

WEB-MOCK SKILL TEST AUGUST 2016

1. Category : Hand washing

- 1. Knock on door and introduces themselves to the resident.
- 2. Explain the procedure
- 3. Turns on water.
- 4. Wets all surfaces of hands.
- 5. Wets wrists.
- 6. Applies liquid soap to hands.
- 7. Rubs hands together **away from water for 20 seconds** using friction
- 8. While hands are not under the water stream, rubs hands together for At least 20 seconds.
- 9. Interlaces fingers pointing downward.
- 10. Washes all surfaces of hands with liquid soap
- 11. Washes wrist with liquid soap
- 12. Rinses hands thoroughly under running water with fingers pointed **downward**.
- 13. Dries hands on clean paper towel(s).
- 14. **Immediately discards** paper towel(s) in trash can.
- 15. Turns off faucet with a SECOND (last) clean dry paper towel. **(Previously used towel will NOT be accepted)**
- 16. Does not recontaminate hands at any time during the procedure. (If so how?_____)

2. Category: Abdominal Thrusts on Conscious Resident

- 1. Candidate identifies two symptoms or signs of choking.
- 2. Candidate asks resident, "Are you choking?"
- 3. Brings resident to a standing position while calling for help.
- 4. Stands behind resident.
- 5. Wraps arms around resident above the waist.
- 6. Makes a fist with one hand.
- 7. Place the thumb side of the fist against the resident's abdomen.
- 8. Positions fist slightly above navel.

- ___ 9. Positions fist below bottom of sternum.
- ___ 10. Grasps fist with other hand.
- ___ 11. **Verbalizes only** (for testing purposes only) that s(he) would press fist And hand into the victim's abdomen with an inward, upward thrust.
- ___ 12. **Verbalizes** s(he) would thrust (for testing purposes only) at least three times.
- ___ 13. Stops, asks resident, "Are you still choking?"
 - a. Actor will say, "No." Actor may breath and speak normally.
 - b. RN Observer asks candidate, "What would you have done if the resident would have indicated, "Yes."
- ___ 14. At a minimum, candidate states, "I would repeat this procedure until It is successful or the resident lost consciousness."
- ___ 15. Candidate finishes by placing resident in recovery position on Lateral side.

3. Category: Ambulation using a gait belt (privacy curtain added)

- ___ 1. Introduces self to the resident
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains procedure to be performed to the resident.
- ___ 4. Obtains correct sized gait belt for the resident.
- ___ 5. Provides for residents privacy pulls curtain
- ___ 6. Locks bed brakes to ensure resident's safety.
- ___ 7. Locks wheelchair brakes
- ___ 8. Assist resident to put on non-skid slippers while in bed
- ___ 9. Lowers bed to a position so the resident's feet will rest comfortably flat on the floor when sitting on the bed.
- ___ 10. Brings resident to sitting position with resident's feet flat on the floor.
- ___ 11. Places gait belt around resident's waist to stabilize trunk.
- ___ 12. Tightens gait belt.
- ___ 13. Checks gait belt for tightness by slipping fingers between gait belt and resident and adjust as needed.
- ___ 14. Brings resident to standing position.
- ___ 15. Uses proper body mechanics at all times.
- ___ 16. Grasps gait belt with one hand.

- 17. Other hand stabilizes resident by holding forearm, shoulder, or using other appropriate method to stabilize the resident.
- 18. Ambulates resident at least 10 steps.
- 19. Assists resident to pivot/turn.
- 20. Sits resident in the wheelchair.
- 21. Sits resident in a controlled manner.
- 22. Ensures safety at all times.
- 23. Removes gait belt.
- 24. Maintains respectful, courteous interpersonal interactions at all times.
- 25. Opens privacy curtain.
- 26. Leaves call light
- 27. Identifies hands are washed

4. Category: Ambulation with walker

- 1. Introduces self to resident.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provide for resident's privacy by pulling privacy curtain.
- 5. Locks bed brakes to ensure resident's safety.
- 6. Brings resident to sitting position so the resident's feet will rest comfortably flat on the floor when sitting on the bed.
- 7. Assists resident in putting on non-skid slippers.
- 8. Positions and stabilizes walker correctly using hand and/or foot.
- 9. Assists resident to standing position.
- 10. Insures resident has stabilized walker.
- 11. Candidate positions self behind resident.
- 12. Candidate positions self slightly to side of resident.
- 13. Resident is ambulated at least 10 steps to wheelchair.
- 14. Resident safety is insured at all times during the demonstration.
- 15. Locks wheel chair brakes to ensure resident's safety.
- 16. Assists resident to pivot/turn.

