



Arkansas Mock Skills

Effective for testing July 1, 2026

D&SDT-Headmaster

MANDATORY TASKS

ASSIST A RESIDENT WITH A BEDPAN, MEASURE AND RECORD OUTPUT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Knocks on door.	
Introduces self to the resident.	
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 privacy.	
Puts on gloves.	
Positions the resident on the bedpan/fracture pan correctly. <i>(Pan not upside down, is centered, etc.)</i>	
Positions resident on bedpan/fracture pan using correct body mechanics.	
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 easy reach of the resident.	
Steps away to an area of the room away from the resident.	
When the RN Test Observer indicates, the candidate returns.	
Provides/assists the resident with hand hygiene. <i>(Candidate may use or hand the resident a disposable wipe to clean their hands, or- wash/assist the resident to wash their hands with a wet washcloth –or- may use or put hand sanitizer on the resident’s hands, making sure to cover all surfaces of the resident’s hands and rubbing or having the resident rub the sanitizer in until dry.)</i>	
Ensures the resident’s hands are dry. <i>(If the candidate used or handed a wet washcloth to the resident to wash their hands, they will need to dry or hand the resident a dry towel/washcloth to dry their hands. If hand sanitizer or a disposable wipe was used, make sure the hands are dry.)</i>	
Places soiled linen in a designated laundry hamper or, if a disposable wipe was used, discards it in the trash container.	
Gently removes the bedpan/fracture pan.	
Holds the bedpan/fracture pan for the RN Test Observer while an unknown quantity of fluid is poured into the bedpan/fracture pan.	
Places the graduate on a level, flat surface.	
With the graduate at eye level, reads the output.	
Empties the equipment into the designated toilet.	
Rinses the equipment used.	

Empties the rinse water into the designated toilet.	
Returns equipment to storage.	
Removes gloves, turning them inside out.	
Disposes of gloves in an appropriate container.	
Records output on the provided, previously signed recording form.	
The candidate's recorded output is within 25mLs of the RN Test Observer's recorded output.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	
Wash hands: Begins by wetting hands.	
Applies soap to hands.	
Rubs hands together using friction with soap.	
Rubs hands together for at least twenty (20) seconds with soap.	
Interlaces fingers pointing downward with soap.	
Washes all surfaces of hands with soap.	
Washes wrists with soap.	
Rinses hands thoroughly under running water with fingers pointed downward.	
Dries hands with clean paper towel(s).	
Turns off the faucet with a clean, dry paper towel, or uses a knee/foot control to turn off the faucet, or removes hands from under the water sensor.	
Discards paper towels in the trash container as used.	
Does not re-contaminate hands by touching the faucet or sink at any time during or after the hand washing procedure.	

CATHETER CARE FOR A FEMALE RESIDENT WITH HAND WASHING

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

Knocks on door.	
Introduces self to resident.	
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 privacy.	
Fills a basin with warm water.	
Puts on gloves.	
Avoids overexposure throughout the procedure.	
Checks to see that urine can flow unrestricted into the drainage bag. <i>(Helpful to verbalize checking while looking for kinks in tubing, etc.)</i>	
Uses soap and water to carefully wash around the catheter where it exits the urethra.	
Holds the catheter where it exits the urethra with one hand.	
While holding the catheter where it exits the urethra, cleans 3-4 inches down the catheter tube.	
Cleans with strokes only away from the urethra. (At least 2 strokes.)	
Uses a clean portion of the washcloth for each stroke.	
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 pulled at any time during the procedure.	
Replaces the resident's gown over the perineal area.	
Replaces the top cover over the resident.	
Leaves the resident in a position of safety and comfort.	
Empties the basin.	
Rinses the basin.	
Dries the basin.	
Returns the basin to storage.	
Removes gloves, turning them inside out.	
Disposes of gloves in an appropriate container.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	
Wash hands: Begins by wetting hands.	
Applies soap to hands.	
Rubs hands together using friction with soap.	

