

TN MOCK SKILLS TESTING 10/15

Skill 1—Handwashing

- 1. Knocks on door.
- 2. Introduces themselves to the resident.
- 3. Turns on water.
- 4. Wets hands.
- 5. Applies liquid soap to hands.
- 6. Rubs hands together using friction.
- 7. Interlaces fingers pointing downward.
- 8. Washes all surfaces of hands and wrists with liquid soap.
- 9. Rinses hands thoroughly under running water with fingers pointed downward.
- 10. Dries hands on clean paper towel(s).
- 11. Turns off faucet with a SECOND (last) clean dry paper towel.
- 12. Discards paper towels to trash container as used.
- 13. **Does not re-contaminate hands at any point during the procedure.**

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Skill 2—Ambulation With Gait Belt

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains procedure to be performed to the resident and obtains gait belt.
- ___ 4. Lowers bed until residents feet are flat on the floor.
- ___ 5. **Locks bed brakes to ensure resident's safety.**
- ___ 6. **Locks wheelchair brakes to ensure resident's safety.**
- ___ 7. Brings resident to sitting position and places gait belt around waist to stabilize trunk. Tightens gait belt. Checks gait belt by slipping fingers between gait belt and resident.
- ___ 8. Assists resident to put on non-skid slippers.
- ___ 9. Brings resident to standing position, using proper body mechanics.
- ___ 10. With one hand grasping gait belt and the other stabilizing resident by holding forearm, shoulder, or using other appropriate method to stabilize, ambulates resident at least 10 steps.
- ___ 11. Assists resident to pivot and sit in a wheelchair in a controlled manner that ensures safety. Removes gait belt.
- ___ 12. Maintains respectful, courteous interpersonal interactions at all times.
- ___ 13. Leaves call light or signaling device within easy reach of the resident.
- ___ 14. Identifies that hands should be washed.

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Skill 3—Ambulation with Walker

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. **Locks bed wheels to ensure resident's safety.**
- 5. **Locks wheelchair brakes to ensure resident's safety.**
- 6. Brings resident to sitting position.
- 7. Assists resident in putting on non-skid slippers.
- 8. Positions walker correctly.
- 9. Assists resident to stand, stabilizes walker and insures resident has stabilized walker.
- 10. Positions self behind and slightly to side of resident.
- 11. Safely ambulates resident at least 10 steps.
- 12. Assists resident to pivot and sit in a wheelchair, using correct body mechanics.
- 13. Maintains respectful, courteous interpersonal interactions at all times.
- 14. Leaves call light or signaling device within easy reach of the resident.
- 15. Identifies that hands should be washed.

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Skill 4—Backrub

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Insures resident's safety with side rail up on side opposite working side.**
- 6. Positions resident on side in bed for massage.
- 7. Exposes back. (verbalize)
- 8. Candidate pours a small amount of lotion onto their own hands (verbalize) and rubs hands together to warm.
- 9. Rubs entire back in upward, outward motion.
- 10. Returns resident to a position of comfort and safety.
- 11. Lowers bed to lowest position.
- 12. Lowers side rail.
- 13. Maintains respectful, courteous interpersonal interactions at all times.
- 14. Leaves call light or signaling device within easy reach of the resident.
- 15. Identifies that hands should be washed.

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Skill 5—Bedpan and Output

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains the procedure to resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Candidate puts on gloves after gathering supplies and preparing the area.
- 6. Positions resident on bedpan correctly and safely using correct body mechanics.
- 7. Raises head of bed to comfortable level.
- 8. Leaves call light and tissue within reach of resident and candidate indicates they are providing privacy by stepping behind the privacy curtain. When signaled by Test Observer, candidate returns.

