

FEBRUARY

2020

SYNAPSE

ARIZONA HOSA

HOSA 15

15 Fun Facts About Your
State Officers

UPCOMING EVENTS

Stay Up to Date about
Deadlines and Events

MEDICAL NEWS

Learn More About
the Coronavirus

The Power of Following Through



Vision and follow through are two of the most important skills that a leader must have. A leader that keeps their commitments and promises is one that is trusted. Following through on everything you committed to doing makes a dependable leader and one that people want to follow.

In previous Leadership Lowdowns, we have talked about the importance of time management and organization. Those skills help you stay on top of your commitments. It does not matter the significance of the commitment, it matters that you follow through.

Every commitment you keep shows that you are a leader worth following. We challenge you to work on meeting your commitments and following through on what you say you will!

"Without commitment, nothing happens"

- T.D. Jakes

ARIZONA HOSA

15 Fun Facts

About the 2019-2020 State Officers

Fatma Khalaf | Parliamentarian

1. Works at Starbucks
2. Recently traveled to Europe

Alaya Alshemari | Historian/Reporter

3. Has traveled to 12 states & 3 countries
4. Works at Phoenix Children's Hospital as Licensed Nursing Assistant

Elizabeth Lopez | Secretary

5. Likes owning plants - her favorite was Steven, the first cactus she owned
6. Loves to read books - specifically in the science, mystery, & history genres

BriyaMarie Contreras |

Postsecondary/Collegiate Vice President

7. Is the only girl out of her four siblings

8. Her favorite vegetable is the carrot - she used to think they would give her super vision

Alexandro Lopez | Region 4 VP

9. Is the only officer currently in high school

10. Wrestles for San Luis High School

Geethika Amneni | Region 3 VP

11. Her favorite dance move is the Charleston

12. Is very good at making quesadillas

Mac McGraw | Region 2 VP

13. As a child, he met Patrick Dempsey

14. Has an obsession with puns

Emily Hakes | President

15. Loves the color green

(16.) Wears Vans everyday

Parliamentary Procedure

SUP ARIZONA HOSA

Welcome back to another edition of parliamentary procedures! In the last edition of parliamentary procedure, we discussed what a motion is and specifically how it differs from a main motion. We also discussed rules for obtaining the floor at meetings. In this session, we will be discussing the rules for debate. To begin, we will discuss speech limits in debate, who gets preference in recognition to debate, sticking to the subject, debating issues - not personalities, and formalities to help avoid arguments.

1. Speech Limits in Debate

Unless the rules of your organization say otherwise, during a debate, you are allowed to speak twice on any debatable motion on the same day. Each time you talk, you may speak for up to ten minutes. A person is not allowed to “save” time or transfer it to someone else. For example, you can not speak for four minutes the first time you speak and then speak for sixteen minutes the next time you speak.



2. Who gets Preference in Recognition to Debate?

Generally, the chair will designate or recognize the person who rises first to speak after the last person finishes speaking. However, one cannot stand or try to signal that they want to speak until the person who is speaking finishes and sits down. At that point, they can stand and try to obtain the floor.

There are three common exceptions to the rule that the person who rises first should be the person recognized to speak.

First, the person making the motion has a one-time right to start discussion regarding the motion. In a normal setting, the maker of the motion is the first to speak on it after the chair has stated the motion.

Second, although everyone may speak twice on the same motion on the same day, someone who has not yet spoken on it even once has preference over anyone who has already spoken on it.

Third, if the presiding officer knows that the persons seeking the floor have opposite opinions on the motion, then they should try to alternate between speakers who favor and those are not in favor of the matter being debated.



3. Stick to the Subject

During debate, one's speech must relate to the matter that is up for discussion. The rule says the remarks made by the person speaking must be germane, this means that they must have bearing on whether the pending motion should be adopted. Discussing irrelevant topics is not in order.

4. Debate Issues, Not Personalities

It is one of the most important rules of a debate that the proposal, not the member is the subject of a debate. A healthy debate is about the merits of a motion. When arguments on all sides are fully aired, the group is more likely to come to a measured decision. It is important to criticize an opponent's reasoning and not them personally. While a motion is pending, you may debate the idea or likely results of the proposal in strong terms. However, one must avoid attacking personalities. Additionally, terms such as "fraud," "Liar," and/or "lie" must never be used to speak about a member in debate.

5. Formalities That Avoid Personalities

In order to decrease the amount of debate that will become personal, the rules of a debate call for specific formalities of speech that may seem unusual to people today. One of the most important of these is that in debate, you speak as though you are talking to the presiding officer and not other members.

Upcoming Events

STRENGTH - UNITY - PASSION



Run for State Office

Take a leap of faith and apply to be a member of the 2020 - 2021 Student Executive Council. This exciting opportunity allows members to develop and strengthen skills like leadership, networking, professionalism, and much more.

