

Purpose:

To provide Health Science students with an opportunity to develop and demonstrate knowledge and skills in dental careers.

Description of Event:

This event will consist of two rounds of competition. Round One will be a written, multiple choice test of knowledge and understanding. The top scoring competitors will advance to Round Two for the performance of selected skill procedure(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

Dress Code:

Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation and written test. Competitors will wear attire appropriate to the occupational area during the skill procedure(s). Bonus points will be awarded for proper dress.

Rules and Procedures

- Competitors in this event must be active members of HOSA in good standing at the appropriate level (secondary or postsecondary/collegiate). Competitors should compete in skill events at the highest level of their training.
- 2. The test shall be developed from the National HOSA test item bank and will consist of fifty (50) multiple choice items. Competitors will be given one hour to complete the test. There will be a verbal announcement when there are 15 minutes remaining for the test period.

Round One: Written Test Plan

The Dental Team and History	10%
Oral Health and Nutrition	
General Anatomy and Physiology	15%
Head and Neck Anatomy	10%
Tooth Morphology	10%
Infection Control	15%
Chairside Assisting/Instruments	15%
Emergency Management	

- All competitors shall report to the site of the event orientation at the time designated.
 The Round One test will immediately follow the orientation. No proxies will be allowed for the orientation. No study materials are allowed in the room.
- 4. All official references are used in the development of the written test. The specific reference selected for each procedure is listed in the Facilities, Equipment and Materials section of these guidelines.
 - Boyd, Linda. Dental Instruments: A Pocket Guide. Saunders, latest edition.
 - Halstead and Phinney. *Delmar's Dental Assisting, A Comprehensive Approach*. Delmar Thomson Learning, latest edition.
- 5. The test score from Round One will be used to qualify the competitor for the Round Two skill procedures, and will be used as a part of the final score for the event.

6. For national competition, 1-3 skill procedures will be selected. The skill procedures approved for Round Two for this event are:

Procedure I: Preparing the Dental Treatment Room

Procedure II: Seating the Dental Patient
Procedure III: Dismissing the Dental Patient

Procedure IV: Patient Education: Brushing and Flossing Procedure V: A: Preparing for an Alginate Impression

B. Pouring an Alginate Impression with Plaster – Single Pour

Procedure VI: Identify Instruments (Including name of instrument and purpose or

use)

- 7. States/National HOSA have the option of including Procedure VI: Identify instruments, at the same time as the Round One written test.
- 8. The selected procedure(s) for Round Two, in the form of a written scenario, will be presented to the competitor at the start of the skill to be performed. One or more procedures may be combined in the scenario. The timing for the skill will begin when the scenario is presented. The scenario will be the same for each competitor and will include a challenging component that will require the competitor to apply critical thinking skills.
- 9. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Competitors who violate this ethical standard will be disqualified.
- 10. In case of a tie, the highest test score will be used to determine the rank.
- 11. Competitors must complete all steps of the procedure listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
- 12. The competitor must earn a score of 70% or higher on the combined skill procedure(s) of the event (excluding the test and ID instruments) in order to be recognized as an award winner at the NLC.
- 13. Competitors will be stopped at the end of the time allowed for a selected procedure(s).
- 14. Competitors must bring all items noted with *** in the materials section of these guidelines to the event.
- 15. Competitors must be familiar with and adhere to the "General Rules and Regulations of the National HOSA Competitive Events Program."

Required Personnel

- 1. One Event Manager per event
- 2. One Section Leader per section
- 3. One judge per procedure selected per section (with expertise in the specific skill area)
- 4. Proctors for testing
- 5. One-two event assistants per section
- 6. One-two patients as required by the scenario (per section)
- 7. Holding room attendants(s)
- 8. Timekeepers (if necessary)

Facilities, Equipment and Materials (Per Section)

General 1. Clinical and/or laboratory stations for selected procedures 2. Holding rooms or areas for competitors 3. Written scenario (one copy per competitor and judge) 4. Calculators, note pads, pencils for judges 5. Certificates, event evaluations (per competitor) 6. Stopwatch 7. Sink, paper towels, and soap

- *** 8. Number 2 lead pencils with eraser
- *** 9. Pen
- *** 10. Print copy of the event guidelines for the event

Round One Written Test (Reference: All resources)

