New Mexico Mock Skills

Effective for testing: August 1, 2026

Please note: The skill task steps in this document are provided as guidelines to help candidates prepare for the New Mexico nurse aide skill test. They are not intended to provide complete care that would be all-inclusive of the best care in an actual work setting.

D&S Diversifed Technologies (D&SDT), LLP – Headmaster, LLP

1. Assist a Resident with the use of a Bedpan with Hand Washing

(One of the possible mandatory first tasks)

(ASSISTING RESIDENT WITH THE USE OF A BEDPAN, MEASURING AND RECORDING THE URINE OUTPUT, AND HAND WASHING)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Puts on gloves.	
	Positions the resident safely and correctly on the bedpan. *(Pan not upside down, it is centered, etc.)*	
	Raises the head of the bed to a comfortable level.	
	Leaves tissue within the resident's reach.	
	Leaves the call light or signaling device within easy reach of the resident.	
	Steps behind the privacy curtain to provide privacy for the resident.	
	When the RN Test Observer indicates, the candidate returns.	
	Lowers the head of the bed.	
	Gently removes the bedpan.	
	Empties the equipment used in the designated toilet.	
	Rinse the equipment used.	
	Empties rinse water in the designated toilet.	
	Returns equipment to storage.	
	Washes/assists the resident in washing/cleaning their hands with soap and water, hand sanitizer, or disposable wipes.	
	Dries/assists the resident to dry their hands. *(If a wet washcloth with soap was used, dry/assist the resident to dry their hands. If using a disposable wipe or hand sanitizer, ensure the resident's hands are dry.)*	
	Places soiled linen in a designated laundry hamper.	
	Removes gloves, turns them inside out as they are removed, and disposes of them in a trash container.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Turns on the water.	
	Wets hands and wrists thoroughly BEFORE applying soap.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	

	Scrubs/washes hands together with soap for at least twenty (20) seconds or more.	
	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 with a clean paper towel(s).	
	Discards paper towels in a trash container as used.	
	Turns off the faucet with a clean, dry paper towel, then discards it in a trash container as used.	
	Does not re-contaminate hands at any time during the hand-washing procedure. *(For example, do not touch the sides of the sink during the procedure, and do not crumple the paper towel used to turn off the faucet with both hands before discarding it.)*	

2. Catheter Care for a Female with Hand Washing

(One of the possible mandatory first tasks) [DEMONSTRATED ON A MANIKIN]

(PROVIDING CATHETER CARE FOR A FEMALE RESIDENT/MANIKIN WITH HAND WASHING)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Fills a basin with comfortably warm water.	
	Puts on gloves.	
	Exposes the area surrounding the catheter, only exposing the resident between the hip and knee.	
	Holds the catheter where it exits the urethra with one hand.	
	Uses a clean washcloth with soap and water.	
	While holding the catheter, cleans with soap at least 3-4 inches down the drainage tube.	
	Using soap, cleans with strokes only away from the urethra (at least two strokes).	
	Use a clean portion of the washcloth for each stroke.	
	While holding the catheter, rinses at least 3-4 inches down the drainage tube.	
	Rinses using strokes only away from the urethra.	
	Rinses using a clean portion of the washcloth for each stroke.	
	Pats dry.	
	Does not allow the tube to be tugged/pulled at any time during the procedure.	
	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, turns them inside out as they are removed, and disposes of them in a trash container.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Turns on the water.	
	Wets hands and wrists thoroughly BEFORE applying soap.	
	Applies soap to hands.	

