Minnesota Mock Skills

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Please note:
The skill task steps included in this document are offered as guidelines to help prepare candidates for the Minnesota nurse aide skill test and the steps included herein are not intended to be used to provide complete care that would be all-inclusive of best care practiced in an actual work setting.

These mock skills are an added tool to help prepare your candidates for the skills exam. They may be used in a practice testing setting that emulates an actual test event to check off steps as they are demonstrated, which familiarizes the candidate with what to expect when they test and may help ease testing anxiety. They are the same steps listed in the Candidate Handbook.

APPLY A KNEE-HIGH ANTI-EMBOLIC (ELASTIC) STOCKING TO ONE LEG

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Raises the bed height.	
	Provides for privacy.	
	Provides the resident's privacy by exposing only one leg.	
	Rolls, gathers, or turns the stocking down inside out to at least the heel.	
	Places the foot of the stocking over the resident's toes, foot, and heel.	
	Rolls or pulls the top of the stocking over the resident's foot, heel, and up the leg.	
	Moves the resident's foot and leg gently and naturally, avoiding force and over-extension of limbs and joints.	
	Checks toes for possible pressure from stocking.	
	Adjusts stocking as needed.	
	Leaves the resident with a stocking that is smooth and wrinkle-free.	
	Lowers the bed.	
	Places the call light or signal calling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

ASSIST RESIDENT TO AMBULATE USING A GAIT BELT

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Provides for privacy.	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Obtains a gait belt for the resident.	
	Adjusts the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed BEFORE assisting to stand.	
	Assists the resident in putting on non-skid shoes/footwear BEFORE standing.	
	Locks the bed brakes to ensure the resident's safety BEFORE assisting to stand.	
	Locks the wheelchair brakes to ensure the resident's safety.	
	Brings the resident to a sitting position.	
	Properly places a gait belt around the resident's waist to stabilize the trunk. **ADDED WORD**	
	Tightens the gait belt.	
	Checks the gait belt for tightness by slipping fingers between the gait belt and the resident.	
	Ensures the resident's safety by standing and positioning yourself facing the resident.	
	Grasps the gait belt on both sides with an upward grasp.	
	Brings the resident to a standing position.	
	Grasps the gait belt with one hand and stabilizes the resident.	
	Safely ambulates the resident at least 10 steps to the wheelchair.	
	Assists the resident to pivot/turn and sit the resident in the wheelchair in a controlled manner that ensures safety.	
	Positions/adjusts the resident with the resident's hips touching the back of the wheelchair seat. **NEW STEP**	
	Uses proper body mechanics at all times.	
	Removes the gait belt.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

ASSIST RESIDENT WITH THE USE OF A BEDPAN, MEASURE, AND RECORD URINE OUTPUT WITH HANDWASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Puts on gloves.	
	Positions the resident on the bedpan/fracture pan safely and correctly. *(Pan is not upside down; it is centered, etc.)*	
	Removes the gloves, turning them inside out as they are removed, and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	AFTER positioning the resident on the bedpan/fracture pan and removing gloves, raises the head of the bed to a comfortable level.	
	Leaves tissue within reach of the resident.	
	Leaves the call light or signaling device within reach of the resident.	
	Steps behind the privacy curtain to provide privacy for the resident.	
	When the RN Test Observer indicates, the candidate returns.	
	Puts on gloves.	
	Lowers the head of the bed BEFORE gently removing the bedpan.	
	Holds the bedpan for the RN Test Observer while an unknown quantity of liquid is poured into the bedpan.	
	Places the graduate on a level flat surface.	
	Pours bedpan contents into the graduate without spilling or splashing urine outside of the graduate.	
	With the graduate at eye level, measures output.	
	Empties equipment used into the designated toilet/commode.	
	Rinses equipment used and empties rinse water into the designated toilet/commode.	
	Returns equipment to storage.	
	Removes the gloves, turning them inside out as they are removed, and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Records output in mL on the previously signed recording form.	
	The candidate's recorded measurement is within 25 mL of the RN Test Observer's reading.	
	Puts on gloves. **NEW STEP**	