- 1. One test copy per competitor
- 2. Scantron forms for each competitor

Round Two:

Procedure I Preparing the Dental Treatment Room (Reference: Delmar's Dental Assisting)

- 1 Dental treatment room (operatory) with viewbox
- 2 Light
- 3. Disposable covers/protective barriers (OSHA)
- 4. Napkin/drape
- 5. Napkin chain for securing napkin/drape
- *** 6. Mask
- *** 7. Disposable gloves AND overgloves
- *** 8. Protective eyewear (assistant)
 - 9. Dental unit handpieces, hoses and tubing, and equipment typical to a dental operatory
 - 10. Plastic envelope barrier or surface barrier
 - 11. Instrument tray
 - 12. Pre-packaged basic set-up (explorer, mouth mirror, cotton pliers, perio probe)
 - 13. Patient chart with completed health history (including dental radiographs)
 - 14. Alcohol-based handrub
 - 15. Protective eyewear (for the patient)

Procedure II Seating the Dental Patient (Reference: Delmar's Dental Assisting)

- 1 Dental treatment room (operatory) with viewbox
- 2 Light
- 3. Disposable covers/protective barriers (pre-set)
- 4. Napkin/drape
- 5. Napkin chain for securing napkin/drape
- *** 6. Mask
- *** 7. Disposable gloves
- *** 8. Protective eyewear (assistant)
 - 9. Saliva ejector, evacuator (HVE), and air-water syringe tip
 - 10. Cotton rolls, cotton-tip applicator, and gauze sponges
 - Instrument tray
 - 12. Pre-packaged basic set (explorer, mouth mirror, cotton pliers)
 - 13. Patient chart with completed health history (including dental radiographs)
 - 14. Alcohol-based handrub
 - 15. Protective eyewear (for the patient)
 - 16. Lip lubricant
 - 17. Tissues

Procedure III Dismissing the Dental Patient (Reference: Delmar's Dental Assisting)

- 1 Dental treatment room (operatory) with viewbox
- 2 Light
- 3. Disposable covers/protective barriers (pre-set)
- 4. Napkin/drape
- 5. Napkin chain for securing napkin/drape
- *** 6. Mask
- *** 7. Disposable gloves AND overgloves
- *** 8. Protective eyewear (assistant)
 - 9. Saliva ejector, evacuator (HVE), and air-water syringe tip
 - 10. Cotton rolls, cotton-tip applicator, and gauze sponges
 - 11. Instrument tray
 - 12. Pre-packaged basic set-up (explorer, mouth mirror, cotton pliers)
 - 13. Patient chart with completed health history (including dental radiographs)
 - 14. Alcohol-based handrub
 - 15. Protective eyewear (for the patient)

Procedure IV Patient Education: Brushing and Flossing (Reference: Delmar's Dental Assisting)

- 1. Toothbrush
- 2. Typodont maxillary and mandibular
- Dental floss
- 4. Alcohol-based handrub

Procedure V-A Preparing for an Alginate Impression (Reference: Delmar's Dental Assisting)

- Flexible spatula/broad blade OR disposable spatula
- 2. Two flexible rubber mixing bowls
- 3. Alginate material (canister)
- 4. Sink with running water
- 5. Powder measuring device
- 6. Water measuring device
- 7. Mandibular or maxillary Impression trays
- ** 8. Gloves, mask and gown (disposable)
 - 9. Alcohol-based handrub
- *** 10. Protective eyewear
 - 11. Paper towels
 - 12. Plastic bags 1 per competitor
 - 13. Pen (Sharpie) for labeling bag
 - 14. Disinfectant spry
 - 15. Cleaning supplies

Procedure V-B Pouring an Alginate Impression with Plaster-Single Pour (Delmar's Dental Assisting)

- 1. Lab knife
- 2. Spatula, metal with rounded end and stiff, straight sides
- 3. Two flexible rubber mixing bowls
- 4. Scale
- 5. Plaster
- 6. Gram measuring device
- 7. Water measuring device (calibrated syringe or vial)
- 8. Vibrator with paper or plastic cover on the platform
- 9. Room temperature water
- 10. Glass slab or paper towel
- 11. Alginate impression (disinfected)
- *** 11. Gloves, mask and gown (disposable)
 - 12. Alcohol-based handrub

