

Personal Care

New for 2017-2018

Rating sheets have been updated. Non-latex gloves must be provided by competitor. Eligibility form must be uploaded through STEM Premier.

- Purpose** To provide the HOSA member with an opportunity to develop and demonstrate knowledge and skills in nursing assisting.
- Description** The competitive event will consist of an evaluation of student performance of selected skill(s) identified in a written scenario. The performance will be timed and evaluated according to the event guidelines.
- Dress Code** Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation and skill(s)– jeans and shorts are not acceptable. Bonus points will be awarded for [proper dress](#).
- Rules**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the Secondary division.
- Eligibility** In order to participate in this event, the competitor must meet all the following requirements:
- ✓ MUST be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA).
 - ✓ *Submit* a completed form from the appropriate school official stating that the competitor is classified under the provisions of IDEA 2004 following the submission directions on page 16 of these guidelines. **In order to be recognized on stage as an award recipient, this form must be uploaded to STEM Premier by May 15th** (see instructions below).
- Rules and Procedures**
1. Competitors in this event must be active members of HOSA-Future Health Professionals, in good standing in the Secondary division.
 2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
 3. The specific reference selected for each skill is listed in the Facilities, Equipment and Materials section of these guidelines.
 - [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)
 4. Each competitor will be evaluated on his/her performance on selected skill(s). The skills will not be combined. The skills approved for this event are:

Skill I:	Handwashing
Skill II:	Make a Closed Bed
Skill III:	Position the patient with specified disability in bed

Skill IV: Transfer patient with specified disability from bed to a wheelchair.
Skill V: Measure and record TPR
Skill VI: Changing a Patient's Gown
Skill VII: Discharging a Patient

5. The selected skill(s) in the form of a written scenario will be read to the competitor at the start of the skill to be performed. The timing for the skill will begin when the section leader finishes reading the scenario to the competitor. Competitors will be stopped when the allotted time is up.
6. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Violation of the ethics rules will be severely penalized.
7. In the performance of a skill scenario, competitors are required to follow the highest standard of care when treating victims/patients. Competitors should follow the steps on the rating sheet unless the highest standard of care required differs from the steps on the rating sheet. Judges will know when the treatment of victims/patients differs slightly from the rating sheet and when the competitors provide medically acceptable care, and will access points accordingly.
8. Should a tie occur in the ranking of competitors, the selected skill with the highest possible point value will be used as the tie breaker; others as necessary in descending order of total point value.
9. If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.
10. Competitors must complete all steps of the skill listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
11. The competitor will be stopped at the end of the time allowed for a selected skill(s) and will not earn the points for the parts of the skill he/she did not complete.
12. The competitor must earn a score of 70% or higher on the skill(s) of the event in order to be recognized as an award winner at the ILC.

Uploading to STEM Premier

The competitor must create a profile on STEM Premier, an online platform that showcases talent and skills and brings students, colleges, companies, and possibilities together.

Competitors will create their online profile by-visiting – www.stempremier.com/hosa

