Knowledge Tests

New for 2015 - 2016

Behavioral Health is a new Knowledge Test for 2015-2016. The regional and state Behavioral Health tests will only be 50 questions, but the National test will be 100.

For KT Human Growth & Development: *Dacey’s Human Development Across the Lifespan* has been deleted as a resource. Please see rule #49 in the General Rules and Regulations for the process when a test resource is changed.

**Purpose:** To encourage HOSA members to explore and learn about selected health careers and to assess knowledge common in the health community.

**Description**
Each "Knowledge Test" will be a 100 item multiple choice written exam with an essay tie-breaker question. Each test will be related to a specific career or specialty area from within the health community or related information that applies to several health specialties. Questions will measure knowledge at the recall, application and analysis levels. Competitors will select only one test and each test will be considered a separate event.

**Dress Code:** Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for proper dress.

**Rules and Procedures**
1. Competitors in this event must be active members of HOSA-Future Health Professionals, in good standing in the category in which they are registered to compete (Secondary or Postsecondary/Collegiate).

2. Competitors must be familiar with and adhere to the “General Rules and Regulations of the National HOSA Competitive Events Program (GRR).”

3. One essay question will be administered with the original test. In case of a tie, the essay question will be judged and used to break the tie.

4. The test plans and resources for the Knowledge Tests are:

**BEHAVIORAL HEALTH**
The term “behavioral health” refers to the promotion of mental health, resilience and well-being; the prevention and treatment of mental and substance use disorders; and the support of those who are in recovery from these conditions, along with their families and communities.

- The Biology of Mind 20%
- Behavioral Health Treatments and Services 15%
- Psychological, Mental and Substance Use Disorders 15%
- Prevention of Substance Abuse & Mental Illness 15%
- Recovery and Recovery Support 5%
- Health Care and Health Systems Integration 10%
- Wellness 5%
- Laws, Regulations and Guidelines 5%
- Workforce/Careers 5%
- History 5%
References for Behavioral Health

- Substance Abuse and Mental Health Services Administration website

HUMAN GROWTH AND DEVELOPMENT

All stages include biophysical, mental/cognitive, social, and emotional development.
- Healthy People 5%
- Government influence on Health 6%
- Cultural considerations 5%
- Family Influences 10%
- Theories of Development 10%
- Prenatal 7%
- Infant 5%
- Early Childhood 10%
- Middle Childhood 6%
- Adolescence 5%
- Adulthood 15%
- Advanced old age and Geriatrics 5%
- Planning for end of life 3%
- Loss, Grief and Bereavement 5%
- Communication 3%

References for Human Growth and Development


MEDICAL LAW AND ETHICS

- The Basics: Medical Law, Ethics and Bioethics 5%
- The Legal Environment 35%
  - State and Federal Regulations
  - The Legal System
  - Professional Liability
  - Law for Health Professionals
  - Public Duty
  - Consent
- The Health Care Environment 35%
  - Physician Patient Relationships
  - Medical Malpractice
• Medical Records
• Workplace Law and Ethics
• Cultural Perspective
• Patient Confidentiality
• Employment Practices
• Bioethical Issues 25%
  • Ethical and Bioethical Issues in Medicine
  • Allocation of scarce resources
  • Genetic engineering
  • Reproductive Issues
  • End of Life Issues

References for Medical Law and Ethics

NUTRITION
• Carbohydrates, fats and proteins 15%
• Vitamins & minerals 15%
• Water (Fluid & electrolyte balance) 5%
• Diet through the life span 10%
• Digestion, absorption and metabolism 10%
• Cultural and religious influences 5%
• Food related illnesses and allergies 10%
• Medical nutrition therapy 30%
  • Diabetes
  • Cardiovascular disease
  • Renal disease
  • Gastrointestinal disease
  • Cancer
  • Clients with special needs