	Rubs hands together using friction with soap.	
	Scrubs/washes hands together with soap for at least twenty (20) seconds or more.	
	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 with a clean paper towel(s).	
	Discards paper towels in a trash container as used.	
	Turns off the faucet with a clean, dry paper towel, then discards it in a trash container as used.	
	Des not re-contaminate hands at any time during the hand-washing procedure. *(For example, do not touch the sides of the sink during the procedure, and do not crumple the paper towel used to turn off the faucet with both hands before discarding it.)*	

3. Don [PUT ON] PPE (Gown and Gloves), Empty a Urinary Drainage Bag, Measure and Record Urine Output, and Doff [REMOVE] PPE with Hand Washing

(One of the possible mandatory first tasks)

(PUTTING ON A GOWN AND GLOVES, EMPTYING A URINARY DRAINAGE BAG, MEASURING AND RECORDING THE URINE OUTPUT, REMOVING THE GOWN AND GLOVES, AND HAND WASHING)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are 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, ensuring the back flaps cover the clothing as completely as possible.	
	Puts on gloves.	
	The gloves' cuffs overlap the gown's cuffs.	
	Explains the procedure to the resident.	
	Provides for the resident's 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, emptying rinse water 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 25mL of the RN Test Observer's pre-measured amount.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Remove the gloves BEFORE removing the gown.	

	With one gloved hand, grasps the other glove at the palm to remove it.	
	Slip fingers from the ungloved hand underneath the cuff of the remaining glove at the wrist and removes it, turning it inside out as they do so.	
	Disposes of gloves in the trash container without contaminating themself.	
	Unfastens the gown at the waist.	
	Unfastens the gown at the neck.	
	Removes the gown without touching the outside of the gown.	
	While removing the gown, holds the gown away from the body without touching the floor.	
	While removing the gown, turns the gown inward and keep it inside out.	
	Disposes of the gown in a designated container without contaminating yourself.	
	Turns on the water.	
	Wets hands and wrists thoroughly BEFORE applying soap.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	
	Scrubs/washes hands together with soap for at least twenty (20) seconds or more.	
	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 with a clean paper towel(s).	
	Discards paper towels in a trash container as used.	
	Turns off the faucet with a clean, dry paper towel, then discards it in a trash container as used.	
	Does not re-contaminate hands at any time during the hand-washing procedure. *(For example, do not touch the sides of the sink during the procedure, and do not crumple the paper towel used to turn off the faucet with both hands before discarding it.)*	

4. Perineal Care for a Female with Hand Washing

(One of the possible mandatory first tasks) [DEMONSTRATED ON A MANIKIN]

(PROVIDING PERINEAL CARE FOR A FEMALE RESIDENT/MANIKIN)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Fills a basin with comfortably warm water.	
	Raises bed height.	
	Puts on gloves.	
	Turns the resident or raises their hips and places a waterproof pad under the resident's buttocks.	
	Exposes the perineal area only.	
	Separates labia. *(It is helpful if you verbalize separating the labia as you demonstrate separating the labia.)*	
	Uses water and a soapy washcloth *(no peri-wash or no-rinse soap allowed)*.	
	Cleans one side of the labia from front to back.	
	Uses a clean portion of the washcloth to clean the other side of the labia from front to back.	
	Uses a clean portion of the washcloth and cleans the vaginal area from front to back.	
	Uses a clean washcloth and rinses from one side of the labia from front to back.	
	Uses a clean portion of the washcloth and rinses the other side of the labia from front to back.	
	Uses a clean portion of the washcloth, rinses the vaginal area from front to back.	
	Pats dry.	
	Assists the resident (manikin) in turning 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 from the vagina to the rectal area.	
	Uses a clean portion of the washcloth with any stroke.	
	Uses a clean washcloth and rinses the rectal area from front to back.	
	Uses a clean portion of the washcloth with any stroke.	
	Pats dry.	
	Safely removes the waterproof pad from under the resident's buttocks.	
	Positions the resident (manikin) on its back.	

