

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP



**FALL COMPETITION
PREPARATION**

October-November 2023

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP INTRODUCTION

"HOSA stands for 'Health Occupations Students of America,' an international student organization with a primary mission of preparing students for careers in the healthcare industry and nurturing them to become future leaders in healthcare. HOSA provides a diverse range of educational and leadership development opportunities for its members, including competitions, conferences, and community service events centered around healthcare professions.

Often associated with high schools, colleges and universities, HOSA is a pathway for students interested in pursuing a career in healthcare to gain valuable skills, knowledge and experience. The organization aims to inspire and develop the next generation of healthcare professionals.

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP INTRODUCTION

The CNIW Foundation has officially registered a HOSA chapter and is assembling a team for this year's competition. To support the applicants, the CNIW-HOSA Future Healthcare Leaders Competition Research Boostcamp has been specially established. We are delighted to announce Max Yan as our head coach. Max Yan, who achieved the runner-up position in the HOSA national competition and secured a global championship in the clinical experimental science category, serves as the co-chairman of HOSA at the University of Ottawa. With three years of active participation and five years of coaching experience, Max will collaborate with members of the CNIW health expert group to prepare for the competition. Our goal is to provide comprehensive guidance to the study club's participants, helping each of them shine in the competition and craft distinctive scientific research portfolios and leadership resumes."

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

HOSA ORIENTATION

What is HOSA?
What benefits can you obtain by joining HOSA?
What opportunities can HOSA provide you?

Max Yan

HOSA Head Coach



HOW CAN THE CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP HELP YOU?

Coaches will maintain open communication with participating students to comprehend their individual needs and challenges, offering them the necessary support and guidance to ensure their success in HOSA's projects.

To achieve this, coaches will take the following steps:

Understand the competition requirements: Coaches will meticulously review the competition rules and requirements to gain a comprehensive understanding of the specific theme, format, scoring criteria, and schedule of the competition.

Provide resources: Coaches will offer students access to pertinent learning materials, such as books, articles, academic papers, and online educational resources, enabling them to delve deeper into the competition's subject matter.

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

HOSA ORIENTATION

What is HOSA?
What benefits can you obtain by joining HOSA?
What opportunities can HOSA provide you?

Max Yan

HOSA Head Coach



HOW CAN THE CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP HELP YOU?

Planning: Coaches will assist students in crafting a comprehensive study and preparation plan, encompassing research, writing, presentation skills, and effective time management.

Provide Guidance: Coaches offer guidance throughout students' research and preparation phases. They respond to inquiries, address challenges, and provide feedback to enhance the quality of their work.

Practical Drills: Coaches organize practice drills and preparatory sessions for students. These exercises help students familiarize themselves with the competition environment and improve their project presentation skills.

Emphasis on research and data: There is a strong emphasis on thorough research. Students are encouraged to gather specific data and case studies relevant to their topics to strengthen their project presentations.

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

HOSA ORIENTATION

What is HOSA?
What benefits can you obtain by joining HOSA?
What opportunities can HOSA provide you?

Max Yan

HOSA Head Coach



HOW CAN THE CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP HELP YOU?

Encourage teamwork: In cases where the competition permits team participation, coaches actively foster collaboration among students. This teamwork not only enhances the overall competitiveness but also promotes a supportive learning environment.

Presentation Skills: Coaches also focus on enhancing students' presentation skills. This includes refining their abilities in clear communication, confident public speaking, and the effective utilization of visual aids.

Provide support: Coaches are attuned to the emotional and mental well-being of students, recognizing the potential stress associated with competition. They provide support and guidance, encouraging students to maintain a balanced lifestyle to manage stress effectively.

Pre-Competition Preparation: Before competing, ensure students are confident in their projects and encourage them to practice and prepare to ensure optimal performance.



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP TEACHING PRINCIPLES

Teaching Method: Online classes will be the primary mode of instruction.

Teaching Schedule: Each topic will be covered once a week with a minimum of one hour per topic.

Teaching Content: The curriculum will be tailored to the selected topics and will align with the content of the upcoming HOSA autumn competition.

