

D&SDT-Headmaster, LLP

Nevada Mock Skills

Updated: October 10, 2020 for Testing Effective January 1, 2021

Version 20



For Testing Effective: 1-1-2021

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BEDPAN AND OUTPUT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains the procedure to be performed to the client	
	6.	Provides privacy for client - pull curtain	
	7.	Puts on gloves	
	8.	Raises bed to appropriate working height	
	9.	Positions client on bedpan correctly using correct body mechanics	
	10.	Raises head of bed to comfortable level	
	11.	Leaves tissue within reach of client	
	12.	Leaves call light or signaling device within reach of client	
	13.	Leaves area until called	
	14.	Washes/assists client to wash and dry hands (uses wet wash cloth or a disposable wipe)	
	15.	Discards soiled linen in appropriate container or dispose wipe in trash can	
	16.	Lowers head of bed	
	17.	Gently removes bedpan. Holds bedpan for Test RN Observer while liquid is poured into the bedpan	
	18.	Measures output using a graduate	
	19.	Lowers bed	
	20.	Empties graduate into toilet/commode	
	21.	Rinses equipment and empties rinse water into toilet/commode	
	22.	Dries equipment and returns to storage	
	23.	Removes gloves turning inside out and dispose of in appropriate container	
	24.	Maintains respectful, courteous interpersonal interactions at all times	
	25.	Leaves call light or signaling device within easy reach of the client	
	26.	Leaves water within easy reach of client	
	27.	Records output on previously signed recording form	
	28.	Candidate's measurement is within 25 ml's of RN Test Observer's pre-measured amount.	
	29.	Washes hands – turns on water	
	30.	Thoroughly wets hands BEFORE applying soap	
	31.	Applies soap to hands	
	32.	Rubs hands together for 20 seconds with soap using friction	
	33.	Using friction, rubs interlaced fingers together with soap while pointing downward	
	34.	Cleans under fingernails with soap	
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	CONTINUED: BEDPAN AND OUTPUT W/HAND WASHING	
35.	Washes all surfaces of hands and wrists with soap	
36.	Rinses hands thoroughly under running water with fingers pointed downward	
37.	Dries hands on clean paper towel(s)	
38.	Turns off faucet with the last clean dry paper towel	
39.	Discards paper towels to trash container as used	
40.	Does not recontaminate hands at any time during the hand washing procedure	

CATHETER CARE WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Provides privacy for client – pull curtain	
	7.	Puts on gloves	
	8.	Positions a bath blanket or a combination of bath blanket and gown to maintain privacy	
	9.	Checks to see that urine can flow, unrestricted, into the drainage bag	
	10.	Uses soap and water to carefully wash around the catheter tubing where it exits the urinary meatus	
	11.	Holds catheter where it exits the urethra with one hand	
	12.	While holding catheter with fingers near urethra, cleans at least 3-4 inches down the catheter tube	
	13.	Cleans with stroke(s) only away from the urethra	
	14.	Uses clean portion of cloth for stroke(s)	
	15.	Rinses using stroke(s) only away from the urethra	
	16.	Rinses using clean portion of cloth for stroke(s)	
	17.	Pats dry	
	18.	Does not allow the tube to be pulled at any time during the procedure	
	19.	Replaces top cover over client	
	20.	Removes bath blanket	
	21.	Leaves client in a position of safety and comfort	
	22.	Rinses, dries and returns equipment to storage	
	23.	Maintains respectful, courteous interpersonal interactions at all times	
	24.	Leaves call light or signaling device within easy reach of the client	
	25.	Leaves water within easy reach of client	
	26.	Washes hands - turns on water	
	27.	Thoroughly wets hands BEFORE applying soap	
	28.	Applies soap to hands	
	29.	Rubs hands together for 20 seconds with soap using friction	
	30.	Using friction, rubs interlaced fingers together with soap while pointing downward	
	31.	Cleans under fingernails with soap	
	32.	Washes all surfaces of hands and wrists with soap	
	33.	Rinses hands thoroughly under running water with fingers pointed downward	
	34.	Dries hands on clean paper towel(s)	
	35.	Turns off faucet with the last clean dry paper towel	
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		CONTINUED: CATHETER CARE W/HAND WASHING	
	36.	Discards paper towels to trash container as used	
	37.	Does not recontaminate hands at any time during the hand washing procedure	

