



Tennessee Mock Skills

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D&SDT – Headmaster, LLP

Note: The skill scenario steps included in these mock skills are offered as guidelines to help prepare candidates for the Tennessee nurse aide skill test, and the steps included herein are not intended to be used to provide complete care that would be all-inclusive best care practiced in an actual work setting.

AMBULATION WITH A GAIT BELT

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Obtain a gait belt for the resident.	
Adjust the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed.	
Lock the bed brakes to ensure the resident's safety.	
Lock the wheelchair brakes to ensure the resident's safety.	
Bring the resident to a sitting position.	
Place a gait belt around the resident's waist to stabilize the trunk.	
Tighten the gait belt.	
Check the gait belt for tightness by slipping fingers between the gait belt and the resident.	
Assist resident in putting on non-skid slippers.	
Bring the resident to a standing position.	
Grasp the gait belt with one hand and the other hand stabilizing the resident by holding the forearm, shoulder or using other appropriate methods to stabilize.	
Safely ambulate the resident at least 10 steps to the wheelchair.	
Assist resident to pivot/turn and sit the resident in the wheelchair in a controlled manner that ensures safety.	
Use proper body mechanics at all times.	
Remove the gait belt.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

AMBULATION WITH A WALKER

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Adjust the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed.	
Lock the bed brakes to ensure the resident's safety.	
Lock the wheelchair brakes to ensure the resident's safety.	
Bring the resident to a sitting position.	
Assist the resident in putting on non-skid slippers.	
Position the walker correctly.	
Assist the resident to stand.	
Ensure the resident has stabilized the walker.	
Position yourself behind and slightly to the side of the resident.	
Safely ambulate the resident at least 10 steps to the wheelchair.	
Assist resident to pivot/turn and sit the resident in the wheelchair in a controlled manner that ensures safety.	
Use proper body mechanics at all times.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

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

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Raise the bed height between mid-thigh and waist level.	
Cover the resident with a bath blanket or clean sheet.	
Remove the remaining top covers. Fanfold to the bottom of the bed or place aside.	
Remove the resident's gown without exposing the resident and place the soiled gown in the designated laundry hamper.	
Fill a basin with comfortably warm water.	
Place basin on over bed table or bedside stand.	
Wash the resident's face WITHOUT soap.	
Dry the resident's face.	
Place a towel under the resident's arm, exposing one arm.	
Wash the resident's arm with soap.	
Wash the resident's hand with soap.	
Wash the resident's underarm with soap.	
Rinse the resident's arm.	
Rinse the resident's hand.	
Rinse the resident's underarm.	
Dry the resident's arm.	
Dry the resident's hand.	
Dry the resident's underarm.	
Assist the resident in putting on a clean gown.	
Place the soiled linen in the designated laundry hamper.	
Empty equipment.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

BEDPAN AND OUTPUT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Put on gloves.	
Position the resident on the bedpan safely and correctly. (Pan not upside down, is centered, etc.)	
Position the resident on the bedpan pan using correct body mechanics.	
Raise the head of the bed to a comfortable level.	
Leave tissue within reach of the resident.	
Leave the call light or signaling device within reach of the resident.	
Step behind the privacy curtain to provide privacy for the resident.	
When the RN Test Observer indicates, candidate returns.	
Gently remove the bedpan.	
Hold the bedpan for the RN Test Observer while an unknown quantity of liquid is poured into the bedpan.	
Do not place the bedpan on the floor or on the over-bed table at any time during the demonstration.	
Place a graduate on a designated level flat surface.	
Pour the bedpan contents into the graduate.	
With the graduate at eye level, measure the output.	
Empty the equipment used into the designated toilet/commode. (Bedpan – Graduate)	
Rinse the equipment used. (Bedpan – Graduate)	
Dry the equipment used. (Bedpan – Graduate)	
Return the equipment to storage.	
Remove gloves, turning them inside out as they are removed.	
Dispose of gloves in the appropriate container.	
Wash/assist resident to wash hands with soap and water.	
Dry/assist resident to dry hands.	
Record output in mls on the previously signed recording form.	
The candidate's recorded measurement is within 30mls of the RN Test Observer's pre-measured reading.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	