	Rub hands together for at least twenty (20) seconds with soap.	
	Interlaces fingers pointing downward with soap.	
	Washes all surfaces of hands with soap.	
	Washes wrists with soap.	
	Rinses hands thoroughly under running water with fingers pointed downward.	
	Dries hands with clean paper towel(s).	
	Turns off the faucet with a clean, dry paper towel, or uses a knee/foot control to turn off the faucet, or removes hands from under the water sensor.	
	Discards paper towels in the trash container as used.	
	Does not re-contaminate hands by touching the faucet or sink at any time during or after the hand washing procedure.	

Don [Put On] an Isolation Gown and Gloves, Empty a Urinary Drainage Bag, Measure and Record Output, Doff [Remove] the Gown and Gloves with Hand Washing

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Performs hand hygiene. a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry.	
Faces the back opening of the gown.	
Unfolds the gown.	
Places arms through each sleeve.	
Secures the neck opening.	
Secures the waist, making sure that the back flaps cover clothing as completely as possible.	
Puts on gloves.	
Gloves overlap gown sleeves at the wrist.	
Knocks on the door.	
Introduces self to the resident.	
Explains the procedure to the resident.	
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.	
Avoids touching the graduate with the tip of the tubing.	
Closes the drain.	
Wipes the drain with an alcohol wipe <u>AFTER</u> emptying the drainage bag.	
Replaces the drain in the holder.	
Places the graduate on a level, flat surface.	
With the graduate at eye level, reads the output.	
Empties the graduate into the designated toilet.	
Rinses the graduate.	
Empties the rinse water into the designated toilet.	
Returns the graduate to storage.	
Leaves the resident in a position of comfort and safety.	
Records the output on the provided, previously signed recording form.	
The candidate's recorded output reading is within 25mLs of the RN Test Observer's recorded output reading.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	

Removes gloves, turning them inside out.	
Removes gloves <u>BEFORE</u> removing the gown.	
Disposes of the gloves in the appropriate container.	
Unfastens the gown at the neck	
Unfastens the gown at the waist.	
Removes the gown by folding the soiled area over the soiled area.	
Disposes of the gown in the appropriate container.	
Wash hands: Begins by wetting hands.	
Applies soap to hands.	
Rubs hands together using friction with soap.	
Rub hands together for at least twenty (20) seconds with soap.	
Interlaces fingers pointing downward with soap.	
Washes all surfaces of hands with soap.	
Washes wrists with soap.	
Rinses hands thoroughly under running water with fingers pointed downward.	
Dries hands with clean paper towel(s).	
Turns off the faucet with a clean, dry paper towel, or uses a knee/foot control to turn off the faucet, or removes hands from under the water sensor.	
Discards paper towels in the trash container as used.	
Does not re-contaminate hands by touching the faucet or sink at any time during or after the hand washing procedure.	

PERINEAL CARE FOR A FEMALE RESIDENT WITH HAND WASHING REQUIRED

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

Knocks on the door.	
Introduces self to the resident.	
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 privacy.	
Raises the bed height.	
Fills basin with warm water.	
Puts on gloves.	
Directs the RN Test Observer to stand on the opposite side of the bed, or raises the side rail on the opposite side of the bed to provide for safety.	
Turns the resident or raises their hips and places a barrier under their buttocks. <i>(Candidate will choose a barrier such as a towel, waterproof pad, chux, etc.)</i>	
Exposes the perineum only.	
Separates labia. <i>(Candidate must also verbalize separating.)</i>	
Uses water and a soapy washcloth to clean the front side.	
Cleans one side of the labia from top to bottom.	
Uses a clean portion of a washcloth to clean the other side of the labia from top to bottom.	
Uses a clean portion of a washcloth and cleans the vaginal area from top to bottom.	
Uses water and a clean washcloth to rinse the front side.	
Rinses one side of the labia from top to bottom.	
Uses a clean portion of a washcloth to rinse the other side of the labia from top to bottom.	
Uses a clean portion of a washcloth to rinse the vaginal area from top to bottom.	
Pats the front side dry.	
Covers the exposed area with the bath blanket.	
Assists the resident to turn onto their side away from the candidate.	
Uses water and a clean, soapy washcloth to clean the backside.	
Cleans from the vagina to the rectal area.	
Uses a clean portion of a washcloth to clean from the vagina to the rectal area with any stroke.	
Uses water and a clean washcloth to rinse the backside.	
Rinses from the vagina to the rectal area.	