ISOLATION GOWN & GLOVES – EMPTYING A URINARY DRAINAGE BAG

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

✓	#	Skill task step	Notes
	1.	Performs hand hygiene	
	2.	Faces the back opening of the gown	
	3.	Unfolds the gown	
	4.	Places arms through each sleeve	
	5.	Ties the neck opening	
	6.	Ties the waist in the back or on side	
	7.	Ensures back flap covers clothing as completely as possible	
	8.	Puts on gloves	
	9.	Gloves overlap gown sleeves at the wrist	
	10.	Knocks on door	
	11.	Greets client by name	
	12.	Introduces self by name and title	
	13.	Explains urinary output procedure to client	
	14.	Provides privacy for client - pull curtain	
	15.	Leaves call light or signaling device within easy reach of the client	
	16.	Leaves water within easy reach of client	
	17.	Places a barrier on the floor under the drainage bag	
	18.	Places the graduate on the previously placed barrier	
	19.	Opens the drain to allow the urine to flow into the graduate	
	20.	Completely empties urinary drainage bag	
	21.	Does not touch the graduate with the tip of the drain tube	
	22.	Closes the drain	
	23.	Wipes the drain with an antiseptic wipe	
	24.	Secures drain	
	25.	Places a barrier on a flat surface	
	26.	Places graduate on previously placed barrier on a flat surface	
	27.	With graduate at eye level, measures output	
	28.	Empties graduate into toilet/commode	
	29.	Rinses, dries and returns equipment to storage	
	30.	Leaves client in a position of safety and comfort	
	31.	Maintain respectful, courteous interpersonal interactions at all times	
	32.	Removes gloves BEFORE removing gown or uses the alternate method of pulling/popping gown off by pulling on the front of the gown with gloves on	
	33.	Removes gloves turning inside out or uses the alternate method of pulling/popping the gown off by pulling on the front of the gown	
	34.	Disposes of gloves in appropriate trash container or peels gloves off keeping them inside out and rolled up inside the gown	
	35.	Unfastens gown at the neck, if not using alternate method of removal	
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	CONTINUED: ISOLATION GOWN & GLOVES – EMPTYING A URINARY DRAINAGE BAG W/HAND WASHING	
36.	Unfastens gown at the waist, if not using alternate method of removal	
37.	Removes gown by folding soiled area to soiled area	
38.	Bare hands never touch soiled surface of gown while removing the gown	
39.	Disposes of gown in trash container	
40.	Does not touch self with contaminated gloves during any of the previous steps	
41.	Records the output on the previously signed recording form	
42.	Candidate's measurement is within 25 ml's of RN Test Observer's premeasured amount	
43.	Washes hands - turns on water	
44.	Thoroughly wets hands BEFORE applying soap	
45.	Applies soap to hands	
46.	Rubs hands together for 20 seconds with soap using friction	
47.	Using friction, rubs interlaced fingers together with soap while pointing downward	
48.	Cleans under fingernails with soap ²	
49.	Washes all surfaces of hands and wrists with soap	
50.	Rinses hands thoroughly under running water with fingers pointed downward	
51.	Dries hands on clean paper towel(s)	
52.	Turns off faucet with the last clean dry paper towel.	
53.	Discards paper towels to trash container as used	
54.	Does not recontaminate hands at any time during the hand washing procedure	

