

SkillsUSA 2015 Contest Projects

Health Knowledge Bowl

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*Health Knowledge Bowl

SkillsUSA National Conference

2015

Set 1

- * Contestants have 30 seconds to determine the answer and write it legibly. The captain must be standing when the time is called. 5 second warning.
- * You may not stand unless you have completed writing the answer.
- * Any team member may write the answer, however she/he must complete writing before standing.
- * If team member is not standing prior to the end of the allotted time, the team will forfeit its chance to answer.
- * If the floor judge is unable to read the answer, it will be counted as incorrect

***Reminders**

*PRACTICE QUESTION

Category: Practice

Question:
Are you ready for SkillsUSA?

ANSWER: YES!!



Round 1

Category: Employability Skills

Question:

What is the United States federal payroll (or employment) tax imposed on both employees and employers to fund Social Security and Medicare (Acronym)

ANSWER: FICA

Category: Academic Foundations

Question:

What blood type is called the universal donor because it is compatible with any blood type.

ANSWER: O Negative

Category: Legal Responsibilities

Question:

What term describes the procedures, actions, and processes that a healthcare practitioner is permitted to undertake in keeping with the terms of their professional license.

ANSWER: Scope of Practice

Category: Academic Foundations

Question:

What blood type is considered the universal recipient?

ANSWER: AB Positive

Category: Academic Foundations

Question:

What is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord.(acronym)

ANSWER: Amyotrophic Lateral Sclerosis: **ALS**

Category: Academic Foundations

Question:

What is the proper abbreviation for before meals?

ANSWER: a.c.

Category: Legal Responsibilities

Question:

What Federal Act requires establishment of national standards for electronic health care transactions and identifiers for providers, health insurance plans, and employers.

ANSWER: HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT

Category: Academic Foundations

Question:

What is the most common site for
counting a pulse

ANSWER: Radial

Category: Academic Foundations

Question:

How many lbs would a 100 kg female weigh?

ANSWER: 220 lbs

Category: Academic Foundations

Question:

What disease is characterized by a disorder of the central nervous system that affects movement, often including tremors?

ANSWER: Parkinson's Disease

Category: Ethics

Question:

An ethical principle in healthcare that means non-harming or inflicting the least harm possible to reach a beneficial outcome.

ANSWER: Non-maleficence

Category: Academic Foundations

Question:

What is the generic name for the common drug Claritin?

ANSWER: Loratadine

Category: Academic Foundations

Question:

What is the generic name for the common drug Motrin?

ANSWER: Ibuprofen

Category: Academic Foundations

Question:

What is the generic name for the common drug Tylenol?

ANSWER: Acetaminophen

Category: Academic Foundations

Question:

What is a blood protein produced in response to and counteracting a specific antigen?

ANSWER: Antibody

Category: Academic Foundations

Question:

What is the generic name for the common drug Singulair?

ANSWER: Montelukast



Round 2

Category: USA Today News

Question:

According to USA Today News Health report, Heroin use in the United States has Increased, decreased, or stayed the same

ANSWER: INCREASED

Category: Communication

Question:

What is the process of analyzing and evaluating what another person is saying in an effort to understand the speaker's feelings or the true meaning of the message.

ANSWER: Active Listening

Category: Academic Foundations

Question:

How many pairs of spinal nerves does a human have?

ANSWER: 31

Category: Academic Foundations

Question:

What are the drugs that inhibit the action of histamine in the body?

ANSWER: ANTIHISTAMINE

Category: Communication

Question:

Using military notation what is the correct way to write 10:34 in the morning?

ANSWER: 1034

Category: Legal Responsibilities

Question:

What term is defined as a failure to exercise the care that a reasonably prudent person would exercise in like circumstances.

ANSWER: Negligence

Category: Health Maintenance

Question:

A systematic, deliberative and interactive process by which nurses use critical thinking to collect, validate, analyze and synthesize the collected information in order to make judgment about health status.

ANSWER: ASSESSMENT

Category: Academic Foundations

Question:

What are the blood vessels that deliver oxygen-rich blood from the heart to the tissues of the body.

ANSWER: ARTERIES

Category: Academic Foundations

Question:

What test allows your doctor to look at the inner lining of your colon?

ANSWER: COLONOSCOPY

Category: Academic Foundations

Question:

With a blood pressure reading of 146/86,
146 represents _____, 86 represents

ANSWER: Systolic, Diastolic

Category: Employability Skills

Question:

The term used to describe communicating with people you know or meet to share information about jobs

ANSWER: NETWORKING

Category: Academic Foundations

Question:

A minor traumatic brain injury that may occur when the head hits an object, or a moving object

ANSWER: CONCUSSION

Category: Academic Foundations

Question:

What type of bone fracture is an incomplete fracture and occurs most often in children.

ANSWER: GREENSTICK FRACTURE

Category: Academic Foundations

Question:

What type of fracture occurs when the bone breaks but there is no puncture or open wound in the skin.

ANSWER: CLOSED FRACTURE

Category: Academic Foundations

Question:

What is a long-term, chronic skin problem that causes skin cells to grow too quickly, resulting in thick, white, silvery, or red patches of skin.

ANSWER: PSORIASIS

Category: Academic Foundations

Question:

What disease is characterized by the loss of skin color in blotches?