References for Nutrition

PATHOPHYSIOLOGY
• Disease Process and Terminology 12%
  • (Including cancer and neoplasms)
• Body Systems: Integumentary 8%
  • Musculoskeletal 10%
  • Heart 8%
  • Blood vessels 4%
  • Lymphatic 6%
  • Respiratory 8%
  • Digestive 12%
  • Endocrine 8%
  • Nervous (including senses) 12%
  • Reproductive 6%
Urinary 6%

References for Pathophysiology


PHARMACOLOGY

Safety will be integrated throughout the test plan

- Basic Concepts in Pharmacology 12%
- Career Opportunities in Pharmacology 3%
- Ethical and Legal Responsibilities 10%
- Pediatrics and Geriatrics Adaptations 10%
- Drug Names, Classifications, Action, and Interactions 30%
- Drug Administration 20%
- Drug Measurement, Dosage, Conversions 10%
- Technologies in Pharmacology 5%

References for Pharmacology


- Please note: Calculators are not allowed for Pharmacology, but two (2) sheets of blank paper will be provided per competitor.

TRANSCULTURAL HEALTHCARE

- Cultural foundations 15%
- Health, healing and family traditions 15%
- Cultural competence 20%
- Religion, rituals, health and illness
  - Native American populations 10%
  - Asian populations 10%
  - African American populations 10%
  - Hispanic populations 10%
  - White populations 10%

References for Transcultural Healthcare


- Spector, Rachel E. Cultural Diversity in Health and Illness. Prentice Hall.
NOTE: States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.

5. All competitors shall report to the site of the event at the time designated for the event orientation. The test will immediately follow the orientation. No proxies will be allowed for the orientation.

6. **Test Instructions** Competitors will be given instructions on the use of the Scantron form. After instructions have been given to the competitors, they will be notified to start the test. There will be a maximum of 90 minutes to complete the test. There will be a verbal announcement when there are 15 minutes remaining for the test period. Competitors may be excused from the testing site promptly after completion of the test.

7. The competitor should write his/her answer to the tie-breaker essay question on the tie-breaker page of the test that remains attached to the original test.

### Competitor Must Provide:
- Event guidelines (orientation)
- #2 lead pencils with an eraser
- Watch with second hand (optional)

### Required Personnel (Per Section): No sections within levels.
1. One Event Manager (per event)
2. One section leader for each test area
3. Test proctors
4. One judge who is considered by the National HOSA Competitive Events committee to be an expert in the area being tested - to grade the essay questions in case of a tie
5. One-two event assistants per section
6. One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.

### Facilities, Equipment and Materials (Per Section):
- One room to accommodate the total number of competitors
- Tables/chairs or schoolroom desks/chairs for total number of competitors
- Table/chairs for event personnel to provide for registration and materials distribution
- Test packets which are pre-numbered and Scantron / answer forms
- Timer or clock
- Evaluation Forms – competitor and personnel
- #2 lead pencils with eraser to complete evaluations
- Two (2) sheets of blank paper per competitor for Pharmacology Knowledge Test

### Icon Key
- The orientation includes an event element. Competitors must bring pencils/pens.
Sample Test Questions

Human Growth and Development

1. When infants are stimulated over and over there is often a decrease in attention called
   A. egocentrism.
   B. habituation.
   C. permanence.
   D. repression.

2. The age at which children draw figures representative of humans, animals, and buildings is approximately
   A. 2 years.
   B. 3 years.
   C. 4 years.
   D. 5 years.

3. The prejudice that the elderly are inferior to those who are younger is called
   A. ageism.
   B. ableism.
   C. fatalism.
   D. realism.

Medical Law and Ethics

1. In contract law, the person working under the direction of another person is acting in the role of
   A. agent.
   B. controller.
   C. designated authority.
   D. principal.

