



**Pennsylvania - District 2**  
*Education . . . with a competitive side*

# BASIC HEALTH CARE SKILLS

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## **Clothing Requirements**

Official blue scrubs, white socks, health professional's white or black leather work shoes. Shoes must be all-white or all black leather (no canvas), completely enclosed (no open toe or open heel). Athletic style shoes that meet the aforementioned criteria are acceptable.

*Note:* At the district level if a student is not able to wear the official SkillsUSA attire he/she may wear an outfit that would be acceptable in their specific field of study. *Please keep in mind that official SkillsUSA attire will be required at the state and national level.*

## **Eligibility**

Open to students enrolled in any high school or technical school health program.

## **Equipment and Materials: Supplied by host school:**

1. All instruments, equipment and materials required for the contest
2. All necessary information and furnishings for judges and technical committee
3. Laptop computer, projector and screen

## **Equipment and Materials: Supplied by contestant:**

1. All students must have a one-page, typewritten résumé
2. Watch
3. Pen (black ink)

## **Scope of the Contest** – *(Defined by the National Competition Regulations)*

*(District Competitions are meant to be a scaled down version of National Competition. It is important for the students to participate in a competition that will reflect a cross-section of the industry skills needed to prepare them for the state and national levels)*

## **Knowledge Performance**

The contest will include a written knowledge test assessing general knowledge of basic health care skills. Topics assessed may include but are not limited to: human anatomy, Maslow's Hierarchy of Needs, nutrition, law and ethics, and work safety.

## **Skill Performance**

The second portion of the contest will be a series of workstations in which contestants will demonstrate their knowledge of basic health care skills. Topics that will be assessed may include but are not limited to: core therapeutic and clinical skills, emergency care for infants through adults, communication skills, key medical terms and abbreviations, law and ethics, and work safety. Prior to the event, the contestant will prepare a five- to seven-minute presentation on safety in the healthcare profession. Guidelines for this presentation are listed below.

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## **Contest Guidelines**

The written and performance tests will include any or all of the following:

1. The purpose of the presentation is to present a topic related to basic health care through demonstration, display and/or explanation.
2. A presentation will be compact, no larger than 30"x30"x30" and presented in five to seven minutes. A 4'x8' space and table will be available. Any visual aids (signs, charts, transparencies, slides, diagrams) are to be prepared by contestants. Three-sided poster display boards and PowerPoint presentations stored on jump drives are permitted. No full size adult mannequins are allowed. No pressurized aerosol cans of any kind will be permitted, and no compressed air, gas or flammable liquid may be used.
3. All employers' names and manufacturers' trade names must be covered or removed.
4. The demonstration will neither promote nor advertise any commercial organization or product.
5. The title should designate the exact nature of the presentation. Catchy titles are not appropriate to the scientific and educational purpose of the presentation.
6. Contestants must take all material for the presentation to the contestants' meeting prior to the contest.
7. The prepared presentation does not include another person acting as a patient.
8. Time limit: 5–7 minutes.

## **Standards and Competencies** – *(Summary of national technical standards list)*

1. Apply academic knowledge of life sciences as related to the health care professions
2. Express verbal and nonverbal communication skills
3. Perceive major career opportunities and systems available in health care
4. Epitomize quality employment and teamwork skills
5. Differentiate between law and ethics
6. Create a safe working environment

### **Basic Health Competition Rating Sheet**

<b>Item Name</b>	<b>Description</b>	<b>Points</b>
Written Test	Basic Health Care	<b>100</b>
Adult CPR Skill	Adult Compressions/Resp/ AED	50
Presentation	Safety in the Healthcare Profession	<b>30</b>
Resume Deduction	(Deduction)	<b>-10</b>
Clothing Deduction	(Deduction)	<b>-5</b>
Safety	(Deduction)	<b>-10</b>
<b>Total Points</b>		<b>200</b>

*Note: No cell phones or other electronic devices may be used at any time during a competition; this includes using a calculator function on a cell phone for competitions in which calculators are permitted.*

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