

OHIO MOCK SKILLS 2012

SKILL: ___ Ambulation using a Gait Belt _____ DATE: _____ PASS: ___ FAIL: ___

- Identifies that hands should be washed
- Explains procedure to be performed and obtains gait belt
- *Locks bed brakes to ensure resident's safety
- Lowers bed to a position so that resident's feet will rest comfortably flat on the floor when sitting on the bed
- Brings resident to sitting position with feet flat on the floor and places gait belt around waist to stabilize trunk
- Assists resident to put on non-skid slippers
- Bring resident to standing position, using proper body mechanics
- With one hand grasping gait belt and the other stabilizing resident by holding fore-arm, shoulder, or using other appropriate method to stabilize, ambulates resident at least 10 steps
- *Locks wheelchair brakes to ensure resident's safety
- Assists resident to pivot and sit in a controlled manner that ensure safety;. Removes gait belt
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL ___ Ambulation with Walker _____ DATE: _____ PASS: ___ FAIL: ___

- Identifies that hands should be washed
- Explains procedure to resident
- *Locks bed brakes to ensure resident's safety
- *Locks wheel chair brakes to ensure resident's safety
- Brings resident to sitting position
- Assists resident in putting on non-skid slippers
- Positions walker
- Assists resident to pivot and sit, using correct body mechanics
- Positions self behind and slightly to side of resident
- Safely ambulates resident at least 10 steps
- Assists resident to pivot and sit, using correct body mechanics
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL ___ Antiembolic Stocking _____ DATE: _____ PASS: ___ FAIL: ___

- Identifies that hands should be washed
- Explains procedure to resident
- Provides for resident's privacy by only exposing one leg
- Provides for resident's privacy by pulling privacy curtain
- Rolls, gathers or turns stocking down inside out to the heel
- Place stocking over the toes, foot, and heel and rolls or pulls up the leg
- Checks toes for possible pressure from stocking and adjusts as needed
- *Leaves resident with stockings that are smooth and wrinkle free
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL ___ Bedpan/Fracture Pan and Output _____ DATE: _____ PASS: ___ FAIL: ___

- Identifies that hands should be washed
- Explains procedure to resident

- Provides privacy for resident pulls curtain
- Candidate puts on gloves
- Positions resident on bedpan/fracture pan with pan in correct orientation
- Positions resident on pan using with pan in correct boy orientation
- Raises head of bed to comfortable level
- Leaves tissue within reach of resident
- Candidate steps away from the resident
- RN observer identifies resident is finished
- Candidate returns to the resident
- Candidate gently removes bedpan/fracture pan
- Candidate holds bedpan/fracture pan while observer adds a known quantity of fluid
- Candidate places graduate on flat surface at eye level to measure output
- Empties graduate, rinses and dries bedpan/fracture pan and graduate and returns to storage.
- Washes/assists resident to wash and dry hands with wet wash cloth and towel
- Remove glove turning inside out and disposes of gloves in an appropriate container
- Candidate records output on signed recording sheet
- *Candidate's measurement reading is within 25cc/mL of RN Observer's reading
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL Catheter Care **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Raises side rail opposite working side of bed or ask test observer to stand on the opposite side of the bed
- Provides privacy for resident pulls curtain and puts on gloves
- Fills basin with comfortably warm water
- Position a bath blanket or clean sheet over resident to maintain privacy
- Turn mannequin and places incontinence pad under resident/mannequin. Exposes only the perineum area
- Verbalizes the act of checking to see that the tubing is not kinked and the urine can freely flow into the drainage bag
- Uses soap and water to carefully wash around the drainage tube where it exits the urethra
- *Hold catheter near the urethra to prevent tugging on catheter
- Cleans 3-4 inches from the urethra down the drainage tube
- *Cleans with strokes only away from the urethra
- Uses clean portion of cloth for each stroke
- *Rinses with strokes only away from the urethra
- Rinses using clean portion of the washcloth for each stroke
- Pats dry with a clean towel
- Does not allow the tube to be pulled at any time during the procedure
- Replaces top cover over resident
- Removes bath blanket
- Removes incontinence pad
- Disposes of linens in the linen hamper
- Removes gloves turning inside out
- Disposes of glove
- Empties, rinses and dries equipment
- Return equipment to storage