	Places soiled linen in a designated laundry hamper.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Removes gloves, turns them inside out as they are removed, and disposes of them in a trash container.	
	Lowers bed.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Turns on the water.	
	Wets hands and wrists thoroughly BEFORE applying soap.	
	Applies soap to hands.	
	Rubs hands together using friction with soap.	
	Scrubs/washes hands together with soap for at least twenty (20) seconds or more.	
	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 with a clean paper towel(s).	
	Discards paper towels in a trash container as used.	
	Turns off the faucet with a clean, dry paper towel, then discards it in a trash container as used.	
	Does not re-contaminate hands at any time during the hand-washing procedure. *(For example, do not touch the sides of the sink during the procedure, and do not crumple the paper towel used to turn off the faucet with both hands before discarding it.)*	

5. Apply a Knee-High Anti-embolic (Elastic) Stocking to a Resident's Leg

(APPLYING A KNEE-HIGH ANTI-EMBOLIC (ELASTIC) STOCKING TO ONE OF THE RESIDENT'S LEGS)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Raises bed height.	
	Provides for the resident's privacy.	
	Provides for the resident's privacy by only exposing 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.	
	Checks toes for possible pressure from the stocking.	
	Adjusts stocking as needed.	
	Leaves the resident with a stocking that is smooth/wrinkle-free.	
	Lowers 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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

6. Assist a Resident to Ambulate using a Gait Belt

(ASSISTING THE RESIDENT TO AMBULATE AT LEAST TEN STEPS TO THEIR WHEELCHAIR USING A GAIT BELT)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Obtains a gait belt for the resident.	
	Assists the resident in putting on non-skid shoes/footwear.	
	Adjusts the bed height to ensure the resident's feet are flat on the floor when sitting on the edge of the bed.	
	Locks the bed brakes to ensure the resident's safety.	
	Locks the wheelchair brakes to ensure the resident's safety.	
	Brings the resident to a sitting position.	
	Places a gait belt around the resident's waist to stabilize the trunk.	
	Tightens the gait belt.	
	Checks the gait belt for tightness by slipping fingers between the gait belt and the resident.	
	Faces the resident.	
	Grasps the gait belt on both sides with an upward grasp.	
	Brings the resident to a standing position.	
	Stabilizes the resident.	
	Asks the resident if they are dizzy or light-headed.	
	While holding the gait belt, positions themself behind and slightly to the resident's side.	
	Ambulates the resident at least ten steps to the wheelchair.	
	Assists the resident in pivoting/turning and sitting in the wheelchair in a controlled manner that ensures safety.	
	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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

7. Denture Care – Clean an Upper or Lower Denture

(CLEANING ONE DENTURE PLATE, UPPER OR LOWER)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Lines the bottom of the sink with a protective lining that will help prevent damage to the denture. *(Use a towel, washcloth, or paper towels.)*	
	Puts on gloves.	
	Applies denture cleanser (paste) to denture brush (or toothbrush).	
	Removes the denture from the cup.	
	Handles the denture carefully to avoid damage.	
	Rinses the denture under cool running water.	
	Thoroughly brushes the inner surfaces of the denture.	
	Thoroughly brushes the outer surfaces of the denture.	
	Thoroughly brushes the chewing surfaces of the denture.	
	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 on the denture cup.	
	Rinses equipment.	
	Returns equipment to storage.	
	Discards the sink protective lining in an appropriate container.	
	Removes gloves, turns them inside out as they are removed, and disposes of them in a trash container.	
	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	

8. Dress a Resident with an Affected (weak) Side in Bed

(DRESSING A RESIDENT IN BED WITH AN AFFECTED SIDE IN A BUTTON-UP SHIRT, PANTS/SHORTS, AND SOCKS)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Raises 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.	
	Dresses the resident in a button-up shirt. Inserts their hand through the shirt sleeve and grasps the resident's hand.	
	When dressing the resident in a button-up shirt, always dresses from the affected (weak) side first.	
	Assists the resident to raise their buttocks or turns the resident from side to side and draws the pants over the buttocks and up to the resident's waist.	
	When dressing the resident in pants, always dresses the affected (weak) side leg first.	
	Puts on the resident's socks. Draws the socks up the resident's foot until they are smooth.	
	Leaves the resident comfortably/properly dressed *(pants pulled up to the waist front and back and shirt completely buttoned)*.	
	Lowers 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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

