

MARCH

2022

# SYNAPSE

ARIZONA HOSA



**PREPARE  
FOR  
SLC**

**INTERVIEW WITH  
YOUR PRESIDENT  
AND REGION 3  
VICE PRESIDENT**

**WORLD  
COMPLIMENT  
DAY**

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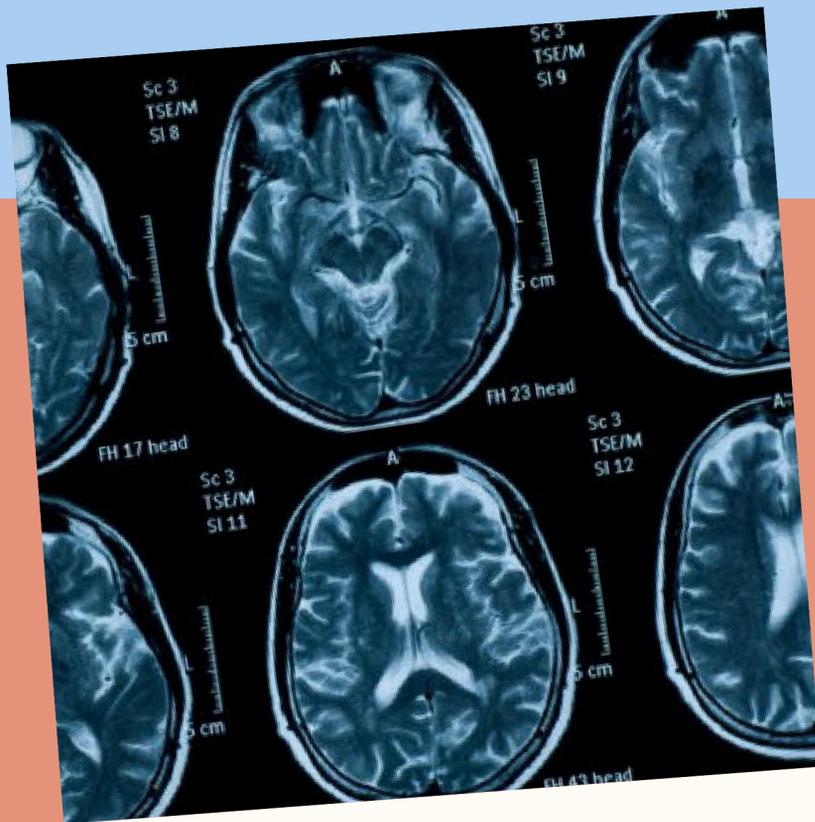


# National Traumatic Brain Injury Awareness



## What is it?

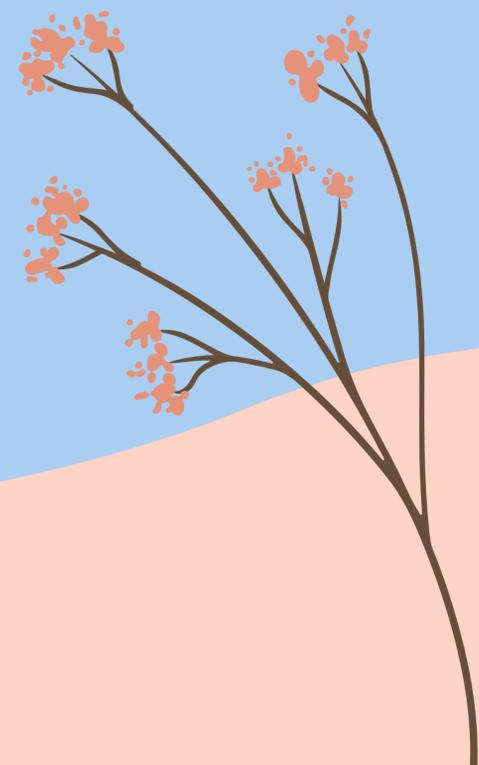
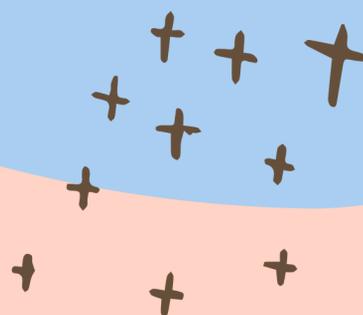
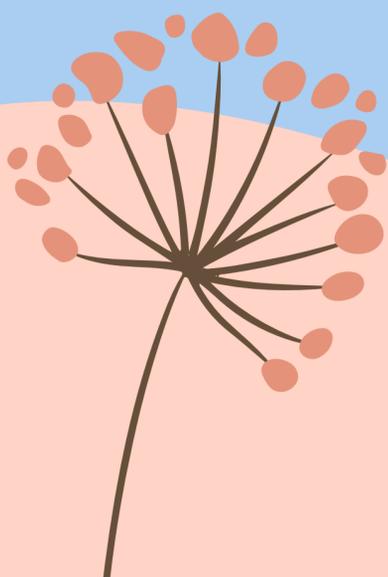
Traumatic brain injury (TBI) is a sudden injury that causes damage to the brain. It may happen when there is a blow, bump, or jolt to the head. This is a closed head injury. A TBI can also happen when an object penetrates the skull. This is a penetrating injury.