Guiding Principles:

- In anticipation of receiving the latest topic requirements from HOSA for the fall, classes will initially focus on content from previous years.
- After receiving the updated content from HOSA, the teaching materials will be promptly revised to align with the latest requirements.
- **The notification regarding the lectures will be distributed via Google Classroom. It is essential for all students to regularly monitor their Google Accounts to ensure they don't miss crucial information.**
- Apart from research poster topic, coach Max will provide teaching content for participating students

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP TEACHING PRINCIPLES

- Dr. Han Xiao and Ms. Cao Ying will be responsible for teaching the research report component.
- Since Coach Max provides teaching to students after work, participating students should try their best to cooperate with Coach Max's schedule.
- Coach Max will announce his available teaching time in his timetable, and participating students need to choose according to their own time. The class links will be sent to the students at least 24 hours before the selected time, so please attend class on time.
- The time of Dr. Han and Cao Ying will be determined separately with the Research Poster student.
- When students select the same topic, they should coordinate and unify their study times. In case of difficulties in scheduling, Coach Max's available time slots will be prioritized.
- If scheduling conflicts persist, Coach Max will provide video recordings for students to study independently and complete assignments.
- Coach Max's optional teaching schedule link: <https://calendly.com/maxlyan13>



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

The HOSA logo is displayed on a dark blue background with a pattern of light blue circles. The word 'hosa' is written in a large, white, lowercase sans-serif font. A red curved line starts above the 'o' and ends below the 'a'. A tan triangle is positioned inside the 'o'. To the right of 'hosa', the words 'future health professionals' are written in a smaller, white, lowercase sans-serif font, stacked vertically.

hosa future
health
professionals

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP AUTUMN PROJECT PORTFOLIO AND PARTICIPATING TEAMS

So far, a total of 8 students have signed up to participate in the CNIW-HOSA Research Club in the fall of 2023, covering 6 topics:

- Pathophysiology, 2 students (Grades 10, 11)
- Clinical Nursing, 2 students (Grade 10)
- Behavioral Health, 1 student (Grade 10)
- Veterinary Science, 1 student (Grade 12)
- Research Poster, 1 student (Year 11)
- Physical Therapy, 1 student (Grade 11)

CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: PATHOPHYSIOLOGY

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 60 minutes (still 100 questions) at FLC only. This test does include a tiebreaker portion, the details of which are specified in the guidelines below.
2. Written test will take place online and be open book at FLC only.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Official References

5. All official references are used in the development of the written test.
6. [Frazier. Essentials of Human Diseases and Conditions. Elsevier. Latest edition.](#)
7. [Zelman, Mark; Raymond, Jill; Holdaway, Paul; Dafnis, Elaine; Mulvihill, Mary Lou. Human Diseases A Systemic Approach. Pearson. Latest edition.](#)

Written Test

8. [Test Instructions](#): The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
9. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during I testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.
10. 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.
11. The test plan for Pathophysiology is:

• Disease Process & Terminology (includes cancer & neoplasms).....	12%
• Body Systems	
Integumentary.....	8%
Musculoskeletal.....	10%
Circulatory & Lymphatic.....	12%
Respiratory.....	8%
Digestive.....	12%
Endocrine.....	8%
Nervous & Senses.....	10%
Reproductive.....	6%
Urinary.....	6%
• Mental Disorders.....	8%



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Behavioral Health



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: BEHAVIORAL HEALTH

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 60 minutes (still 100 questions) at FLC only. This test does include a tiebreaker portion, the details of which are specified in the guidelines below.
2. Written test will take place online and be open book at FLC only.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Official References

5. All official references are used in the development of the written test.
6. [Substance Abuse and Mental Health Services Administration website](#)
7. [Cacioppo, John and Laura Freber. *Discovering Psychology*. Cengage Learning. Latest edition.](#)
8. [National Alliance on Mental Illness website](#)