Turn on the water.	
Wet your hands.	
Apply soap to your hands.	
Rub your hands together using friction with soap.	
Scrub/wash your hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	
Wash wrists with soap.	
Rinse hands thoroughly under running water with fingers pointed downward.	
Dry hands on a clean paper towel(s).	
Discard paper towel(s) to trash container as used.	
Turn off the faucet with a paper towel as a barrier.	
Discard paper towel to trash container as used.	
Do not re-contaminate by touching the sink with bare hands at any time during the hand washing procedure or the faucet after washing hands.	

BLOOD PRESSURE

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Assist the resident into a comfortable sitting or recumbent position with the forearm relaxed and supported in a palm-up position approximately at the level of the heart.	
Roll the resident's sleeve up about five (5) inches above the elbow.	
Apply the appropriate size cuff correctly around the resident's upper arm just above the elbow.	
Clean the earpieces of the stethoscope appropriately and place them in ears.	
Place a stethoscope over the brachial artery.	
Hold the stethoscope snugly in place.	
Inflate the cuff until 30mmHG above the average systolic rate provided by the RN Test Observer.	
Slowly release air from the cuff to the disappearance of pulsations.	
Remove the cuff.	
Record reading on the previously signed recording form.	
The candidate's recorded systolic blood pressure is within 8mmHg of the RN Test Observer's recorded systolic blood pressure.	
The candidate's recorded diastolic blood pressure is within 8mmHg of the RN Test Observer's recorded diastolic blood pressure.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

CATHETER CARE FOR A MALE WITH HAND WASHING

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

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Fill a basin with comfortably warm water.	
Place the basin on the over-bed table or bedside stand.	
Cover the resident with a bath blanket or clean sheet to maintain privacy.	
Gather supplies and prepare the area.	
Put on gloves	
Verbalize and physically check that urine can flow unrestricted into the drainage bag with no signs of leakage.	
Use soap and water to carefully wash around the catheter where it exits the urethra.	
Hold the catheter at the urethra.	
Clean 3-4 inches away from the urethra down the drainage tube.	
Clean with strokes only away from the urethra.	
Use a clean portion of the washcloth for each stroke.	
Rinse with a clean washcloth.	
Rinse using strokes only away from the urethra.	
Rinse using a clean portion of the washcloth for each stroke.	
Pat dry with a clean towel or washcloth.	
Do not allow the tube to be pulled at any time during the procedure.	
Replace the top cover over the resident.	
Remove the bath blanket or sheet.	
Place soiled linens in the designated laundry hamper.	
Leave the resident in a position of safety and comfort.	
Empty basin.	
Rinse basin.	
Dry basin.	
Return basin to storage.	
Remove gloves, turning them inside out as they are removed.	
Dispose of gloves in the appropriate container.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	

Turn on the water.	
Wet your hands.	
Apply soap to your hands.	
Rub your hands together using friction with soap.	
Scrub/wash your hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	
Wash wrists with soap.	
Rinse hands thoroughly under running water with fingers pointed downward.	
Dry hands on a clean paper towel(s).	
Discard paper towel(s) to trash container as used.	
Turn off the faucet with a paper towel as a barrier.	
Discard paper towel to trash container as used.	
Do not re-contaminate by touching the sink with bare hands at any time during the hand washing procedure or the faucet after washing hands.	