✓	STEPS	
	Washes/assists resident to wash and dry hands with soap and water.	
	Places soiled linen in a designated laundry hamper.	
	Removes gloves, turning them inside out as they are removed, and disposes of them. **NEW STEP**	
	Performs hand hygiene BEFORE recording output. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Turns on the faucet.	
	Wets hands and wrists thoroughly.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	
	Scrubs/washes hands together for at least twenty (20) seconds with soap.	
	Scrubs/washes with interlaced fingers pointing downward with soap.	
	Washes all surfaces of hands with soap.	
	Washes wrists with soap.	
	Cleans fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinses fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Starting at the fingertips, dries fingers, hands, and wrists on a clean paper towel(s).	
	Discards paper towels to the trash container as used.	
	Turns off the faucet with a clean, dry paper towel and discards the paper towel to the trash container as used, or uses knee/foot control to turn off the faucet.	
	Does not re-contaminate hands at any time during the handwashing procedure.	

CATHETER CARE FOR A FEMALE RESIDENT WITH HANDWASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS - DEMONSTRATED ON A MANIKIN)

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Fills a basin with comfortably warm water.	
	Raises the bed height. **NEW STEP**	
	Puts on gloves.	
	Exposes the area surrounding the catheter, only exposing the resident between the hip and knee.	
	Uses water and a soapy washcloth.	
	Holds the catheter at the meatus, and does not allow it to be pulled or tugged at any time.	
	Washes at least 4 inches away from the meatus down the catheter (washes w/strokes only away from the meatus).	
	Rinses at least 4 inches away from the meatus down the catheter (rinses w/strokes only away from the meatus).	
	While washing and rinsing, uses a clean portion of the washcloth for each stroke.	
	While holding the catheter at the meatus, dries it at least 4 inches away from the meatus using a dry towel/washcloth.	
	Remove the gloves, turning them inside out as they are removed, and dispose of them. **NEW STEP**	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.) **NEW STEP**	
	Puts on gloves. **NEW STEP**	
	Replaces the top cover over the resident.	
	Places soiled linen in a designated laundry hamper.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Removes gloves, turning them inside out as they are removed, and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Lowers the bed. **NEW STEP**	

✓	STEPS	
	Turns on the faucet.	
	Wets hands and wrists thoroughly.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	
	Scrubs/washes hands together for at least twenty (20) seconds with soap.	
	Scrubs/washes with interlaced fingers pointing downward with soap.	
	Washes all surfaces of your hands with soap.	
	Washes wrists with soap.	
	Cleans fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinses fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Starting at the fingertips, dries fingers, hands, and wrists on a clean paper towel(s).	
	Discards paper towels to the trash container as used.	
	Turns off the faucet with a clean, dry paper towel and discards the paper towel to the trash container as used, or uses knee/foot control to turn off the faucet.	
	Does not re-contaminate hands at any time during the handwashing procedure.	

DENTURE CARE – CLEANING AN UPPER OR LOWER DENTURE

[ONLY ONE PLATE IS USED FOR TESTING]

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Places a protective lining/basin in the sink.	
	Puts on gloves BEFORE handling the denture.	
	Applies denture cleanser (paste) to the denture brush (or toothbrush).	
	Removes the denture from the cup.	
	Handles the denture carefully to avoid damage.	
	Rinses the denture under cool running water BEFORE brushing.	
	Thoroughly brushes the denture's inner surface.	
	Thoroughly brushes the denture's outer surface.	
	Thoroughly brushes the denture's chewing surfaces.	
	Rinses all surfaces of the denture under cool running water.	
	Rinses the denture cup and lid.	
	Places the denture in the rinsed cup.	
	Adds cool, clean water to the denture cup and replaces the lid.	
	Rinses equipment (denture brush or toothbrush and basin).	
	Returns equipment to storage.	
	Discards sink protective lining in an appropriate container if used.	
	Removes gloves, turning them inside out as they are removed, and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	