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Behavioral Health



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: BEHAVIORAL HEALTH

Written Test

9. [Test Instructions:](#) The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
10. **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.
11. 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.
12. The test plan and resources for Behavioral Health Test are:
 - The Mind..... 25%
 - Biological
 - Sensation
 - Perception
 - Consciousness
 - Motivation
 - Emotion
 - Learning
 - Memory
 - Psychology and Behavioral Health Disorders, Treatments, Therapies & Services.... 25%
 - Autism
 - ADHD
 - Schizophrenia
 - Bipolar
 - Depression
 - Anxiety
 - OCD
 - PTSD
 - Personality Disorders
 - Dissociative Disorders
 - Eating Disorders
 - Prevention, Identification, Recovery and Management of Substance Abuse and Mental Illness 25%
 - Wellness, Stress, Coping 15%
 - Workforce/Careers and Laws, Regulations and Guidelines 5%
 - History and Health Systems Integration 5%



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Clinical Nursing



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: CLINICAL CARE

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 40 minutes (still 50 questions) at FLC only.
2. Written test will take place online and be open book at FLC only.
3. Only the written test portion of the event will be evaluated at FLC.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Official References

6. All official references are used in the development of the written test and skill rating sheets.
7. [Perry and Potter. *Clinical Nursing Skills and Techniques*. Elsevier Science/Mosby, Inc., Latest edition.](#)
8. [Rosdahl and Kowalski. *Textbook of Basic Nursing*. Wolters Kluwer, Latest edition.](#)

Round One Test

9. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
10. **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.

11. Written Test Plan

- Basic Care.....20%
- Clinical Care Through the Life Span.....20%
 - Maternal/Newborn
 - Pediatrics
 - Adulthood and Gerontology
 - Mental Health
 - Home Care, Extended Care, Rehabilitation, Hospice
- Clinical Care for Systems Diseases and Disorders.....60%
 - Structure and Function
 - Signs and Symptoms
 - Nursing Assessment and Diagnosis
 - Pharmacology and Medication Management
 - Nutrition, Fluid and Electrolyte Balance
 - Medical and Surgical Treatments



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Clinical Nursing



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: CLINICAL CARE

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 40 minutes (still 50 questions) at FLC only.
2. Written test will take place online and be open book at FLC only.
3. Only the written test portion of the event will be evaluated at FLC.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.

**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Official References

6. All official references are used in the development of the written test and skill rating sheets.
7. [Perry and Potter. *Clinical Nursing Skills and Techniques*. Elsevier Science/Mosby, Inc., Latest edition.](#)
8. [Rosdahl and Kowalski. *Textbook of Basic Nursing*. Wolters Kluwer, Latest edition.](#)

Round One Test

9. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
10. **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.
11. **Written Test Plan**
 - Basic Care.....20%
 - Clinical Care Through the Life Span.....20%
 - Maternal/Newborn
 - Pediatrics
 - Adulthood and Gerontology
 - Mental Health
 - Home Care, Extended Care, Rehabilitation, Hospice
 - Clinical Care for Systems Diseases and Disorders.....60%
 - Structure and Function
 - Signs and Symptoms
 - Nursing Assessment and Diagnosis
 - Pharmacology and Medication Management
 - Nutrition, Fluid and Electrolyte Balance
 - Medical and Surgical Treatments



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Physical Therapy



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: PHYSIOTHERAPY

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 40 minutes (still 50 questions) at FLC only.
2. Written test will take place online and be open book at FLC only.
3. Only the written test portion of the event will be evaluated at FLC.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Official References

5. All official references are used in the development of the written test and skill rating sheets.
6. [Simmers, L., Simmers-Narker, Simmers-Kobelak. *DHO: Health Science*. Cengage Learning. Latest edition.](#)
7. [Pierson and Fairchild. *Principles and Techniques of Patient Care*. Elsevier, Latest edition.](#)
8. [Pagliarulo, Michael A. *Introduction to Physical Therapy*. Elsevier. Latest edition.](#)

Round One Test

9. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
10. **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.
11. **Written Test Plan**
 - Profession of PT..... 14%
 - Legal and Ethical Considerations 10%
 - Physical Therapy for Musculoskeletal Conditions 16%
 - Physical Therapy for Neuromuscular Conditions 16%
 - Physical Therapy for Cardiopulmonary Conditions 14%
 - Physical Therapy for Integumentary Conditions 14%
 - Physical Therapy for Pediatrics and Older Adults 16%
12. The test score from Round One will be used to qualify the competitor for Round Two.