- Leaves resident in a position of safety and comfort
- Leaves call light or signaling device within easy reach of the resident's
- Maintains respectful, courteous interpersonal interaction at all times
- Identifies that hands should be washed

SKILL Denture Care **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Lines sink with a protective lining that would help prevent damage to the dentures
- Puts on gloves
- Removes dentures from cup
- Handles Dentures carefully to avoid damage
- Applies toothpaste
- Thoroughly brushes denture inner of upper and/ or lower dentures (Toothettes may be utilized instead of a toothbrush as long as all of the surfaces listed above are cleaned)
- Thoroughly brushes denture outer of upper and/ or lower dentures (Toothettes may be utilized instead of a toothbrush as long as all of the surfaces listed above are cleaned)
- Thoroughly brushes denture chewing surfaces of upper and/ or lower dentures (Toothettes may be utilized instead of a toothbrush as long as all of the surfaces listed above are cleaned)
- Rinses denture using clean cool water
- Places dentures in rinsed cup
- Adds cool clean water to denture cup
- Cleans and dries equipment and returns to storage
- Discards protective lining in appropriate container
- Removes gloves, turning inside out and disposes of glove in the appropriate container
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL Dressing a Resident **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Provides privacy for resident pulls curtain
- Keeps resident covered while removing gown
- Removes gown from unaffected side first
- Places used gown in laundry hamper
- *When dressing the resident in a shirt or blouse, the candidate inserts his/her hand through the sleeve of the shirt or blouse and grasps the hand of the resident, dressing from the weak side first
- *The candidate assists the resident to raise buttocks or turns resident from side to side and draws the pants over the buttock and up to the resident's waist, always dressing from the weak side first
- When putting on the resident's socks, the candidate draws the socks up the resident's foot until they are smooth
- When putting on the resident's shoes, the candidate slips each shoe on and securely fastens the shoe with velcro tabs or ties
- Leaves the resident comfortable and properly dressed
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL **Urinary Drainage Bag** _____ **DATE:** _____ **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Provides privacy for resident pulls curtain
- Candidate puts on gloves
- Places a barrier on the floor under the drainage bag
- Places the graduate on the previous places barrier
- Opens the drain to allow the urine to flow into the graduate
- Avoids touching the graduate with the tip of the tubing
- Close the drain
- *Wipes the drain with antiseptic wipe
- Replaces drain in holder
- With graduate at eye level, measure output
- Empties graduate into toilet, if bed side toilet is available
- Cleans equipment
- Dries equipment
- Return equipment to storage
- Turns gloves inside out at they are removed
- Disposes of gloves in the appropriate container
- Leaves resident in a position of safety and comfort
- Records the output in cc/ml on signed recording sheet
- *Candidate's measurement is within 25cc/mls of Observer's measurement
- Places call light within reach of resident
- Maintains respectful, courteous interpersonal interaction at all times
- Identifies that hands should be washed

SKILL **Feeding a Dependent Resident** _____ **DATE:** _____ **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Identify the resident name against the diet card and verbalizing that the resident have received the correct tray
- Positions the resident in an upright position
- Protects clothing from soiling by using napkin, clothing protector or towel per resident request
- Washes and dries resident's hands and face before feeding
- Discards soiled linen correctly
- Candidate positions self at eye level sitting down and facing the resident while feeding resident
- Describes the food being offered to the resident
- Offers each fluid frequently
- Offers small amounts of food at a reasonable rate
- Allows resident time to chew and swallow
- Wipes resident's hands and face during meal at least one time
- Leave resident clean and in a position of comfort
- Records intake in percentage of total solid food eaten on signed recording sheet
- Evaluator records his/her calculation
- *Candidate is within 25% of the solids
- Candidate records sum of fluid in cc/ml on signed recording sheet
- Evaluator records his/her own calculation
- *The candidate's calculation is within 60cc/ml of the fluids consumed
- Maintains respectful, courteous interpersonal interaction at all times

- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL **Hair Care** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Places towel on shoulders.
- Ask resident how they would like their hair combed
- Combs/brushes hair gently and completely
- Discards linen in appropriate container
- Leaves hair neatly brushed/ combed or styled
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL **Occupied Bed** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Gathers linen
- Transport linen correctly
- Places clean linen on top of bedside stand, on over-bed table, over back of chair or drapes over foot of bed
- Explains procedure to resident
- Provides privacy pulls curtain
- *Raises side rail opposite working side of the bed or ask test observer to stand on the opposite side of the bed
- Raises bed between mid-thigh and waist level
- Resident is to remain covered at all times
- Assists resident to roll onto side toward raise side rail of test observer
- Rolls or fan folds soiled line, soiled side inside to the center of bed
- Places clean bottom sheet along the center of the bed and rolls or fan fold linen against resident's back and unfold remaining half
- Secures two fitted corners
- *Raises second side rail or ask test observer to stand opposite working side of the bed
- Assists the resident to roll over the bottom linen, preventing trauma and a void pain to resident
- Removes soiled linen without shaking and places in hamper
- Avoids touching linen to uniform
- Disposes of soiled linen in hamper
- Pulls through and smoothes out the clean bottom linen
- Secures other two fitted corners
- Places clean top linen and blanket or bedspread over covered resident, removes used linen making sure the resident is unexposed at all times
- Tucks in top linen and blanket or bedspread at foot of the bed
- Makes mitered corners at the foot of bed
- Applies clean pillowcase, with zippers and/or tags to inside
- Gently lifts resident's head when replacing the pillow
- Lowers bed if it was raised
- Returns side rails to lowered position if side rails were used
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's

Identifies that hands should be washed

SKILL **Making Unoccupied Bed** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Gathers linen
- Transport linen correctly
- Places clean linen on top of bedside stand, on over-bed table, over back of chair or drapes over foot of bed
- Raises bed between mid thigh and waist level
- Removed soiled linen from bed without shaking or contaminating uniform
- Places removed linen in hamper
- Applies bottom fitted sheet, keeping it straight and centered
- Makes bottom linen smooth and/or tight, free of wrinkles
- Places clean top linen and blanket or bedspread on the bed
- Tucks in top linen and blanket or bedspread at foot of bed
- Makes mitered corners at the foot of the bed
- Applies clean pillowcase with zippers and/or tags to inside of pillowcase
- Leaves bed completely and neatly made
- Returns bed to lowest position if it was raised
- Identifies that hands should be washed

SKILL **Mouth Care** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to the resident
- Provides for resident's privacy pulls privacy curtain
- Drapes the chest with a towel to prevent soiling
- Candidate puts on gloves after all supplies have been gathered
- Applies toothpaste to toothbrush
- *Brushes resident's teeth, including the inner, outer, and chewing surfaces of all upper and lower teeth. If available, toothettes may be utilized instead of the toothbrush as long as all of the surfaces listed above are cleaned. (Candidate must verbalize as the perform the step)
- Cleans tongue
- Assists resident in rinsing mouth
- Wipes resident's mouth
- Removes soiled chest barrier
- Places soiled chest barrier in appropriate container
- Empties emesis basin
- Cleans and dries emesis basin
- Rinses toothbrush
- Returns emesis basin and toothbrush to storage
- Disposes of gloves properly
- Leaves resident in a position of safety and comfort
- Leaves call light or signaling device within easy reach of the resident's
- Maintains respectful, courteous interpersonal interaction at all times
- Identifies that hands should be washed

SKILL **Nail Care** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to the resident

- Immerses nails in comfortably warm water and soaks for at least five minutes
(The five minutes may be verbalized)
- Dries hand thoroughly, being careful to dry between fingers
- *Gently clean under nail with orange stick
- Gently pushes cuticle back with wash cloth
- Files each fingernail
- Cleans Equipment
- Returns equipment to storage
- Discards soiled linen in linen hamper
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signal device within easy reach of the resident's
- Identifies that hands should be washed