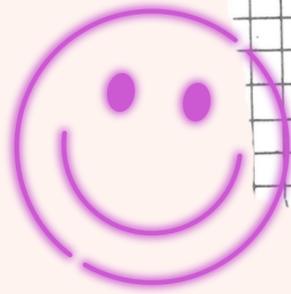
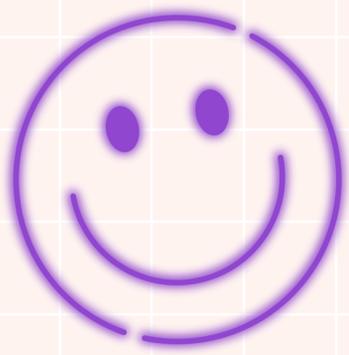


MRI of TBI

## Symptoms

- Headache
- Confusion
- Lightheadedness
- Dizziness
- Blurred vision or tired eyes
- Ringing in the ears
- Bad taste in the mouth

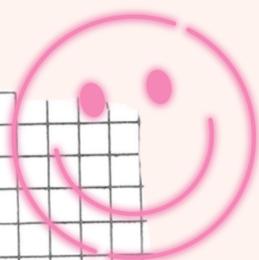




# WORLD COMPLIMENT DAY

MARCH 1ST

“ On March 1st, let's celebrate World Compliment Day as we help spread positivity and kindness around! World Compliment Day is celebrated in order to help spread joy through simple verbal affirmations of appreciation. So, let's take the time to brighten the lives of others! ”



# PREPARE FOR STATE LEADERSHIP CONFERENCE!

## What to Look Out For

AZHOSA members, SLC is just around the corner! For many of you this may be your first in person State Leadership Conference! To help prepare every HOSA member that will be attending SLC, the state officer team has been creating resources to help you all get the best SLC experience. Keep a look out for AZHOSA's social media; we will be posting videos that the state officer team has created to help members get a better idea of what to expect at SLC!



## 2022 SLC

The Westin La Paloma  
Resort & Spa at Tucson,  
Arizona

\*Wednesday, March 30th

\*Thursday, March 31st

\*Friday, April 1st

## Reminders!

Keep studying for your competitions! Finalists at SLC will attend HOSA's 2022 International Leadership Conference!

We hope you are just as excited as we are to have an in-person SLC once again! Can't wait to see you there!



# STATE OFFICER MEMORIES





# WHAT CAN I DO TO PREPARE FOR A CAREER IN THE MEDICAL FIELD? - AN OVERVIEW OF SUMMER OPPORTUNITIES MOUNTAIN RIDGE HIGH SCHOOL HOSA

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As a student in the four year biomedical program, as well as the historian for HOSA at Mountain Ridge high school, I know the importance of using your learned skills in the real workforce. With the valuable efforts we make in the classroom we are now able to use them to help others. We have been taught throughout these for years the importance of applying your knowledge in the workforce and have been given resources to make this possible. Through volunteering opportunities and leadership workshops multiple students have been able to put their skills into the career of their choice and learn more about their future.

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This is beneficial for high school students as well as college students to prepare themselves for the real world and get the needed service hours and participation experiences in medicine. Below are some examples of our current students and what they have done to volunteer. They have shared ways to connect with their programs and be able to get the most out of each opportunity.