DON PPE (PUT ON A GOWN AND GLOVES), EMPTY A URINARY DRAINAGE BAG, MEASURE AND RECORD URINE OUTPUT, AND DOFF (REMOVE THE GOWN AND GLOVES) WITH HANDWASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Unfolds the gown.	
	Faces the back opening of the gown.	
	Places arms through each sleeve.	
	Secures the neck opening.	
	Secures the gown at the waist, making sure that the back flaps cover the clothing as completely as possible.	
	Puts on gloves.	
	The cuffs of the gloves overlap the cuffs of the gown.	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Places a barrier on the floor under the drainage bag.	
	Places the graduate on the previously placed barrier.	
	Opens the drain to allow the urine to flow into the graduate until the bag is completely empty.	
	Avoids touching the graduate with the tip of the tubing.	
	Closes the drain.	
	Wipes the drain with an alcohol wipe AFTER emptying the drainage bag.	
	Places the graduate on a level flat surface.	
	With the graduate at eye level, measures output.	
	Empties the graduate into the designated toilet/commode.	
	Rinses equipment and empties it into the designated toilet/commode.	
	Returns equipment to storage.	
	Records the output in mL on the previously signed recording form.	
	The candidate's recorded measurement is within 25 mL of the RN Test Observer's measurement.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Removes the gloves BEFORE removing the gown, with one gloved hand grasping the other glove at the palm to remove.	
	Slips fingers from the ungloved hand underneath the cuff of the remaining glove at the wrist and removes the glove, turning it inside out as it is removed.	
	Disposes of the gloves in the trash can without contaminating themself.	

✓	STEPS	
	Unfastens the gown at the waist AFTER the gloves are removed.	
	Unfastens the gown at the neck AFTER the gloves are removed.	
	Removes the gown without touching the outside of the gown AFTER the gloves are removed.	
	While removing the gown, holds the gown away from the body without touching the floor.	
	While removing the gown, turns the gown inward and keeps it inside out.	
	Disposes of the gown in a designated container without contaminating themself.	
	Turns on the faucet.	
	Wets hands and wrists thoroughly.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	
	Scrubs/washes hands together for at least twenty (20) seconds with soap.	
	Scrubs/washes with interlaced fingers pointing downward with soap.	
	Washes all surfaces of your hands with soap.	
	Washes wrists with soap.	
	Cleans fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinses fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Starting at the fingertips, dries fingers, hands, and wrists on a clean paper towel(s).	
	Discards paper towels in the trash container as used.	
	Turns off the faucet with a clean, dry paper towel and discards the paper towel in the trash container as used, or uses knee/foot control to turn off the faucet.	
	Does not re-contaminate hands at any time during the handwashing procedure.	

DRESSING A RESIDENT WITH AN AFFECTED (WEAK) SIDE

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Raises the bed height.	
	Keeps the resident covered while removing the gown.	
	Removes the gown from the unaffected side first.	
	Places the soiled gown in a designated laundry hamper.	
	When dressing the resident in a button-up shirt, always dresses from the affected (weak) side first.	
	When dressing the resident in a button-up shirt, insert your hand through the sleeve and grasp the resident's hand.	
	When dressing the resident in pants, always dresses the affected (weak) side leg first.	
	Assists the resident to raise their buttocks or turn the resident from side to side and draws the pants over the buttocks and up to the resident's waist.	
	Puts on the resident's socks.	
	Draws the socks up the resident's foot until they are smooth.	
	Leaves the resident comfortably/properly dressed.	
	Lowers the bed.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

FEEDING A DEPENDENT RESIDENT

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Asks the resident to state their name and verify that it matches the name on the diet card.	
	Positions the resident in an upright, sitting position BEFORE feeding. At least 75-90 degrees.	
	Offers a napkin, clothing protector, or towel to protect clothing from soiling.	
	Provides hand hygiene for the resident BEFORE feeding. *(Candidate may use a disposable wipe and dispose of it in a trash can, or wash the resident's hands with soap and a wet washcloth, rub hand sanitizer over all surfaces of the resident's hands until dry.)*	
	Ensures the resident's hands are dry BEFORE feeding. *(If a wet washcloth with soap was used, the candidate will need to dry the resident's hands. If a disposable wipe or hand sanitizer was used, they must make sure their hands are dry.)*	
	Places soiled linen in a designated laundry hamper or dispose of it in the appropriate container.	
	Sits in a chair, facing the resident, while feeding the resident.	
	Describes the food and fluids 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 the resident's hands and mouth AFTER the feeding demonstration.	
	Removes the clothing protector or napkin and places it in an appropriate container.	
	Leaves the resident sitting upright in bed with the head of the bed set up to at least 75-90 degrees.	
	Records the estimated intake as a percentage of total solid food eaten on the previously signed recording form.	
	The candidate's calculation must be within 25 percentage points of the RN Test Observer's.	
	Records the estimated intake of total fluid consumed in mL on the previously signed recording form.	
	The candidate's calculation must be within 60 mL of the RN Test Observer's.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