PERINEAL CARE FOR A FEMALE CLIENT

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client (manikin)	
	6.	Provides privacy for client - pull curtain	
	7.	Raises the bed to an appropriate working height	
	8.	Positions bath blanket or combination of bath blanket and gown so client remains covered at all times	
	9.	Fills basin with comfortably warm water	
	10.	Directs RN Test Observer to stand on opposite side of the bed or raises side rail opposite working side of bed	
	11.	Puts on gloves	
	12.	Expos perineum only	
	13.	Separates labia	
	14.	Uses water and soapy wash cloth	
	15.	Cleans one side of labia from top to bottom	
	16.	Using a clean portion of a wash cloth, cleans other side of labia from top to bottom	
	17.	Using a clean portion of a wash cloth, cleans the vaginal area from top to bottom	
	18.	Using a clean portion of a wash cloth, rinses one side of labia from top to bottom	
	19.	Using a clean portion of a wash cloth, rinses other side of labia from top to bottom	
	20.	Using a clean portion of a wash cloth, rinses the vaginal area from top to bottom	
	21.	Pats dry	
	22.	Covers the exposed area with the bath blanket or gown or combination of both	
	23.	Assists client to turn onto side away from candidate	
	24.	Uses a clean wash cloth, water and soap to clean rectal area	
	25.	Cleans from vagina to rectal area	
	26.	Uses a clean portion of a wash cloth for any cleaning stroke(s)	
	27.	Using a clean portion of a wash cloth, rinses from vagina to rectal area	
	28.	Uses a clean portion of a wash cloth for any rinsing stroke(s)	
	29.	Pats dry	
	30.	Positions client (manikin) on her back	
	31.	Disposes of soiled linen in an appropriate container	
	32.	Rinses, dries and returns equipment to storage	
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CONTINUED: PERINEAL CARE FOR A FEMALE CLIENT W/HAND WASHING

33.	Removes gloves turning inside out and disposes of in appropriate container	
34.	Lowers bed	
35.	Lowers side rail	
36.	Maintains respectful, courteous interpersonal interactions at all times	
37.	Leaves call light or signaling device within easy reach of the client	
38.	Leaves water within easy reach of client	
39.	Washes hands - turns on water	
40.	Thoroughly wets hands BEFORE applying soap	
41.	Applies soap to hands	
42.	Rubs hands together for 20 seconds with soap using friction	
43.	Using friction, rubs interlaced fingers together with soap while pointing downward	
44.	Cleans under fingernails with soap	
45.	Washes all surfaces of hands and wrists with soap	
46.	Rinses hands thoroughly under running water with fingers pointed downward	
47.	Dries hands on clean paper towel(s)	
48.	Turns off faucet with the last clean dry paper towel	
49.	Discards paper towels to trash container as used	
50.	Does not recontaminate hands at any time during the hand washing procedure	

AMBULATION WITH GAIT BELT

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Obtains gait belt	
	7.	Locks bed brakes to ensure client's safety	
	8.	Ensures client's feet are flat on the floor	
	9.	Bring client to sitting position	
	10.	Places gait belt around waist to stabilize trunk	
	11.	Tightens gait belt so that it is snug enough that only 3-4 flat fingers can be slipped between the gait belt and client	
	12.	Checks gait belt by slipping fingers between gait belt and client	
	13.	Assists client to put on non-skid socks	
	14.	Stands in front of and faces the client	
	15.	Grasps the gait belt on each side of the client with an underhand grip	
	16.	Asks client if he/she is stable/okay/dizzy	
	17.	Brings client to standing position, using proper body mechanics	
	18.	Grasps gait belt with one hand, using under hand grip	
	19.	Stabilizes client with other hand by holding forearm, shoulder, or using other appropriate method to stabilize client	
	20.	Ambulates the client 10 steps and returns client to chair	
	21.	Assists client to sit in the chair in a controlled manner that ensures safety	
	22.	Removes gait belt	
	23.	Leaves client in position of comfort and safety	
	24.	Performs hand hygiene	
	25.	Maintains respectful, courteous interpersonal interactions at all times	
	26.	Leaves call light or signaling device within easy reach of the client	
	27.	Leaves water within easy reach of client	