**-ASPEN MATHIS**

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## TGen Bioscience Leadership Academy

I participated in the 2021 TGen Bioscience Leadership Academy. TGen is a nonprofit research institute centered on precision medicine. The two-week program was held at TGen's headquarters in downtown Phoenix. I had such an amazing experience and would definitely participate in it again if I could. I met 19 other high school juniors and seniors from around Arizona, and they were all so friendly and welcoming. We took tours of TGen's labs and saw the machines we learned about in class, like CRISPR technology. We listened to many lectures from TGen faculty and other professionals, ranging from topics like patent law and medical reading to professional and interview skills. We also had the chance to meet with a head researcher at TGen and learn about a specific experiment to create a presentation, which we presented to our peers at the end of the two weeks. We even took a trip to Flagstaff to tour TGen North and HonorHealth Neurology- Osborn. In spite of the busy schedule, we still had time for ice cream socials and card games. My experience at TGen BLA was one I could never forget; it grew my professional and technical skills while introducing me to an inexhaustible list of careers in the health and research fields. Most of all, it helped me connect with professionals and other students in the world of medicine.

For more information: <https://www.tgen.org/education/tgen-bioscience-leadership-academy/>  
Application opens in December and closes in February.

**-AMISHA CHOSKI**

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# Midwestern Health Careers Institute

I applied to the Midwestern Health Careers Institute over the summer and was accepted. For a week, I walked around with a group and got to explore different health careers and play with different medical devices. I explored dentistry by doing my own fillings on a fake tooth, optometry by looking into someone's eye, anesthesiology by intubating a dummy, perfusion by playing with heart bypass machines, and many more. I also got to participate in a bone naming contest and I ended up winning it. It helped open my mind up to the different health careers available and it helped me think about which careers I may want to pursue. For more information visit

<https://www.midwestern.edu/about/mwu-now/events/health-careers-institute-for-high-school-students-x64511>

Applications open in January and close May 1st.

**-ETHAN BEST**

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# HonorHealth Volunteer

Over the summer of 2021, I was given the opportunity to volunteer at HonorHealth. It was a very informative and enjoyable experience. I volunteered twice a week and worked at the front desk or with the nurses. At the front desk we would aid visitors to help them visit their loved ones in an organized and COVID safe manner. With the nurses we would volunteer in helping keep the hospital clean and organized as well as aiding the patients with comfort (water, food, warm blankets, etc.). The workplace environment was welcoming and warm. I looked forward to volunteering everyday to help the people there and learn from the professionals. I really enjoyed aiding the community and I definitely encourage other students to volunteer as well.

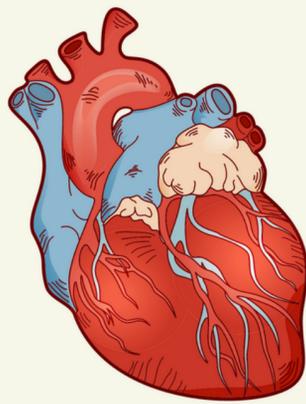
For more information visit <https://www.honorhealth.com/community/volunteer-opportunities/teen>

Using these three resources we hope you were able to find a suitable experience for your career direction. The importance of these life skills are unmatched and the opportunity is enjoyable for each person, and not only helps you and your future but it helps those in your community. Be sure to follow up and receive more resources on future events, updates and opportunities to show your support with each company or program.

**-DANIEH ALANI**

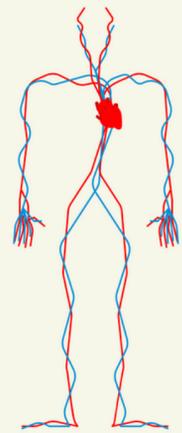
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# Anomalous Course of the Coronary Artery



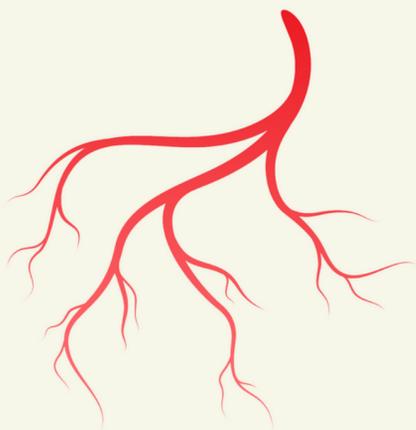
## What is it?

Anomalous course of the coronary artery is a rare condition where the coronary artery is in the wrong place or it started off in the wrong place during birth.