- *** 13. Protective eyewear
 - 14. Cleaning supplies
- *** Equipment to be brought to competition by competitor

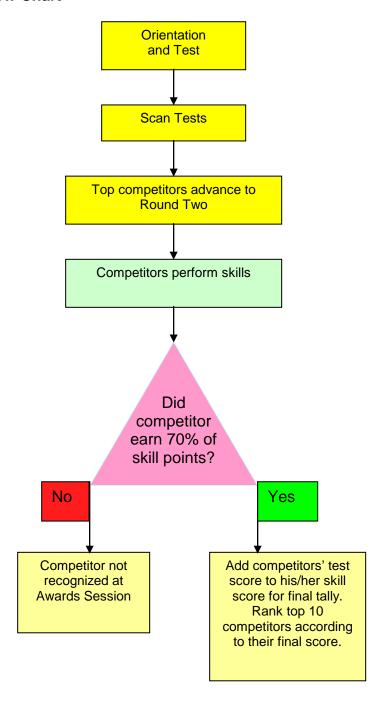
Note to Event Managers: In order to do Procedure V-B, you will need one impression per competitor. This can be done by qualified event personnel after Procedure V-A, or separately before the event starts if V-A is not done for the event. The impressions should be rinsed, disinfected, and wrapped in a slightly moistened towel, then placed in an appropriate precaution bag until the event begins.

Procedure VI Identify Instruments (Reference: Dental Instruments: A Pocket Guide)

- 1. 15 instruments or photos from the following list:
- 2. Amalgam Carrier
- 3. Amalgam Condenser
- 4. Articulating paper holder with paper
- 5. Burs
 - a. Acrylic
 - b. Round-slow speed
 - c. Straight fissure
- 6. Burnishers
 - a. Ball
 - b. Football
 - c. T ball
- 7. Carvers
 - a. Discoid-cleoid
 - b. Hollenback
- 8. Composite placement instrument
- 9. Cotton pliers-non locking
- 10. Curing light
- 11. Dental Dam Clamps
 - a. Winged
 - b. Wingless
- 12. Dental Dam forcep
- 13. Dental Dam punch
- 14. Elevators
 - a. Periosteal
 - b. Root tip
 - c. Straight
- 15. Evacuation tip-high velocity
- 16. Explorer
- 17. Bone file
- 18. Forceps
 - a. Mandibular universal #151
 - b. Maxillary universal #150
- 19. Handpieces
 - a. High speed
 - b. Slow speed with contra angle attachment
 - Slow speed with prophy angle attahment
- 20. Hemostat
- 21. Liner applicator
- 22. Mouth mirror

- 23. Periodontal probe
- 24. Howe pliers
- 25. Amalgam plugger
- 26. Scalers
 - a. Straight sickle
 - b. Curved sickle
- 27. Scissors
 - a. Crown & bridge
 - b. Surgical/suture
- 28. Spoon excavator
- 29. Syringe-anesthetic aspirating
- 30. Tofflemire matrix band retainer
- 31. Woodson

Event Flow Chart



Competitor #: Jud	lge's Signature:
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Proc	edure I Preparing the Dental Treatment Room (Time: 5 minutes)	Possible	Awarded
1.	Used alcohol-based handrub for hand hygiene*	2	
2.	Assembled equipment	2	
3.	Reviewed the patient's medical and dental history, placed the radiographs in the viewbox, and verbalized the procedure to be completed at this visit.	3	
4.	Placed patient's medical and dental history in a plastic envelope barrier or under a surface barrier.	2	
5.	Placed new barriers on dental chair, dental unit handpieces, hoses, light switches and controls, and any other potential possible surfaces that can be contaminated.	4	
6.	Positioned the instrument tray with packaged sterile instruments in the operatory	2	
7.	Placed the patient's napkin, napkin chain and protective eyewear	2	
8.	Donned protective eyewear, mask, gloves and overgloves	3	
ТОТ	AL POINTS - PROCEDURE I	20	

^{*} If hands are visibly soiled, regular handwashing should be used.

^{**}If a student jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted.