- 17. Assists resident to sit.
- 18. Uses correct body mechanics at all times.
- 19. Maintains respectful, courteous interpersonal interactions at all times.
- 20. Opens privacy curtain
- 21. Leaves call light or signal calling device within easy reach of the resident.
- 22. Identifies that hands should be washed.

5. Category: Applying Antiembolic Stocking to one leg

- 1. Introduces self to the resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Raises bed between mid thigh and waist level.
- 5. Provides for resident's privacy by only exposing one leg.
- 6. Provides for resident's privacy by pulling privacy curtain.
- 7. Rolls, gathers or turns stocking down inside out to the heel.
- 8. Places stocking over the resident's toes, foot, and heel.
- 9. Rolls OR pulls stocking up the leg.
- 10. Checks toes for possible pressure from stocking.
- 11. Adjusts stocking as needed.
- 12. Leaves resident with stockings that are smooth/wrinkle free.
- 13. Lowers bed.
- 14. Opens privacy curtain
- 15. Maintains respectful, courteous interpersonal interactions at all times.
- 16. Leaves call light or signal calling device within easy reach of the resident.
- 17. Identifies that hands should be washed.

6. Category: Bedpan/Fracture Pan and Output

- 1. 1. Introduces self to the resident
- 2. Identifies that hands should be washed.

- 3. Explains the procedure to the resident.
- 4. Gathers supplies.
- 5. Provides privacy for resident, pulls curtain.
- 6. Candidate puts on gloves.
- 7. Positions resident on bedpan/fracture pan with pan in correct orientation.
- 8. Positions resident on pan using correct body mechanics.
- 9. Raises head of bed to comfortable level.
- 10. Leaves tissue within reach of resident.
- 11. Candidate steps away from the resident.
- 12. Candidate returns to the resident.
- 13. Using a **wet wash cloth and dry towel**, wash and dry your resident's hands.
- 13. Lowers head of bed
- 14. Candidate gently removes bedpan/fracture pan.
- 15. Candidate holds bedpan/fracture pan while fluid is poured into the bedpan.
- 16. Candidate places graduate on flat surface at eye level for reading.
- 17. Candidate pours fluid into graduate.
- 18. Candidate reads graduate at eye level.
- 19. Empties graduate in designated toilet.
- 20. Rinses bedpan/fracture pan and graduate.
- 21. Dries bedpan/fracture pan and graduate.
- 22. Returns equipment to storage.
- 23. Flush toilet if used.
- 24. Discards linen in the appropriate container
- 25. Turns gloves inside out as they are removed.
- 26. Disposes of gloves in appropriate container.
- 27. Candidate records output on previously signed recording pad.
- 28. Candidate's measurement reading is within 25cc\ml of RN observer's reading.
- 29. Opens privacy curtain.

- 30. Leaves resident in a position of safety and comfort (be in lowest position and both side rails down for safety)
- 31. Maintains respectful, courteous interpersonal interactions at all times.
- 33. Leaves call light or signaling device within reach of the resident.
- 34. Identifies that hands should be washed.

7. Category: Catheter care for female

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident and gathers supplies.
- 4. Provides for privacy - pulls curtain.
- 5. Raises side rail opposite working side of bed.
- 6. Raises bed between mid thigh and waist level.
- 7. Puts on gloves.
- 8. Fills basin with comfortably warm water.
- 9. Positions a bath blanket or clean sheet over resident/mannequin to Maintain privacy.
- 10. Turns Mannequin and places incontinence pad under Mannequin
- 11. Verbalizes while checking, to see that the tube is not kinked and that the urine can flow, unrestricted, into the drainage bag.
- 12. Uses soap and water to carefully wash, in a circular motion, around the drainage tube where it exits the urethra.
- 13. With one hand holds catheter near the urethra to prevent tugging on catheter.
- 14. With the other hand cleans 3-4 inches from the urethra down the drainage tube.
- 15. Cleans with strokes only down away from the urethra.
- 16. Uses clean portion of cloth for each stroke.
- 17. Rinses with strokes only away from the urethra.
- 18. Rinses using clean portion of a washcloth for each stroke.
- 19. Pats dry with a clean towel.
- 20. Does not allow the tube to be pulled at any time during the procedure.
- 21. Replaces top cover over resident.