DENTURE CARE

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Place a protective lining (cloth towel or washcloth) in the sink.	
Put on gloves.	
Gather supplies and prepare the area.	
Remove the denture from the cup.	
Handle dentures carefully to avoid damage.	
Rinse the denture cup.	
Apply cleaning solution.	
Thoroughly brush denture inner surfaces of upper or lower dentures.	
Thoroughly brush denture outer surfaces of upper or lower dentures.	
Thoroughly brush denture chewing surfaces of upper or lower dentures.	
Rinse the denture using clean, cool water.	
Place denture in rinsed cup.	
Add cool, clean water to the denture cup.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Discard the sink protective lining in an appropriate container.	
Remove gloves, turning them inside out as they are removed.	
Dispose of gloves in an appropriate container.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

DRESSING A DEPENDENT RESIDENT

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Raise the bed height to between mid-thigh and waist level.	
Keep the resident covered while removing the gown.	
Remove the resident's gown.	
Dress the resident in a button-up shirt. Insert your hand through the sleeve of the shirt and grasp the hand of the resident.	
When dressing the resident in a button-up shirt, always first dress from the resident's affected (weak) side.	
Assist the resident to raise their buttocks or turn the resident from side to side and draw the pants over the buttocks and up to the resident's waist.	
When dressing the resident in pants, always first dress the resident's affected (weak) side leg.	
Put on the resident's socks. Draw the socks up the resident's foot until they are smooth.	
Leave the resident comfortably/properly dressed (pants pulled up to the waist front and back and shirt completely buttoned.)	
Place the soiled gown in the designated laundry hamper.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

FEEDING A DEPENDENT RESIDENT

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Look at the diet card and verbally indicate that the resident has received the correct tray.	
Position the resident in an upright position. At least 45 degrees.	
Protect clothing from soiling by using a napkin, clothing protector, or towel.	
Provide hand hygiene for the resident BEFORE feeding. (Candidate may use a disposable wipe and dispose of it in the trash can –or- wash 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.)	
Ensure the resident's hands are dry BEFORE feeding. (If a wet washcloth with soap was used, the candidate will need to dry the resident’s hands. If a disposable wipe or hand sanitizer was used, you must make sure the resident’s hands are dry.)	
Sit in a chair, facing the resident, while feeding the resident.	
Describe the foods being offered to the resident.	
Offer fluid frequently from each glass to the resident.	
Offer small amounts of food to the resident at a reasonable rate.	
Allow the resident time to chew and swallow.	
Wipe the resident's hands and face at least once during the feeding demonstration.	
Place soiled linen in the designated laundry hamper or dispose of it in the appropriate container.	
Leave the resident clean and in a position of comfort.	
Record the intake as a percentage of the total solid food eaten on the previously signed recording form.	
The candidate's calculation must be within 25 percentage points of the RN Test Observer’s.	
Record the estimated intake as the sum total fluid consumed from the two glasses in mls on the previously signed recording form.	
The candidate's calculation must be within 30mls of the RN Test Observer's.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

ISOLATION GOWN AND GLOVES AND EMPTY URINARY BAG WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Applies the gown with the opening in the back.	
Place your arms through each sleeve.	
Fasten the neck opening behind the neck.	
Secure the waist, making sure that the back flaps cover clothing as completely as possible.	
Put on gloves.	
Glove overlap gown sleeves at the wrist.	
Knock on the door.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Place a clean barrier on the floor under the drainage bag.	
Place the graduate on the previously placed barrier.	
Open the drain to allow the urine to flow into the graduate until the bag is completely empty.	
Avoid touching the graduate or the urine in the graduate with the tip of the tubing.	
Close the drain.	
Wipe the drain with an uncontaminated antiseptic wipe.	
Place the graduate on the designated level flat surface.	
With the graduate at eye level, measure the output.	
Empty the graduate into the designated toilet/commode.	
Rinse and dry equipment.	
Return equipment to storage.	
Discard the barrier in the appropriate container.	
Leave the resident in a position of comfort and safety.	
Record the output in ml's on the previously signed recording form.	
The candidate's recorded measurement is within 25mls of the RN Test Observer's measurement.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of resident.	
Remove gloves, turning them inside out as they are removed.	
Remove gloves BEFORE removing the gown.	
Dispose of the gloves in the designated container.	