Competitor #:	Judge's Signature:

Proc	edure II: Seating the Dental Patient (Time: 8 minutes)	Possible	Awarded
1.	Entered reception area and greeted patient by name	2	
2.	Introduced self	2	
3.	Escorted patient to treatment room	1	
4.	Showed patient where to place personal articles (coat, briefcase, etc.) if needed	1	
5.	Seated the patient in the dental chair and invited the patient to sit all the way back in the chair.	2	
6.	If necessary, offered patient tissue to remove lipstick and asked if he/she would like lubricant for his/her lips	2	
7.	Placed drape and/or bib on patient and give the patient safety glasses to wear during the procedure.	3	
8.	Reviewed patient's medical history for any changes since his/her last visit.	2	
9.	Asked the patient if he/she has any questions and gave a brief confirmation of the dental treatment to be completed at this appointment.	2	
10.	Placed x-rays in viewbox.	2	
11.	Positioned the patient for treatment, adjusted the headrest, and adjusted the dental light for the appropriate arch.	3	
12.	Positioned the operator's stool and the rheostat	2	
13.	Positioned the assistant's stool	1	
14	Put on mask and protective eyewear	1	
15	Used alcohol-based handrub for hand hygiene*	2	
16	Donned gloves before being seated at chairside	2	
17	Positioned the tray set-up. Prepared the saliva ejector, evacuator tip, airwater (three-way) syringe tip, and dental handpieces.	3	
TOT	AL POINTS - PROCEDURE II	33	

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Competitor #:	Judge's Signature:
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Proc	edure III: Dismissing the Dental Patient (Time: 5 minutes)	Possible	Awarded
1.	Judge verbalizes that the dentist has completed the procedure, turned out the light, and left the operatory.	-	
2.	Positioned the dental light out of the patient's way and thoroughly rinsed and evacuated the patient's mouth.	3	
3.	Returned the patient to an upright position and removed an debris from the patient's face.	3	
4.	Removed the patient's soiled bib and placed it face down over the contaminated tray setup.	2	
5.	Removed the HVE tip, saliva ejector and air-water syringe tip.	3	
6	Positioned the dental light, operator's stool and rheostat out of the patient's way.	3	
7.	Removed the treatment gloves and used alcohol-based handrub for hand hygiene*, OR donned overgloves.	3	
8.	Documented the procedure on the patient's chart, then gathered the patient's chart and radiographs.	2	
9.	Gave postoperative instructions to the patient	3	
10.	Returned the patient's personal items and escorted the patient to the reception area.	3	
TOT	AL POINTS - PROCEDURE III	25	

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Competitor #:	Judge's Signature:
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Proc	edure IV: Patient Education: Brushing and Flossing	Possible	Awarded
	(Time: 6 mins)		
1.	Assembled equipment	1	
2.	Used alcohol-based handrub for hand hygiene*	2	
3.	Introduced self	3	
4.	Explained procedure to be demonstrated	2	
	cted patient (judge) on the following brushing and flossing techniques the typodont to demonstrate the steps.	-	
5.	Grasped the toothbrush and placed it so that the bristles are at a 45-degree angle, with the tips of the bristles directed straight into the gingival sulcus of the typodont.	3	
6.	Using the tips of the bristles, vibrated back and forth with short, light strokes for a count of 10, allowing the tips of the bristle to enter the sulcus and cover the gingival margin.	4	
7.	Lifted the brush and continued into the next area or group of teeth until all areas have been cleaned.	4	
8.	Used the toe bristles of the brush to clean the lingual (tongue) anterior area in the arch.	2	
9.	Dispensed 18 inches of dental floss.	2	
10.	Wrapped the ends of the floss around the middle or ring fingers as anchors.	2	
11.	Grasped the floss between the thumb and index finger of each hand, allowing ½ to 1" to remain between the two hands.	2	
12.	For the maxillary teeth, passed the floss over the two thumbs or a thumb and finger, and directed the floss upward.	2	
13.	For the mandibular teeth, passed the floss over the two index fingers and glided it downward.	2	