- 22. Removes bath blanket.
- 23. Removes incontinence pad.
- 24. Disposes of linens in the linen hamper.
- 25. Empties equipment.
- 26. Rinses equipment.
- 27. Dries equipment.
- 28. Returns equipment to storage.
- 29. Removes gloves turning inside out.
- 30. Disposes of gloves in the appropriate container.
- 31. Opens privacy curtain.
- 32. Lowers bed.
- 33. Lowers side rail.
- 34. Leaves resident in a position of safety and comfort.
- 35. Places call light or signaling device within reach of resident.
- 36. Maintains respectful, courteous interpersonal interactions.
- 37. Identifies that hands should be washed.

8. Category: Denture Care

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Lines sink with a protective lining that would help prevent damage to the dentures. (Towel or washcloth. NO paper towel allowed for lining.)
- 5. Puts on gloves.
- 6. Removes dentures from cup.
- 7. Handles dentures carefully to avoid damage.
- 8. Handles dentures carefully to avoid contamination.
- 9. Applies toothpaste.
- 10. Thoroughly brushes denture inner surfaces of upper and/or lower dentures.
- 11. Thoroughly brushes denture outer surfaces of upper and/or lower

dentures.

- 12. Thoroughly brushes denture chewing surfaces of upper and/or lower dentures.
- 13. Rinses dentures using clean cool water.
- 14. Places dentures in rinsed cup.
- 15. Adds cool clean water to denture cup.
- 16. Cleans equipment.
- 17. Dries equipment. (brush handle, outside of denture cup)
- 18. Returns equipment to storage.
- 19. Discards protective lining in an appropriate container.
- 20. Turns gloves inside out as they are removed.
- 21. Disposes of gloves in an appropriate container.
- 22. Maintains respectful, courteous interpersonal interactions at all times.
- 23. Leaves call light or signaling device within easy reach of the resident.
- 24. Identifies that hands should be washed.

9. Category: Dressing a Resident

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains the procedure to the resident.
- 4. Provides privacy for resident, pulls curtain.
- 5. Raises bed between mid-thigh and waist level.
- 6. Keeps resident covered while removing gown.
- 7. Removes gown from unaffected side first.
- 8. Immediately places used gown in laundry hamper.
- 9. When dressing the resident in a shirt/blouse, the candidate inserts his/her hand through the sleeve of the shirt/blouse and grasps the hand of the resident.
- 10. When dressing the resident in a shirt/blouse, the candidate dressed from the weak side first.
- 11. The candidate assists the resident to raise his/her buttocks or turns the resident from side to side and draws the pants over the buttocks and up to the resident's waist.

- 12. When dressing the resident in pants the candidate always dressed from the weak side first.
- 13. When putting on the resident's socks, the candidate draws the socks up the resident's foot until they are smooth.
- 14. When putting on the resident's shoes, the candidate slips each shoe on and securely fastens the shoe with Velcro tabs or ties.
- 15. Leaves the resident comfortably/properly dressed.
- 16. Leaves the resident in a position of safety.
- 17. Lowers bed.
- 18. Opens privacy curtain.
- 19. Maintains respectful, courteous interpersonal interactions at all times.
- 20. Leaves call light or signaling device within easy reach of the resident
- 21. Identifies that hands should be washed.

10. Category: Emptying urinary drainage bag

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provides for privacy, pulls curtain.
- 5. Raise side rails on both sides of the bed
- 6. Raises bed between mid thigh and waist level.
- 7. Puts on gloves.
- 8. Places a barrier on the floor under the drainage bag.
- 9. Places the graduate on the previously placed barrier.
- 10. Opens the drain to allow the urine to flow into the graduate UNTIL BAG IS EMPTY.
- 11. Avoids touching the graduate with the tip of the tubing.
- 12. Closes the drain.
- 13. Wipes the drain with antiseptic wipe AFTER emptying drainage bag.
- 14. Replaces drain in holder.
- 15. Lowers bed.