- 9. Gently removes bedpan and holds while Observer adds a known quantity of fluid.
- 10. With graduate at eye level on previously designated flat surface, measures output.
- 11. Empties into toilet or designated location, rinses and dries the equipment and returns equipment to storage. Flushes toilet if used.
- 12. Removes gloves by turning inside out and disposes of gloves.
- 13. Identifies that hands should be washed
- 14. **Washes/assists resident to wash and dry hands with soap & water.**
- 15. Records output on pad.
- 16. **Candidate's measurement reading is within 30ccs of Test Observer's reading.**
- 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.

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Skill 6 — Blood Pressure

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Assists resident into a comfortable sitting or recumbent position with forearm relaxed and supported in a palm-up position, approximately at the level of the heart.
- 6. Rolls resident's sleeve up about five inches above the elbow.
- 7. Applies the appropriate size cuff around the upper arm just above the elbow.
- 8. Cleans earpieces of stethoscope appropriately and places in ears.
- 9. Locates brachial artery.
- 10. Places stethoscope over brachial artery.
- 11. Holds stethoscope snugly in place.
- 12. Inflates cuff until 30mm above the average systolic rate provided by RN test observer.
- 13. Slowly releases air from cuff to disappearance of pulsations. Removes cuff.
- 14. Records reading on pad.
- 15. **Candidate's recorded systolic and diastolic blood pressure are within 4 mm of the Test Observers.**
- 16. Maintains respectful, courteous interpersonal interactions at all times.
- 17. Leaves call light or signal calling device within easy reach of the resident.
- 18. Identifies that hands should be washed.

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Skill 7—Catheter Care

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains procedure to resident.
- ___ 4. Provides privacy for resident pulls curtain.
- ___ 5. Fills basin with comfortably warm water.
- ___ 6. Covers resident with a bath blanket or clean sheet to maintain privacy. (Order change, must be done before putting on gloves)
- ___ 7. Put gloves on **after gathering supplies and preparing the area.**
- ___ 8. Verbalizes and physically checks to see that urine can flow, unrestricted, into the drainage bag.
- ___ 9. Verbalizes and checks the area around the urethra for signs of leakage.
- ___ 10. Uses soap and water to carefully wash around the drainage tube where it exits the urethra.
- ___ 11. **Holds catheter near the urethra to prevent tugging on catheter and cleans 3-4 inches away from the urethra down the drainage tube.**
- ___ 12. **Cleans with strokes only away from the urethra, uses a clean portion of the wash cloth with each stroke.**
- ___ 13. Using a clean washcloth rinses using strokes away from urethra, using a clean portion of the washcloth with each stroke.
- ___ 14. Pats dry with a clean towel.
- ___ 15. **Does not allow the tube to be pulled at any time during the procedure.**
- ___ 16. Replaces top linen over resident and discards bath blanket in the appropriate container. Leaves resident in a position of safety and comfort.
- ___ 17. Empties, rinses and dries the equipment and returns equipment to storage.
- ___ 18. Disposes of linen in the appropriate container.
- ___ 19. Removes gloves turning inside out and disposes in the appropriate container.
- ___ 20. Maintains respectful, courteous interpersonal interactions.
- ___ 21. Leaves call light within reach of resident.
- ___ 22. Identifies hands should be washed.

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Skill 8—Denture Care

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Places protective lining in the sink basin (**wash cloth**) to help prevent damage to the dentures.
- 5. Puts on gloves **after gathering supplies and preparing area** and removes dentures from cup.
- 6. Handles dentures carefully to avoid damage, rinses the denture cup.
- 7. Applies cleaning solution and thoroughly brushes dentures including the inner, outer, and chewing surfaces of upper and lower dentures. Toothettes may be utilized instead of a toothbrush as long as all of the surfaces listed above are cleaned.
- 8. Rinses dentures using clean cool water.
- 9. Places dentures in rinsed cup.
- 10. Adds cool clean water to denture cup.
- 11. Cleans and dries equipment and returns to storage.
- 12. Discards protective lining in an appropriate container.
- 13. Removes gloves by turning inside out and disposes of gloves in an appropriate container.
- 14. Maintains respectful, courteous interpersonal interactions at all times.
- 15. Leaves call light or signaling device within easy reach of the resident.
- 16. Identifies that hands should be washed.