9. Feed a Dependent Resident a Meal in Bed

(FEEDING A DEPENDENT RESIDENT FOOD FROM A SINGLE-SERVE FOOD ITEM AND OFFERING FLUID FROM TWO GLASSES, MEASURING AND RECORDING THE PERCENTAGE OF TOTAL FOOD CONSUMED AND THE SUM OF THE TOTAL FLUID CONSUMED IN ML)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	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.	
	Protects clothing from soiling by using a napkin, clothing protector, or towel.	
	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, or they may 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 must dry the resident's hands. If a disposable wipe or hand sanitizer was used, ensure hands are dry.)*	
	If used, places soiled linen in the designated laundry hamper, or if a disposable wipe was used, disposes of it in an appropriate container.	
	Sits in a chair, facing the resident, while feeding the resident.	
	Describes the food and fluid 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 done feeding.	
	Removes the clothing protector and places it in the designated laundry hamper. If a napkin is used, disposes of it in a trash container.	
	Leaves the resident sitting upright in bed with the head of the bed set up to at least 75-90 degrees.	
	Records intake as a percentage of 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 calculation.	
	Records estimated intake as the sum of total fluid consumed in mL on the previously signed recording form.	
	The candidate's calculation must be within 30 mL of the RN Test Observer's calculation.	
	Places the call light or signaling device within easy reach of the	

	resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

10. Foot Care for a Resident's Foot

(PROVIDING FOOT CARE TO ONE OF THE RESIDENT'S FEET)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Fills a basin with comfortably warm water.	
	Removes a sock from the resident's (right/left) foot. *(The scenario read to you will specify whether it is left or right.)*	
	Immerses the resident's foot in warm water. a. *You **must** verbalize the 5 to 20 minutes of soaking time after you begin soaking the foot. The RN Test Observer will acknowledge and say, 'You may continue your demonstration.'*	
	Uses water and a soapy washcloth.	
	Washes the entire foot.	
	Washes between toes.	
	Rinses the entire foot.	
	Rinses between toes.	
	Dries foot thoroughly.	
	Dries thoroughly between the toes.	
	Applies lotion to the top and bottom of the 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.	
	Replaces the sock on the resident's foot.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Places soiled linens in a designated laundry hamper.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

11. Make an Occupied Bed

(MAKING THE RESIDENT'S BED WHILE THE RESIDENT IS IN THE BED)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Gathers clean linen.	
	Transports clean linen away from your body.	
	Places clean linen on a clean surface. *(Bedside stand, chair, or overbed table.)*	
	Provides for the resident's privacy.	
	Raises bed height.	
	The resident is to remain covered at all times.	
	Assists the resident to roll onto their side.	
	Rolls or fan-folds the soiled linen, soiled side inside, to the center of the bed.	
	Places a clean bottom sheet on the mattress.	
	Secures two fitted corners.	
	Rolls or fan-folds clean linen against the resident's back.	
	Assists the resident in rolling over the bottom linen, preventing trauma and avoidable pain to the resident.	
	Removes the soiled linen without shaking.	
	Avoids touching the linen to your uniform.	
	Places removed linen in a designated laundry hamper.	
	Secures the other two fitted corners.	
	Places clean top linen over the covered resident.	
	Ensures the bottom linen is smooth and/or tight and wrinkle-free.	
	Places a clean blanket or bedspread over the covered resident.	
	Removes the soiled top linen while keeping the resident unexposed.	
	Tucks the clean top linen in at the foot of the bed, leaving room for the resident's feet to move.	
	Tucks the clean blanket or bedspread in at the foot of the bed, leaving room for the resident's feet to move.	
	Applies a clean pillowcase.	
	Gently lifts the resident's head while replacing the pillow.	
	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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