- A. The main purpose for the partnership with STEM Premier is two-fold: (1) to provide the HOSA member with a permanent, professional online portfolio to share with universities and future employers and (2) to obtain valuable analytical membership data for HOSA, including demographic, academic, and career interest information. Entities, outside of HOSA, CANNOT access this information without explicit member permission.
- B. Competitors must create a profile and upload a .pdf of their Student Eligibility form to the Personal Care competitive event opportunity on STEM Premier. Detailed instructions for doing this are in step f below or available at www.hosa.org/STEMPremier.
- C. The size limit for any files uploaded to STEM Premier is 2.5 MB. To avoid an upload error, please be sure to save your .pdf as a compressed file or reduce the size of your embedded images. For instructions on how to do this, please visit: <http://www.hosa.org/filesize>.
- D. Competitors only need to upload their Student Eligibility form once to STEM Premier. This ONE upload will be sufficient all three levels (regional, state, ILC) of competition.
- E. Please check with your state advisor to determine requirements and due dates for the eligibility form at the regional or state conference. The deadline for the International Leadership Conference is May 15, 2018.
- F. STEM Premier Instructions
 1. Join STEM Premier-
 - a. Go to www.stempremier.com/hosa.
 - b. Click the “Start Your Free Profile” button and create your account
 - c. Add HOSA to your profile
 - i. Click the white “Profile” tab at the top left of the screen
 - ii. Click the blue “Edit Profile” button at the top right of the screen (underneath where your profile picture is located)
 - iii. Select “Associations” from the bar on the left side of the screen
 - iv. Search for and add “HOSA-Future Health Professionals”
 2. Search for HOSA Competitive Event-
 - a. Select “Opportunities” at the top of your screen when logged in
 - b. In the “Organization Name” search box type in “HOSA”; wait for the list of pre-populated organizations to appear, and then select your state association from the drop-down box (Example HOSA-Future Health Professionals | California). Click the blue “Search” box.
 - c. Select your competitive event from the list that appears to the right. Make sure that you have selected the proper state!
 3. Submit Materials and Apply for Competitive Event-
 - a. Follow the steps and provide required information for your event
 - b. Click “Apply Now” when ready to submit
 - c. You have until the state deadline (contact state advisor) or ILC deadline (May 15, 2018) to change any content and re-upload your submissions. The material in STEM Premier as of May 15, 2018 is considered final for ILC.
 - d. To edit your submission-
 - i. Click the profile picture on the top right of your screen in STEM Premier.
 - ii. Click “My Opportunities” and select your event.
 - iii. Follow the instructions for editing your submission.

Competitors Must Provide:

- Eligibility form (submitted to State Advisor by state deadline & uploaded to STEM Premier by May 15th deadline.)
- Event guidelines (orientation)
- Two #2 lead pencils with eraser
- Watch with second hand
- Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
- Set of linens: (one flat sheet and one fitted sheet, one draw sheet [a flat sheet may be used], one pillow case).
- Blanket or spread (HOSA will provide blankets/spreads but competitors will have the choice of using their own blanket/spread if they would like)
- Gait belt (HOSA will provide one, but competitors will have the choice of using their own gait belt if they would like)
- Hand brush

Required Personnel:

- One Event Manager
- One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- One Section Leader per section
- One judge per skill selected per section
- Event assistants per section as needed
- One-two patients as required by the scenario (per section) with identification band(s)
- Holding room attendants(s)
- Timekeepers (if necessary)

Facilities, Equipment and Materials (Per Section):**General**

- Clinical and/or laboratory stations for selected skills
- Written scenario
- Patient & judge scripts as needed
- Note pads, pencils for judges
- Stopwatch
- Patient identification bracelet
- Hand sanitizer
- Rating sheets – one per judge per competitor
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with erasers – to fill out evaluations

Skill I Handwashing (DHO)

- Sink
- Paper towels
- Waste container
- Orange/cuticle stick or hand brush
- Soap

Skill II Make a Closed Bed (DHO)

- Hospital bed
- Pillow
- Laundry hamper
- Trash can liners for laundry hampers, 1 per competitor
- Blankets and spreads (HOSA will provide blankets/spreads. Competitors will have the choice of using their own blanket/spread or one provided by HOSA.)
- Non-latex gloves (if indicated)

Skill III Position Patient (DHO)

- Patient
- Hospital bed, sheets, and pillow
- 3 pillows, 2 bath blankets, 2 large towels, 2 washcloths

Skill IV Transfer Patient (DHO)

- Patient
- Chair
- Wheelchair
- Blanket or sheet
- Patient robe and slippers
- Gait belt (Competitor may also choose to provide his/her own gait belt.)