FOOT CARE ON ONE FOOT

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Fills a basin with comfortably warm water.	
	Places the basin on a protective barrier and in a comfortable position for the resident.	
	Puts on gloves BEFORE washing the resident's foot.	
	Immerses the resident's bare foot in the water.	
	Uses water and a soapy washcloth.	
	Washes the entire foot.	
	Washes between the toes.	
	Rinses the entire foot.	
	Rinses between the toes.	
	Thoroughly dries the foot.	
	Thoroughly dries between the resident's toes.	
	Applies lotion to the top and bottom of the resident's foot.	
	Avoids getting lotion between the resident's toes.	
	If any excess lotion is on the resident's foot, wipes it with a towel/washcloth.	
	Supports the foot and ankle during the procedure.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Places soiled linens in a designated laundry hamper.	
	Removes gloves, turning them inside out as they are removed, and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	

MODIFIED BED BATH –FACE AND ONE ARM, HAND AND UNDERARM

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Fills a basin with comfortably warm water.	
	Puts on gloves BEFORE washing the resident.	
	Raises the bed height.	
	Covers the resident with a bath blanket.	
	Removes the remaining top covers to the bottom of the bed or places them aside.	
	Removes the resident's gown without exposing the resident, and places the soiled gown in a designated laundry hamper.	
	Beginning with the eyes, washes the resident's eyes WITHOUT SOAP. **a. Washes from the inner aspect to the outer aspect of each eye.** **b. Uses a clean portion of the washcloth for each stroke.**	
	Washes face WITHOUT SOAP.	
	Pats the face dry.	
	Places a towel under the resident's arm, exposing one arm.	
	Washes the resident's arm with soap.	
	Washes the resident's hand with soap.	
	Washes the resident's underarm with soap.	
	Rinses the resident's arm.	
	Rinses the resident's hand.	
	Rinses the resident's underarm.	
	Dries the resident's arm.	
	Dries the resident's hand.	
	Dries the resident's underarm.	
	Assists the resident in putting on a clean gown.	
	Lowers the bed.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Places the soiled linen in a designated laundry hamper.	
	Removes the gloves, turning them inside out as they are removed, and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Places the call light or signaling device within easy reach of the resident.	

✓	STEPS	
	Maintains respectful, courteous interpersonal interactions at all times.	

MOUTH CARE – BRUSHING RESIDENT'S TEETH

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Drapes the resident's chest with a towel to prevent soiling.	
	Puts on gloves BEFORE cleaning the resident's mouth.	
	Wets a toothbrush and applies a small amount of toothpaste.	
	Gently brushes the inner surfaces of the resident's upper and lower teeth.	
	Gently brushes the outer surfaces of the resident's upper and lower teeth.	
	Gently brushes the chewing surfaces of the resident's upper and lower teeth.	
	Gently brushes the resident's tongue.	
	Assists the resident in rinsing their mouth.	
	Wipes the resident's mouth.	
	Removes the soiled linen.	
	Places the soiled linen in a designated laundry hamper.	
	Empties container. *(The container may be an emesis basin or a disposable cup.)*	
	Rinses the emesis basin, if used, or discards disposable items in a trash can.	
	Dries the emesis basin, if used.	
	Rinses the toothbrush.	
	Returns equipment to storage.	
	Removes the gloves, turning them inside out as they are removed and disposes of them.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Places the call light or signaling device within easy reach of resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	

PERINEAL CARE FOR A FEMALE RESIDENT WITH HANDWASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS - DEMONSTRATED ON A MANIKIN)

