



Last updated: January 20th, 2026

Medical Math

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):

1. Written test time shortened to 60 minutes (still 50 questions) at FLC only. This test includes a tiebreaker portion, the details of which are specified in the guidelines below.
 - a. Question format may vary (e.g. multiple choice, fill-in-the-blank, etc.)
2. Written test will take place online and be open book at FLC only.

PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCES:

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.
**Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*
2. Competitors MUST provide their own basic handheld calculators (no graphing calculators will be allowed) at SLC.
**Please note that basic handheld calculators WILL be provided at the International Leadership Conference (ILC).*

PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S SECONDARY/POST-SECONDARY VIRTUAL CONFERENCE:

1. Written test time shortened to 60 minutes (still 50 questions). This test includes a tiebreaker portion, the details of which are specified in the guidelines below.
 - a. Question format may vary (e.g. multiple choice, fill-in-the-blank, etc.)
2. Written test will take place online and be open book.

******DISCLAIMER: virtual secondary competitor participation in any Competitive Event through the virtual membership is not ranked and not eligible to advance to the International Leadership Conference (ILC)******

Medical Math

Health Science Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 90 minutes	Digital Upload: NO
Solo Event: 1 competitor		



New for 2025 – 2026

DHO: Health Science resource has been updated to latest edition. Editorial updates have been made.

Event Summary

Medical Math allows members to gain the knowledge and skills required to identify, solve, and apply mathematical principles. This competitive event consists of a written test. In the event of a tie, the tie-breaker questions will be judged to break the tie. It aims to inspire members to learn about the integration of mathematics in health care, including temperature, weights, and measures used in the health community.

Dress Code

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

Competitor Must Provide:

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

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](#).

Official References

2. The references below are used in developing the test questions:
 - a. [Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., Morris, L. *DHO: Health Science*. Cengage Learning, Latest edition](#)
 - b. [Kenamer, Michael, *Math for Health Care Professionals*. Cengage, Latest edition.](#)
 - c. [Craig, Gloria P., *Dosage Calculations Made Easy*. Wolters Kluwer, Latest edition.](#)

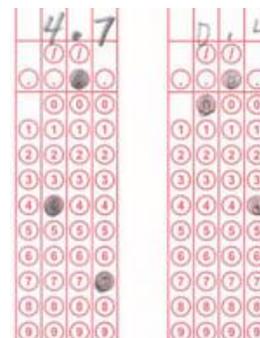
Written Test

3. [Test Instructions](#): The written test will consist of 50 fill-in-the-blank items in a maximum of 90 minutes.
4. A series of ten (10) complex, multi-step tiebreaker questions will be administered with the original test.
5. **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 are responsible for monitoring their own time.
6. At the International Leadership Conference, HOSA will provide basic handheld calculators (no graphing calculators) for addition, subtraction, division, multiplication, and square root calculations.
7. **Test Plan:**
The test plan for the Medical Math Test is:
 - Mathematical essentials - 5%
 - Measurement and conversion problems - 20%
 - Drug dosages and intravenous solutions - 35%

- Dilutions, solutions, and concentrations - 25%
- Interpreting medical information - 15%
 - Charts, graphs, tables
 - Basic statistics: mean, median, mode

- Abbreviations will be used in the written problems. In addition, the test will use standard medical abbreviations as designated in the Simmers DHO: Health Science reference.
- At least half of the computation and calculation problems involve conversions.
- The medical math “Reference Materials Summary” included in these guidelines (page 4) will be used as the official reference for the test for uniformity. **Competitors may NOT use this summary page or any conversion chart or resource during the test.**

- When a Scantron form is used** – the Scantron form for this event will require competitors to grid their responses with pencils. Numbers must be written with the last number of the answer in the far right box. (See sample to the right). When a paper/pencil test is used or administered on a computer, the competitor will write in or key in their response to each question.



- ROUNDING:** Converting between measurement systems will often render a different answer depending on which systems and conversions are used. The answer to a calculation problem will be the same after appropriate rounding. When determining a solution, round only the final answer after completing all the calculation steps.

When rounding decimal numbers to the nearest tenths, hundredths, or thousandths place, look to the immediate right of the digit located in the position to be rounded. If the number to the direct right is 5 or larger, round up one number and drop everything that follows. If the number to the direct right is 4 or smaller, leave the position being rounded as is and drop everything that follows.

In specific situations, answers will be rounded per medical protocol. For example, pediatric dosage is always rounded DOWN to avoid potential overdose. Unless otherwise indicated, all answers should be rounded to the nearest whole number. (Examples: 31.249 (rounded down) = 31 and 23.75 (rounded up) = 24).

- USE OF ZERO:** Decimal expressions of less than 1 should be preceded by a zero – “leading zero”. A whole number should never be followed by a decimal point and a zero – “trailing zero”.

