celebrated at the 49th ILC in the state of Indiana? With the anniversary arriving soon, HOSA is asking everyone what they are most excited about for the 50th anniversary. We encourage members to share what excites them the most about this milestone, what goals they have for ILC 2026, and potential ways we can celebrate the 50th together!

Nov. 6: Wisdom Wednesday

One amazing aspect of HOSA is the knowledge—in and outside the healthcare field—that our members gain. Whether it be HOSA alumni who have moved into the professional world or middle schoolers just beginning their journeys, everyone has something to learn... and something to give. We encourage you to share some advice to an incoming member or share a piece of wisdom that was given to you and how that's shaped your HOSA journey!



Nov. 7: Thankful Thursday

On this day, members can share what they appreciate about HOSA and potentially thank someone who has impacted their HOSA journey. This is your time to recognize what you have accomplished and learned throughout your journeys with gratitude!

Nov. 8: HOSA Family & Friends Friday

Celebrate the connections you've made through HOSA! We encourage you to share photos of your HOSA friends and family on social media and how they have influenced your HOSA journey. We hope to show how HOSA is truly Powered by People and highlight the immeasurable impact that YOU all bring to HOSA!



With that, be sure to stay updated and connected by following HOSA-FHP on Instagram, @hosafhp! Make sure to participate and tag us in all HOSA Week posts for a chance to be featured and spotlighted around the world on our HOSA-FHP Instagram stories!

Occupational Health Nursing: An Introduction

by **Betty Sanisidro**, DNP, MSN, RN, COHN-S, APHN-BC

There is often a great deal of confusion and a significant gap in awareness surrounding the occupational health specialty and the amazing work carried out every day by occupational health nurses and physicians. In general, the term “occupational health” refers to caring for and protecting the workforce. This broad definition integrates traditional occupational safety and health protection efforts with health promotion strategies and other workplace activities to prevent illness and injury and maximize health. Occupational Health affords all workers the opportunity to achieve optimal levels of safety and well-being while they are at work so that they may leave their place of employment and be with their loved ones doing the things that matter most!



The occupational health nurse is the guiding force in keeping workers healthy, maintaining company compliance with regulations, curbing medical costs and assessing the environmental factors that affect the workplace and the community which it serves.

The field of occupational health nursing is a dynamic public health specialty that has amazing growth, professional development and leadership opportunities. Occupational health nurses can practice wherever there are employees, such as hospitals, construction and manufacturing facilities, government agencies, and the entertainment industry to name a few. Occupational Health Nurses are also making a difference in agriculture, forestry, fisheries, mining, construction, transportation and aerospace industries.

To have a successful occupational health nursing practice, nurses must build on their clinical practice knowledge. Depending on the industry, this knowledge might incorporate chemical hazards, ergonomics, biological hazards, psychophysiological (stress), safety and industrial issues, standards and regulations, disease management, health education, records keeping, and business management concepts.

The major roles and responsibilities associated with occupational health nursing practice include:

- **Clinician:** Clinical and Primary Care
- **Educator/Coordinator:** Training & Disease Prevention
- **Manager/Advisor:** Research & Health Promotion
- **Consultant:** Workforce, Workplace, & Environmental Issues
- **Case Manager:** Regulatory responsibilities & Legislative management

Below are a few key recommendations from seasoned occupational health nurses for new and aspiring nurses interested in this wonderful specialty.

- **Become comfortable in your practice:** be mindful of remaining organized in your practice. There are many moving parts within occupational health clinics including clinical and business tasks. Occupational Health Nurses wear many hats and it important that we develop a system of keeping our processes and tasks coordinated and streamlined. Establish practices with reminders for clinic processes such as medication inventory and expiration. Take on the mindset of always being “audit ready”. Additionally, know when to and become comfortable with delegating tasks. Develop and refine a strong business acumen in order to appropriately liaison with key stakeholders, organizational leadership, and the needs of the workers.
- **Develop rapport & trust with workers:** the occupational health practice setting varies from others in that our workers are usually with us for far longer than one shift or one week. For the entire tenure of the employee, they become our patient, which presents the opportunity to develop a different level of rapport. The occupational health nurse will be privy to life events impacting workers such as marriages, divorces, deaths, birth of children, etc. It is important to capitalize on the moments when employees must come to the clinic for routine exams and testing as well as interactions that are not required to establish trust. Once rapport is established, workers will feel comfortable voicing concerns and possible issues for early intervention.
- **Network and develop rapport with other Occupational Health Nurses:** occupational health is a niche specialty and while most OHNs work with/on teams, there are many situations where OHNs can feel siloed. Networking and developing rapport with other OHNs can prove invaluable when benchmarking processes, encountering new situations, seeking out new opportunities, transitioning positions, and much more. Leverage opportunities to network and build connections with OHNs within current organizations and across all industries while at conferences, review courses, and all other available venues.

This article only scratches the surface with regards to what the occupational health specialty can offer. This incredibly diverse field affords nurses countless opportunities for growth and professional development. Many employers offer partial or full tuition reimbursement, cover costs to obtain and maintain specialty certifications, and prepare nurses for management and leadership roles all while requiring sharp up to date clinical skills and judgement! To learn more about this incredible field, please email info@abohn.org!



#SERVELIKESUTTON

In Memory of Jeremy Sutton: A Paramedic, Educator, and HOSA Leader

HOSA-Future Health Professionals mourn the loss of Jeremy Sutton, a dedicated paramedic, Tennessee HOSA State Advisor, and champion of healthcare education. Jeremy's life was tragically cut short in an ambulance accident while on duty, leaving an indelible mark on all who had the privilege of knowing him. His loss is deeply felt across the HOSA community and the broader health science education field.

Jeremy's career was one defined by service. As a Captain Paramedic at Jefferson County EMS and Assistant Chief at Jefferson County Rescue Squad, he consistently put the well-being of others first. In his role as Tennessee HOSA State Advisor, he made a significant impact on the lives of students, serving as a mentor and guide for countless future health professionals. Under his leadership, Tennessee HOSA grew to become the fourth largest chartered association in 2023-2024, boasting over 14,000 members and alumni.

Jeremy's journey with HOSA began as a sophomore in high school, where he often shared that his three years as a HOSA member "made a true difference" in his life. This passion for HOSA remained unwavering throughout his career. From serving as a local advisor to being a key member of HOSA's National Competitive Events Committee, Jeremy was a tireless advocate for health science education. His commitment to students, colleagues, and the HOSA organization was evident in every role he took on.

Tennessee HOSA has a rich history of producing leaders, and Jeremy's contributions helped continue this legacy. His leadership not only inspired growth within Tennessee HOSA, but also strengthened the broader mission of HOSA, which has served as a critical pipeline for the health industry since its founding in 1976.

The HOSA community is encouraged to follow in Jeremy's footsteps and #ServeLikeSutton. His dedication to saving lives, educating future healthcare professionals, and his selfless service to his community will continue to inspire HOSA members for generations to come.

As we honor Jeremy's legacy, we extend our deepest sympathies to his family, friends, and loved ones. In his honor, the Jeremy Sutton Service Award was created to recognize FCCLA and HOSA student members who go above and beyond in supporting their communities through selfless acts of service, just as Jeremy did throughout his life. To learn more about the Jeremy Sutton Service Award, visit www.tnctsos.org/jeremy.

Let us all remember Jeremy Sutton's life of service and commit to upholding the values he embodied—compassion, leadership, and dedication to healthcare.

LEAD. LEARN. SERVE. INNOVATE.

hosa
future health professionals

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