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Skill 9—Dressing Resident

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains the procedure to the resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Raises bed to between mid-thigh and waist level.
- 6. Keeps resident covered while removing gown.
- 7. Removes gown from unaffected side first.
- 8. Places used gown in laundry hamper.
- 9. **When dressing the resident in a shirt or blouse, the Candidate inserts their hand through the sleeve of the shirt or blouse and grasps the hand of the resident, dressing from the affected side first.**
- 10. **When dressing the resident in pants, the Candidate assists the resident to raise their buttocks or turns resident from side to side and draws the pants over the buttocks and up to the resident's waist, always dressing from the affected side first.**
- 11. When putting on the resident's socks, the Candidate draws the socks up the resident's foot until they are smooth.
- 12. Lowers bed.
- 13. Leaves the resident comfortably and properly dressed.(pants pulled up to waist front and back and shirt completely buttoned)
- 14. Maintains respectful, courteous interpersonal interactions at all times.
- 15. Leaves call light or signaling device within easy reach of the resident.
- 16. Identifies that hands should be washed.

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Skill 10—Emptying a Urinary Drainage Bag

- ___ 1. Knocks on door
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains procedure to resident.
- ___ 4. Provides privacy for resident pulls curtain.
- ___ 5. Puts on gloves **after gathering supplies and preparing area.**
- ___ 6. **Places a clean barrier on the floor under the drainage bag (paper towel or linen).**
- ___ 7. Places the graduate on the previously placed barrier. Opens the drain to allow the urine to flow into the graduate until the bag is empty.
- ___ 8. Avoids touching the graduate or urine in the graduate with the tip of the tubing. Closes the drain.
- ___ 9. **Wipes the drain with uncontaminated antiseptic wipe.**
- ___ 10. Places graduate at eye level on a flat surface and measures output.
- ___ 11. Empties graduate into toilet. Rinses and dries equipment. Returns equipment to storage.
- ___ 12. Discards barrier in the appropriate container.
- ___ 13. Turns gloves inside out as they are removed. Disposes of gloves in the appropriate container.
- ___ 14. Leaves resident in a position of safety and comfort.
- ___ 15. Records the output in cc/ml on signed recording sheet.
- ___ 16. **Candidate's measurement is within 25cc of Observer's measurement.**
- ___ 17. Places call light within reach of resident.
- ___ 18. Maintains respectful, courteous interpersonal interactions.
- ___ 19. Identifies that hands should be washed.

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Skill 11—Feeding the Dependent Resident

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Candidate looks at diet card and verbally indicates that 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 and rinses resident's hands with soap & water before feeding. Dries resident's hands.
- 8. Discards soiled linen appropriately.
- 9. **Sits down in a chair facing the resident while feeding resident.**
- 10. Describes the foods being offered to the resident.
- 11. Offers water or other fluid frequently.
- 12. Offers food in small amounts at a reasonable rate, allowing resident to chew and swallow.
- 13. Wipes resident's hands and face during meal at least once.
- 14. Leaves resident clean and in a position of comfort.
- 15. Records intake in percentage of total solid food eaten on pad.
- 16. **Candidate's calculation must be within 25% of the solids consumed.**
- 17. Candidate records total (sum) of fluid intakes from two glasses in cc/ml on recording pad provided.
- 18. **Candidates calculation is within 30cc/ml of the fluids consumed.**
- 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.

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Skill 12—Hair Care

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Places towel on shoulders.
- 5. Asks resident how they would like their hair combed.
- 6. Combs/brushes hair gently and completely.
- 7. Discards linen in appropriate container.
- 8. Leaves hair neatly brushed, combed or styled.
- 9. Maintains respectful, courteous interpersonal interactions at all times.
- 10. Leaves call light or signaling device within easy reach of the resident.
- 11. Identifies that hands should be washed.