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident/manikin. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Fills a basin with comfortably warm water.	
	Raises the bed height.	
	Puts on gloves BEFORE washing.	
	Places a pad/linen protector under the perineal area, including the buttocks, BEFORE washing.	
	Exposes the perineal area only. *(Only exposes between the hips and knees.)*	
	Uses water and a soapy washcloth (no peri-wash or no-rinse soap allowed).	
	Washes the genital area from front to back.	
	When washing the genital area, uses a clean portion of the washcloth for each stroke.	
	Using a clean washcloth, rinses the soap from the genital area from front to back.	
	When rinsing the genital area, uses a clean portion of the washcloth for each stroke.	
	Pats the genital area dry from front to back with a dry washcloth/towel.	
	Assists the resident (manikin) to turn onto their side away from the candidate toward the center of the bed.	
	Uses a clean washcloth with water and soap (no peri-wash or no-rinse soap allowed).	
	Washes the rectal area from front to back.	
	When washing the rectal area, uses a clean portion of a washcloth with each stroke.	
	Using a clean washcloth, rinses the soap from the rectal area from front to back.	
	When rinsing the rectal area, uses a clean portion of the washcloth for each stroke.	
	Pats the rectal area dry from front to back with a dry washcloth/towel.	
	Safely removes the pad/liner from under the resident.	
	Positions the manikin on its back.	
	Places the soiled linen in a designated laundry hamper.	
	Removes the gloves, turning them inside out as they are removed, and disposes of them. **NEW STEP**	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.) **NEW STEP**	

✓	STEPS	
	Lowers the bed.	
	Puts on gloves. **NEW STEP**	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Removes the gloves, turning them inside out as they are removed and disposes of them.	
	Places the call light or signaling device within easy reach of resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Turns on the faucet.	
	Wets hands and wrists thoroughly.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	
	Scrubs/washes hands together for at least twenty (20) seconds with soap.	
	Scrubs/washes with interlaced fingers pointing downward with soap.	
	Washes all surfaces of their hands with soap.	
	Washes wrists with soap.	
	Cleans fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinses fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Starting at the fingertips, dries fingers, hands, and wrists on a clean paper towel(s).	
	Discards paper towels in the trash container as used.	
	Turns off the faucet with a clean, dry paper towel and discards the paper towel in the trash container as used, or uses knee/foot control to turn off the faucet.	
	Does not re-contaminate hands at any time during the handwashing procedure.	

PIVOT-TRANSFER RESIDENT FROM BED TO WHEELCHAIR USING A GAIT BELT

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Provides for privacy.	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Obtains a gait belt for the resident.	
	Adjusts the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed BEFORE assisting to stand.	
	Assists resident to put on non-skid shoes/footwear BEFORE standing.	
	Locks the bed brakes to ensure the resident's safety BEFORE assisting to stand.	
	Locks the wheelchair brakes to ensure the resident's safety BEFORE assisting to stand.	
	Brings the resident to a sitting position.	
	Properly places the gait belt around the resident's waist to stabilize the trunk. **ADDED WORD**	
	Tightens the gait belt.	
	Checks the gait belt for tightness by slipping fingers between the gait belt and the resident.	
	Ensures the resident's safety by standing and positioning themself facing the resident.	
	Grasps the gait belt on both sides with an upward grasp.	
	Brings the resident to a standing position.	
	Do not attempt to ambulate the resident. **NEW STEP**	
	Assist the resident to pivot/turn in a controlled manner. NEW KEY STEP	
	Assists the resident to stand in front of the wheelchair with the back of the resident's legs against the wheelchair.	
	Lowers the resident into the wheelchair in a controlled manner that ensures safety.	
	Positions/adjusts the resident with the resident's hips touching the back of the wheelchair seat.	
	Removes the gait belt.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