Uses a clean portion of a washcloth to rinse from the vagina to the rectal area with any stroke.	
Pats the backside dry.	
Safely removes the barrier from under the resident's buttocks.	
Positions the resident (manikin) on their back.	
Places soiled linen in a designated laundry hamper.	
Empties the equipment.	
Rinses the equipment.	
Dries the equipment.	
Returns equipment to storage.	
Removes gloves, turning them inside out.	
Disposes of gloves in an appropriate container.	
Lowers bed.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	
Wash hands: Begins by wetting hands.	
Applies soap to hands.	
Rubs hands together using friction with soap.	
Rub hands together for at least twenty (20) seconds with soap.	
Interlaces fingers pointing downward with soap.	
Washes all surfaces of hands with soap.	
Washes wrists with soap.	
Rinses hands thoroughly under running water with fingers pointed downward.	
Dries hands with clean paper towel(s).	
Turns off the faucet with a clean, dry paper towel, or uses a knee/foot control to turn off the faucet, or removes hands from under the water sensor.	
Discards paper towels in the trash container as used.	
Do not re-contaminate hands by touching the faucet or sink at any time during or after the hand washing procedure.	

AMBULATE 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.	
Must verbalize acknowledgement that this is a one-person transfer per the resident's care plan. <i>(RN Test Observer will acknowledge by replying 'yes'.)</i>	
Explains the procedure to the resident.	
Obtains a gait belt for the resident.	
Locks the bed brakes to ensure the resident's safety.	
Adjusts the bed height to ensure the resident's feet are flat on the floor.	
Brings the resident to a sitting position with the resident's feet flat on the floor.	
Properly places the 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.	
Assists the resident to put on non-skid footwear <u>BEFORE</u> standing.	
Brings the resident to a standing position.	
Uses proper body mechanics at all times.	
Grasps the gait belt.	
Stabilizes the resident.	
Ambulates the resident.	
Ambulates the resident <u>at least 10 steps</u> to the wheelchair.	
Locks the wheelchair brakes <u>PRIOR</u> to sitting to ensure the resident's safety.	
Assists the resident in pivoting/turning.	
Sits the resident in the wheelchair.	
Sits the resident in a controlled manner that ensures safety at all times.	
Removes the gait belt.	
Places the resident within easy reach of the call light or signaling device.	
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.	

AMBULATE A RESIDENT FROM A WHEELCHAIR TO THEIR BED 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.	
Must verbalize acknowledgement that this is a one-person transfer per the resident's care plan. <i>(RN Test Observer will acknowledge by replying 'yes'.)</i>	
Explains the procedure to the resident.	
Obtains a gait belt for the resident.	
Locks the bed brakes to ensure the resident's safety.	
Adjusts the bed height to ensure the resident's feet are flat on the floor.	
Locks the wheelchair brakes <u>PRIOR</u> to standing to ensure the resident's safety.	
Properly places the 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.	
Grasps the gait belt with both hands.	
Brings the resident to a standing position.	
Uses proper body mechanics at all times.	
Continues to grasp the gait belt.	
Stabilizes the resident.	
Ambulates the resident.	
Ambulates the resident <u>at least 10 steps</u> to the bed.	
Assists the resident in pivoting/turning.	
Sits the resident on the bed.	
Sits the resident on the bed in a controlled manner that ensures safety at all times.	
Removes the gait belt.	
Removes the resident's non-skid footwear.	
Assists the resident to lie down in the center of the bed.	
Makes sure the resident is comfortable and in good body alignment.	
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.	