- 16. Lowers side rails.
- 17. Places graduate on level flat surface
- 18. With graduate at eye level, reads output.
- 19. Empties graduate into designated toilet.
- 20. Rinses equipment.
- 21. Dries equipment.
- 22. Returns equipment to storage.
- 23. Removes gloves turning inside out as they are removed.
- 24. Disposes of gloves.
- 25. Leaves resident in a position of comfort and safety.
- 26. Records the output in cc/ml on signed recording sheet.
- 27. Candidate's recorded measurement is within 25cc of the Observer's measurement.
- 28. Opens privacy curtain.
- 29. Places call light within reach.
- 30. Maintains respectful, courteous interpersonal interactions.
- 31. Identifies that hands should be washed.

11. Category: Feeding a dependent resident

- 1. Introduces self to the resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. VERBALLY identify resident's name against the diet card verbalizing that the resident has received the correct tray.
- 5. Positions the resident in an upright position, at least 45 degrees.
- 6. Protects clothing from soiling by using napkin, clothing protector, Or towel.
- 7. Washes resident's hands before feeding.
- 8. Dries resident's hands before feeding.
- 9. Discards soiled linen in appropriate container.
- 10. Candidate positioned at eye level facing the resident while feeding resident.
- 11. Describes the foods being offered to the resident.

- 12. Offers each fluid frequently.
- 13. Offers small amounts of food at a reasonable rate.
- 14. Allows resident time to chew and swallow
- 15. Wipes resident's hands and face during meal at **least one time**.
- 16. Leaves resident clean.
- 17. Leaves resident in a position of comfort.
- 18. Leaves head of bed at **least 30 degrees** after completion of the meal
(MUST PHYSICALLY BE PERFORMED)
- 19. Records intake in percentage of total solid food eaten on signed pad provided.
- 20. Candidate's calculation must be within 25% of the Observers.
- 21. Candidate records sum of fluid intakes in cc/ml on previously signed recording pad.
- 22. The candidate's calculation is within 60cc/ml of the Observer's.
- 23. Maintains respectful, courteous interpersonal interactions at all times.
- 24. Leaves call light or signaling device within easy reach of the resident.
- 25. Identifies that hands should be washed.

12. Category: Hair Care

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Places towel on shoulders.
- 5. Asks resident how s(he) would like his/her hair styled.
- 6. Combs/brushes/styles hair gently.
- 7. Combs/brushes/styles hair completely.
- 8. Discards linen in appropriate container.
- 9. Leaves hair neatly brushed/combed/styled.
- 10. Maintains respectful, courteous interpersonal interactions at all times.
- 11. Leaves call light or signal calling device within easy reach of the resident.

__ 12. Identifies that hands should be washed.

13. Category: Occupied bed

__ 1. Introduces self to resident

__ 2. Identifies that hands should be washed.

__ 3. Gathers linen.

__ 4. Transports linen correctly.

__ 5. Places clean linen on a clean surface. (Top of bedside stand, on over-bed table, over the back of a chair or drapes over foot of bed.)

__ 6. Explains procedure to resident.

__ 7. Provides privacy -- pulls curtain.

__ 8. Raises side rail opposite working side of bed.

__ 9. Raises bed between mid-thigh and waist level.

__ 10. Resident is covered at all times.

__ 11. Assists resident to roll onto side toward raised side rail.

__ 12. Rolls or fan folds soiled linen, soiled side inside, to the center of the bed.

__ 13. Places clean bottom sheet along the center of the bed.

__ 14. Rolls or fan folds linen against resident's back.

__ 15. Unfolds remaining half.

__ 16. Secures two fitted corners of the clean bottom sheet.

__ 17. Raises second side rail.

__ 18. Assists the resident to roll over the bottom linen.

__ 19. Prevents trauma/avoidable pain for the resident at all times.

__ 20. Removes soiled linen without shaking.

__ 21. Avoids touching linen to uniform.

__ 22. Disposes of soiled linen in hamper or equivalent.

__ 23. Pulls through/smoothes out the clean bottom linen.

__ 24. Secures the other two fitted corners.

__ 25. Places clean top linen and blanket or bed spread over covered Resident while removing used linen.

__ 26. Keeps resident unexposed at all times.

- 27. Tucks in top linen and blanket or bedspread at the foot of bed.
- 28. Makes mitered corners at the foot of the bed.
- 29. Applies clean pillow case.
- 30. Zippers and/or tags of pillow case are positioned to inside.
- 31. Gently lifts resident's head while replacing the pillow.
- 32. Lowers bed.
- 33. Returns side rails to lowered position.
- 34. Leaves bed completely and neatly made without wrinkles
- 35. Maintains respectful, courteous interpersonal interactions at all times.
- 36. Opens privacy curtain
- 37. Leaves call light or signal calling device within easy reach of the resident.
- 38. Identifies that hands should be washed.