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Skill 13—Isolation Gown and Gloves

- ___ 1. Identifies that hands should be washed.
- ___ 2. Candidate unfolds the gown.
- ___ 3. Candidate faces the back opening of the gown correctly with seams and tags on the inside.
- ___ 4. Candidate places arms through each sleeve.
- ___ 5. Candidate secures the neck opening by fastening behind the neck.
- ___ 6. Candidate secures the waist, making sure that the back flaps completely cover clothing.
- ___ 7. Candidate puts on gloves overlapping gown sleeves at the wrist.
- ___ 8. **When directed the Candidate will remove the gloves, turning inside out, and disposes of gloves in biohazard container before removing gown.**
- ___ 9. Unfastens gown at the neck after gloves have been removed.
- ___ 10. Unfastens gown at the waist after gloves have been removed.
- ___ 11. Candidate will remove the gown by folding soiled area to soiled area.
- ___ 12. Disposes of gown in an biohazard container.
- ___ 13. Identifies that hands should be washed.

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Skill 14—Making an Occupied Bed

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Gathers linen and transports correctly without touching uniform.
- ___ 4. Places clean linen over back of chair, drapes over foot of bed or on overbed table.
- ___ 5. Explains procedure to resident.
- ___ 6. Provides privacy for resident pulls curtain.
- ___ 7. **Raises side rail opposite working side of the bed.**
- ___ 8. Raises the bed between mid-thigh and waist level.
- ___ 9. **Resident is to remain covered at all times.**
- ___ 10. Assists resident to roll onto side toward raised side rail. Side rail remains up on side opposite candidate at all times during the task.
- ___ 11. Rolls or fan folds soiled linen, soiled side inside, to the center of the bed. Does not leave resident on the bare mattress at any time.
- ___ 12. Places clean bottom sheet along the center of the bed and rolls or fan folds linen against resident's back and unfolds remaining half.
- ___ 13. Secures two fitted corners.
- ___ 14. **Raises second side rail.**
- ___ 15. Assists resident to roll over the bottom linen, preventing trauma and avoidable pain to resident.
- ___ 16. Removes soiled linen without shaking, and places in hamper. Avoids placing dirty linen on the overbed table, chair or floor.
- ___ 17. Avoids touching linen to uniform.
- ___ 18. Pulls through and smooths out the clean bottom linen leaving tight and free of wrinkles.
- ___ 19. Secures other two fitted corners.
- ___ 20. Places clean top linen and blanket or bedspread over covered resident. Removes used linen making sure the resident is unexposed at all times.
- ___ 21. Disposes of soiled linen in hamper.
- ___ 22. Tucks in top linen and blanket or bedspread at foot of the bed.
- ___ 23. Makes mitered corners at the foot of the bed. Leaves bed neat and completely made.
- ___ 24. Applies clean pillowcase, with zippers and/or tags to inside.
- ___ 25. Gently lifts resident's head when replacing the pillow.
- ___ 26. Lowers bed.
- ___ 27. Returns side rails to lowered position.
- ___ 28. Maintains respectful, courteous interpersonal interactions at all times.
- ___ 29. Leaves call light or signaling device within easy reach of the resident.
- ___ 30. Identifies that hands should be washed.

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Skill 15—Making an Unoccupied Bed

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Gathers linen and transports correctly.
- ___ 4. Places clean linen over back of chair, drapes over foot of bed or on overbed table.
- ___ 5. Raises the bed between mid-thigh and waist level
- ___ 6. Removes soiled linen from bed without touching uniform.
- ___ 7. **Places removed linen in appropriate place (does not put dirty linen on the overbed table or clean or dirty linen on the floor).**
- ___ 8. Applies bottom fitted sheet, keeping it straight and centered.
- ___ 9. Makes bottom linen smooth and/or tight, free of wrinkles.
- ___ 10. Places clean top linen and blanket or bed spread on the bed.
- ___ 11. Tucks in top linen and blanket or bedspread at the foot of the bed.
- ___ 12. Makes mitered corners at the foot of the bed.
- ___ 13. Applies clean pillowcase with zippers and/or tags to inside of pillowcase.
- ___ 14. Leaves bed completely and neatly made.
- ___ 15. Returns bed to lowest position.
- ___ 16. Identifies that hands should be washed.