BED BATH (PARTIAL): WHOLE FACE AND 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 privacy.	
Fills a basin with warm water.	
Raises the bed height.	
Covers the resident with a bath blanket.	
Fan-folds the bed linens at least down to the waist or moves linens to the opposite side.	
Removes the resident's gown without exposing the resident.	
Places the gown in a designated laundry hamper.	
Washes the resident's face WITHOUT SOAP.	
Pats the resident's 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.	
Pats dry the resident's arm.	
Pats dry the resident's hand.	
Pats dry the resident's underarm.	
Assists the resident in putting on a clean gown.	
Empties the equipment.	
Rinses the equipment.	
Dries the equipment.	
Returns equipment to storage.	
Places soiled linen in a designated laundry hamper.	
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.	

DENTURE CARE – CLEAN AN UPPER OR LOWER DENTURE

[ONLY ONE PLATE IS USED FOR 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.	
	Lines the bottom of the sink with a protective lining that would help prevent damage to the denture. <i>(Towel, washcloth, or paper towels are allowed for lining.)</i>	
	Puts on gloves.	
	Applies denture cleanser to the denture brush/toothbrush.	
	Removes the denture from the cup.	
	Handles the denture carefully to avoid damage.	
	Handles the denture carefully to avoid contamination.	
	Rinses the denture cup.	
	Thoroughly brushes the denture's inner surfaces.	
	Thoroughly brushes the denture's outer surfaces.	
	Thoroughly brushes the denture's chewing surfaces.	
	Rinses the denture using clean, cool water.	
	Places the denture in the rinsed denture cup.	
	Adds cool, clean water to the denture cup.	
	Rinses equipment. <i>(Denture brush or toothbrush.)</i>	
	Returns equipment to storage.	
	Discards the protective lining in an appropriate container.	
	Removes gloves, turning them inside out.	
	Disposes of the gloves in an appropriate container.	
	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.	

DRESS A BEDRIDDEN RESIDENT

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 privacy.	
Raises bed height.	
Keeps the resident covered while removing the gown.	
Removes the gown from the unaffected side first.	
Places the used gown in a designated laundry hamper.	
Dresses the resident in a button-up shirt. Inserts hand through the sleeve of the shirt 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.	
Leaves the resident in a position of safety.	
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.	

FEED A DEPENDENT RESIDENT

<p>Performs hand hygiene.</p> <ol style="list-style-type: none"> Covers all surfaces of hands with hand sanitizer. Rubs hands together until hands are completely dry. 	
Explains the procedure to the resident.	
Asks the resident to state their name and verifies the name matches the name on the diet card.	
Protects clothing from soiling by using a napkin, clothing protector, or towel.	
Provides hand hygiene for the resident <u>BEFORE</u> feeding. <i>(Candidate may use a disposable wipe and dispose of it in the trash can, or wash the resident's hands with a wet washcloth, or they may rub hand sanitizer over all surfaces of the resident's hands until dry.)</i>	
Ensures the resident's hands are dry <u>BEFORE</u> feeding. <i>(If a wet washcloth was used, the candidate will need to dry the resident's hands. If a disposable wipe or hand sanitizer was used, you must make sure hands are dry.)</i>	
Positions self at eye level, facing the resident while feeding the resident.	
Describes the foods being offered to the resident.	
Offers each fluid frequently from each glass.	
Offers small amounts of food at a reasonable rate.	
Allows the resident time to chew and swallow.	
Wipes the resident's face at least once during the meal. <i>(The actor will say, "I'm full" before all the solid food and fluids have been consumed.)</i>	
Leaves the resident clean. <i>(Remove the clothing protector).</i>	
Records intake in a percentage of total solid food eaten on the provided, previously signed recording form.	
The candidate's recorded consumed food intake must be within 25 percentage points of the RN Test Observer's recorded food intake.	
Records the intake of the sum total fluid consumed in mL on the provided, previously signed recording form.	
The candidate's recorded total consumed fluid intake must be within 60mLs of the RN Test Observer's recorded fluid intake.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	
<p>Performs hand hygiene.</p> <ol style="list-style-type: none"> Covers all surfaces of hands with hand sanitizer. Rub hands together until hands are completely dry. 	