14. Category: Applying an Adult Brief on the Mannequin

- 1. Introduces self to resident.
- 2. Identifies that hands should be washed.
- 3. Explains the procedure to the resident.
- 4. Provides for privacy by pulling the privacy curtain.
- 5. Gathers supplies (incontinent pad, waterproof pad, bath blanket, gloves etc)
- 6. Raises bed between mid thigh and waist level
- 7. Raises side rails opposite the working side of the bed.
- 8. Puts on gloves.
- 9. Places water proof incontinent pad under resident by rolling resident side to side.
- 10. Unfastens the wet brief on both sides and assist resident to raise buttock or roll side to side to remove soiled brief..
- 11. Immediately discards soiled brief in the appropriate container.
- 12. Verbalizes that you would wash, rinse and dry soiled area.
- 13. Apply new brief by rolling resident side to side or raising buttocks.
- 14. Pulls brief through and makes sure that it is even on both sides

- 15. Fastens brief securely on both sides.
- 16. Lowers bed.
- 17. Lowers side rails.
- 18. Disposes of gloves in the appropriate container.
- 19. Leaves resident in a position of safety and comfort. (ex-bed lowered and side rails down)
- 20. Opens privacy curtain.
- 21. Verbalizes that residents brief should be "checked every two hours."
- 22. Leaves call light within reach of resident.
- 23. Identifies hands should be washed.

15. Category: Mouth Care

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Gathers equipment/supplies.
- 5. Provides for resident's privacy, pulls privacy curtain.
- 6. Candidate puts on gloves only after supplies have been gathered.
- 7. Drapes the chest with a towel (cloth or paper) to prevent soiling.
- 8. Candidate wets toothbrush.
- 9. Applies a small amount of toothpaste to toothbrush.
- 10. Brushes resident's teeth, including the inner surfaces of all upper And lower teeth, while verbalizing the surfaces they are cleaning.
- 11. Brushes resident's teeth, including the outer surfaces of all upper And lower teeth, while verbalizing the surfaces they are cleaning.
- 12. Brushes resident's teeth, including chewing surfaces of all upper and lower teeth, while verbalizing the surfaces they are cleaning.
- 13. Cleans tongue.
- 14. Assists resident in rinsing mouth.
- 15. Wipes resident's mouth.
- 16. Removes soiled chest barrier.
- 17. Places soiled chest barrier (cloth or paper) in the appropriate container.
- 18. Empties emesis basin.

- 19. Rinses emesis basin.
- 20. Dries emesis basin.
- 21. Rinses toothbrush.
- 22. Returns equipment to storage.
- 23. Removes gloves turning inside out.
- 24. Disposes of gloves in appropriate container.
- 25. Leaves resident in position of comfort.
- 26. Opens privacy curtain.
- 27. Leaves call light or signaling device within easy reach of the resident.
- 28. Maintains respectful, courteous interpersonal interactions at all times.
- 29. Identifies that hands should be washed.

16. Category: Nail care to one hand

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Immerses nails in comfortably warm water.
- 5. Soaks nails for at least five (5) minutes.
 - a. (The five minutes may be verbalized)
- 6. Gently pushes cuticle back with a wet wash cloth.
- 7. Dries hand thoroughly.
- 8. Carefully dries between fingers.
- 9. Gently cleans under nails with orange stick.
- 10. Files each fingernail.
- 11. Empties equipment.
- 12. Rinses equipment.
- 13. Dries equipment.
- 14. Returns equipment to storage.
- 15. Discards soiled linen in linen hamper or equivalent.
- 16. Discards orange stick in the designated sharps container.

- 17. Maintains respectful, courteous interpersonal interactions at all times.
- 18. Leaves call light or signaling device within easy reach of the resident.
- 19. Identifies that hands should be washed.