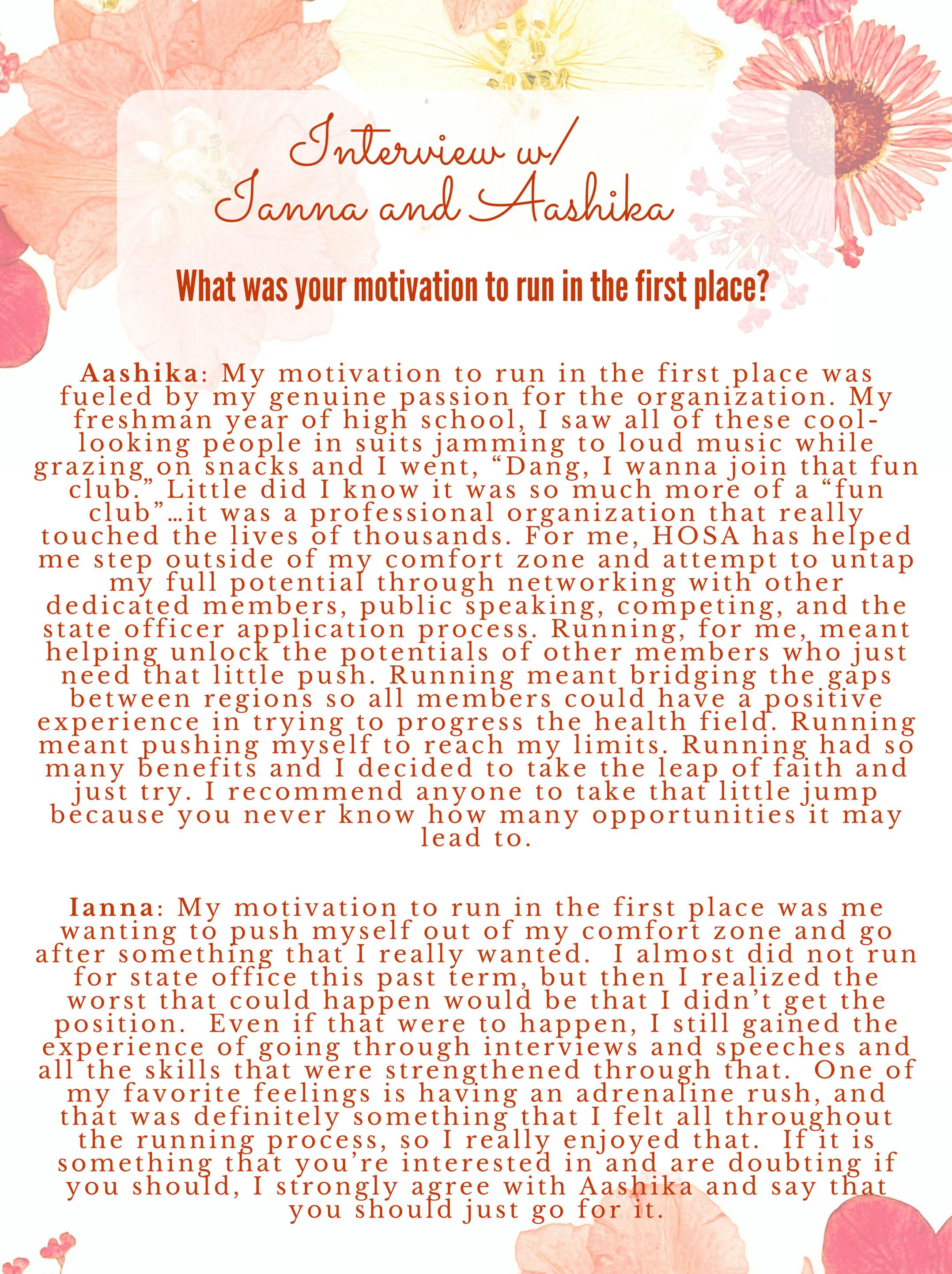
## Why is this dangerous?

With each pump of the heart, the coronary artery can be squeezed. Causing problems with the blood circulation in the heart and throughout the body. Without sufficient oxygen to the heart, tissue starts to die.



## What does it affect?

This condition can affect the right and left coronary artery, left circumflex artery, and the left anterior descending artery. The artery might start in the wrong part of the aorta, in a different coronary artery or another artery such as the pulmonary artery.