SKILL Partial Bed Bath **DATE:** _____ **PASS:** _____ **FAIL:** _____

- Identifies that hands should be washed
- Explains procedure to resident
- Pulls privacy curtain
- Raises bed between mid thigh and waist level
- Covers resident with a bath blanket
- Fan folds Bed linens at least down to waist or moves linens to opposite side
- Removes resident's gown without exposing resident and disposes in linen hamper
- Fills basin with comfortably warm water
- Washes face WITHOUT SOAP
- Dries face
- Places towel under arm, exposing one arm
- Washes arm
- Washes hand
- Washes underarm
- Used soap for the previous three steps
- Rinses arm
- Rinses hand
- Rinses underarm
- Dries arm
- Dries hand
- Dries underarm
- Assists resident to put on a clean gown
- Empties, rinses and dries basin/s and returns equipment to storage
- Disposes of soiled linen in appropriate container
- Lowers bed if it was raised
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL Perineal Care **DATE:** _____ **PASS:** _____ **FAIL:** _____

- Identifies that hands should be washed
- Explains procedure to resident (mannequin)
- Pulls privacy curtain
- Raises the bed between mid-thigh and waist level
- Fills basin with comfortably warm water

- Raises side rail opposite working of bed or ask the observer to stand on the opposite side of the bed
- Turns resident to side and places waterproof pad under resident's buttocks then returns resident to his/her back or raises hips and places waterproof pad under buttocks
- Places bath blanket on resident/mannequin
- Exposes perineum only
- Separates labia
- Uses water and soapy washcloth
- *Clean both sides of labia from top to bottom
- Uses a clean portion of a washcloth with each stroke
- Rinses both sides from top to bottom
- Dries both side of the area from top to bottom
- In like manner, cleans middle of labia from top to bottom using a clean portion with each stroke
- Covers the exposed area with the bath blanket
- Assists resident to turn onto side away from the candidate
- With a new clean wash cloth, cleans the rectal area
- Uses, water, wash cloth and soap
- *Cleans area from vagina to rectal area with single strokes
- Rinses area from vagina to rectal area
- Dries area from vagina to rectal area
- Removes water proof pad from under buttocks
- Position resident (mannequin) on their back
- Disposes of all soiled linen and bath blanket in an appropriate container
- Rinses and dries equipment
- Returns equipment to storage
- Disposes of gloves in appropriate container
- Lowers bed, if it was raised
- Lowers side rail, if it was used
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL **Position Resident on Left Side** _____ **DATE:** _____ **PASS:** _____ **FAIL:** _____

- Identifies that hands should be washed
- Explains procedure to resident
- Pulls privacy curtain
- Positions bed flat
- Insures that the resident's face never becomes obstructed by the pillow
- *Raises side rail on side of the bed or directs test observer to stand on opposite side of bed to provide for safety
- From the working side of be moves resident's head towards self
- From the working side of be moves resident's hips towards self
- From the working side of be moves resident's legs towards self
- Assists/turns resident on side
- Check to be sure resident is not lying on his/her down side arm
- *Maintain correct body alignment (candidate must verbalize as they are checking)
- Places support devices under the candidate's head
- Places support devices under the candidate's upside arm

- Places support devices behind back
- Places support devices between knees
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL **Range of Motion Hip & Knee** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Pulls privacy curtain
- Positions resident supine
- Positions resident in good body alignment
- Correctly supports joints by placing one hand under the knee and the other hand under the ankle
- ROM for hip: moves the entire leg away from the body (Abduction)
- Moves the entire leg toward the body (adduction)
- Completes abduction and adduction of the hip three times
- Continues to correctly support joints
- Bends the resident's knee and hip toward the resident's trunk (flexing of the hip and knee at the same time)
- Straightens the knee and hip (extension of knee and hip at the same time)
- Completes flexion and extension of knee and hip three times
- *Does not cause discomfort or pain
- Does not force any joint beyond the point of free movement candidate must ask if they are causing any pain or discomfort
- Leaves resident in a comfortable position
- Leaves call light or signaling device within easy reach of the resident's
- Maintains respectful, courteous interpersonal interaction at all times
- Identifies that hands should be washed