Skill V Measure and Record TPR (DHO)

- Patient
- Digital or Non-mercury thermometer with disposable sheaths/probes. (Some digital thermometers use sheath covers while other more expensive thermometers use probe covers.)
- Biohazardous waste receptacle
- Graphic forms

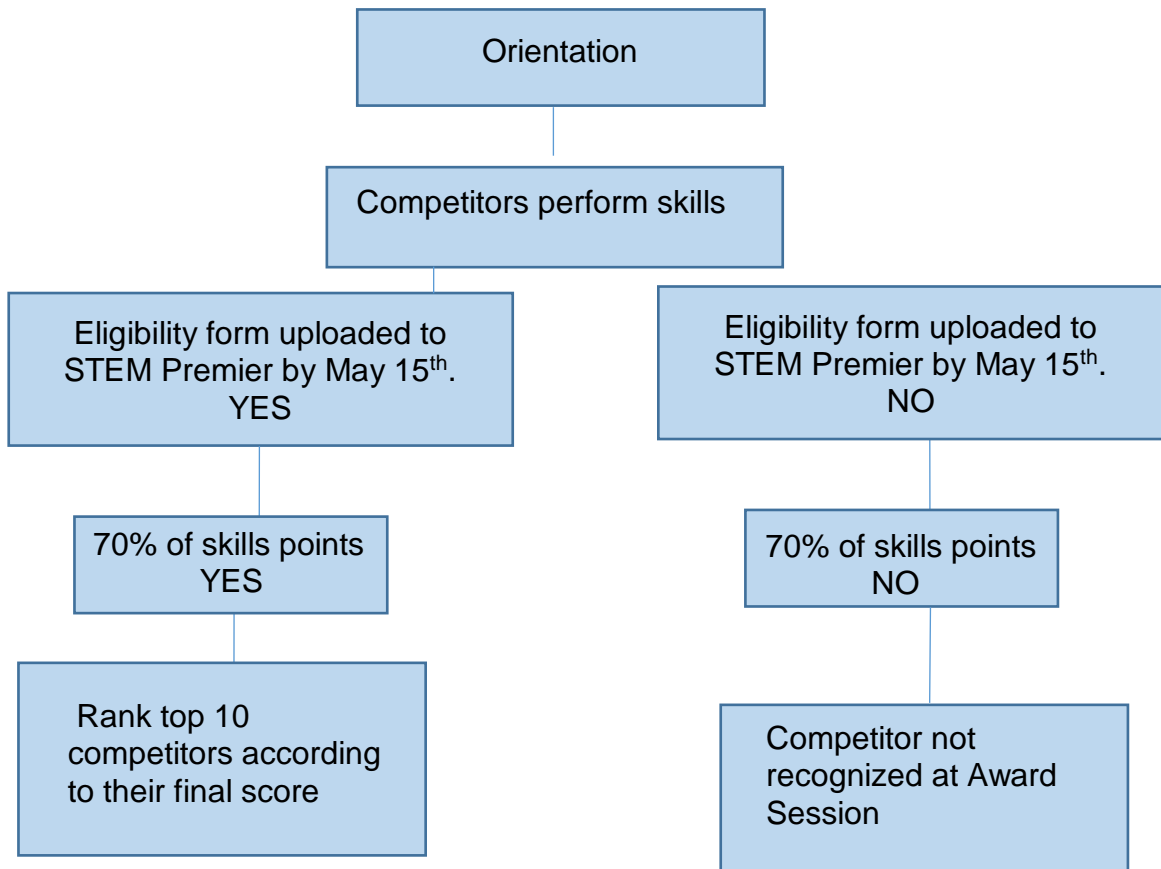
Skill VI Changing a Patient's Gown (DHO)

- Patient
- Scenario – must indicate a specific injury/condition of the affected arm, and must indicate the reason for changing the gown (if it is contaminated with blood or body fluids.)
- Bed or chair
- Patient gowns (2) One to be removed and a clean gown, both with ties (Do not use a gown that opens at the shoulder.)
- Linens (if bed is used) and a bath blanket
- Laundry hamper or bag
- Non-latex gloves (if indicated)