14. Sample Test Questions

**Competitors will grid-in (or write-in) their answers to the test problems.*

- An IV bag of 500 mL solution is started at 1900. The flow rate is 38 gtts per minute, and the drop factor is 10 gtts per mL. At what time (24-hour clock) will this infusion finish?

Craig pp 174-178

$$\begin{aligned}
 \text{Solution} \quad & 38 \text{ gtts}/1 \text{ min} \times 1 \text{ mL}/10 \text{ gtts} = 3.8 \text{ mL}/\text{min} \\
 & 3.8 \text{ mL}/1 \text{ min} \times 60 \text{ min}/1 \text{ hr} = 228 \text{ mL}/\text{hr} \\
 & 500 \text{ mL} \times 1 \text{ hr}/228 \text{ mL} = 2.1929824 \text{ hr} \\
 & 0.1929824 \text{ hr} \times 60 \text{ min}/1 \text{ hr} = 11.578944 \text{ minutes} \\
 & 1900 \text{ hr} + 2 \text{ hrs } 11.578944 \text{ min (Rounded} = 12 \text{ minutes)} \\
 & 1900 \text{ hours} + 2 \text{ hrs } 12 \text{ min} = 2112 \text{ hours} \\
 & 2112 \text{ hours}
 \end{aligned}$$

- A patient with an eating disorder weighs 95½ lbs. What is the patient's weight in kg? Round to the nearest tenth.

Simmers pp 383

$$\text{Solution} \quad 95.5 \text{ lb} \times 1 \text{ kg}/2.2 \text{ lbs} = 43.40909 \text{ kg} \quad \text{Rounded} = 43.4 \text{ kg}$$

3. How many grams of sodium chloride are needed to prepare 500 mL of a 5% solution?
Kenamer pp235
Solution $5\% = 5 \text{ g}/100 \text{ mL} = 0.05 \text{ g}/1 \text{ mL}$
 $0.05 \text{ g}/1 \text{ mL} \times 500 \text{ mL} = 25 \text{ g}$

Final Scoring

15. In the event of a tie, successive tiebreaker questions will be judged until a winner is determined. Correct spelling is required for an item to be considered correct in the tiebreaker.

Future Opportunities:

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are 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.

Medical Math – SS/PSC Reference Materials Summary

METRIC EQUIVALENTS

Length	Temperature
1 meter (m) = 100 centimeters (cm) = 1000 millimeters (mm) 1 centimeters (cm) = 10 millimeters (mm)	°C (Degrees Celsius) = (°F - 32) 5/9 °F (Degrees Fahrenheit) = (°C) 9/5 + 32
Weight	Weight Conversion
1 kilogram (kg) = 1000 grams (g)	1 kilogram (kg) = 2.2 pounds (lb)
1 gram (g) = 1000 milligrams (mg)	1 pound (lb) = 16 ounces (oz)
1 milligram (mg) = 1000 micrograms (mcg)	
Volume for Solids	Volume for Fluids
1000 cubic decimeters (dm) = 1 cubic meter (m ³)	1 liter (L) = 1000 milliliters (mL)
1000 cubic centimeters (cm ³) = 1 cubic decimeter (dm ³)	10 centiliters (cL) = 1 deciliter (dL)
1000 cubic millimeters (mm ³) = 1 cubic centimeter (cm ³ or cc)	10 deciliters (dL) = 1 liter (L)
	1 cubic centimeters (cm ³ or cc) = 1 milliliter (mL)
	Units (U) = a measure for drugs such as insulin

APPROXIMATE EQUIVALENTS AMONG SYSTEMS

Metric	Household/English
240 milliliters (mL)	1 cup = 8 ounces (oz) = 16 tablespoons (tbsp)
30 milliliters (mL)	1 ounce (oz) = 2 tablespoons (tbsp) = 6 teaspoons (tsp)
15 milliliters (mL)	1 tablespoon (tbsp) = 3 teaspoons (tsp)
5 milliliters (mL)	1 teaspoon (tsp)
1 milliliter (mL)	15 drops (gtts)
0.0667 milliliters (mL)	1 drop (gtt)
1 meter (m)	39.4 inches (in)
2.54 centimeters (cm)	1 inch (in)
	1 foot (ft) = 12 inches (in)

Formulas

Standard Deviation Formula for Sample Data	Body Surface Area
$\sqrt{\frac{\sum (x - \bar{x})^2}{(n-1)}}$	BSA (m ²) = $\sqrt{([\text{height (cm)}] \times \text{weight(kg)})/3,600}$ BSA (m ²) = $\sqrt{([\text{height (in)}] \times \text{weight(lb)})/3,131}$

NOTE: This reference may NOT be used during testing.