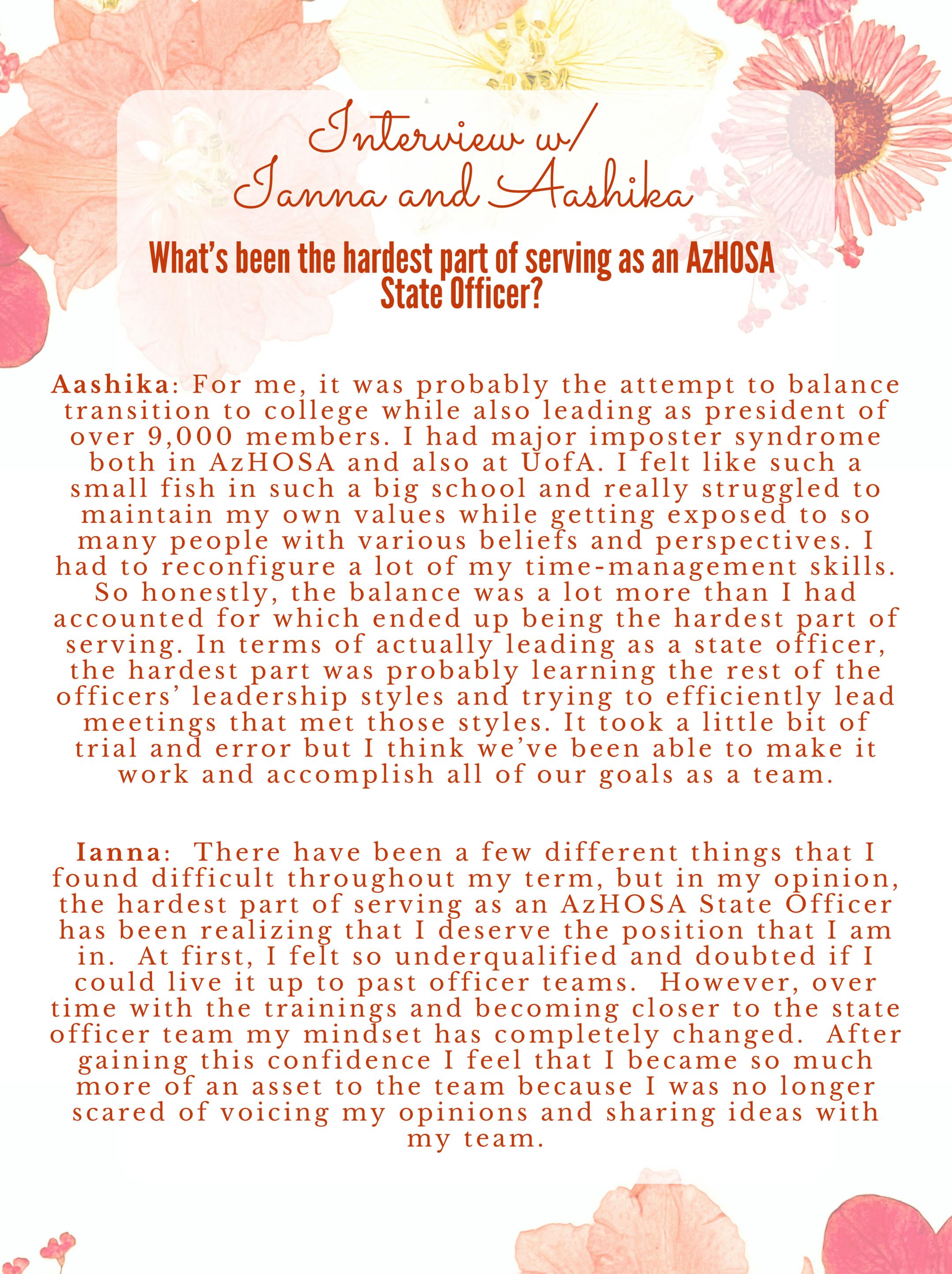


## Interview w/ Ianna and Aashika

### What was your motivation to run in the first place?

**Aashika:** My motivation to run in the first place was fueled by my genuine passion for the organization. My freshman year of high school, I saw all of these cool-looking people in suits jamming to loud music while grazing on snacks and I went, “Dang, I wanna join that fun club.” Little did I know it was so much more of a “fun club”...it was a professional organization that really touched the lives of thousands. For me, HOSA has helped me step outside of my comfort zone and attempt to untap my full potential through networking with other dedicated members, public speaking, competing, and the state officer application process. Running, for me, meant helping unlock the potentials of other members who just need that little push. Running meant bridging the gaps between regions so all members could have a positive experience in trying to progress the health field. Running meant pushing myself to reach my limits. Running had so many benefits and I decided to take the leap of faith and just try. I recommend anyone to take that little jump because you never know how many opportunities it may lead to.