Skill IX Discharging a Patient (DHO)

- Patient
- Scenario with discharge order included
- Bed or chair
- Discharge checklist
- Hand-rub
- Non slip sole footwear
- Gait belt (competitor has option of using HOSA's or bringing their own)
- Wheelchair
- Exit sign

Event Flow Chart



PERSONAL CARE

Competitor #: _____

Judge's Signature: _____

Skill I Handwashing (Time: 3 minutes)	Possible	Awarded
1. Removed jewelry.	1 0	
2. Turned faucet on with paper towel, adjusted temperature (water should be warm) and discarded towel in waste container.	1 0	
3. Wet hands and wrists thoroughly with fingertips pointing down.	1 0	
4. Applied soap to create lather on hands.	1 0	
5. Put the palms of hands together and rubbed them using friction and a circular motion for 15 seconds.	2 0	
6. Put the palm of one hand on the back of the other hand, rubbed together several times and repeated after reversing position of hands.	2 0	
7. Interlaced fingers on both hands and rubbed them back and forth.	1 0	
8. Encircled wrist with palm and fingers from opposite hand, and used a circular motion to clean the wrist. Repeated for the opposite wrist.	1 0	
9. Cleaned nails with hand brush.	1 0	
10. Rinsed hands with fingertips pointed downward.	1 0	
11. Dried hands thoroughly, from tips of fingers to wrist, and discarded towel.	1 0	
12. Turned faucet off with dry paper towel and discarded towel in wastebasket.	1 0	
13. Avoided touching inside of sink.	1 0	
TOTAL JUDGE POINTS -- SKILL I	15	
70% Mastery for Skill I = 10.5		

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

PERSONAL CARE

Competitor #: _____ Judge's Signature: _____

Skill II Make a Closed Bed (Time: 8 minutes)	Possible		Awarded
1. Assembled equipment and supplied.	1	0	
2. Used alcohol-based handrub for hand hygiene and put on non-latex gloves (if indicated).	1	0	
3. Arranged the linen on a chair in the order in which the linen is to be used.	1	0	
4. Adjusted bed to appropriate height and locked wheels.	2	0	
5. Removed soiled linens by rolling into compact bundle, and placed in hamper, hold linen away from body & reapply alcohol based handrub.	2	0	
6. Unfolded fitted sheet on bed.	1	0	
a. Contoured corner positioned at head and foot of bed.	1	0	
b. Fitted one contour corner smoothly around the foot of the mattress	1	0	
c. Fitted the contour corner at the head of the mattress	1	0	
d. Completed one side of the bed completely before proceeding to the other side.	1	0	
7. Placed drawsheet at center of bed (14-16 inches from head of bed) and tucked under mattress to fit tightly and smoothly.	2	0	
8. Unfolded top sheet on mattress, wrong side up, with hem even with top edge of mattress and center fold used to center the sheet.	2	0	
9. Placed the spread/blanket on the bed right side up with the top edge even with the top edge of the mattress, using the center fold to center the spread.	2	0	
10. Tucked top sheet and spread/blanket as a unit under foot of mattress; mitered corner to fit tightly and smoothly, let the triangle hang loose.	2	0	
11. Moved to opposite side of bed.	1	0	

Items Evaluated		Possible		Awarded
12.	Fanfold the top covers to the center of the bed to work with bottom sheet.	2	0	
13.	Fitted the contour corner under mattress at the head and foot of the bed pulling the sheet to remove wrinkles before tucking.	2	0	
14.	Tucked drawsheet under mattress to fit tightly and smoothly.	2	0	
15.	Tucked top sheet and spread/blanket as a unit under foot of mattress; mitered corner to fit tightly and smoothly, let the triangle hang loose.	2	0	
16.	Folded the top sheet over the spread/blanket to make a 6"-8" cuff.	1	0	
17.	Placed case on pillow; placed pillow at head with open end away from door.	2	0	
18.	Lowered the bed to its lowest position, replacing all other equipment (bedside table, call signal, chair, etc.).	2	0	
19.	Used alcohol-based handrub for hand hygiene.	1	0	
20.	Used correct body mechanics throughout skill.	2	0	
21.	Practiced standard precautions throughout skill	2	0	
TOTAL POINTS -- SKILL II		38		
70% Mastery for Skill II = 26.6				