Unfasten the gown at the neck AFTER the gloves are removed.	
Unfasten the gown at the waist AFTER the gloves are removed.	
Remove the gown by folding soiled area to soiled area.	
Dispose of the gown in the designated container.	
Turn on the water.	
Wet your hands.	
Apply soap to your hands.	
Rub your hands together using friction with soap.	
Scrub/wash your hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	
Wash wrists with soap.	
Rinse hands thoroughly under running water with fingers pointed downward.	
Dry hands on a clean paper towel(s).	
Discard paper towel(s) to trash container as used.	
Turn off the faucet with a paper towel as a barrier.	
Discard paper towel to trash container as used.	
Do not re-contaminate by touching the sink with bare hands at any time during the hand washing procedure or the faucet after washing hands.	

MAKING AN OCCUPIED BED

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Gather linen and transport linen correctly without touching uniform.	
Place clean linen over the back of a chair, drape over the foot of the bed, or on the over-bed table.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Raise the bed height to between mid-thigh and waist level.	
The resident is to remain covered at all times.	
Assist the resident to turn onto their side away from the candidate toward the center of the bed.	
Roll or fan fold the soiled linen, soiled side inside, to the center of the bed.	
Place a clean bottom sheet along the center of the bed and roll or fan fold linen against the resident's back and unfold the remaining half of the clean bottom sheet.	
Secure two fitted corners.	
Roll or fan fold clean linen against the resident's back.	
Assist the resident to roll onto their side over the clean bottom linen.	
Remove the soiled linen without shaking.	
Avoid placing the soiled linen on the over-bed table, chair or floor.	
Avoid touching linen to uniform.	
Place soiled linen in designated laundry hamper.	
Pull through and smooth out the clean bottom linen leaving it tight and free of wrinkles.	
Secure the other two fitted corners.	
Place the resident on their back.	
Ensure that resident never touches the bare mattress at any time during the demonstration.	
Place clean top linen over covered resident.	
Place a clean blanket or bedspread over the covered resident.	
Smooth out the clean top linens leaving them centered and free of wrinkles.	
Remove used linen keeping the resident unexposed at all times.	
Place soiled linen in designated laundry hamper.	
Tuck in top linen, blanket or bedspread at the foot of bed only.	

Ensure the sheet and top linens do not constrict the resident's feet.	
Apply a clean pillow case with zippers and/or tags to the inside.	
Gently assist the resident to raise their head while replacing the pillow.	
Physically check to ensure that resident is in good body alignment.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

MOUTH CARE – BRUSHING TEETH

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Drape the resident's chest with a towel to prevent soiling.	
Put on gloves only AFTER supplies have been gathered and preparing the area.	
Wet toothbrush (toothettes may be utilized) and apply a small amount of oral cleaning solution.	
Brush the inner surfaces of the resident's upper and lower teeth.	
Brush the outer surfaces of the resident's upper and lower teeth.	
Brush the chewing surfaces of the resident's upper and lower teeth.	
Brush the resident's tongue.	
Assist the resident in rinsing their mouth.	
Wipe the resident's mouth.	
Remove soiled linen.	
Place soiled linen in the designated laundry hamper.	
Empty container. (The container may be an emesis basin or a disposable cup.)	
Rinse the emesis basin, if used, or discard the disposable items in a trash can.	
Dry the emesis basin if used.	
Rinse the toothbrush or dispose of toothette.	
Return equipment to storage.	
Remove gloves, turning them inside out as they are removed.	
Dispose of gloves in the appropriate container.	
Leave the resident in a position of comfort.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

MOUTH CARE OF A COMATOSE RESIDENT

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Position the resident in a semi-Fowler’s position with the resident’s head turned well to one side or position the resident on their side as appropriate to avoid choking or aspiration.	
Drape the resident's chest/bed as needed to protect from soiling.	
Put on gloves only AFTER supplies have been gathered and preparing the area.	
Apply a small amount of oral cleaning solution to a swab(s).	
Gently and thoroughly clean the inner surfaces of the resident’s upper and lower teeth.	
Gently and thoroughly clean the outer surfaces of the resident’s upper and lower teeth.	
Gently and thoroughly clean the chewing surfaces of the resident’s upper and lower teeth.	
Gently and thoroughly clean the resident’s gums.	
Gently and thoroughly clean the resident's tongue.	
Clean/wipe the resident's mouth.	
Leave the resident in a position of safety and good body alignment.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Discard the disposable items in the designated container.	
Place soiled linens in the designated laundry hamper.	
Remove gloves, turning them inside out as they are removed.	
Dispose of gloves in the appropriate container.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