SKILL **Range of Motion One Shoulder** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Pulls privacy curtain
- Positions resident supine
- Positions resident in good body alignment
- Correctly supports resident's joint by placing one hand under their elbow and the other hand under the resident's wrist
- Raises the resident's arm up away from the body (flexion)
- Brings the resident's arm back down to the resident's side (extension)
- Completes flexion and extension three times
- Continues same support for shoulder joint
- Moves the resident's entire arm out away from the body (abduction)
- Returns arm to the resident's arm to the side of the resident's body (adduction)
- Completes full range of motion for shoulder through abduction and adduction three times
- *Does not cause discomfort or pain
- Does not force any joint beyond the point of free movement candidate must ask if they are causing any pain or discomfort

- Leaves resident in a comfortable position
- Leaves call light or signaling device within easy reach of the resident's
- Maintains respectful, courteous interpersonal interaction at all times
- Identifies that hands should be washed

SKILL Transfer Bed to WC using Gait Belt **DATE:** _____ **PASS:** ____ **FAIL:** _____

- Identifies that hands should be washed
- Explains procedure to resident
- Positions wheelchair at the foot or head of bed
- *Locks wheelchair brakes to ensure residents safety
- *Locks bed brakes to ensure resident's safety
- Lowers bed to lowest position so resident's feet will be flat on floor
- Assists resident to a sitting position
- Assists resident in putting on non-skid slippers
- Places gait belt around waist
- Tightens gait belt, checks gait belt for tightness by slipping fingers between gait belt and resident
- Faces resident and grasps gait belt with both hands
- Brings resident to standing position, using proper body mechanics
- Assists resident to pivot and assists them to sit in the wheelchair, in a controlled manner that ensures resident's safety
- Removes gait belt
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL Transfer WC to Bed using Gait Belt **DATE:** _____ **PASS:** ____ **FAIL:** _____

- Identifies that hands should be washed
- Explains procedure to resident
- Positions wheelchair at the foot or head of bed
- *Locks wheelchair brakes to ensure residents safety
- *Locks bed brakes to ensure resident's safety
- Lowers bed to lowest position so resident's feet will be flat on the floor when the resident is transferred to the bed
- Place gait belt around waist to stabilize trunk
- Tightens gait belt, checks gait belt for tightness by slipping fingers between gait belt and resident
- While facing resident grasps gait belt with both hands and brings resident to standing position using proper body mechanics
- Assists resident to pivot in a controlled manner that ensures safety
- Assists resident to sit on the bed
- Removes gait belt
- Assists resident in removing non-skid slippers
- Assists resident to move to center of bed and lie down, supporting extremities as necessary
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL TPR, Oral Digital **DATE:** _____ **PASS:** ____ **FAIL:** _____

- Identifies that hands should be washed
- Explains procedure to resident
- Correctly turns on digital oral thermometer

- Gently inserts bulb end of the of thermometer in mouth under tongue
- Hold thermometer in place for appropriate length of time
- Removes thermometer
- Candidate reads and records the temperature reading on signed recording sheet
- *Candidate's recorded temperature varies no more than .1 degree from test Observer's
- Candidate wipes the thermometer clean with alcohol pad or discards sheath
- Locates the radial pulse by placing tips of fingers on thumb side of the resident's wrist
- Counts pulse for 60 seconds
- Candidate records his/her reading on signed recording sheet
- *Candidate's recorded pulse rate is within 4 beats of test Observer's recorded rate
- Candidate counts respiration for 60 seconds and records results on signed recording sheet
- The Observer records both rate
- *The candidate's recorded respiration rate is within 2 breaths of the test Observer's
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed

SKILL **Weighing and Ambulatory Resident** **DATE:** **PASS:** **FAIL:**

- Identifies that hands should be washed
- Explains procedure to resident
- Balances (or zeros) scale as necessary before weighing resident
- *Insures resident's safety locks wheelchair brakes
- Assists resident to stand and walks them to the scale
- Assists resident to step on scale
- Checks that resident is balanced and centered on scale with arms at side and not holding on to anything that would alter reading of the weight
- Appropriately adjusts weights until scale is in a balance or observes analog scale
- Returns resident to the wheelchair
- Assists resident to sit in wheelchair
- Records weight on signed recording sheet provided
- *Candidate's recorded weight varies no more than 2 lbs from the test Observer's reading
- Maintains respectful, courteous interpersonal interaction at all times
- Leaves call light or signaling device within easy reach of the resident's
- Identifies that hands should be washed