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Skill 16—Mouth Care

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Drapes the chest with towel to prevent soiling.
- 6. Candidate puts on gloves after gathering supplies and preparing the area.
- 7. Wets brush and applies a small amount of cleaning solution.
- 8. **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.**
- 9. Cleans tongue.
- 10. Assists resident in rinsing mouth.
- 11. Wipes resident's mouth, removes soiled linen and places in appropriate container.
- 12. Empties, rinses and dries emesis basin. Rinses toothbrush or disposes of toothette in the appropriate container. Returns emesis basin and toothbrush to storage.
- 13. Removes gloves by turning inside out and disposes of gloves in the appropriate container.
- 14. Leaves resident in position of comfort.
- 15. Maintains respectful, courteous interpersonal interactions at all times.
- 16. Leaves call light or signaling device within easy reach of the resident.
- 17. Identifies that hands should be washed.

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Skill 17—Mouth Care Comatose Resident

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Provides privacy for resident pulls curtain.
- ___ 4. Explains procedure to the resident.
- ___ 5. **Positions resident in semi-Fowler's position with head turned well to one side or positions resident on side as appropriate to avoid choking or aspiration.**
- ___ 6. Drapes chest/bed as needed to protect from soiling.
- ___ 7. Candidate puts on gloves after gathering supplies and preparing area.
- ___ 8. Uses swabs and/or toothbrush and a small amount of cleaning solution (NO TOOTHPASTE).
- ___ 9. Gently and thoroughly cleans the inner, outer, and chewing surfaces of all upper and lower teeth.
- ___ 10. Gently and thoroughly cleans the gums.
- ___ 11. Gently and thoroughly cleans the tongue.
- ___ 12. Cleans, dries mouth area.
- ___ 13. Returns resident to a position of comfort and safety.
- ___ 14. Rinses, dries and replaces equipment; discards disposable items in waste can; discards towel and washcloth in linen hamper.
- ___ 15. Candidate removes gloves by turning inside out and disposes in the appropriate container.
- ___ 16. Maintains respectful, courteous interpersonal interactions at all times.
- ___ 17. Leaves call light or signaling device within easy reach of the resident.
- ___ 18. Identifies that hands should be washed.

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Skill 18—Nail Care One Hand

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Immerses nails in comfortably warm water and soaks for at least five (5) minutes. (The five minutes may be verbalized.)
- 5. Dries hand thoroughly, being careful to dry between fingers.
- 6. Gently cleans under nails with orange stick.
- 7. Gently pushes cuticle back with orange stick.
- 8. Files each fingernail.
- 9. Rinses and dries equipment and returns to storage. Discards towel in linen hamper.
- 10. Maintains respectful, courteous interpersonal interactions at all times.
- 11. Leaves call light or signaling device within easy reach of the resident.
- 12. Identifies that hands should be washed.

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Skill 19—Partial Bed Bath-Face, Arm, Hand and Underarm

1. Knocks on door.
2. Identifies that hands should be washed.
3. Explains procedure to the resident.
4. Provides privacy for resident pulls curtain.
5. Raises the bed between mid-thigh and waist level.
6. Covers resident with a bath blanket or clean sheet.
7. Removes remaining top bed covers. Fanfolds to bottom of bed or places aside.
8. Removes resident's gown without exposing resident and places in linen hamper immediately after removal.
9. Fills basin with comfortably warm water and places on overbed table or bed side stand.
10. Washes and dries face WITHOUT SOAP.
11. Places towel under arm, exposing one arm.
12. Washes arm, hand and underarm using soap and water.
13. Rinses arm, hand, underarm and dries entire area.
14. Assists resident to put on a clean gown.
15. Properly rinses and dries basin(s) and stores all equipment used.
16. Disposes of soiled linen in appropriate container.
17. Lowers bed.
18. Maintains respectful, courteous interpersonal interactions at all times.
19. Leaves call light or signaling device within easy reach of the resident.
20. Identifies that hands should be washed.