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Veterinary Science



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: VETERINARY SCIENCE

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 40 minutes (still 50 questions) at FLC only.
2. Written test will take place online and be open book at FLC only.
3. Only the written test portion of the event will be evaluated at FLC.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

Official References

5. All official references are used in the development of the written test and skill rating sheets.
6. [Lawhead, James and Baker. *Introduction to Veterinary Science*. Cengage Learning. Latest Edition.](#)
7. [Sirois, M. and Wortinger, A. *Principles and Practice of Veterinary Technology*. Elsevier. Latest Edition.](#)
8. Reference for Skill VII: [Preparing a Feline for Exam AAFP and ISFM Feline-Friendly Handling Guidelines](#)
9. References for Companion Animal Breeds/Species Identification: (as posted as of Sept. 1, 2023)
 - Dogs = American Kennel Club - www.akc.org
 - Cats = The Cat Fanciers' Association - www.cfainc.org

Round One Test

10. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
11. **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.
12. **Written Test Plan** (Includes both Large and Small Animals)
 - Anatomy and Physiology..... 24%
 - Basic Nutrients..... 10%
 - Animal Behavior..... 6%
 - Diseases/Disease Prevention..... 14%
 - Zoonoses..... 6%
 - Clinical Practice..... 10%
 - Emergency Care/First Aid..... 12%
 - Principles of Surgery..... 12%
 - Veterinary Careers..... 6%



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Research Poster



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: RESEARCH POSTER

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Students are NOT required to include any results at FLC only. Students SHOULD, however, propose methods and predict conclusions at FLC only.
1. The remaining components of the research poster will be pre-judged using digital submissions at FLC. The submission link will be made available via the Google Classroom for this event. The submission deadline for FLC is 11:59 PM EST on November 12th, 2023.
2. Event will run according to the guidelines in the following pages, except that it will take place entirely online at FLC only.

**Students participating online will be expected to turn their cameras on for the entire duration of the event and show judges their surroundings to help minimize the occurrence of academic dishonesty.*
3. Students will be emailed their presentation time slots and Zoom invitations ahead of time at FLC only.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:

1. The research poster will be pre-judged using digital submissions at SLC. The submission link will be made available via the Google Classroom for this event. The submission deadline for SLC is 11:59 PM EST on April 24th, 2024.

The Research Question

4. Competitors must pose a topic and research question that can be researched in their community.
5. Topics must be health-related, but flexibility is given to competitors to select something of interest and of local importance and relevance.
6. Examples of topics:
 - A. Community Based Strategies to Reduce Mental Health Stigma
 - B. Combating Post-Partum Depression in Teen Moms
 - C. Decreasing Juvenile Incarceration Rates by increasing the Presence of Positive Male Role Models

The Research Process

7. Once the research question is identified, competitors will determine the best method(s) for conducting their research. Research methods may include, but are not limited to:
 - A. survey(s)
 - B. interviews
 - C. scientific study
 - D. observational ethnography
8. It is the competitor's responsibility to obtain informed consent for any human subjects engaged in research. More information is available from [HHS.gov](https://www.hhs.gov) and their [FAQ section](#).
9. The research must be conducted within the current HOSA membership year (July 2023 – May 2024).