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

PERSONAL CARE

Competitor #: _____ Judge's Signature: _____

Skill III Position Patient with Specified Disability in Bed (Time : 5 minutes)	Possible	Awarded
<p><i>Competitors will be asked to demonstrate ONE of the following positions:</i></p> <ul style="list-style-type: none"> • <i>Supine</i> • <i>Lateral</i> • <i>Prone</i> 		
1. Obtained instructions and assembled equipment.	1	0
2. Used alcohol-based handrub for hand hygiene.	1	0
3. Greeted patient and introduced self.	1	0
4. Identified patient.	1	0
5. Explained skill and provided privacy.	2	0
6. Locked the wheels on the bed, elevated bed to comfortable height, lowered bedrail on the appropriate side of the bed as necessary.	2	0
7. Supine Position	2	0
a. Positioned the patient lying on his/her back.	2	0
b. Positioned the head in a straight line with the spine, placing a pillow under the head and neck to provide support.	2	0
c. Placed a pillow or rolled blanket under the lower legs (from knees to 2" above heels) to provide support and keep heels off bed.	2	0
d. Positioned pillow or rolled blanket against the soles of the feet to keep toes pointed upward.	2	0
8. Lateral Position	1	0
a. Positioned the patient lying on his/her side.	1	0
b. Placed a small pillow under the head and neck for support.	1	0
c. Flexed the lower arm at the elbow.	1	0
d. Supported the upper arm, flexed at the elbow, on a pillow or rolled blanket.	1	0
e. Flexed both knees slightly, placed a firm pillow or rolled blanket between the legs with the pillow/blanket extending from the upper leg to the ankle.	1	0

Items Evaluated		Possible	Awarded
f.	Used a pillow or rolled blanket to keep the feet at right angle to the leg.	1 0	
g.	Placed rolled washcloths or foam rubber balls in hands.	1 0	
h.	Used pillows to support the back and/or abdomen.	1 0	
9.	Prone Position		
a.	Positioned the patient lying on his/her abdomen.	1 0	
b.	Placed the head in direct line with the spine.	1 0	
c.	Turned the head to one side, supported with a small pillow.	1 0	
d.	Placed a small pillow under the waist for support.	1 0	
e.	Placed a firm pillow under the lower legs to slightly flex the knees.	1 0	
f.	Positioned feet at right angles to the legs by ending the feet over the mattress or using pillows/rolled blankets for support.	2 0	
g.	Placed arms in line on either side of the head with the elbows slightly flexed for comfort.	1 0	
10.	Checked all aspects of the patient's position and comfort prior to leaving.	2 0	
11.	Observed all checkpoints prior to leaving the patient, making sure the siderails are elevated, bed is at its lowest level, call signal and supplies within reach, body comfortable in good alignment and area is neat and clean.	2 0	
12.	Used alcohol-based handrub for hand hygiene.	1 0	
13.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL III: One Position		23	
70% Mastery for Skill III = 16.1			