FOOT CARE - ONE FOOT

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 basin with warm water.	
Removes the resident's sock from the (left/right) foot. <i>(The scenario read to the candidate will specify left or right.)</i>	
Immerses the resident's foot in warm water.	
Verbalizes (*or soaks) the resident's foot for 5 to 20 minutes. a. The candidate must verbalize the 5 to 20 minutes soaking time after they begin soaking the foot, *or demonstrate soaking for 5 minutes. b. Once the 5 to 20 minute soaking time is verbalized, *or the foot has been soaked for 5 minutes, the RN Test Observer will acknowledge the time and say, "You may continue with your demonstration now."	
Uses water and a soapy washcloth.	
Washes the entire foot.	
Washes between the toes.	
Rinses the entire foot.	
Rinses between the toes.	
Dries the foot thoroughly.	
Dries thoroughly between the toes.	
Warms lotion by rubbing it between hands.	
Massages lotion over the entire foot.	
Avoids getting lotion between the toes.	
If there is any excess lotion, wipes it with a towel.	
Replaces the sock on the resident's foot.	
Empties the basin.	
Rinses the basin.	
Dries the basin.	
Returns the basin to storage.	
Places dirty linen in a designated laundry hamper.	
Leaves the resident in position of safety in proper alignment in the chair.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	

	<p>Performs hand hygiene.</p>	
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a. Covers all surfaces of hands with hand sanitizer.

b. Rubs hands together until hands are completely dry.

MAKE AN OCCUPIED 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 linen.	
Transports linen away from body.	
Places clean linen on a clean surface. <i>(May place linen on the beside stand, chair, or overbed table.)</i>	
Provides for privacy.	
Raises bed height.	
Ensures the resident is covered at all times.	
Assists the resident to roll onto their side.	
Rolls or fan-folds 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 to safely roll over the bottom linen.	
Removes soiled linen without shaking.	
Avoids touching the linen to uniform.	
Places soiled linen in a designated laundry hamper.	
Pulls through and smooths out the clean bottom linen.	
Secures the other two fitted corners.	
Places clean top linen over the covered resident.	
Places a clean blanket or bed spread over the covered resident.	
Removes used linen, keeping the resident unexposed at all times.	
Tucks in clean top linen at the foot of the bed, leaving room for the feet to move.	
Tucks in a clean blanket or bedspread at the foot of the bed, leaving room for the feet to move.	
Applies a clean pillowcase.	
Gently lifts the resident's head while replacing the pillow.	
Lowers bed.	
Returns side rails to the lowered position, if side rails were used.	
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.	

MOUTH CARE – BRUSH A RESIDENT’S TEETH

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 privacy.	
Puts on gloves only <i>AFTER</i> supplies have been gathered.	
Drapes the resident's chest with a towel (<i>cloth or paper</i>) to prevent soiling.	
Wets toothbrush.	
Applies toothpaste to the toothbrush.	
Brushes the resident's inner surfaces of all upper and lower teeth.	
Brushes the resident's outer surfaces of all upper and lower teeth.	
Brushes the resident's chewing surfaces of all upper and lower teeth.	
Cleans the resident's tongue.	
Assists the resident in rinsing their mouth.	
Wipes the resident's mouth.	
Removes the soiled chest barrier.	
Places soiled chest barrier (<i>cloth or paper</i>) in the appropriate container.	
Empties the emesis basin.	
Rinses emesis basin.	
Dries emesis basin.	
Rinses the toothbrush.	
Returns equipment to storage.	
Removes gloves, turning them inside out.	
Disposes of gloves in an appropriate container.	
Leaves the resident in a position of comfort.	
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.	