17. Category: Partial Bed bath (face, arm, underarm and hand)

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Pulls privacy curtain.
- 5. Fills basin with comfortably warm water.
- 6. Raises bed between mid thigh and waist level.
- 7. Covers resident with a bath blanket or clean sheet.
- 8. Fanfolds bed linens at least down to waist or moves linens to Opposite side.
- 9. Removes resident's gown without exposing resident.
- 10. Disposes of gown in designated linen hamper.
- 11. Washes face WITHOUT SOAP.
- 12. Pats face dry.
- 13. Places towel under arm, exposing one arm.
- 14. Washes arm.
- 15. Washes hand.
- 16. Washes underarm.
- 17. Used soap for the previous three steps.
- 18. Rinses arm.
- 19. Rinses hand.
- 20. Rinses underarm.
- 21. Dries arm.
- 22. Dries hand.
- 23. Dries underarm.
- 24. Assists resident to put on a clean gown.

- 25. Empties equipment.
- 26. Rinses equipment.
- 27. Dries equipment.
- 28. Returns equipment to storage.
- 29. Disposes of bath blanket and soiled linen in appropriate container.
- 30. Lowers bed.
- 31. Opens privacy curtain.
- 32. Maintains respectful, courteous interpersonal interactions at all times.
- 33. Leaves call light or signal calling device within reach of the resident.
- 34. Identifies that hands should be washed.

18. Category: Perineal Care female

- 1. Introduces self to resident
- 2. Identifies that hands should be washed
- 3. Explains procedure to the resident/mannequin.
- 4. Pulls curtain; provides privacy
- 5. Raises side rail opposite working side of bed.
- 6. Fills basin with comfortably warm water.
- 7. Raises the bed between mid thigh and waist level.
- 8. Places bath blanket on mannequin.
- 9. Puts on gloves.
- 10. Places waterproof pad under resident's buttocks by turning resident toward side OR raises hips and places waterproof pad under buttocks.
- 11. Returns resident to his/her back.
- 12. Exposes perineum only.
- 13. Shows separating the labia, while verbalizing this action.
- 14. Uses water and soapy washcloth.
- 15. Cleans both sides of labia from top to bottom.
- 16. Cleans middle of labia from top to bottom.

- 17. Uses a clean portion of a wash cloth with each stroke.
- 18. Rinses the area from top to bottom.
- 19. Pat dries the area.
- 20. Rinses using a clean portion of the washcloth with each stroke.
- 21. Pat dries using a clean portion of the towel with each pat.
- 22. Covers the exposed area with the bath blanket or clean sheet
- 23. Assists resident to turn onto side away from working side of the bed
- 24. Uses a new clean wash cloth
- 25. Cleans the rectal area
- 26. Uses water, wash cloth and soap
- 27. Cleans area from vagina to rectal area
- 28. Uses single strokes
- 29. Uses clean portion of the washcloth with each stroke.
- 30. Rinses area from vagina to rectal area.
- 31. Pat dries area from vagina to rectal area.
- 32. Removes water proof pad from under buttocks by turning resident side to side to remove pad without friction.
- 33. Positions resident (mannequin) on her back
- 34. Disposes of all soiled linen including the bath blanket or sheet in the hamper or equivalent
- 35. Empties equipment.
- 36. Rinses equipment.
- 37. Dries equipment.
- 38. Returns equipment to storage
- 39. Removes gloves turning inside out
- 40. Disposes of gloves in appropriate container
- 41. Lowers bed.
- 42. Lowers side rail.
- 43. Opens privacy curtain.
- 44. Places call light or signaling device within reach of resident.
- 45. Identifies that hands should be washed

19. Category: Positioning resident on side

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains what is to be done.
- 4. Explains how the resident may help.
- 5. Pulls curtain, provides privacy.
- 6. Positions bed flat
- 7. Raises bed between mid-thigh and waist level.
- 8. Raises side rail on side of the bed opposite working side of bed to provide safety.
- 9. From the working side of bed - moves upper body toward self.
- 10. From the working side of the bed - moves hips toward self.
- 11. From the working side of the bed - moves legs toward self.
- 12. Assists/turns resident on his/her _____ side.
- 13. Insures that the resident's face never becomes obstructed by the pillow.
- 14. Checks to be sure resident is not lying on down side arm.
- 15. Insures resident is in correct body alignment.
- 16. Places support devices under the resident's head.
- 17. Places support devices under the resident's up side arm.
- 18. Places support devices behind back.
- 19. Places support devices between knees.
- 20. Leaves resident in a position of comfort and safety.
- 21. Lowers side rails.
- 22. Lowers bed.
- 23. Opens privacy curtain.
- 24. Maintains respectful, courteous interpersonal interactions at all times.
- 25. Leaves call light or signaling device within easy reach of the resident.
- 26. Identifies that hands should be washed.