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Research Poster



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: RESEARCH POSTER

The Research Poster Content - Pre-judged Digitally

10. A Research Poster is developed summarizing the research question and research findings.
11. The best posters are self-contained and self-explanatory. Observers should be able to understand the content of your poster without the competitor being present.
12. The research poster will contain the following eight (8) components:
 - A. TITLE
 - i. The title should highlight the research to be conducted by the competitor and gain attention of the viewers
 - ii. The competitor's name, HOSA Division, HOSA Chapter #, School Name, and Chartered Association should be located on the Research Poster.
 - iii. 100 words maximum (suggested)
 - B. ABSTRACT
 - i. An abstract is a brief summary of the research.
 - ii. Include the overall purpose of the study and the research problem(s) investigated.
 - iii. Describe the basic design of the study and objectives.
 - iv. Explain the major findings found as a result of analysis.
 - v. Provide a brief summary of interpretations and conclusions.
 - vi. 250 words maximum (suggested)
 - C. METHODS
 - i. Describe the research methods that led to the results.
 - ii. Identify the target population.
 - iii. Explain how data was collected accurately.
 - iv. Explain how the data was analyzed.
 - v. Explain possible errors and biases in the methods
 - vi. 200 words maximum (suggested)
 - D. RESULTS
 - i. Describe qualitative and quantitative results.
 - ii. Present the data analysis employed.
 - iii. Explain why the results matter.
 - iv. Use supportive charts and figures.
 - v. 200 words maximum (suggested)
 - E. CONCLUSIONS
 - i. Emphasize the major results and try to convince why the results are interesting.
 - ii. Explain the relevance of your findings to your community and our world.
 - iii. 200 words maximum (suggested)
 - F. REFERENCES
 - i. List the literature cited that gave guidance to the project.
 - ii. American Psychological Association (APA) is the preferred resource in Health Sciences.
 - iii. 100 words maximum (suggested)
 - G. ACKNOWLEDGEMENTS

Thank anyone who helped make the project possible.
 - H. IMAGES
 - i. Crunch the data into graphs, tables, statistics, and/or quotes that illustrate the findings. Include photos and illustrations that reflect the research. Use 2 to 5 images.
 - ii. Logos from community agencies involved in the research are acceptable.



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP

Research Poster



CNIW-HOSA FUTURE HEALTHCARE LEADERS COMPETITION BOOSTCAMP PROJECT DESCRIPTION: RESEARCH POSTER

The Research Poster Template and Design - Pre-judged Digitally

13. Competitors will create the poster template (the file sent out to have professionally printed) in 48" x 36" landscape orientation.
14. Any computer program of your choosing is acceptable to use to create the poster template, as long as the final digital product can be saved as .pdf and final printed product is 48" x 36" landscape orientation. Posters should be designed digitally and not hand drawn.
15. The items listed in rule #12 must be included, but colors, fonts and overall design are at the discretion of the competitor.
16. Numerous websites are available showcasing sample poster designs and templates to show strengths and weaknesses of sample posters, as a reference for competitors.
17. Tips for successful poster design. These are suggestions only, and NOT required:
 - A. 3 Feet Rule
 - i. Poster must be readable 3 feet away
 - ii. Title font size: Minimum 65 pt.
 - iii. Heading font size: Minimum 48 pt.
 - iv. All other text size: Minimum 24 pt., suggested 36-42 pt.
 - v. Use bold to provide emphasis, but avoid underline and CAPITALS
 - B. Left to Right, Top to Bottom
 - i. Most readers read top left to bottom, top right to bottom, in that order
 - ii. Strategically placing your content in order will help the reader to follow along and understand the content
 - C. Use Bullet Points
 - i. Focus on highlights
 - ii. Use brief statements, instead of full sentences
 - D. Context
 - i. Write in Active language, avoid using passive language
 - ii. Use third person point of view to provide readers with an objective perspective
 - iii. Use text boxes to write your text. This will make editing and layout adjustments easier.
 - iv. Writing should be left justified
 - E. Images
 - i. Make sure images are high quality to avoid grainy or distorted photos
 - ii. Photos typically print best at 300 dpi or greater and in TIFF format.
 - iii. Use italicized captions (in minimum 18-point font) to help your readers distinguish your caption from the rest of your text. Adding captions will also help your readers to understand what your image represents.
 - iv. Avoid long numeric tables

The Research Poster Printing

18. Once the poster template is finalized as a .pdf, competitors should determine the best place and method for printing final size of 48" x 36" (landscape orientation).
19. To help with printing costs, and also to be more visually appealing, avoid using dark backgrounds and patterns. Use high contrast colors on muted backgrounds instead.
20. Posters can be printed on matte / economy style paper and do NOT need to be printed on high gloss paper, to help save costs. Posters can be a thin paper that is easily rolled up – no need for foam boards.
21. Competitors should check with their local advisors for assistance on where to print the poster. Often schools, colleges, universities, etc. have printing departments that have discounted printing rates. Additionally, there are many online sites available that provide affordable printing options.