NAIL CARE - ONE HAND

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 basin with warm water.	
Immerse the resident's left/right hand nails in warm water. <i>(The scenario read to the candidate will specify left or right.)</i>	
Verbalizes (*or soaks) the resident's nails for at least five (5) minutes. a. <i>The candidate must verbalize the 'at least 5 minutes' of soaking time after they begin soaking the nails, *or demonstrate soaking for 5 minutes.</i> b. <i>Once the 5 minutes of soaking time is verbalized, *or the hand is soaked for 5 minutes, the RN Test Observer will acknowledge the stated time and say, "You may continue with your demonstration now."</i>	
Dries the resident's hand thoroughly.	
Specifically dries between the fingers.	
Gently cleans under the resident's nails with an orange stick.	
Gently pushes cuticles back with a towel or washcloth.	
Files each fingernail.	
Empties equipment.	
Rinses equipment.	
Dries equipment.	
Returns equipment to storage.	
Places soiled linen 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.	

PIVOT TRANSFER A WEIGHT-BEARING, NON-AMBULATORY RESIDENT FROM THEIR BED TO WHEELCHAIR USING A GAIT BELT

<p>Performs hand hygiene.</p> <ul style="list-style-type: none"> a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry. 	
<p>The candidate must verbalize acknowledgement that this is a one-person transfer per the resident’s care plan. <i>(RN Test Observer will acknowledge by replying ‘yes’.)</i></p>	
<p>Explains the procedure to the resident.</p>	
<p>Obtains a gait belt.</p>	
<p>Locks the bed brakes to ensure the resident's safety.</p>	
<p>Assists the resident in putting on non-skid footwear.</p>	
<p>Adjusts the bed height to ensure the resident’s feet are flat on the floor.</p>	
<p>Assists the resident to a sitting position.</p>	
<p>Positions the wheelchair at the foot or head of the bed with the arm/wheel touching the side of the bed.</p>	
<p>Locks wheelchair brakes <u>PRIOR</u> to sitting to ensure the resident's safety.</p>	
<p>Properly places the gait belt around the resident’s waist to stabilize the trunk.</p>	
<p>Tightens the gait belt.</p>	
<p>Checks the gait belt for tightness by slipping fingers between the gait belt and the resident.</p>	
<p>Grasps the gait belt with both hands.</p>	
<p>Brings the resident to a standing position.</p>	
<p>Uses proper body mechanics.</p>	
<p>Assists the resident in pivoting and sitting in the wheelchair in a controlled manner that ensures safety.</p>	
<p>Removes the gait belt.</p>	
<p>Places the call light or signaling device within easy reach of the resident.</p>	
<p>Maintains respectful, courteous interpersonal interactions at all times.</p>	
<p>Performs hand hygiene.</p> <ul style="list-style-type: none"> a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry. 	

PIVOT TRANSFER A WEIGHT-BEARING, NON-AMBULATORY RESIDENT FROM WHEELCHAIR TO BED 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.	
The candidate must verbalize acknowledgement that this is a one-person transfer per the resident's care plan. <i>(RN Test Observer will acknowledge by replying 'yes'.)</i>	
Explains the procedure to the resident.	
Obtains a gait belt.	
Locks the bed brakes to ensure the resident's safety.	
Adjusts the bed height to ensure the resident's feet are flat on the floor.	
Positions the wheelchair at the foot or head of the bed with the arm/wheel touching the side of the bed.	
Locks wheelchair brakes <u>PRIOR</u> to standing to ensure the resident's safety.	
Properly places the 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.	
Ensures the resident's feet are flat on the floor.	
Grasps the gait belt with both hands.	
Brings the resident to a standing position using proper body mechanics.	
Assists the resident in pivoting and sitting on the bed in a controlled manner that ensures safety.	
Removes the gait belt.	
Removes the non-skid footwear.	
Assists the resident to lie down in the center of the bed.	
Makes sure the resident is comfortable and in good body alignment.	
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.	

