



BASIC HEALTH CARE

ELIGIBILITY

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

CLOTHING REQUIREMENTS

Home school uniform or 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.

SAFETY REQUIREMENTS

The SkillsUSA Technical Committee, judges, and WMCTC are released from all responsibility relating to personal injury resulting from the use of equipment. Competitors will be removed from competition if they are using the equipment in an unsafe manner.

EQUIPMENT AND MATERIALS SUPPLIED BY HOST

1. All instruments, equipment and materials required for the contest
2. Laptop computer, projector and screen (computer will have USB ports)

EQUIPMENT AND MATERIALS SUPPLIED BY CONTESTANT

1. All students must have a one-page, typewritten résumé
2. Watch with second-hand
3. Pen (black ink)
4. Safety glasses/shield
5. No additional tools will be permitted

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 includes a 50 questions written knowledge test including topics but are not limited to, Anatomy and Physiology, Medical Terminology, Healthcare and Ethics, Communication Skills, and Healthcare Safety from Health Career Today, 6th Edition by Judith Gerdin.

SKILL PERFORMANCE

The contest includes an assessment of skills in the areas of Vital Signs Bp/T/P/R. Handwashing, CPR, Fire Extinguisher, Donning and Doffing PPE, and a 5-7 minute presentation on a basic health care topic of the contestant's choice.



BASIC HEALTH CARE

Contest Guidelines

The presentation performance will include any or all 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 6' 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 USB/jump drives are permitted (no note cards). 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. Display knowledge of human anatomy and physiology
2. Employ knowledge of basic client care in the areas of nutrition, medical mathematical operations and malpractice/liability issues
3. Exhibit basic employability skills and professional demeanor when writing a résumé, completing a job application, and interviewing in accordance with workforce development guidelines
4. Explain infection control and methods of preventing the spread of infections
5. Perform nurse assistant skills/procedures including dressing, undressing and bathing patients, providing hair and oral care, and transferring, turning and assisting patients with walking
6. Implement knowledge of patient care regarding nutrition and elimination
7. Monitor patient's vital signs
8. Perform adult, child and infant CPR and first aid in accordance with current guidelines provided by the American Heart Association and the American Red Cross
9. Communicate effectively with co-workers and clients
10. Manage patient care to prevent legal issues



BASIC HEALTH CARE

BASIC HEALTH CARE SCORING SHEET

Items evaluated	Description	Possible Points
Written test	50 questions	100
Measure and Record/Reports Client's Blood Pressure		45
Measuring and Recording Pulse		18
Measure and Record Respirations		21
Measuring and Recording Oral Temperature		21
Handwashing		42
Donning and Doffing PPE		24
Presentation	5 to 7 minutes	120
***Presentation - opening, voice, platform development, organization, effectiveness, closing	20 points each	
	Subtotal =391	
Clothing Penalty	Deduction -10	
No resume	Deduction -10	
Safety Penalty	Deduction -10	
	TOTAL	

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.

Note: Scorecards should only be used as guidance. Changes may occur.