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Skill 20—Perineal Care for a Female

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains procedure to the resident. (Mannequin)
- ___ 4. Provides privacy for resident pulls curtain.
- ___ 5. Raises the bed between mid-thigh and waist level.
- ___ 6. Fills basin with comfortably warm water. Places basin on overbed table or bedside stand.
- ___ 7. Raises side rail opposite working side of bed.
- ___ 8. Places bath blanket or clean sheet over resident. (Order change, must be done before putting on Gloves.)
- ___ 9. Puts on gloves **after gathering supplies and preparing area.**
- ___ 10. Exposes perineum only.
- ___ 11. Verbalizes separating labia, while physically separating the labia.
- ___ **12. Using water and soapy washcloth (no peri wash), cleans both sides of the labia from front to back using a clean portion of a washcloth with each stroke.**
- ___ 13. Cleans middle of labia from front to back using clean portion of washcloth with each stroke.
- ___ 14. Rinses and pats dry the area from front to back.
- ___ 15. Covers the exposed area with the bath blanket or clean sheet.
- ___ 16. Assists resident (mannequin) to turn onto side away from the Candidate.
- ___ 17. With a clean washcloth, cleans the rectal area.
- ___ **18. Using water, washcloth and soap (no peri wash) cleans rectal area from vagina to rectum with single strokes.**
- ___ 19. Rinses and pats dry area from front to back.
- ___ 20. Disposes of soiled linen in an appropriate container.
- ___ 21. Rinses, dries and replaces equipment. Dries table.
- ___ 22. Removes gloves by turning inside out and disposes of gloves in an appropriate container.
- ___ 23. Positions resident (mannequin) on back. (Order change)
- ___ 24. Lowers bed.
- ___ 25. Lowers side rail.
- ___ 26. Places call light or signaling device within reach of resident.
- ___ 27. Identifies that hands should be washed.

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Skill 21—Position Resident on Side

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains what is to be done and how the resident may help.
- 4. Provides privacy for resident pulls curtain.
- 5. Positions bed flat.
- 6. Raises the bed between mid-thigh and waist level.
- 7. **Raises side rail on opposite side of the bed.**
- 8. From the working side—moves upper body toward self.
- 9. Moves hips toward self.
- 10. Moves legs toward self.
- 11. Assists/turns resident on side and insures that the resident's face never becomes obstructed by the pillow. (Candidate physically checks and verbalizes checking)
- 12. Checks to be sure resident is not laying on his/her arm.
- 13. Protects bony prominences, under head (must physically check), arm, behind back and between knees by placing support devices such as pillows, wedges, blankets, etc....
- 14. **Maintains correct body alignment (Must verbalize checking).**
- 15. Lowers bed.
- 16. Lowers side rail.
- 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.

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Skill 22—Range of Motion Hip & Knee

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to the resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Raises bed to between mid-thigh and waist level.
- 6. Positions resident supine (bed flat).
- 7. Correctly supports joints at all times by placing one hand under the knee and the other hand under the ankle.
- 8. Moves the entire leg away from the body and verbalizes abduction. (MUST VERBALIZE NAME OF MOTION)
- 9. Moves the entire leg back toward the body and verbalizes adduction. (MUST VERBALIZE NAME OF MOTION)
- 10. Completes abduction and adduction of the hip three times.
- 11. Continues to correctly support joints and bend the resident's knee and hip toward the resident's trunk and verbalizes flexion. (MUST VERBALIZE NAME OF MOTION)
- 12. Straighten the knee and hip and verbalizes extension. (MUST VERBALIZE NAME OF MOTION)
- 13. Complete flexion and extension of knee and hip three times.
- 14. **Does not cause discomfort or pain and does not force any joint beyond the point of free movement. (Candidate must ask if they are causing any pain or discomfort).**
- 15. Leaves resident in a comfortable position and checks and verbalizes good body alignment (MUST VERBALIZE CHECKING GOOD BODY ALIGNMENT).
- 16. Lowers bed.
- 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.