ASSISTING A DEPENDENT CLIENT WITH EATING IN A CHAIR

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Reads diet card aloud to client	
	7.	Protects clothing from soiling by using clothing protector	
	8.	Washes client's hands BEFORE feeding with wet wash cloth or disposable wipe	
	9.	Discards soiled linen in appropriate container or disposes wipe in trash can	
	10.	Sits to assist with feeding client	
	11.	Describes the foods being offered to the client	
	12.	Offers fluid frequently	
	13.	Offers small amounts of food at a reasonable rate	
	14.	Allows client time to chew and swallow	
	15.	Wipes client's hands and face during meal as needed	
	16.	Leaves client clean and in a position of comfort	
	17.	Performs hand hygiene	
	18.	Maintains respectful, courteous interpersonal interactions at all times	
	19.	Leaves call light or signaling device within easy reach of the client	
	20.	Leaves water within easy reach of client	
	21.	Records intake of total solid food eaten as a percentage on previously signed recording form	
	22.	Candidate's calculation must be within 25 percentage points of the RN Test Observer's	
	23.	Records fluid intake as mls consumed on previously signed recording form	
	24.	Candidate's calculation is within 30 ml's of the RN Test Observer's	

BED BATH (PARTIAL) – WHOLE FACE AND ONE ARM, HAND AND AXILLA

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Provides privacy for client - pull curtain	
	7.	Raises bed to appropriate working height	
	8.	Covers client with a bath blanket	
	9.	Removes remaining top linens. Folds top linens to bottom of bed or bed or places aside	
	10.	Removes client's gown without exposing client	
	11.	Fills basin with comfortably warm water	
	12.	Wipes eyes gently from inner eye toward outer eye, using a clean portion of the wash cloth with each wipe	
	13.	Washes whole face <i>without</i> soap	
	14.	Dries face	
	15.	Places towel under arm, exposing one arm	
	16.	Using soap: washes arm	
	17.	Using soap: washes hand	
	18.	Using soap: washes axilla	
	19.	Rinse arm	
	20.	Rinse hand	
	21.	Rinse axilla	
	22.	Dries arm	
	23.	Dries hand	
	24.	Dries axilla	
	25.	Assists client to put on a clean gown	
	26.	Rinses and dries basin and returns to storage	
	27.	Disposes of soiled linen in appropriate container	
	28.	Lowers bed	
	29.	Performs hand hygiene	
	30.	Maintains respectful, courteous interpersonal interactions at all times	
	31.	Leaves call light or signaling device within easy reach of the client	
	32.	Leaves water within easy reach of client	

BLOOD PRESSURE

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Positions client with forearm relaxed and supported in a palm-up position, approximately at the level of the heart	
	7.	Rolls client's sleeve up about 5 inches above the elbow.	
	8.	Applies appropriate size cuff around the upper arm just above the elbow	
	9.	Lines cuff arrows up with brachial artery	
	10.	Cleans earpieces of stethoscope appropriately and places in ears	
	11.	Cleans diaphragm	
	12.	Locates brachial artery with finger tips.	
	13.	Places stethoscope diaphragm over brachial artery	
	14.	Holds stethoscope diaphragm snugly in place	
	15.	Inflates cuff to 160-180mmHg or 30 mmHg above where pulse was last heard or felt	
	16.	Inflates the blood pressure cuff no more than two times per arm if using the one step method	
	17.	Slowly releases air from cuff to disappearance of pulsations	
	18.	Removes cuff	
	19.	Performs hand hygiene	
	20.	Maintains respectful, courteous interpersonal interactions at all times	
	21.	Leaves call light or signaling device within easy reach of the client	
	22.	Leaves water within easy reach of client	
	23.	Records blood pressure reading on previously signed recording form	
	24.	Candidate's recorded systolic and diastolic blood pressure recordings are within 6mmHg of the RN Test Observer's	