POSITION A RESIDENT ON THEIR SIDE IN 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.	
Provides for privacy.	
Positions the bed flat.	
Raises bed height.	
Directs the RN Test Observer to stand on the side of the bed opposite the working side of the bed, or raises the side rail on the side of the bed opposite the working side of the bed to provide safety.	
From the working side of the bed, moves the resident's upper body toward self to provide room on the bed that will be used to safely turn the resident on their side.	
From the working side of the bed, moves the resident's hips toward self to provide room on the bed that will be used to safely turn the resident on their side.	
From the working side of the bed, moves the resident's legs toward self to provide room on the bed that will be used to safely turn the resident on their side.	
Assists/turns the resident on their left/right side. <i>(Side will be read to the candidate by the RN Test Observer.)</i>	
Ensures that the resident's face never becomes obstructed by the pillow.	
Checks to be sure that the resident is not lying on their downside arm.	
Ensures the resident is in correct body alignment.	
Places support devices under the resident's head.	
Places support devices under the resident's upside arm.	
Places support devices behind the resident's back.	
Places support devices between the resident's knees.	
Leaves the resident in a position of comfort and safety.	
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.	

RANGE OF MOTION FOR HIP AND KNEE

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 privacy.	
Positions the resident supine (<i>bed flat</i>).	
Positions the resident in proper body alignment.	
Places one hand under the resident's knee.	
Places the other hand under the resident's ankle.	
ROM for hip: Moves the entire leg away from the body. (<i>abduction</i>)	
Moves the entire leg toward the body. (<i>adduction</i>)	
Completes abduction and adduction of the hip at least three times.	
Continues to correctly support the joints by placing one hand under the resident's knee and the other hand under the resident's ankle.	
Bends the resident's knee and hip toward the resident's trunk. (<i>flexion of hip and knee at the same time</i>)	
Straightens the resident's knee and hip. (<i>extension of the knee and hip at the same time</i>)	
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 <u>must ask</u> at least once during the ROM exercise if there is any discomfort or pain.	
Leaves the resident in a comfortable position.	
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.	

RANGE OF MOTION FOR ONE SHOULDER

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 privacy.	
Raises bed height.	
Positions the resident supine (<i>bed flat</i>).	
Positions the resident in proper body alignment.	
Places one hand under the resident's elbow.	
Places the other hand under the resident's wrist.	
Raises the resident's arm up and over the resident's head. (<i>flexion</i>)	
Brings the resident's arm back down to the resident's side. (<i>extension</i>)	
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.	
Moves the resident's entire arm out away from the body. (<i>abduction</i>)	
Returns the resident's arm to the resident's side. (<i>adduction</i>)	
Completes abduction and adduction of the shoulder at least three times.	
Does not force any joint beyond the point of free movement.	
The candidate <u>must ask</u> at least once during the ROM exercise if there is any discomfort or pain.	
Leaves the resident in a comfortable position.	
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.	

VITAL SIGNS – COUNT AND RECORD THE RESIDENT’S RADIAL PULSE AND RESPIRATIONS

<p>Performs hand hygiene.</p> <ul style="list-style-type: none"> 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 radial pulse by placing tips of fingers on thumb side of the resident's wrist.	
Counts the pulse for 60 seconds. <i>(Tell the RN Test Observer when you start counting and tell them when you stop counting.)</i>	
Records the pulse rate reading on the provided, previously signed recording form.	
The candidate’s recorded pulse rate is within 4 beats of RN Test Observer's recorded pulse rate.	
Counts respirations for 60 seconds. <i>(Tell the RN Test Observer when you start counting and tell them when you stop counting.)</i>	
Records the respirations reading on the provided, previously signed recording form.	
The candidate’s recorded respiratory rate is within 2 breaths of the RN Test Observer's recorded respiratory rate.	
Places the call light or signaling device within easy reach of the resident.	
Maintains respectful, courteous interpersonal interactions at all times.	
<p>Performs hand hygiene.</p> <ul style="list-style-type: none"> a. Covers all surfaces of hands with hand sanitizer. b. Rubs hands together until hands are completely dry. 	