20. Category: Range of Motion Exercise for Hip and Knee

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Raises bed between mid thigh and waist level.
- 5. Pulls Curtain; provides for privacy
- 6. Positions resident supine (bed flat).
- 7. Verbalizes that the resident is in good body alignment.
- 8. Places one hand under the knee.
- 9. Places the other hand under the ankle.
- 10. ROM for Hip: Moves the entire leg away from the body. (abduction)
- 11. Moves the entire leg toward the body. (adduction)
- 12. Completes abduction and adduction of the hip at least three times.
- 13. Continues to correctly support joints by placing one hand under the resident's knee and the other hand under the resident's ankle.
- 14. Bends the resident's knee and hip toward the resident's trunk. (flexion of hip and knee at the same time)
- 15. Straightens the knee and hip. (extension of knee and hip at the same time)
- 16. Completes flexion and extension of the knee and hip at least three times.
- 17. Does not cause discomfort/pain anytime during ROM (Candidate must ask at least once during the exercise "are you having any pain or discomfort).
- 18. Does not force any joint beyond the point of free movement.
- 19. Leaves resident in a comfortable position.
- 20. Lowers bed.
- 21. Opens privacy curtain.
- 22. Maintains respectful, courteous interpersonal interactions at all times.

21. Category: Range of motion one shoulder

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.

- 4. Pulls Curtain; provides for resident's privacy.
- 5. Raises bed between mid thigh and waist level.
- 6. Positions resident supine (bed flat).
- 7. Verbalizes that the resident in good body alignment.
- 8. Places one hand under the elbow.
- 9. Places other hand under the resident's wrist.
- 10. Raises the resident's arm up and over the resident's head. (flexion)
- 11. Brings the resident's arm back down to the resident's side. (extension)
- 12. Completes flexion and extension of shoulder at least three times.
- 13. Continues same support for shoulder joint.
- 14. Moves the resident's entire arm out away from the body. (abduction)
- 15. Returns arm to the resident's side. (adduction)
- 16. Completes abduction and adduction of the shoulder three times.
- 17. Does not cause discomfort/pain at anytime during ROM (candidate must ask at least once during the exercise).
- 18. Does not force any joint beyond the point of free movement.
- 19. Leaves resident in a comfortable position.
- 20. Lowers bed.
- 21. Opens privacy curtain.
- 22. Maintains respectful, courteous interpersonal interactions at all times.
- 23. Places call light or signaling device within easy reach of the resident.
- 24. Identifies that hands should be washed

22. Category: Stand/Pivot/Transfer Bed to Wheelchair using a gait belt

- 1. Introduces self to the resident
- 2. Identifies that hands should be washed.
- 3. Explains the procedure to be performed to the resident.
- 4. Provides for residents privacy by pulling privacy curtain
- 5. Obtains a gait belt.
- 6. Positions wheelchair at the foot or head of bed

- 7. Arm or wheelchair wheel touching bed
- 8. Locks wheelchair brakes to ensure resident's safety.
- 9. Locks bed brakes to ensure resident's safety.
- 10. Assists resident in putting on non-skid slippers while in bed.
- 11. Lowers bed so resident's feet will be flat on floor when resident is sitting on the bed.
- 12. Assists resident to a sitting position.
- 13. Places gait belt around waist to stabilize trunk.
- 14. Tightens gait belt.
- 15. Checks gait belt for tightness by slipping fingers between gait belt and resident.
- 16. Faces resident.
- 17. Grasps gait belt with both hands.
- 18. Brings resident to standing position.
- 19. Uses proper body mechanics.
- 20. Assists resident to pivot in a controlled manner that ensures safety.
- 21. Sits resident in the wheelchair in a controlled manner that ensures safety.
- 22. Removes gait belt.
- 23. Maintains respectful, courteous interpersonal interactions at all times.
- 24. Opens privacy curtain
- 25. Leaves call light or signaling device within easy reach of the resident.
- 26. Identifies that hands should be washed.