DENTURE CARE

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to client	
	6.	Lines bottom of sink (towel, wash cloth or paper towels) with a protective lining or fills sink with water to prevent damage to the dentures in case they are dropped	
	7.	Puts on gloves	
	8.	Carefully removes dentures from cup	
	9.	Handles dentures carefully to avoid damage	
	10.	Rinses denture cup	
	11.	Never puts dentures in/on a contaminated surface	
	12.	Applies denture cleanser to toothbrush	
	13.	Thoroughly brushes dentures, including the inner surfaces of upper or lower dentures	
	14.	Thoroughly brushes dentures, including the outer surfaces of upper or lower dentures	
	15.	Thoroughly brushes dentures, including the chewing surfaces of upper or lower dentures	
	16.	Thoroughly brushes dentures, including the denture groove or plate that touches gum surface	
	17.	Rinses dentures using clean cool running water	
	18.	Places dentures in denture cup	
	19.	Adds cool clean water to denture cup	
	20.	Rinses and dries equipment and returns to storage	
	21.	Discards sink's protective lining in an appropriate container, or drains sink	
	22.	Removes gloves turning inside out and disposes in appropriate container	
	23.	Performs hand hygiene	
	24.	Maintains respectful, courteous interpersonal interactions at all times	
	25.	Leaves call light or signaling device within easy reach of the client	
	26.	Leaves water within easy reach of client	

FOOT CARE (ONE FOOT)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Provides privacy for client - pulls curtain	
	7.	Fills foot basin with comfortably warm water	
	8.	Removes non-skid sock from the correct RN Test Observer stated side	
	9.	Immerses foot in comfortably warm water for 10 to 20 minutes (time is to be verbalized)	
	10.	Uses water and soapy wash cloth	
	11.	Washes entire foot	
	12.	Washes between toes	
	13.	Rinses entire foot	
	14.	Rinses between toes	
	15.	Dries foot thoroughly, dries between toes thoroughly	
	16.	Offers to cut client's toenails	
	17.	Warms lotion by rubbing it between hands	
	18.	Massages lotion over entire foot, does not get lotion between toes	
	19.	If any excess lotion, wipes with a towel	
	20.	Replaces non-skid sock on foot	
	21.	Pours used water in toilet/commode or sink	
	22.	Rinses and dries basin	
	23.	Returns equipment to storage area	
	24.	Places dirty linen in hamper	
	25.	Leaves client in position of safety in proper alignment in the chair	
	26.	Performs hand hygiene	
	27.	Maintains respectful, courteous interpersonal interactions	
	28.	Leaves call light or signaling device within easy reach of the client	
	29.	Leaves water within easy reach of client	

MAKING OCCUPIED BED

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Gathers linen	
	6.	Transports linen away from body	
	7.	Places clean linen on a clean surface - (bedside stand, chair, or overbed table)	
	8.	Explains procedure to be performed to client	
	9.	Provides privacy for client - pull curtain	
	10.	Directs RN Test Observer to stand on the opposite side of the bed or raises side rail opposite working side of bed	
	11.	Raises bed to appropriate working height	
	12.	Client is to remain covered at all times with sheet or gown	
	13.	Assists client to roll onto side	
	14.	Rolls or fan folds soiled linen, soiled side inside, to the center of the bed	
	15.	Places clean bottom sheet on mattress along the center of the bed and rolls or fan folds against the client's back and unfold remaining half	
	16.	Secures two fitted corners	
	17.	Directs RN Test Observer to opposite side of the bed or uses side rails	
	18.	Assists the client to roll over the bottom linen, preventing trauma and avoidable pain to client	
	19.	Removes soiled linen without shaking	
	20.	Avoids placing dirty linen on the overbed table, bedside stand, chair or floor	
	21.	Avoids touching linen to uniform	
	22.	Disposes of soiled linen in hamper	
	23.	Pulls through and smoothes out the clean bottom linen	
	24.	Secures the other two fitted corners	
	25.	Client's body never touches bare mattress	
	26.	Places clean top linen over covered client	
	27.	Removes used top linen keeping client unexposed at all times	
	28.	Tucks in clean top linen at the foot of bed	
	29.	Makes mitered corners at the foot of the bed	
	30.	Makes toe pleat or tent	
	31.	Applies clean pillowcase with zippers and/or tags to inside	
	32.	Gently lifts client's head while replacing the pillow	
	33.	Lowers bed	
	34.	Lowers side rail	
	35.	Performs hand hygiene	
	36.	Maintains respectful, courteous interpersonal interactions at all times	
	37.	Leaves call light or signaling device within easy reach of the client	
	38.	Leaves water within reach of client	