[Click here to go to the application!](#)

Applications are due February 21st

Arizona HOSA Scholarships

Arizona HOSA proudly offers 14 scholarships of varying amounts to help secondary seniors and postsecondary/collegiate members as they further their education and pursue a career in the healthcare field.

[Click here to go to the application!](#)

Applications are due Feb. 21st



hosa future
health
professionals
ARIZONA

Mountain Ridge High School

Two Arizona HOSA members from Mountain Ridge High School received scholarships in September 2019 from the American Society for Clinical Pathology.



The event NEXTPRO, allowed students to explore a variety of careers in pathology by participating in labs and answering questions. Students communicated with different pathology professionals, gaining insight into their fields.

Upperclassmen had the opportunity to apply for a \$1,500 scholarship, geared towards those who wish to pursue a career in a lab science.

Hear from the Recipients

Brooke Stallman

"I have been dreaming of a career in medicine since elementary school, and have taken a myriad of classes throughout high school that reflect that passion, each one giving me different skills. Winning the scholarship brought everything full circle, and fueled my excitement for my future in STEM."

Taydem Stephens

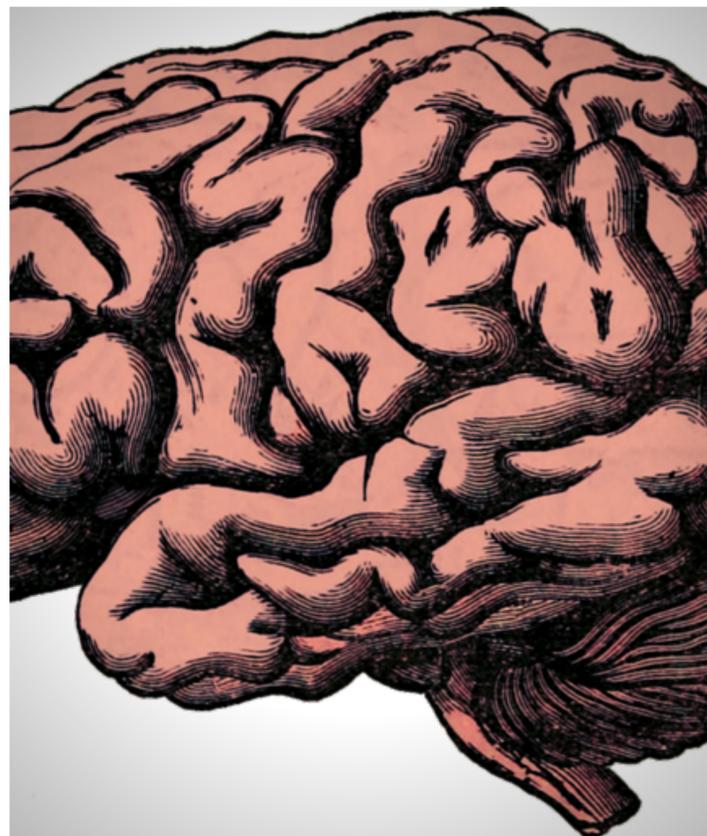
"This scholarship is a step towards my dreams, giving me a financial boost. I decided to apply despite the competition of the upperclassmen. After receiving this scholarship, I realized I am capable of achieving many things and I should not hold back in the face of strong competition."



THE MENTAL HEALTH SERIES

ABNORMAL PSYCHOLOGY

*INTERESTING MENTAL HEALTH CONDITIONS AND
WHAT THEY LOOK LIKE*



THE HOSA EDITION

ABNORMAL PSYCHOLOGY

Mental health has a stigma and our job as healthcare professionals is to break it. To do this, we must stay informed and share our knowledge with others. While most people know about disorders like anxiety or depression, there are plenty of other disorders that fall into what is known as Abnormal Psychology. This is any mental health disorder that falls outside of the normal psychological functioning of a regular person. This article aims to discuss some of these disorders to show just how "abnormal" abnormal psychology can be.

DISSOCIATIVE DISORDERS

Dissociative disorders are a type of disorder that cause people to feel a disconnection in their thoughts, memories, surroundings, identity and/or actions. People with this disorder tend to involuntarily dissociate, which can interfere with daily functioning.

Symptoms:

- Amnesia of certain time periods.
- A sense of detachment from yourself and your emotions.
- A blurred sense of identity.
- Inability to cope with emotions and stress.



SOMATIC SYMPTOM DISORDERS

This disorder is characterized by an extreme focus on physical symptoms — such as pain or fatigue — that causes major emotional distress and problems functioning. This may cause frequent visits to medical professionals even when serious illness has been ruled out.