NAIL CARE TO ONE HAND

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Immerse the resident's nails in comfortably warm water	
Verbalize to soak nails for at least five (5) minutes.	
Dry the resident's hand thoroughly.	
Specifically, dry between the resident's fingers.	
Gently clean under the resident's nails with an orange stick.	
Gently push the resident's cuticle back with an orange stick.	
File each of the resident's fingernails.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Place the soiled linen in the designated laundry hamper.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

PERINEAL CARE FOR A FEMALE WITH HAND WASHING

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

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (manikin)	
Provide privacy for the resident – pull curtain.	
Raise the bed height to between mid-thigh and waist level.	
Fill a basin with comfortably warm water.	
Place the basin on an over-bed table or bedside stand.	
Prepare the area and gather supplies.	
Place a bath blanket or clean sheet over the resident.	
Put on gloves.	
Expose the resident’s perineum only.	
Separate the resident’s labia. (Candidate <u>must also verbalize</u> separating.)	
Use water and a soapy washcloth (no peri-wash or no rinse soap allowed).	
Clean both sides of the labia from front to back.	
Use a clean portion of a washcloth with each single stroke.	
Clean the middle of the labia from front to back using a clean portion of a washcloth with each single stroke.	
Rinse both sides of labia from front to back.	
Rinse middle of labia from front to back.	
Use a clean portion of a washcloth with each single stroke.	
Pat dry.	
Covers the exposed area with the bath blanket or clean sheet.	
Assist the resident (manikin) to turn onto their side away from the candidate toward the center of the bed. a. RN Test Observer may help hold the manikin on their side ONLY after the candidate has turned the manikin.	
Use a clean washcloth with water and soap (no peri-wash or no rinse soap).	
Clean the rectal area from vagina to rectum with single strokes using a clean portion of a washcloth with each single stroke.	
Rinse the area from front to back using a clean portion of the washcloth with each single stroke.	
Pat dry.	
Position the manikin on their back.	

Place the soiled linen in the designated laundry hamper.	
Empty equipment.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Remove gloves, turning them inside out as they are removed.	
Dispose of gloves in the appropriate container.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of resident.	
Turn on the water.	
Wet your hands.	
Apply soap to your hands.	
Rub your hands together using friction with soap.	
Scrub/wash your hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	
Wash wrists with soap.	
Rinse hands thoroughly under running water with fingers pointed downward.	
Dry hands on a clean paper towel(s).	
Discard paper towel(s) to trash container as used.	
Turn off the faucet with a paper towel as a barrier.	
Discard paper towel to trash container as used.	
Do not re-contaminate by touching the sink with bare hands at any time during the hand washing procedure or the faucet after washing hands.	

POSITIONING RESIDENT ON THEIR SIDE

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident and how the resident may help.	
Provide privacy for the resident – pull curtain.	
Position the bed flat.	
Raise the bed height to between mid-thigh and waist level.	
From the working side of the bed – gently move the resident's upper body toward self.	
From the working side of the bed – gently move the resident's hips toward self.	
From the working side of the bed – gently move the resident's legs toward self.	
Gently assist/turn the resident onto their left/right side. (Side will be read to candidate by RN Test Observer.)	
Physically check to ensure that the resident's face never becomes obstructed by the pillow.	
Physically check to be sure the resident is not lying on their down-side arm.	
Place support devices under the resident's head.	
Place support devices under the resident's upside arm.	
Place support devices behind the resident's back.	
Place support devices between the resident's knees.	
Do not cause any discomfort or pain at any time during the procedure.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