23. **Category: Stand/Pivot/Transfer wheelchair to bed using a gait belt**

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to be performed to the resident.
- 4. Provides for residents privacy pulls privacy curtain
- 5. Positions wheelchair at foot of bed or head of the bed.
- 6. Arm or wheelchair wheel touching side of bed

- 7. Insures resident's safety. Locks wheelchair brakes.
- 8. Insures resident's safety. Locks bed brakes.
- 9. Assist resident to put on non skid slippers while laying in bed
- 10. Lowers bed to a position so the resident's feet will be flat on the floor when the resident is transferred to the bed.
- 11. Places gait belt around waist to stabilize trunk.
- 12. Tightens gait belt.
- 13. Checks gait belt for tightness by slipping fingers between gait belt and resident.
- 14. Faces resident.
- 15. Grasps gait belt with both hands.
- 16. Brings resident to standing position.
- 17. Uses proper body mechanics.
- 18. Assists resident to pivot in a controlled manner that ensures safety.
- 19. Assists resident to sit on the bed in a controlled manner that Ensures safety.
- 20. Removes gait belt.
- 21. Assists resident in removing outer footwear.
- 22. Assists resident to move to center of bed.
- 23. Assists resident to lie down, supporting extremities as necessary.
- 24. Insures resident is comfortable.
- 25. Verbally identifies that the resident is in good body alignment.
- 26. Maintains respectful, courteous interpersonal interactions at all times.
- 27. Leaves call light within reach of the resident.
- 28. Identifies that hands should be washed.

24. Category: Temperature, pulse and respirations (TPR)

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provides for resident's privacy: pulls curtain

- 5. Correctly turns on digital oral thermometer.
- 6. Gently inserts bulb end of thermometer in mouth - under tongue.
- 7. Holds thermometer in place for appropriate length of time.
- 8. Removes thermometer.
- 9. Candidate reads the temperature.
- 10. Candidate records the temperature on the signed pad of paper.
- 11. Candidate's recorded temperature varies no more than 0.1 degrees from the Observer's recorded temperature.
- 12. Candidate wipes the thermometer clean with alcohol pad or discards sheath appropriately.
- 13. Locates the radial pulse by placing tips of fingers on thumb side of the resident's wrist.
- 14. Counts pulse for 60 seconds
- 15. Candidate records his/her reading on the previously signed recording pad.
- 16. Candidate's recorded pulse rate is within 4 beats of Observer's recorded rate for the full 60 seconds.
- 17. Candidate counts respirations for 60 seconds.
- 18. The Observer records both rates in the spaces provided.
- 19. The candidate's recorded respiratory rate is within 2 breaths of the Observer's recorded rate for the full 60 seconds.
- 20. Maintains respectful, courteous interpersonal interactions at all times.
- 21. Opens privacy curtain
- 22. Leaves call light or signal calling device within easy reach of the resident.
- 23. Identifies that hands should be washed.

25. Category: Weighing an ambulatory resident

- 1. Introduces self to resident
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Balances (or zeros) scale as necessary. (Candidate verbalize checking the scale before weighing to see if it is balanced or zeroed.)
- 5. Insures resident's safety. Locks wheelchair brakes.
- 6. Assists resident to stand.

- 7. Walks resident to the scale.
- 8. Assists resident to step on scale.
- 9. Checks that resident is centered on scale.
- 10. Checks that resident has arms at side and verbalizes that they are not holding onto anything that would alter their weight.
- 11. Insures resident is not holding on to anything that would alter Reading of the weight.
- 12. Appropriately adjusts weights until scale is in balance or reads Analog scale.
- 13. Returns resident to the wheel chair.
- 14. Assists resident to sit in wheelchair.
- 15. Records weight on signed pad.
- 16. Candidate's recorded weight from signed pad varies no more than 2 lb. from Observer's prerecorded reading.
- 17. Maintains respectful, courteous interpersonal interactions at all times.
- 18. Leaves call light or signal calling device within easy reach of the resident.
- 19. Identifies that hands should be washed.