12. Modified Bed Bath –Face and One Arm, Hand and Underarm

(PROVIDING A MODIFIED BED BATH TO THE RESIDENT'S FACE, ONE ARM, HAND, AND UNDERARM)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Raises bed height.	
	Covers the resident with a bath blanket.	
	Removes the remaining top covers. Folds to the bottom of the bed or places aside.	
	Removes the resident's gown without exposing the resident and places the soiled gown in a designated laundry hamper.	
	Fills a basin with comfortably warm water.	
	Beginning with the eyes, washes the eyes WITHOUT SOAP.	
	Uses a clean portion of the washcloth for each stroke, and washes the inner aspect of the eye to the outer aspect.	
	Washes face WITHOUT SOAP.	
	Pats dry face.	
	Places a towel under the 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.	
	Pats the resident's arm dry.	
	Pats the resident's hand dry.	
	Pats the resident's underarm dry.	
	Assists the resident in putting on a clean gown.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Places soiled linen in a designated laundry hamper.	
	Lowers 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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

13. Mouth Care – Brush Resident's Teeth

(BRUSHING ALL SURFACES OF THE RESIDENT'S TEETH AND TONGUE)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Drapes the resident's chest with a towel to prevent soiling.	
	Puts on gloves BEFORE cleaning the resident's mouth.	
	Wets the 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 soiled linen.	
	Places soiled linen in the 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 the trash can.	
	Dries emesis basin, if used.	
	Rinses the toothbrush.	
	Returns equipment to storage.	
	Removes gloves, turns them inside out as you remove them, and disposes of them in a trash container.	
	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	

14. Nail Care for a Resident's Hand

(PROVIDING HAND CARE TO ONE OF THE RESIDENT'S HANDS)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Fills a basin with comfortably warm water.	
	Immerses the resident's (left/right) hand in warm water. *(The scenario read to you will specify whether it is left or right.)*	
	Soaks the resident's nails for at least five (5) minutes. *a. You **must** verbalize the at least 5 minutes of soaking time after you begin soaking the nails. The RN Test Observer will acknowledge and say, 'You may continue your demonstration.'*	
	Dries the resident's hand thoroughly.	
	Specifically dries between the resident's fingers.	
	Gently cleans under the resident's nails with an orange stick.	
	Files each fingernail.	
	Applies lotion to the resident's hand.	
	Empties equipment.	
	Rinses equipment.	
	Dries equipment.	
	Returns equipment to storage.	
	Places soiled linens in a designated laundry hamper.	
	Places the call light or signaling device within easy reach of the resident.	
	Maintains respectful, courteous interpersonal interactions at all times.	
	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

15. Passive Range of Motion for a Resident's Hip and Knee

(PERFORMING PASSIVE RANGE OF MOTION TO THE RESIDENT'S HIP AND KNEE ON ONE SIDE)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Raises bed height.	
	Positions the resident supine (bed flat).	
	Correctly support joints at all times by placing one hand under the resident's knee and the other hand under the resident's ankle.	
	Gently moves the resident's entire leg away from the body. *a. Abduction*	
	Gently returns the resident's leg toward the body. *a. Adduction*	
	Gently complete abduction and adduction of the hip at least three times.	
	Continue to correctly support 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 and hip toward the resident's trunk a. *Flexion of the hip and knee at the same time*	
	Gently straightens the resident's knee and hip. *a. Extension of the hip and knee at the same time*	
	Gently completes flexion and extension of the knee and hip at least three times.	
	Does not force any joint beyond the point of free movement.	
	The candidate *must ask* at least once during the PROM exercise if there is/was any discomfort/pain.	
	Lowers 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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