2. The law that requires every adult be informed of their right to make decisions concerning medical care, including the right to refuse treatment is the
   A. Ability to Determine Treatment Act (ADTA).
   B. Durable Power of Attorney Act (POA).
   C. Living Will Legislation.
   D. Patient Self-Determination Act (PSDA).
3. All information given to health care personnel by the patient is considered
   A. factual communication.
   B. medical communication.
   C. proprietary communication.
   D. privileged communication.

Nutrition

1. The body organ that has no stored supply of glucose and requires a minute to minute supply to
   function properly is the
   A. brain.
   B. heart.
   C. liver.
   D. pancreas.

2. Lactose, maltose and sucrose belong to the carbohydrate classification of
   A. disaccharide.
   B. liposaccharide.
   C. monosaccharide.
   D. polysaccharide.

3. Diets high in cholesterol content are thought to contribute to
   A. atherosclerosis.
   B. cataracts.
   C. diabetes mellitus.
   D. hepatitis.

Pathophysiology

1. The usual cause of osteomalacia is a deficiency or ineffective use of
   A. calcium.
   B. iodine.
   C. vitamin A.
   D. vitamin D.

2. The type of shock caused by a decrease in blood volume that causes blood pressure to drop is
   A. anaphylactic shock.
   B. cardiogenic shock.
   C. hypovolemic shock.
   D. septic shock.

3. What neurotransmitter is not produced in sufficient quantities in someone with Parkinson’s disease?
   A. Aldosterone
   B. Dopamine
   C. Gamma globulin
   D. Prednisone
Pharmacology

1. The 1963 Act which give pharmaceutical firms incentives to develop and manufacture medications for diseases affecting only a small number of people is the
   A. Amendment to Applications for FDA Approval to Market a New Drug.
   B. Drug Regulation and Reform Act.
   C. Omnibus Budget Reconciliation Act.

2. The client who is taking salicylates for an anti-inflammatory disease should be watched closely for
   A. bleeding.
   B. fever of undetermined origin.
   C. hypotension.
   D. diminished urinary output.

3. Dramamine 50 mg PO is ordered for vomiting. The bottle is labeled 5 mg/4 ml. How many ml should be given?
   A. 16 ml
   B. 20 ml
   C. 32 ml
   D. 40 ml

Transcultural Healthcare

1. Barry, a recent graduate from dental school, wishes to be prepared to care for a culturally diverse patient population in the United States. Most of his patients will likely come from what three nations?
   A. Dominican Republic, Vietnam and Columbia
   B. Ireland, Philippines and Argentina
   C. Cuba, Korea and Haiti
   D. Mexico, China and India

2. If you are assigned to care for a patient from Morocco, Tunisia or Pakistan, you would anticipate that the patient practices what religion?
   A. Muslim
   B. Catholic
   C. Buddhist
   D. Christian

3. A nurse invites Mr. Chen into the labor room to be with his wife who is in the early stages of labor. Mr. Chen refuses. The nurse should:
   A. Explain to the patient that her husband was invited to sit with her and refused.
   B. Talk to Mr. Chen and help him overcome his fears for his wife’s well-being.
   C. Ask the physician to talk to Mr. Chen and encourage him to be at his wife’s side.
   D. Respect Mr. Chen’s decision to not be present during his wife’s labor.

Behavioral Health

1. The kind of therapy based on principles of motivational psychology and designed to produce rapid, internally motivated change is called
   A. Motivational Enhancement Therapy.
   B. Cognitive-Behavioral Therapy.
   C. Shock Therapy.
2. Juanita is seeing a counselor to work on individual strategies to develop knowledge, attitudes and skills needed to change her behavior. Her counselor knows that effective programs have all the following elements EXCEPT
   A. social commitment to not using drugs.
   B. peer led sessions.
   C. focusing on life and social skills.
   D. focusing on physical skills.

3. The type of psychology that explores the normal changes in behavior that occur across the life span is called
   A. biological psychology.
   B. social psychology.
   C. developmental psychology.
   D. clinical psychology.