RANGE OF MOTION FOR HIP AND KNEE

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Raise the bed height to between mid-thigh and waist level.	
Position the resident supine (bed flat).	
Correctly support the resident’s joints at all times by placing one hand under the resident’s knee and the other hand under the resident’s ankle.	
ROM for Hip: Move the resident’s entire leg away from the body. a. <i>ABDUCTION</i>	
ROM for Hip: Move the resident’s entire leg toward the body. a. <i>ADDUCTION</i>	
Complete abduction and adduction of the hip at least three times.	
Continue to correctly support the resident’s joints by placing one hand under the resident's knee and the other hand under the resident's ankle.	
Bend the resident's knee and hip toward the resident's trunk. a. <i>FLEXION (of hip and knee at the same time)</i>	
Straighten the resident’s knee and hip. a. <i>EXTENSION (of knee and hip at the same time)</i>	
Complete flexion and extension of the resident’s knee and hip at least three times.	
Do not force any joint beyond the point of free movement.	
The candidate <u>must ask</u> the resident at least once during the ROM exercise if there is/was any discomfort/pain.	
Do not cause any discomfort or pain at any time during ROM.	
Leave the resident in good body alignment.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

RANGE OF MOTION SHOULDER

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Provide privacy for the resident – pull curtain.	
Raise the bed height to between mid-thigh and waist level.	
Position the resident supine (bed flat) on their back.	
Correctly support the resident’s joints by placing one hand under the resident’s elbow and the other hand under the resident’s wrist.	
Raise the resident's arm up and over the resident's head. <i>a. FLEXION</i>	
Bring the resident's arm back down to the resident's side. <i>a. EXTENSION</i>	
Complete flexion and extension of shoulder at least three times.	
Continue the same support for the resident’s shoulder joints by placing one hand under the resident’s elbow and the other hand under the resident’s wrist.	
Move the resident's entire arm out away from the resident’s body. <i>a. ABDUCTION</i>	
Return the resident’s arm to the resident's side. <i>a. ADDUCTION</i>	
Complete abduction and adduction of the resident’s shoulder at least three times.	
Do not force any joint beyond the point of free movement.	
The candidate <i>must ask</i> the resident at least once during the ROM exercise if there is/was any discomfort/pain.	
Does not cause any discomfort or pain at any time during ROM.	
Leave the resident in good body alignment.	
Lower bed.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

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

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Obtain a gait belt.	
Lock the bed brakes to ensure the resident's safety.	
Assist the resident in putting on non-skid footwear.	
Position the bed height to ensure the resident's feet will be flat on the floor when the resident is sitting on the edge of the bed.	
Assist the resident to a sitting position.	
Position the wheelchair arm/wheel touching the side of the bed.	
Lock the wheelchair brakes to ensure the resident's safety.	
Place a gait belt around the resident's waist to stabilize trunk.	
Tighten the gait belt.	
Check the gait belt for tightness by slipping fingers between the gait belt and the resident.	
Face the resident.	
Grasp the gait belt with both hands.	
Bring the resident to a standing position using proper body mechanics.	
Assist the resident to pivot in a controlled manner that ensures safety.	
Sit the resident in the wheelchair in a controlled manner that ensures safety.	
Remove the gait belt.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

VITAL SIGNS –PULSE AND RESPIRATIONS

Knock on the door.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident.	
Locate the resident’s radial pulse by placing tips of fingers on the thumb side of the resident's wrist.	
Count the resident’s pulse for a full 60 seconds. a. Tell the RN Test Observer when you start counting and tell them when you stop counting.	
Record your pulse rate reading on the previously signed recording form.	
The candidate’s recorded pulse rate is within 4 beats of the RN Test Observer's recorded rate.	
Count the resident’s respirations for a full 60 seconds. a. Tell the RN Test Observer when you start counting and tell them when you stop counting.	
Record your respiration reading on the previously signed recording form.	
The candidate’s recorded respiratory rate is within 2 breaths of the RN Test Observer's recorded rate.	
Maintain respectful, courteous interpersonal interactions at all times.	
Place the call light or signaling device within easy reach of the resident.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	