**Ianna:** My motivation to run in the first place was me wanting to push myself out of my comfort zone and go after something that I really wanted. I almost did not run for state office this past term, but then I realized the worst that could happen would be that I didn't get the position. Even if that were to happen, I still gained the experience of going through interviews and speeches and all the skills that were strengthened through that. One of my favorite feelings is having an adrenaline rush, and that was definitely something that I felt all throughout the running process, so I really enjoyed that. If it is something that you're interested in and are doubting if you should, I strongly agree with Aashika and say that you should just go for it.



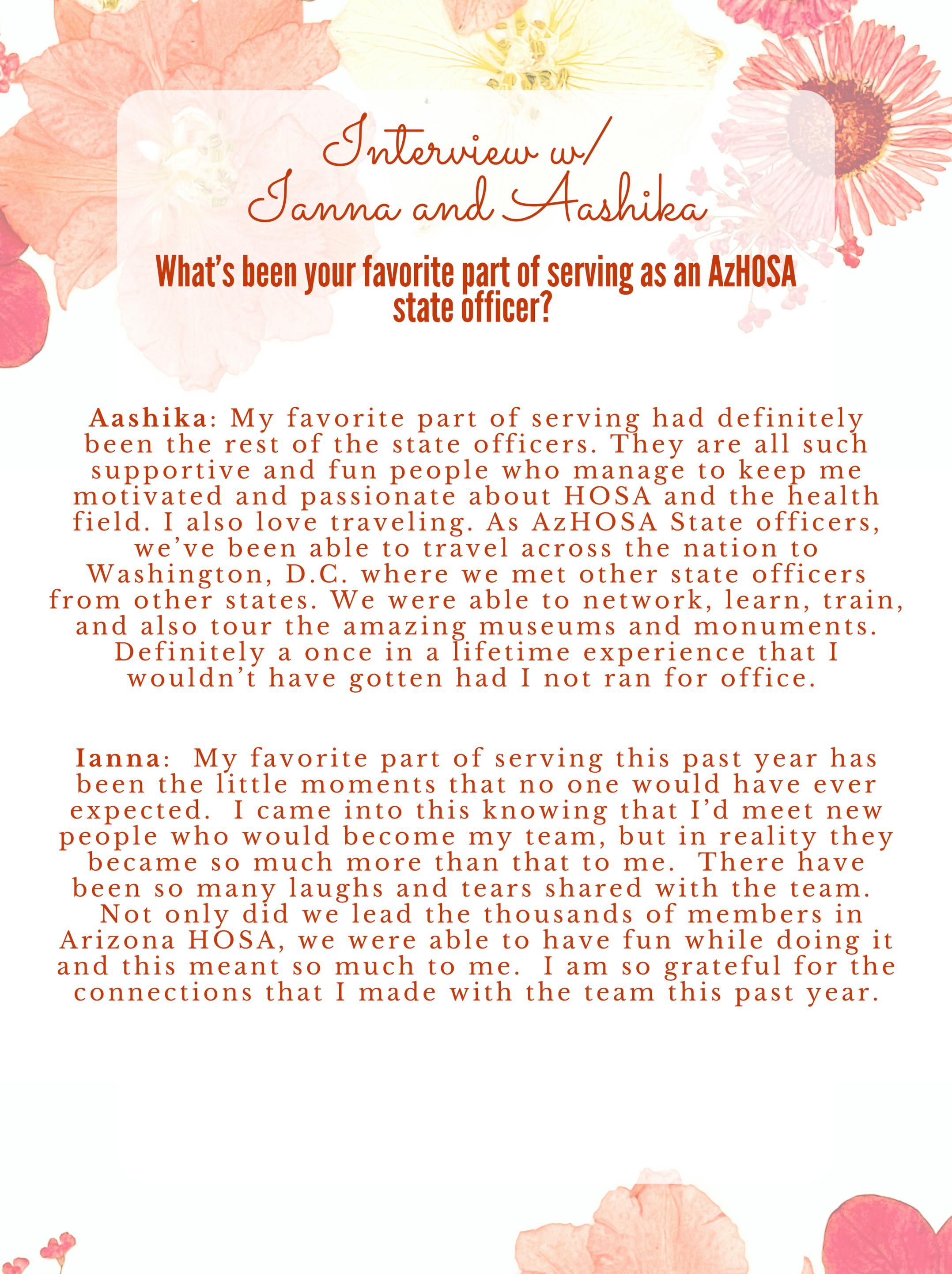
## Interview w/ Ianna and Aashika

### What's been the hardest part of serving as an AzHOSA State Officer?

**Aashika:** For me, it was probably the attempt to balance transition to college while also leading as president of over 9,000 members. I had major imposter syndrome both in AzHOSA and also at UofA. I felt like such a small fish in such a big school and really struggled to maintain my own values while getting exposed to so many people with various beliefs and perspectives. I had to reconfigure a lot of my time-management skills.

So honestly, the balance was a lot more than I had accounted for which ended up being the hardest part of serving. In terms of actually leading as a state officer, the hardest part was probably learning the rest of the officers' leadership styles and trying to efficiently lead meetings that met those styles. It took a little bit of trial and error but I think we've been able to make it work and accomplish all of our goals as a team.

**Ianna:** There have been a few different things that I found difficult throughout my term, but in my opinion, the hardest part of serving as an AzHOSA State Officer has been realizing that I deserve the position that I am in. At first, I felt so underqualified and doubted if I could live it up to past officer teams. However, over time with the trainings and becoming closer to the state officer team my mindset has completely changed. After gaining this confidence I feel that I became so much more of an asset to the team because I was no longer scared of voicing my opinions and sharing ideas with my team.



## Interview w/ Ianna and Aashika

**What's been your favorite part of serving as an AzHOSA state officer?