MOUTH CARE – BRUSHING TEETH

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Provides privacy for client - pull curtain	
	7.	Drapes the chest with towel to prevent soiling	
	8.	Puts on gloves	
	9.	Applies toothpaste to toothbrush	
	10.	Brushes all inner surfaces of all upper and lower teeth	
	11.	Brushes all outer surfaces of all upper and lower teeth	
	12.	Brushes all chewing surfaces of all upper and lower teeth	
	13.	Cleans tongue	
	14.	Assists client in rinsing mouth	
	15.	Wipes client's mouth	
	16.	Removes soiled linen	
	17.	Places soiled linen in hamper	
	18.	Empties emesis basin	
	19.	Rinses emesis basin	
	20.	Dries emesis basin	
	21.	Rinses toothbrush	
	22.	Returns equipment to storage	
	23.	Removes gloves turning inside out and disposes of in appropriate container	
	24.	Leaves client in position of comfort	
	25.	Performs hand hygiene	
	26.	Maintains respectful, courteous interpersonal interactions at all times	
	27.	Leaves call light or signaling device within easy reach of the client	
	28.	Leaves water within easy reach of client	

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

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to client	
	6.	Obtains a gait belt	
	7.	Positions wheelchair at foot or head of bed	
	8.	Wheelchair touches bed	
	9.	Locks wheelchair brakes to ensure client's safety	
	10.	Locks bed brakes to ensure client's safety	
	11.	Brings client to a sitting position using proper body mechanics	
	12.	Ensures client's feet are flat on the floor	
	13.	Assists client to put on non-skid socks	
	14.	Places gait belt around client's waist to stabilize trunk	
	15.	Tightens gait belt so that it is snug enough that only 3-4 flat fingers can be slipped between the gait belt and the client	
	16.	Grasps the gait belt in underhand grip with both hands to stabilize the client	
	17.	Asks client if he/she is stable/okay/dizzy	
	18.	Brings client to a standing position using proper body mechanics	
	19.	Does not ambulate the client	
	20.	Assists client to pivot and sit in wheelchair in a controlled manner that ensures safety	
	21.	Removes gait belt	
	22.	Leaves client in a position of safety and comfort	
	23.	Performs hand hygiene	
	24.	Maintains respectful, courteous interpersonal interactions at all times	
	25.	Places client within easy reach of call light or signaling device	
	26.	Places client within easy reach of water	

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

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to client	
	6.	Obtains a gait belt	
	7.	Positions wheelchair at foot or head of bed	
	8.	Wheelchair touches bed	
	9.	Raises bed to same level as wheelchair seat or lower	
	10.	Locks wheelchair brakes to ensure client's safety	
	11.	Locks bed brakes to ensure client's safety	
	12.	Places gait belt around client's waist to stabilize trunk	
	13.	Tightens gait belt so that it is snug enough that only 3-4 flat fingers can fit between the gait belt and the client	
	14.	Ensures client's feet are flat on the floor	
	15.	Instructs client to place hands on wheelchair arm rests	
	16.	Asks client if he/she is stable/okay/dizzy	
	17.	Grasps the gait belt in underhand grip with both hands	
	18.	Brings client to a standing position using proper body mechanics	
	19.	Does not ambulate client	
	20.	Assists client to pivot and sit on bed in a controlled manner that ensures safety	
	21.	Removes gait belt	
	22.	Removes client's shoes	
	23.	Assists client to lie down in the center of the bed, supporting extremities as necessary	
	24.	Makes sure client is comfortable and in good body alignment	
	25.	Performs hand hygiene	
	26.	Maintains respectful, courteous interpersonal interactions at all times	
	27.	Leaves call light or signaling device within easy reach of the client	
	28.	Leaves water within easy reach of client	