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Skill 23—Range of Motion One Shoulder

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains procedure to the resident.
- ___ 4. Provides privacy for resident pulls curtain.
- ___ 5. Positions resident supine (bed flat) on back.
- ___ 6. Raises bed to between mid-thigh and waist level.
- ___ 7. Correctly supports the resident's joint by placing one hand under their elbow and the other hand under the resident's wrist.
- ___ 8. Raises resident's arm up and over the resident's head and verbalizes flexion. (MUST VERBALIZE NAME OF MOTION)
- ___ 9. Brings the resident's arm back down to the resident's side and verbalizes extension. (MUST VERBALIZE NAME OF MOTION)
- ___ 10. Completes full range of motion for shoulder through flexion and extension three times.
- ___ 11. Continue supporting joints correctly and move the resident's entire arm out away from the body and verbalizes abduction. (MUST VERBALIZE NAME OF MOTION)
- ___ 12. Return the resident's arm to the middle of the resident's body and verbalizes adduction. (MUST VERBALIZE NAME OF MOTION)
- ___ 13. Complete full range of motion for shoulder through abduction and adduction three times.
- ___ 14. **Does not cause discomfort or pain and does not force any joint beyond the point of free movement (Candidate must ask if the resident feels any pain or discomfort).**
- ___ 15. Leaves resident in a comfortable position and checks and verbalizes good body alignment (MUST VERBALIZE CHECKING GOOD BODY ALIGNMENT).
- ___ 16. Lowers bed.
- ___ 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.

CANDIDATE NAME: _____ DATE: _____ PASS: _____ FAIL: _____

TN MOCK SKILLS TESTING 10/15

Skill 24—Stand, Pivot and Transfer – With a Gait Belt

- ___ 1. Knocks on door.
- ___ 2. Identifies that hands should be washed.
- ___ 3. Explains the procedure to be performed to the resident.
- ___ 4. Positions wheelchair at the foot or head of the bed.
- ___ **5. Locks wheelchair brakes to ensure resident's safety.**
- ___ **6. Locks bed brakes to ensure resident's safety.**
- ___ 7. Lowers bed until resident's feet are flat on the floor.
- ___ 8. Assists resident to sitting position and places gait belt around waist to stabilize trunk. Tightens gait belt. Checks gait belt by slipping fingers between gait belt and resident.
- ___ 9. Assists resident to put on non-skid slippers.
- ___ 10. Brings resident to a standing position using proper body mechanics.
- ___ 11. With one hand grasping the gait belt and the other stabilizing resident by holding forearm, shoulder, or using other appropriate method to stabilize, transfers resident from bed to wheelchair.
- ___ 12. Assists resident to pivot and sit in a controlled manner that ensures safety.
- ___ 13. Test Observer will tell the Candidate to transfer the resident back into bed and Candidate brings resident to standing position, using proper body mechanics.
- ___ 14. With one hand grasping the gait belt and the other stabilizing resident by holding forearm, shoulder, or using other appropriate method to stabilize, transfers resident from wheelchair back to bed.
- ___ 15. Assists resident to pivot and sit on the bed in a controlled manner that ensures safety.
- ___ 16. Assists resident in removing non-skid slippers and gait belt.
- ___ 17. Assists resident to move to center of bed and lie down.
- ___ 18. Makes sure resident is comfortable. Checks and verbalizes that resident is in good body alignment.
- ___ 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.