**

**Aashika:** My favorite part of serving had definitely been the rest of the state officers. They are all such supportive and fun people who manage to keep me motivated and passionate about HOSA and the health field. I also love traveling. As AzHOSA State officers, we've been able to travel across the nation to Washington, D.C. where we met other state officers from other states. We were able to network, learn, train, and also tour the amazing museums and monuments. Definitely a once in a lifetime experience that I wouldn't have gotten had I not ran for office.

**Ianna:** My favorite part of serving this past year has been the little moments that no one would have ever expected. I came into this knowing that I'd meet new people who would become my team, but in reality they became so much more than that to me. There have been so many laughs and tears shared with the team. Not only did we lead the thousands of members in Arizona HOSA, we were able to have fun while doing it and this meant so much to me. I am so grateful for the connections that I made with the team this past year.

# *PARADISE VALLEY CREST BIOSCIENCE HOSA CHAPTERS 39140 AND 39288*

Throughout the month of February, Paradise Valley High School Bioscience CREST HOSA held a donation drive for essentials to send to UMOM, a center that aims to provide housing for the homeless. It was an extremely successful drive; we received over 200 donation items, including shampoo, conditioner, baby hygiene products, lotion, and more! We would like to extend a warm thank you to everyone who donated items, helped us sort them out, and drove to UMOM to deliver!



**MARCH IS:**

CREATED BY: YOUNGKER HOSA - SPORTS MED

# **BRAIN INJURY AWARENESS MONTH**

A BRAIN INJURY IS A DYSFUNCTION IN YOUR BRAIN CAUSED BY A BLUNT/VIOLENT FORCE OR JOLT TO THE HEAD OR BODY.

## **DID YOU KNOW?**

THE MOST COMMON CAUSE OF BRAIN INJURY IS A FALL DOWN THE STAIRS? CLUTCH THAT HANDRAIL!

## **WHAT ARE THE SYMPTOMS?**

SYMPTOMS OF BRAIN INJURY INCLUDE HEADACHE, RINGING IN YOUR EARS, NAUSEA, VOMITING, FATIGUE, BLURRY VISION, CONFUSION, AMENSIA, DIZZINESS LOSS OF CONSCIOUSNESS AND MANY MORE.

## **HEAD INJURY REHABILITATION**

OCCUPATIONAL THERAPISTS CAN HELP THOSE WITH BRAIN INJURY RELEARN ACTIVITIES OF DAILY LIVING (ADLS), MOBILITY, COMMUNICATION, AND COGNITIVE SKILLS.

## **WHEN TO SEE A DOCTOR?**

ANY TIME ONE RECEIVES TRAUMA TO THE HEAD AND EXHIBITS SYMPTOMS OF HEAD INJURY, THEY SHOULD SEE THEIR DOCTOR TO RULE OUT BRAIN TRAUMA.