RANGE OF MOTION (ROM) LOWER EXTREMITIES (HIP & KNEE)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Provides privacy for client - pulls curtain	
	7.	Positions bed flat	
	8.	Positions client on back (supine)	
	9.	Positions client in good body alignment	
	10.	Correctly supports joints at the knee and ankle at all times	
	11.	Performs task on correct side read by RN Test Observer in the scenario	
	12.	Asks if causing any discomfort or pain sometime during ROM procedure	
	13.	Moves the entire leg away from the body (abduction)	
	14.	Moves the entire leg toward the body (adduction)	
	15.	Completes abduction and adduction of the hip at least three times	
	16.	Continues to correctly support joints by placing one hand under the client's knee and the other hand under the client's ankle	
	17.	Bends the client's knee and hip toward the client's trunk (flexion of hip and knee at the same time - may also do separately)	
	18.	Straightens the knee and hip (extension of knee and hip in the same motion - may also do separately)	
	19.	Completes flexion and extension of the knee and hip at least three times	
	20.	Does not force any joint beyond the point of free movement	
	21.	Leaves client in a comfortable position	
	22.	Performs hand hygiene	
	23.	Maintains respectful, courteous interpersonal interactions at all times	
	24.	Leaves call light or signaling device within easy reach of the client	
	25.	Leaves water within easy reach of client	

RANGE OF MOTION (ROM) UPPER EXTREMITIES (ONE SHOULDER)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to the client	
	6.	Provides privacy for client - pull curtain	
	7.	Positions client on back	
	8.	Positions client in good body alignment	
	9.	Correctly support joints at the wrist and elbow all times	
	10.	Performs task on correct side read by RN Test Observer in the scenario	
	11.	Asks if causing any discomfort or pain sometime during ROM procedure	
	12.	Raises the client's arm up and over the client's head (flexion)	
	13.	Brings the client's arm back down to the client's side (extension)	
	14.	Completes flexion and extension of shoulder at least three times	
	15.	Continues same support for abduction and adduction of shoulder joint	
	16.	Moves the client's entire arm out away from the body (abduction)	
	17.	Returns arm to side of the client's body (adduction)	
	18.	Completes abduction and adduction of the shoulder three times	
	19.	Does not force any joint beyond the point of free movement	
	20.	Leaves client in a comfortable position	
	21.	Performs hand hygiene	
	22.	Maintains respectful, courteous interpersonal interactions at all times	
	23.	Leaves call light or signaling device within easy reach of the client	
	24.	Leaves water within easy reach of client	

REPOSITION CLIENT ON SIDE IN BED

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to client	
	6.	Provides privacy for client - pull curtain	
	7.	Positions bed flat	
	8.	Raises bed to appropriate working height	
	9.	Ensures that the client's face never becomes obstructed by the pillow	
	10.	Directs RN Test Observer to stand in position opposite working side of bed to ensure safety, or uses side rails, or always turns client towards self	
	11.	From the working side of bed - moves client's upper body toward self	
	12.	From working side of bed - moves client's hips toward self	
	13.	From workig side of bed - moves client's legs toward self	
	14.	Moves to opposite side of bed, if RN Test Observer wasn't directed, or side rails are not used and turns client toward self, otherwise may remain on the working side of the bed and turns client toward the RN Test Observer or raised side rail	
	15.	Assists/turns client onto the correct side read by RN Test Observer in the scenario	
	16.	Checks to be sure client is not lying on his/her downside arm	
	17.	Maintains client's correct body alignment with head of bed flat	
	18.	Places support devices under the client's head	
	19.	Places support devices under client's upper arm	
	20.	Places support devices behind client's back	
	21.	Places support devices between client's knees and ankles	
	22.	Lowers bed	
	23.	Lowers side rail	
	24.	Performs hand hygiene	
	25.	Maintains respectful, courteous interpersonal interactions at all times	
	26.	Leaves call light or signaling device within easy reach of the client	
	27.	Leaves water within easy reach of client	

UNDRESSING AND DRESSING A BEDRIDDEN CLIENT

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains the procedure to be performed to the client	
	6.	Provides privacy for client - pull curtain	
	7.	Keeps client covered while removing gown	
	8.	Removes gown from unaffected side first	
	9.	Places used gown in laundry hamper	
	10.	When dressing the client in a shirt, always dresses the affected side first.	
	11.	When dressing the client in a shirt/blouse, inserts hand through the sleeve of the shirt/blouse and grasps the hand of the client	
	12.	When dressing the client in sweat pants, assists the client to raise his/her buttocks or rocks client side to side and draws the pants over the buttocks and up to the client's waist without exposing the client	
	13.	When putting on the client's socks, draws the socks up the client's foot until they are smooth	
	14.	Leaves client in correct body alignment	
	15.	Leaves the client properly dressed	
	16.	Performs hand hygiene	
	17.	Maintains respectful, courteous interpersonal interactions at all times	
	18.	Leaves call light or signaling device within easy reach of the client	
	19.	Leaves water within easy reach of client	