POSITIONING RESIDENT ON SIDE

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Positions the bed flat.	
	Raises the bed height.	
	Directs the RN Test Observer to stand on the side of the bed opposite the working side for safety, or always turns the resident toward yourself. **ADDED WORDING**	
	From the working side of the bed, moves the resident's body toward themself. **NEW STEP**	
	~~From the working side of the bed – gently moves the resident's upper body toward self.~~ **REPLACED WITH NEW STEP ABOVE**	
	~~From the working side of the bed – gently moves the resident's hips toward self.~~ **REPLACED WITH NEW STEP ABOVE**	
	~~From the working side of the bed – gently moves the resident's legs toward self.~~ **REPLACED WITH NEW STEP ABOVE**	
	Moves to the opposite side of the bed if the RN Test Observer wasn't directed or the side rail wasn't used, and turns the resident toward themself. Otherwise, they may remain on the working side of the bed and turn the resident toward the RN Test Observer or the raised side rail. **NEW STEP**	
	Gently assists/turns the resident to slowly roll onto the correct side, as stated in the scenario read at the start of the task.	
	Ensures the resident is centered in the bed. **NEW STEP**	
	Ensures the resident is in correct body alignment. **NEW STEP**	
	Places or adjusts the pillow under the resident's head for support.	
	Repositions the resident's arm and shoulder so that the resident is not lying on their arm.	
	Places a support device under the resident's ~~upside~~ upper arm. **REWORDED**	
	Places a support device behind the resident's back.	
	Places a support device between the resident's legs.	
	Lowers the bed.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

RANGE OF MOTION FOR ONE KNEE AND ONE ANKLE

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Raises the bed height.	
	Positions the resident supine (bed flat).	
	Correctly supports joints at all times by placing one hand under the resident's knee and the other hand under the resident's ankle.	
	Gently bends the resident's knee. *(Flexion)*	
	Gently returns (straightens) the resident's leg to normal position. *(Extension)*	
	Gently, slowly, and smoothly completes flexion and extension of the knee at least three times.	
	Correctly supports joints at all times by placing one hand under the resident's foot and the other hand under the resident's ankle close to the bed.	
	Gently pushes/pull the resident's foot toward their head.	
	Gently pushes/pulls the resident's foot down with toes pointing down.	
	Gently, slowly, and smoothly completes dorsiflexion and plantar flexion of the ankle at least three times.	
	The candidate *must ask* at least once during the ROM exercise if there is/was any discomfort/pain while performing the task. ADDED WORDING	
	Lowers the bed.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

RANGE OF MOTION FOR ONE SHOULDER

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Provides for privacy.	
	Raises the bed height.	
	Positions resident supine (bed flat).	
	Correctly supports joints at all times by placing one hand under the resident's elbow and the other hand under the resident's wrist.	
	Gently raises the resident's straightened arm up and over the resident's head to ear level. *(Flexion)*	
	Gently bring the resident's arm back down to the side of the resident's body. *(Extension)*	
	Gently, slowly, and smoothly completes the shoulder flexion and extension at least three times.	
	Continues the same support for shoulder joints by placing one hand under the resident's elbow and the other hand under the resident's wrist.	
	Gently moves the resident's entire arm away from the side of the resident's body to shoulder level. *(Abduction)*	
	Gently returns the resident's arm to the side of the resident's body. *(adduction)*	
	Gently, slowly, and smoothly completes abduction and adduction of the shoulder at least three times.	
	The candidate *must ask* at least once during the ROM exercise if there is/was any discomfort/pain while performing the task. ADDED WORDING	
	Lowers the bed.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	

VITAL SIGNS: COUNT AND RECORD RESIDENT'S RADIAL PULSE AND RESPIRATIONS

✓	STEPS	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	
	Explains the procedure to the resident. *(Speaks clearly and directly, maintaining face-to-face contact whenever possible.)*	
	Locates the resident's radial pulse by placing fingertips on the thumb side of the resident's wrist.	
	Counts the resident's radial pulse for one full minute or thirty (30) seconds, and doubles the recording. *(Tells the RN Test Observer when they start counting and when they stop counting.)*	
	Records their radial pulse rate reading on the previously signed recording form.	
	The candidate's recorded radial pulse rate is within four (4) beats of the RN Test Observer's recorded rate.	
	Counts the resident's respirations for one full minute or thirty (30) seconds, and doubles the recording. *(Tells the RN Test Observer when they start counting and when they stop counting.)*	
	Records their respiration reading on the previously signed recording form.	
	The candidate's recorded respiratory rate is within two (2) breaths of the RN Test Observer's recorded rate.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. (Covers all surfaces of the hands with hand sanitizer and rubs them together until completely dry.)	