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

PERSONAL CARE

Competitor #: _____ Judge's Signature: _____

Skill IV	Transfer Patient with Specified Disability from Bed to Chair/Wheelchair (Time: 4 minutes)	Possible	Awarded
1.	Assembled equipment.	1	0
2.	Used alcohol-based handrub for hand hygiene.	1	0
3.	Greeted patient and introduced self.	1	0
4.	Identified patient.	1	0
5.	Explained skill and provided privacy.	2	0
6.	Determined which side of bed to use and placed chair/wheelchair at head of bed.	1	0
7.	Locked wheels of wheelchair and folded up foot rest, if needed.	1	0
8.	Lowered bed and locked wheels.	1	0
9.	Elevated the head of bed.	1	0
10.	Lowered the side rails on the exit side of bed.	1	0
11.	Fanfolded the bed linen to the foot of the bed.	1	0
12.	Assisted patient to dangle feet and observed for signs of stress.	2	0
13.	Put robe and slippers with non-slip soles on the patient.	1	0
14.	Applied gait belt.		
	a. Positioned belt around patient's waist – on top of clothing.	1	0
	b. Positioned buckle/clasp so it is slightly off center in front of patient.	1	0
	c. Tightened belt so that fingers of both hands can be placed under belt.	2	0
15.	Transferred patient into chair/wheelchair.		
	a. Kept back straight and placed one hand on each side of the belt using an underhand grasp while standing close to and facing the patient.	2	0
	b. Positioned feet to provide wide base of support (If patient has a weak leg, supported it by positioning knee against patient's knee or by blocking patient's foot).	2	0
	c. Instructed patient to assist by pushing against bed with hands to raise to standing position on a given signal (such as on the count of three).	1	0

Items Evaluated	Possible	Awarded
d. At the given signal, assisted patient to stand at bedside, lifting up on the belt while the patient pushes up from the bed.	2 0	
e. Place your knees and feet firmly against the patient's knees and feet to provide support.	2 0	
f. Assisted patient to pivot until back of legs are touching the seat of the chair/wheelchair, place his/her hands on the armrests, bend at the knees and sit down in chair/wheelchair.	2 0	
g. Adjusted footrest of wheelchair (as needed) and removed gait belt.	1 0	
16. Draped patient with blanket/sheet.	1 0	
17. Checked to determine if patient was comfortable.	1 0	
18. Used alcohol-based handrub for hand hygiene.	1 0	
19. Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL IV 70% Mastery for Skill IV – 25.2	36	

*. **If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

PERSONAL CARE

Competitor #: _____ Judge's Signature: _____

Skill V Measure and Record Vital Signs (Time: 10 minutes <i>Time: 12 minutes if using glass thermometer</i>)		Possible		Awarded
1.	Assembled equipment and supplies.	1	0	
2.	Used alcohol-based handrub for hand hygiene.	1	0	
3.	Greeted patient and introduced self.	1	0	
4.	Identified patient.	1	0	
5.	Explained vital sign skill.	2	0	
6.	Questioned patient about eating, drinking, and smoking.	1	0	
7.	Positioned patient comfortably.	1	0	
JUDGES: Evaluate either 8A or 8B				
8A.	TEMPERATURE – Electronic Thermometer			
a.	Placed digital thermometer in disposable sheath or placed a probe cover over the probe.	2	0	
b.	Inserted thermometer/probe under the patient's tongue.	1	0	
c.	Asked patient to close mouth, but not bite down.	1	0	
d.	Held the thermometer/probe in place until unit signals.	1	0	
e.	Removed thermometer/probe from patient's mouth.	1	0	
f.	Disposed of sheath/probe cover in biohazardous waste container.	1	0	
g.	Read and verbalized the patient's temperature correctly.	2	0	
h.	Returned thermometer to cover or return probe to stored position.	1	0	
8B.	TEMPERATURE – Mercury Free Oral Thermometer			
a.	Removed clean thermometer by the upper end and used a tissue to wipe the thermometer from stem to bulb.	1	0	
b.	Shook down the thermometer until it read 96 ⁰ F or lower.	1	0	
c.	Checked the thermometer for damage while placing a disposable plastic sheath over the thermometer.	1	0	
d.	Inserted the bulb under the patient's tongue, toward the side of the mouth, asking the patient to hold it in place with the hand or lips but not to bite it.	1	0	
e.	Left the thermometer in place for three minutes.	1	0	