VITAL SIGNS – TAKING & RECORDING A RADIAL PULSE AND RESPIRATIONS

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to client	
	6.	Locates the radial pulse by placing tips of fingers on the thumb side of the client's wrist	
	7.	Counts pulse for 60 seconds a.) Advised the RN Test Observer when to start and stop counting	
	8.	Counts respirations for 60 seconds a.) Advised the RN Test Observer when to start and stop counting	
	9.	Performs hand hygiene	
	10.	Maintains respectful, courteous interpersonal interactions at all times	
	11.	Leaves call light or signaling device within easy reach of the client	
	12.	Leaves water within easy reach of the client	
	13.	Records pulse count on the previously signed recording form	
	14.	Candidate's recorded pulse rate is within 4 beats of the RN Test Observers's recorded rate	
	15.	Records respirations count on the previously signed recording form	
	16.	Candidate's recorded respiratory rate is within 2 breaths of the RN Test Observer's recorded rate	

VITAL SIGNS – TEMPERATURE, RESPIRATIONS, PULSE OXIMETRY & ELECTRONIC BLOOD PRESSURE

(ORALLY USING AN ORAL DIGITAL THERMOMETER)

✓	#	Skill task step	Notes
	1.	Knocks on door	
	2.	Greets client by name	
	3.	Introduces self by name and title	
	4.	Performs hand hygiene	
	5.	Explains procedure to be performed to client	
	6.	Correctly places sheath on thermometer	
	7.	Turns on thermometer	
	8.	Gently inserts bulb end of thermometer into client's mouth under the tongue	
	9.	Leaves thermometer in place for the appropriate length of time	
	10.	Removes thermometer and reads and records the temperature reading on the previously signed recording form	
	11.	Candidate's temperature reading and the RN Test Observer's temperature reading must match	
	12.	Discards sheath appropriately	
	13.	Counts respirations for 60 seconds a.) Advised the RN Test Observer when to start and stop counting	
	14.	Records the respirations on the previously signed recording form	
	15.	Candidate's recorded respiratory rate is within 2 breaths of the RN Test Observer's recorded respiratory rate	
	16.	Obtains pulse oximeter and clips the pulse oximeter on the top and bottom of the client's finger	
	17.	Turns on the pulse oximeter	
	18.	Leaves the pulse oximeter in place for the appropriate length of time while the oxygen level is being read	
	19.	Removes pulse oximeter and reads and records the pulse oxygen reading on the previously signed recording form	
	20.	Candidate's recorded pulse oxygen percentage is within 1 percentage point of the RN Test Observer's recorded pulse oxygen percentage	
	21.	Obtains electronic blood pressure monitor and cuff	
	22.	Places blood pressure cuff on the client's arm with the brachial artery marker in the correct position	
	23.	Aligns arrow on cuff over brachial artery	
	24.	Turns on the electronic blood pressure cuff and leaves the blood pressure cuff in place for the appropriate length of time while the blood pressure is being taken	
	25.	Remove blood pressure cuff and reads and records the blood pressure reading on the previously signed recording form	
	26.	Candidate's and RN Test Observer's recorded blood pressure readings match	
		-CONTINUED ON NEXT PAGE-	

	CONTINUED – VITAL SIGNS – TEMPERATURE, RESPIRATIONS, PULSE OXIMETRY AND ELECTRONIC BLOOD PRESSURE	
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27.	Performs hand hygiene	
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28.	Maintains respectful, courteous interpersonal interactions at all times	
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29.	Leaves call light or signal calling device within easy reach	
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30.	Leaves water within easy reach	
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