

Medical Reading

Health Science Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Solo Event: 1 competitor		



New for 2025-2026

Books selected for 2025 - 2026 commemorate HOSA's 50th anniversary with some previous selections from across the decades (1990's to present). Editorial updates have been made.

Event Summary

Medical Reading allows Secondary and Postsecondary/Collegiate members to improve their reading comprehension and understanding of particular topics related to leadership development and the health community. This competitive event shall be a written test of information and knowledge gained from reading the selected books for the current year. Competitors will apply, analyze, synthesize, and/or evaluate the reading material in a multiple-choice test. This event aims to inspire members to be proactive future health professionals and apply the knowledge gained from reading medical and leadership books. *Parents/guardians and advisors are encouraged to review this list to ensure this year's selections are the best fit for your student.*

Dress Code

Competitors must be in official HOSA uniform or in proper business attire. Bonus points will be awarded for [proper dress](#).

Competitors Must Provide:

- [Photo ID](#)
- Two #2 lead pencils (not mechanical) with eraser

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).
2. *Books for this event are continually recommended by membership, vetted through the HOSA Medical Reading Committee over the previous school year, and selected each June by the HOSA Competitive Events Leadership. Books chosen for this event are believed to enhance HOSA members' journey in this division, but parents/guardians and advisors are encouraged to review this list to ensure this year's selections are the best fit for your student.*

Official References

3. The books used to develop the test questions for the 2025 - 2026 membership year are as follows:
 - a. [Gifted Hands: The Ben Carson Story](#) by Ben Carson, MD
 - b. [First, Do No Harm: The Dramatic Story of Real Doctors and Patients Making Impossible Choices at a Big-City Hospital](#) by Lisa Belkin
 - c. [Tuesdays with Morrie: an old man, a young man, and life's greatest lesson](#)-by Mitch Albom
 - d. [Being Mortal](#) by Atul Gawande
 - e. [Ultra-Processed People: The Science Behind Food That Isn't Food \(or Why We Can't Stop Eating Food That Isn't Food\)](#) by Chris Van Tulleken
4. [Test Instructions](#): The written test will consist of 50 multiple-choice items (10 questions per book) in a maximum of 60 minutes.
5. One essay question will be administered with the original test.

6. **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 will be responsible for monitoring their own time.

7. **Sample Test Questions** (*Samples are from a previous year*)

Radium Girls

1. The symptoms of radium poisoning are very similar to poisoning from which other chemical? (pp 21)
 - A. Bromine
 - B. Carbon
 - C. Lead
 - D. Phosphorus**
2. What was the nickname given to the girls who shined at night from the radium powder? (pp 44)
 - A. Ghost girls**
 - B. Shimmering girls
 - C. Radiant girls
 - D. Lustrous girls
3. How did Mollie Maggia die? (pp 39)
 - A. Increased blood volume due to increased number of red cells
 - B. Hemorrhaging from the jugular vein**
 - C. Bone necrosis and bone cancer
 - D. Breast cancer with metastasis to the brain

Final Scoring

8. In the event of a tie, the essay will be judged to break the tie.

Future Opportunities:

Graduating high school or completing your postsecondary/collegiate program doesn't mean your HOSA journey has to end. As a HOSA member, you're eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.