Items Evaluated		Possible	Awarded
f.	Removed thermometer by holding the stem and removed/discarded the sheath in a biohazard container without touching the part that was in the patient's mouth.	1 0	
g.	Read and verbalized the patient's temperature correctly.	2 0	
h.	Cleaned the thermometer as instructed.	1 0	
9.	RADIAL PULSE		
a.	Positioned patient's hand and arm so they were well supported and rested comfortably with palm of hand turned downward.	1 0	
b.	Placed fingers properly on thumb side of wrist.	1 0	
c.	By exerting light pressure, counted regular pulse for 30 seconds times 2; if irregular, counted for full minute.	1 0	
d.	Counted pulse accurately within plus or minus 2 of judge's count.	2 0	
e.	Described quality characteristics of pulse to judge (volume – character strength, and rhythm - regularity).	2 0	
10.	RESPIRATION		
a.	Continued pulse position to keep patient unaware of counting.	1 0	
b.	Counted regular respirations for 30 seconds times 2; if irregular, counted for full minute.	1 0	
c.	Counted respirations accurately within plus or minus 2 of judge's count.	2 0	
d.	Described quality characteristics of respirations to judge (depth and rhythm).	2 0	
11.	Used alcohol-based handrub for hand hygiene.	1 0	
12.	Recorded temperature, pulse and respirations accurately on graphic form.	2 0	
13.	Executed all vital sign skills (temperature, pulse, respiration) smoothly and in logical order, overlapping skills to maximize efficiency of time.	2 0	
14.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS - SKILL V- Electronic Thermometer		38	
TOTAL POINTS – SKILL V –Mercury Free Oral Thermometer		37	
70% Mastery for Skill (Electronic Thermometer) = 26.6			
70% Mastery for Skill (Mercury Free Oral Thermometer) = 25.9			

. **If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.

PERSONAL CARE

Competitor #: _____

Judge's Signature: _____

Skill VI Changing a Patient's Gown (Time: 5 minutes)		Possible		Awarded
* Patient in a bed or chair				
1.	Obtained proper authorization (scenario) and assembled equipment.	1	0	
2.	Knocked on the door or called out to the patient before entering. <i>(If applicable.)</i>	1	0	
3.	Greeted patient and introduced self.	1	0	
4.	Identified patient.	1	0	
5.	Explained skill and provided privacy.	2	0	
6.	Used alcohol-based handrub for hand hygiene.	1	0	
7.	Observed standard precautions by wearing non-latex gloves if gown is contaminated.	2	0	
8.	IF THE PATIENT IS IN A HOSPITAL BED <i>(performed 8a & 8b)</i>			
	a. Elevated the bed to a comfortable working height and lowered the siderail on the near side. <i>(as needed)</i> .	1	0	
	b. Loosened the patient's bedding.	1	0	
9.	Covered the patient with a bath blanket.	1	0	
10.	Untied the tapes on the neck and back of the gown by having the patient turn on his/her side or leaning forward in the chair.	1	0	
11.	Gently pulled out any part of the gown that is under the patient.	1	0	
12.	Removed the soiled gown.			
	a. Beginning with the unaffected arm, gently eased the arm out of the sleeve.	1	0	
	b. Eased the sleeve off the affected arm, taking care to make adjustments for the specific needs of the affected arm. (injury, paralysis, dressing, splint, etc.)	2	0	
	c. Kept the patient covered while removing the soiled gown.	1	0	
	d. Placed soiled gown in a laundry hamper or bag. If the gown is contaminated with blood or body fluids, followed agency policy for handling contaminated linen.	1	0	
13.	Unfolded the clean gown and placed it over the patient.	1	0	
14.	Put the sleeve on the affected arm first, taking care to make adjustments for the specific needs of the affected arm.	2	0	
15.	Put the sleeve on the unaffected arm.	1	0	