Items	Evaluated	Possible	Awarded
14.	Directed the floss to pass gently between the teeth, using a sawing motion. Tried not to snap the floss through the contacts because it may damage the interdental papilla.	3	
15.	Curved the floss in a C-shape to wrap it around the tooth and allow access into the sulcus area.	2	
16.	Moved the floss gently up and down the surface of the tooth to remove the plaque.	2	
17.	Lifted slightly and wrapped the floss in the opposite direction in a C-shape over the adjacent tooth.	2	
18.	Moved the floss gently up and down the surface of this tooth prior to removing it from the area.	2	
19.	Rotated the floss on the fingers to allow for a fresh section to be used each time, and continued to clean between every tooth.	3	
20.	Explained to the patient that it does not matter where an individual begins with floss, but it is best to proceed in a systematic method to ensure that no area is missed.	2	
21.	Used the dental floss around the distal surface of the most posterior tooth by wrapping it in a tight C-shape and moving it gently up and down with a firm pressure.	2	
22.	Explained each step clearly and succinctly in language the patient could understand.	4	
23.	Adapted instruction based on patient's special needs (If any were indicated in the scenario.)	4	
24.	Replaced equipment and used alcohol-based handrub for hand hygiene.*	2	
ТОТА	L POINTS - PROCEDURE IV	59	

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Competitor #:	Judge's Signature:
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Prod	cedure V-A: Preparing for an Alginate Impression (Time: 7 minutes)	Possible	Awarded
1.	Assembled materials.	1	
2.	Placed mask over mouth and nose.	1	
3.	Applied protective eyewear and gown.	1	
4.	Used alcohol-based handrub for hand hygiene.	2	
5.	Put on gloves.	1	
6.	Measured water for impression.	2	
7.	Placed water in the flexible mixing bowl.	1	
8.	Fluffed the powder prior to opening the powder canister, if the manufacturer's directions indicate.	2	
9.	Filled the measure of powder.	2	
10.	Placed the powder in the water.	1	
11.	Mixed the water and powder first with a stirring motion.	1	
12.	Then, mixed by holding the bowl in one hand, rotating the bowl occasionally, and using the flat side of the spatula to incorporate the material through pressure against the side of the bowl.	3	
13.	Stopped when mixture is homogeneous and creamy.	2	
14.	Loading mixture into impression trays.	2	
15.	Used the flat side of the blade to condense the material firmly into the tray.	2	
16.	Further smoothed the surface with a moistened glove hand.	2	
17.	Verbalized handing trays to dentist to take the impressions. (Judge will simulate or take the impression on the typodont, and then hand the impression back to the competitor.)	1	
18.	Rinsed the impression gently under tap water to remove any debris.	2	
19.	Sprayed the impression with disinfectant.	2	
20.	Labeled a plastic bag with the patient's name.	2	
21.	Wrapped the impression in a moist paper towel and placed in the labeled bag.	2	
22.	Cleaned the bowls and spatula, wiped down the counter and put away supplies.	2	
TOT	AL POINTS - PROCEDURE V-A	37	

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Competitor #:	Judge's Signature:	
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^{*} This procedure uses a prepared alginate impression.

Proc	edure V-B: Pouring an Alginate Impression with Plaster – Single Pour (Time: 9 minutes)	Possible	Awarded
1.	Assembled materials, assuring that the impression is clean and dry.	1	
2.	Placed mask over mouth and nose.	1	
3.	Applied protective eyewear and gown.	1	
4.	Used alcohol-based handrub for hand hygiene.	2	
5.	Put on gloves.	1	
6.	Measured room temperature water into one of the flexible mixing bowls per manufacturer's directions for the impression and base.	2	
7.	Placed the second flexible mixing bowl on the scale and set the dial to zero.	1	
8.	Weighed out appropriate grams of plaster in the second rubber bowl per manufacturer's directions for the impression and base.	2	
9.	Added the powder from the second bowl to the water in the first bowl.	2	
10.	Used the spatula to slowly mix the particles together.	2	
11.	Turned on the vibrator to medium or low speed and placed the rubber bowl on the vibrator platform, pressing lightly.	2	
12.	Rotated the bowl on the vibrator to allow the air bubbles to rise to the top surface. (Approximately 1 minute)	2	
13.	Assured correct consistency of plaster by noting that the plaster retained its position when the spatula slid through it.	2	
14.	Held the impression by the handle with tray portion on the platform of the vibrator, and allowed a small amount of plaster to touch the most distal surface of one side of the arch in the impression.	3	
15.	Continued to add small increments of plaster in the same area as the plaster flows around toward the anterior teeth and to the other side of the arch, until the anatomic portion of the model is full.	4	
16.	During filling, rotated the impression around on the platform of the vibrator to help the material travel toward the arch.	2	
17.	After the anatomy portion was filled with plaster, used larger increments to fill the entire impression, off the vibrator.	2	