Symptoms:

- Specific sensations such as pain, fatigue, shortness of breath etc.
- Constant worry of potential sickness.
- Fear that symptoms are serious even if they are not.
- Fear that physical activity will harm you.



SLEEP WAKE DISORDERS

Sleep disorders are characterized by having sleeping difficulties or disorders that cause restless sleep or inadequate sleep, interfering with daily life.

Symptoms:

- Sleep apnea
- Insomnia
- Restless leg syndrome (RLS)
- Narcolepsy
- The need to sleep during the day but difficulty sleeping at night

PERSONALITY DISORDERS

Personality disorders consist of unhealthy patterns of thinking, functioning and behaving. Those with this condition have trouble perceiving and relating to people and situations. There are three different groups that these disorders can fall into:

Cluster A Symptoms:

- Odd, eccentric thoughts and behaviors

Cluster B Symptoms:

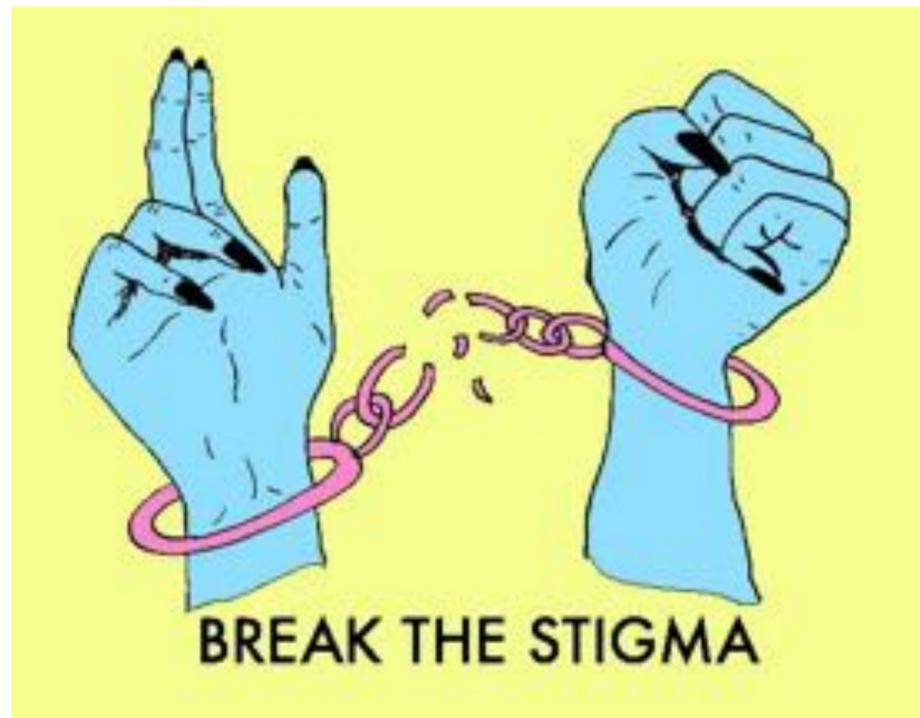
- Dramatic, overly emotional, or unpredictable thought or behavior.

Cluster C Symptoms:

- Anxious, fearful thinking or behavior.



Overall, there are many mental illnesses that need more attention in order to break the stigma. As future health professionals, we need to remember that mental health is as equally important as physical health. Being aware and knowing more about abnormal psychology helps us not only become better health providers, but better people.



#BREAK THE STIGMA

OUTBREAK IN CHINA

Scientists fight the clock in order to determine the cause of numerous pneumonia cases in Wuhan, China.

CHINA'S CITY OF WUHAN
EXPERIENCES AN OUTBREAK

How public health experts worked together from around the world.

Public Health

Public health is an important aspect of modern medicine. It is concerned with the spread of disease and how to slow or halt it using as much information as possible. Government agencies such as the Center for Disease Control and Prevention as well as the World Health Organization utilize data from hospitals, public records, and field researchers to identify patterns and give guidance on how to keep our world as healthy as possible.

This biological war often occurs between bacteria, lifestyle trends, environmental variables, and viruses. Last month, China sounded the alarm as multiple people were hospitalized with a mystery illness with similar symptoms, suggesting a possible outbreak.

An increasing amount of people were diagnosed with a form of pneumonia in China's city of Wuhan. Although some of the patients were deemed critically ill, this number went down with medical intervention, and data suggests that the disease does not spread well among humans since hospital staff exposed to the patients were not diagnosed with similar symptoms. As emerging viruses expert Ralph Baric suggests, "I would say that..given the dates that they have mentioned there and the fact that" no hospital staff got sick shows that "it's not transmitting efficiently in humans" (Branswell).