CANDIDATE NAME: _____ DATE: _____ PASS: _____ FAIL: _____

TN MOCK SKILLS TESTING 10/15

Skill 25—Vital Signs - Oral Temperature, Pulse and Respiration

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Applies sheath or clean with alcohol pad.
- 6. Turns on digital oral thermometer and gently inserts bulb end of thermometer in mouth under tongue.
- 7. Holds thermometer in place for appropriate length of time.
- 8. Removes thermometer and Candidate reads and records the temperature reading on a pad of paper.
- 9. Candidate's recorded temperature varies no more than .1 degree from Test Observer's.**
- 10. Candidate wipes thermometer clean with alcohol pad or discards sheath.
- 11. Locates the radial pulse by placing tips of fingers on thumb side of the resident's wrist.
- 12. Counts pulse for 60 seconds, or 30X2. Then records on the pad of paper.
- 13. Candidate's recorded pulse rate is within 4 beats of Test Observer's recorded rate.**
- 14. Candidate counts respirations for 60 sec or 30X2 and records results on the pad of paper.
- 15. The Candidate's recorded respiratory rate is within 2 breaths of the Test Observer's recorded rate.**
- 16. Maintains respectful, courteous interpersonal interactions at all times.
- 17. Leaves call light or signaling device within easy reach of the resident.
- 18. Identifies that hands should be washed.

CANDIDATE NAME: _____ DATE: _____ PASS: _____ FAIL: _____

TN MOCK SKILLS TESTING 10/15

Skill 26-Vital Signs-Axillary Temperature, Pulse and Respiration

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. Provides privacy for resident pulls curtain.
- 5. Applies sheath or clean with alcohol pad.
- 6. Turns on digital thermometer, candidate dries inner armpit and places thermometer in the center of the Axilla.
- 7. Holds thermometer in place for appropriate length of time.
- 8. Removes thermometer and Candidate reads and records the temperature reading on a pad of paper.
- 9. Candidate's recorded temperature varies no more than .1 degree from Test Observer's.**
- 10. Candidate wipes thermometer clean with alcohol pad or discards sheath.
- 11. Locates the radial pulse by placing tips of fingers on thumb side of the resident's wrist.
- 12. Counts pulse for 60 seconds, or 30X2. Then records on the pad of paper.
- 13. Candidate's recorded pulse rate is within 4 beats of Test Observer's recorded rate.**
- 14. Candidate counts respirations for 60 sec or -30X2 and records results on the pad of paper.
- 15. The Candidate's recorded respiratory rate is within 2 breaths of the Test Observer's recorded rate.**
- 16. Maintains respectful, courteous interpersonal interactions at all times.
- 17. Leaves call light or signaling device within easy reach of the resident.
- 18. Identifies that hands should be washed.

CANDIDATE NAME: _____ DATE: _____ PASS: _____ FAIL: _____

TN MOCK SKILLS TESTING 10/15

Skill 27—Weighing an Ambulatory Resident

- 1. Knocks on door.
- 2. Identifies that hands should be washed.
- 3. Explains procedure to resident.
- 4. **Balances scale before weighing resident or zeros if the scale at the test site is an analog scale.**
- 5. **Insures resident's safety. Locks wheelchair brakes.**
- 6. Assists resident to stand and walks them to the scale.
- 7. Assists resident to step on scale.
- 8. 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.
- 9. **Appropriately adjusts weights until scale is in balance or observes analog scale.**
- 10. Reads weight and returns resident to wheelchair and assists to sitting position.
- 11. Records weight on pad provided.
- 12. **Candidate's recorded weight varies no more than 2 lb. from Test Observer's reading.**
- 13. Maintains respectful, courteous interpersonal interactions at all times.
- 14. Leaves call light or signaling device within easy reach of the resident.
- 15. Identifies that hands should be washed.

CANDIDATE NAME: _____ DATE: _____ PASS: _____ FAIL: _____