ANSWER: VITILIGO

5 MINUTE BREAK

Reminder:

Do not communicate with any other group, advisor, or observer.

The background of the slide is a pixelated image. It features a bright, glowing sun or light source in the center, casting a warm, yellowish-white light. Below the light source, there is a horizontal line representing the horizon, with a blue body of water or sky below it. The overall image has a low-resolution, pixelated aesthetic.

Round 3

Category: Safety Practices

Question:

How many milliliters is there in 6
tablespoon?

ANSWER: 90ml

Category: Health Maintenance

Question:

What is the name of an organization that provides health coverage that differs from traditional health insurance by the contracts it has with its providers.
(No acronyms)

ANSWER: HEALTH MAINTENANCE ORGANIZATION

Category: Academic Foundations

Question:

What are the most common type of blood cells and the principal means of delivering oxygen (O_2) to the body tissues—via blood flow through the circulatory system?

ANSWER: ERYTHROCYTES

Category: Legal Responsibility

Question:

Document that allows individuals to state what measures should or should not be taken to prolong life when their condition is terminal

ANSWER: LIVING WILL

Category: Diseases

Question:

What term describes an abnormality or impairment of voluntary movement?

ANSWER: DYSKINESIA

Category: Diseases

Question:

What substance is increased in the blood in a patient diagnosed with gout?

ANSWER: Uric Acid

Category: Academic Foundations

Question:

What term refers to the normal inward curvature of the lumbar and cervical regions of the spine?

ANSWER: LORDOSIS

Category: Ethics

Question:

What term denotes or relates to a person whose self-identity does not conform unambiguously to conventional notions of male or female roles?

ANSWER: TRANSGENDER

Category: Academic Foundations

Question:

What is a chronic inflammatory disorder that typically affects the small joints in your hands and feet. This disorder affects the lining of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity.

ANSWER: RHEUMATOID ARTHRITIS

Category: Academic Foundations

Question:

What disease caused by a diet that lacks vitamin C?

ANSWER: SCURVY

Category: Academic Foundations

Question:

A medical device used to measure amount of hemoglobin that is saturated by oxygen in the blood.

ANSWER: PULSE OXIMETER

Category: Academic Foundations

Question:

What is the term used to describe excessive fat in the feces:

**ANSWER:
STEATORRHEA**

Category: Academic Foundations

Question:

What term describes an inflammation of the intestine causing diarrhea with blood?

**ANSWER:
DYSENTERY**

Category: Academic Foundations

Question:

What condition affects only girls and women, it results when a sex chromosome (the X chromosome) is missing or partially missing.

**ANSWER:
TURNER SYNDROME**

Category: Academic Foundations

Question:

What condition is defined as excessive or abnormally large production or passage of urine?

**ANSWER:
POLYURIA**

Category: Academic Foundations

Question:

What term is given to excessive thirst and is one of the initial symptoms of diabetes.

**ANSWER:
POLYDIPSIA**



Round 4

Category: Academic Foundations

Question:
What is the term used for difficulty in
swallowing

ANSWER: DYSPHAGIA

Category: Academic Foundations

Question:

What is a mass of cells and fluid that has seeped out of blood vessels or an organ, especially in inflammation?

ANSWER: EXUDATE

Category: Pharmacology

Question:

What is the most common drug prescribed to type II diabetics?

ANSWER: METFORMIN

Category: Academic Foundations

Question:

What is most likely to occur when a human diaphragm becomes spastic

ANSWER: HICCUPS

Category: Academic Foundations

Question:

This disease is characterized by a moon-shaped face and weight gain.

ANSWER: Cushing's Syndrome

Category: Legal Responsibilities

Question:

What does HIPAA stand for?

**ANSWER: HEALTH INSURANCE PORTABILITY AND
ACCOUNTABILITY ACT**

Category: Academic Foundations

Question:

What disease is indicated when the thyroid gland produces too much thyroid hormone?

ANSWER: Hyperthyroidism/Grave's Disease

Category: Academic Foundations

Question:

A substance that causes or accelerates a chemical reaction without itself being affected.

ANSWER: CATALYST

Category: USA News

Question:

USA Today Health reports that inhaled steroids, widely used to treat asthma have caused_____

ANSWER: Bone Loss

Category: Academic Foundations

Question:

What plane that divides the body into superior and inferior parts.

ANSWER: TRANSVERSE PLANE

Category: Academic Foundations

Question:

What is the tranquilizer diazepam better known as?

ANSWER: Valium

Category: Systems

Question:

A set of infection control practices used to prevent transmission of disease.

ANSWER: STANDARD PRECAUTIONS

Category: Academic Foundations

Question:

What term describes
to draw inward toward the median axis of
the body or toward an adjacent part or limb.

ANSWER: ADDUCTION

Category: Academic Foundations

Question:

What is the term for movement of a limb or extremity so that the distal end describes a circle while the proximal end remains fixed.

ANSWER: CIRCUMDUCTION

Category: Academic Foundations

Question:

In healthcare, what does the acronym RICE stand for?

ANSWER: Rest, Ice, Compression Elevation

Category: Academic Foundations

Question:

What is a serious gum infection that damages the soft tissue and destroys the bone that supports your teeth.

ANSWER: PERIODONTITIS

Quietly gather all belongings.
Clean your workspace.
Exit the room.

REMINDER:

You should not discuss the questions/
answers until all groups have finished the
competition.