

Knowledge Tests

- Purpose:** To encourage Reseda HOSA members to explore and learn about the various health careers and assess knowledge common in the healthcare industry
- 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. Reseda HOSA Members please follow @HOSAReseda on Twitter for special updates and free or discounted resources for certain knowledge tests.

2015-2016 Topics

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% New for 2015 - 2016

The regional and state Behavioral Health tests will only be 50 questions, but the National test will be 100.

References for Behavioral Health: • Substance Abuse and Mental Health Services Administration website • Cacioppo, John and Laura Freberg, Discovering Psychology. Cengage Learning, Latest edition.

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: • Polan, Elaine and Daphne Taylor, Journey Across the Lifespan: Human Development and Health Promotion. F.A. Davis, Latest edition. • Leifer and Fleck. Growth and Development Across the Lifespan. Saunders, Latest edition. • Simmers, Louise. DHO: Health Science. Cengage Learning, Latest edition.

MEDICAL LAW AND ETHICS

- The Basics: Medical Law, Ethics and Bioethics 5%
- The Legal Environment 35%
 - o State and Federal Regulations
 - o The Legal System o Professional Liability
 - o Law for Health Professionals
 - o Public Duty
 - o Consent
- The Health Care Environment 35%
 - o Physician Patient Relationships
 - o Medical Malpractice
 - o Medical Records
 - o Workplace Law and Ethics
 - o Cultural Perspective
 - o Patient Confidentiality
 - o Employment
- Bioethical Issues 25%

Issues References for Medical Law and Ethics: • Lewis, Tamparo and Tatro. Medical Law, Ethics and Bioethics. F.A. Davis, Latest edition. • Fremgen, Bonnie. Medical Law and Ethics. Prentice Hall, Latest edition.

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%
 - o Diabetes
 - o Cardiovascular disease
 - o Renal disease
 - o Gastrointestinal disease
 - o Cancer
 - o Clients with special needs

References for Nutrition: • Roth, Ruth. Nutrition and Diet Therapy, Cengage Learning. Latest edition. • Nix, Staci. Williams' Basic Nutrition and Diet Therapy, Elsevier Science/Mosby, Inc. Latest edition.

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: • Frazier. Essentials of Human Diseases and Conditions. Elsevier, Latest edition. • Zelman, Mark; Raymond, Jill; Holdaway, Paul; Dafnis, Elaine; Mulvihill, Mary Lou. Human Diseases A Systemic Approach. Pearson. Latest edition.

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 • Fulcher, Soto and Fulcher. Pharmacology: Principles and Applications. Elsevier, Latest edition. • Ford, Susan and Sally Roach. Roach's Introductory Clinical Pharmacology. Lippincott, Williams and Wilkins, Latest edition.

TRANSCULTURAL HEALTHCARE

- Cultural foundations 15%
- Health, healing and family traditions 15%

- Cultural competence 20%
- Religion, rituals, health and illness
 - o Native American populations 10%
 - o Asian populations 10%
 - o African American populations 10%
 - o Hispanic populations 10%
 - o White populations 10%

References for Transcultural Healthcare: Purnell, Larry. Transcultural Health Care: A Culturally Competent Approach, FA Davis. • Spector, Rachel E. Cultural Diversity in Health and Illness. Prentice Hall.