Patterns

New information was released on January 5th, 2020, “the third from the Wuhan Municipal Health Commission” (Branswell), stating that the first of these patients exhibited symptoms on December 12th, with the last showing on December 29th in the last known patient. Since no hospital staff showed symptoms during this time, it is plausible that this virus was spread from animals to humans in its early stages.

The patients have been mainly presenting with a fever, but “a few patients are having difficulty breathing...[with] chest x-rays show[ing] invasive lesions in both lungs” (Branswell). These findings, and news of the outbreak in general, were formally reported to the WHO on December 31st (Branswell).

This type of virus that is spread from animal to animal, but has the potential to infect a human, is known as a zoonotic disease (CDC). Historical examples are “anthrax (sheep), plague (rodents)...[and] rabies (bats, raccons, dogs, and other mammals)” (“Principles..”). These types of diseases are varied and plentiful, so it is critical to identify which one is causing the issues in Wuhan.

Baric recognizes that “right now it's virus evolution versus public health control measures to try to prevent [the] spread” (Branswell) of this mystery disease. China's public health team knows this. They currently feel that this virus is not the regular avian flu, any adenovirus, Middle East Respiratory Syndrome (MERS) or Severe Acute Respiratory Syndrome (SARS) (Branswell).

Intervention

In order to limit the spread, Chinese officials have closed a public market that distributed meat. Despite these efforts of closing the market and making the outbreak public, certain experts want more information.

“Baric, for instance, would like to learn how old the cases are. Some pathogens can cause more severe illness in the elderly or the very young” (Branswell). They also desire a formal definition of who is being treated with the disease of interest versus something unrelated. Creating this criterion is important so no misleading data is given to public health experts who are trying to identify, treat, and prevent this disease.

Although Wuhan’s experts did not suspect the flu, a public health report released by Hong Kong identified 16 patients who recently traveled to Wuhan. Of these 16, “10 of them have tested positive for a mix of known respiratory illnesses - flu, parainfluenza, rhinovirus..RSV” (Branswell) among others. Even more surprising is that seven of the sixteen patients had symptoms that were caused by the flu.



Finding Answers

One expert believes that this data means that Wuhan is experiencing nothing more than a pseudo-outbreak that is simply the flu. Until there is decisive evidence, however, everyone experiencing pneumonia symptoms who were exposed to the city need to be closely monitored. Once a possible virus is identified, a test can be used to confirm it and differentiate the disease from people with similar symptoms.



On January 11th, a patient that was affected by the outbreak died. The man was 61 years old and, on top of his chronic liver disease and abdominal tumors, he “frequently visited the live market in Wuhan that most cases had been linked to” (Cohen). Despite this unfortunate news, researchers published a draft of the coronavirus genome that is suspected to have caused this outbreak. The genome was posted on a public website so that researchers all around the world could study it and start developing treatments and tests.



You!

If this large scale analysis and intervention for the good of society interests you, consider a career in public health! Professionals such as epidemiologists and statisticians get the opportunity to work for esteemed organizations like the CDC, WHO, and more. Researchers who specialize in genetics, virology, nutrition, addiction, and other related fields carry a strong weight in public health promotion and understanding as well. Lastly, public health professionals also get the opportunity to work in politics and policy, such as the Surgeon General for the United States.

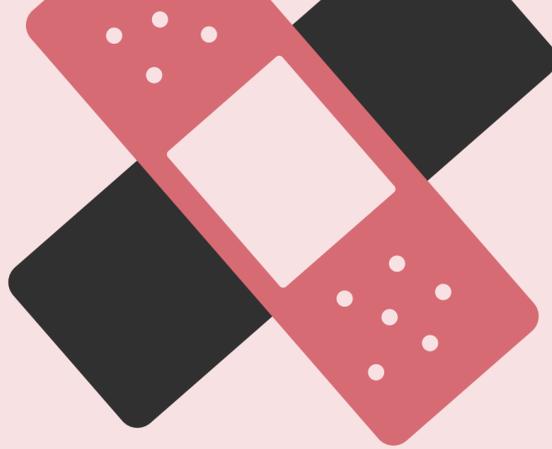
For the past two years, the current US Surgeon General, Dr. Jerome Adams, has presented at HOSA's International Leadership Conference. He currently advocates for vaccine and vaping education, among his other responsibilities for the good of this country and the world!

Citations

Branswell, H. (2020, January 6). Cause of Wuhan's Mysterious Pneumonia Cases Still Unknown, Chinese Officials Say. Retrieved from <https://www.scientificamerican.com/article/cause-of-wuhans-mysterious-pneumonia-cases-still-unknown-chinese-officials-say/#>.

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Principles of Epidemiology. (2012, May 18). Retrieved from <https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section10.html>.



**THANK YOU FOR
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**SEE YOU NEXT
MONTH!**



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