Items	Evaluated	Possible	Awarded
18.	When filled, placed lightly on the vibrator to coalesce, but not long enough for bubbles to form.	2	
19.	Gathered the remaining plaster on the spatula and placed it on a glass slab or paper towel, allowing the material to mass upward and not to spread out like a pancake.	2	
20.	After all the material is on the glass slab or paper towel, inverted the poured anatomy portion onto the base material.	2	
21.	Held the tray steady and situated the handle so that it is parallel to the glass slab or paper surface.	2	
22.	Carefully dragged the excess plaster up over the edges of the cast, filling in any voided areas.	2	
23.	Cleaned equipment and lab area.	2	
24.	Removed gloves and used alcohol-based handrub for hand hygiene.	1	
+ Judg	e will separate cast from impression.	-	
25.	Achieved acceptable quality model and base, free of distortions.	4	
TOTA	AL POINTS - PROCEDURE V-B	49	

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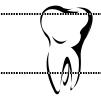
⁺ Timing stops after hand hygiene. The judge will separate the cast from the impression after 30 minutes.

^{**}If a student jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted.

PROCEDURE VI: IDENTIFYING DENTAL INSTRUMENTS Time = 15 minutes

Competitor #:	Judge's Initials:	Total Points (45 poss.)	

ТОТ	15	14	13	12	11	10	9	8	7	6	5	4	3	2	_	
TOTAL: ID & Spelling (30 poss)																Name of Instrument
																Points (1 <u>each</u> for name & spelling)
TOTAL: Purpose (15 poss.)																Purpose or Use
																Points (1 point for correct purpose/use)



HOSA Dental Clinic Patient Registration Information

Personal Profile			
First Name	Middle Initial	_ Last Name	
Date of Birth	G	Gender	
Address			
Home Phone			
Name of Employer			
Occupation		Work Phone	
Account Information			
Responsible Party			
Address			
Home Phone	\	Work Phone	
Primary Insurance			
Company			
Address and Phone #			
Account #	G	Group #	
Emergency Contact Inform	nation		
Name		Relationship	
Home Phone		Work Phone	
Cell Phone	E-m	nail	



HOSA Dental Clinic Health History

		Date			
Na	ıme				
	dress				
Нс	me Phone	Business Phone	e		
PL	EASE ANSWER EACH QUE	STION:			
1.	Have you been hospitalized in	n the past two years?		Yes	No
2.	Are you taking any medicatio	· · · · · · · · · · · · · · · · · · ·	Yes	No	
3.	Are you allergic to any medic	ations? (If yes, please list)		Yes	No
4.	Circle any of the following you	u have had:			
	Heart trouble	Asthma		Arthri	tis
	High blood pressure	Jaundice		Epilep	osy
	Stroke	Bleeding disorder		Diabe	etes
5.	Have you had any other serio	ous illnesses?		Yes	No
6.	Are you pregnant?			Yes	No
Сс	omments:				
Re Re	eviewed byeviewed byeviewed byeviewed byeviewed by		Date _ Date _		

Date and initial any changes.



Saturn Dental Clinic Informed Consent

I understand that the information that I have given today is correct to the best of my knowledge. I also understand that it is my responsibility to inform this office of any changes in my medical status. I authorize the dental staff to perform an necessary dental services, such as x-rays, models, photographs, or any other diagnostic aids deemed appropriate by the dentist. I authorize the dentist and his/her employees to provide medical and therapy with my informed consent in connection with my diagnosis and treatment plan. Even though I may have dental insurance, I understand payment for services rendered is my responsibility. It is my understanding that payment is due at the time of service unless other financial arrangements have been made.

Date _____

Patient Signature	Date
Witness	Date
HIPAA D	Disclosure
Acknowledge of Receip	ot of Privary Policy Notice
I,	_, acknowledge that I have received a Notice
Patient Signature	Date



HOSA Dental Clinic Treatment Record

·	Allergies:
Name	

Date	Time	Dentist/ Hygienist	Treatment	Treatment Notes	Anesthetic/ Quantity	INT