16. Passive Range of Motion for a Resident's Shoulder

(PERFORMING PASSIVE RANGE OF MOTION TO THE RESIDENT'S SHOULDER ON ONE SIDE)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Raises bed height.	
	Positions the 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. *a. Flexion*	
	Gently bringss the resident's arm back down to the side of the resident's body. *a. Extension*	
	Gently completes flexion and extension of the shoulder at least three times.	
	Continues the same support for the 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. *a. Abduction*	
	Gently returns the resident's arm to the side of the resident's body. *a. Adduction*	
	Gently completes abduction and adduction of the shoulder at least three times.	
	Does not force any joint beyond the point of free movement.	
	The candidate *must ask* at least once during the ROM exercise if there is/was any discomfort/pain.	
	Lowers 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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

17. Position a Resident in Bed on their Side

(POSITIONING AND TURNING A RESIDENT IN BED ONTO THE CORRECT SIDE STATED, AND PLACING SUPPORT DEVICES -SUCH AS PILLOWS, WEDGES, OR BLANKETS- TO MAINTAIN PROPER BODY ALIGNMENT AND PROTECT BONY PROMINENCES)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Positions the bed flat.	
	Raises bed height.	
	Ensures that the resident's face never becomes obstructed by the pillow.	
	Directs the RN Test Observer to stand on the opposite side of the bed for safety, or always turn the resident toward yourself.	
	To center the resident in the bed before turning from the working side of the bed, gently moves the resident's upper body toward yourself.	
	To center the resident in the bed before turning from the working side of the bed, gently moves the resident's hips toward yourself.	
	To center the resident in the bed before turning from the working side of the bed, gently moves the resident's legs toward yourself.	
	The candidate may remain on the working side of the bed and turn the resident toward the previously positioned RN Test Observer. If the RN Test Observer wasn't directed to the side opposite the working side of the bed, the candidate moves to the opposite side of the bed and turns the resident toward self.	
	The resident is placed on the correct side, as read by the RN Test Observer in the scenario.	
	Ensures the resident is centered in the bed.	
	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 arm.	
	Places a support device behind the resident's back.	
	Places a support device between the resident's knees.	
	Lowers 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. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

18. Transfer Resident from their Bed to a Wheelchair using a Gait Belt

(TRANSFERRING A RESIDENT FROM THEIR BED TO A WHEELCHAIR USING A GAIT BELT)

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	Provides for the resident's privacy.	
	Obtains a gait belt for the resident.	
	Assists the resident in putting on non-skid shoes/footwear.	
	Adjusts the bed height to ensure the resident's feet are flat on the floor when sitting on the edge of the bed.	
	Locks the bed brakes to ensure the resident's safety.	
	Locks the wheelchair brakes to ensure the resident's safety.	
	Brings the resident to a sitting position.	
	Places a gait belt around the resident's waist to stabilize the trunk.	
	Tightens the gait belt.	
	Checks the gait belt for tightness by slipping fingers between the gait belt and the resident.	
	Faces the resident.	
	Grasps the gait belt on both sides with an upward grasp.	
	Bring sthe resident to a standing position.	
	Assists the resident in pivoting in a controlled manner that ensures safety.	
	Lowers the resident into the wheelchair in a controlled manner that ensures safety.	
	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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	

19. Vital Signs: Count and Record the Resident's Radial Pulse and Respirations

(COUNTING THE RESIDENT'S RADIAL PULSE AND RECORDING THE NUMBER OF THE RESIDENT'S PULSE BEATS, AND THEN COUNTING THE RESIDENT'S RESPIRATIONS AND RECORDING THE NUMBER OF THE RESIDENT'S RESPIRATION BREATHS)

* THE RN TEST OBSERVER WILL COUNT AT THE SAME TIME AS THE CANDIDATE FOR THE PULSE AND RESPIRATIONS
* YOU MUST TELL THE RN TEST OBSERVER WHEN YOU START AND STOP COUNTING THE RADIAL PULSE AND THE RESPIRATIONS, WHICH ARE TAKEN SEPARATELY DURING TESTING

	Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
	Explains the procedure to the resident.	
	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. *a. Tell the RN Test Observer when you start counting and tell them when you 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. *a. Tell the RN Test Observer when you start counting and tell them when you stop counting.*	
	Records your 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. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	