Items Evaluated		Possible	Awarded
16.	Pulled the gown down over the patient, making sure it is free from folds and without exposing the patient.	1 0	
17.	Tied the ties on the neck of the gown, making sure that the tied knot is not on a bony prominence.	1 0	
18.	Removed the bath blanket.	1 0	
19.	Tied the waist tie of the gown.	1 0	
20.	Checked all aspects of the patient's position and comfort prior to leaving.	1 0	
21.	Observed all checkpoints prior to leaving the patient, making sure the siderails are elevated, bed is at its lowest level, call signal and supplies within reach, body comfortable in good alignment and area is neat and clean.	2 0	
22.	Removed gloves if worn and used alcohol-based handrub for hand hygiene, or washed hands with soap and water if contaminated.	1 0	
23.	Communicated effectively with patient throughout the skill.	2 0	
TOTAL POINTS - SKILL VI – Pt. Sitting in a Chair		31	
TOTAL POINTS - SKILL VI – Pt. in Bed		33	
70% Mastery for Skill VI –Pt. Sitting in a Chair = 21.7			
70% Mastery for Skill VI – Pt. in Bed = 23.1			

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

PERSONAL CARE

Competitor #: _____ Judge's Signature: _____

Skill VII	Discharging the Patient (Time: 6 minutes)	Possible	Awarded
1.	Assembled equipment.	1	0
2.	Greeted patient and introduced self.	1	0
3.	Identified patient.	1	0
4.	Explained skill and provided privacy.	2	0
5.	Used alcohol-based handrub for hand hygiene.	1	0
6.	Assemble all patient's personal belongings not taken by family.	1	0
7.	Complete discharge checklist.		
	a. discharge order is written.	1	0
	b. medications have been reviewed with patient by nurse.	1	0
	c. patient has prescriptions.	1	0
	d. confirm patient has been informed by nurse of any restrictions of activity or diet.	1	0
	e. patient has a scheduled follow up appointment.	1	0
	f. double checked room for any belongings not removed by family..	1	0
8.	Locked wheels of wheelchair and folded up foot rest, if needed.	1	0
9.	Confirmed patient is wearing non-slip soles.	1	0
10.	Applied gait belt.		
	a. Positioned belt around patient's waist –on top of clothing.	1	0
	b. Positioned buckle/clasp so it is slightly off center in front of patient	1	0
	c. Tightened belt so that fingers of both hands can be placed under belt.	1	0
11.	Transferred patient into wheelchair from chair.	2	0
	a. Kept back straight and place one hand on each side of belt using an underhand grasp while standing close to and facing the patient .		
	b. Positioned feet to provide wide base of support.	2	0

Items Evaluated	Possible		Awarded
c. Instructed patient to assist by pushing against chair with hands to raise to standing position on a given signal (such as on the count of three).	1	0	
d. At the given signal, assisted patient to stand from chair, lifting up on belt while patient pushes up from the chair.	2	0	
e. Place your knees and feet firmly against the patient's knees and feet to provide support.	2	0	
f. Assisted patient to pivot until back of legs are touching the seat of the wheelchair, place his/her hands on the armrests, bend at the knees and sit down in wheelchair.	2	0	
g. Adjusted footrest of wheelchair (as needed) and removed gait belt	1	0	
12. Transport the patient to the exit area and help patient into car.	1	0	
13. Say goodbye to patient.	1	0	
14. Used alcohol-based handrub for hand hygiene	1	0	
15. Practiced standard precautions throughout skill	2	0	
TOTAL POINTS -- SKILL VII 70% Mastery for Skill VII = 24.5	35		

***If a student jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

PERSONAL CARE STUDENT ELIGIBILITY FORM

The **COMPETITOR** is responsible for submitting this form. **In order to be recognized on stage as an award recipient, this form must be uploaded to STEM Premier by May 15th.** DO NOT send your actual IEP or other documentation. For purposes of this competition, **ONLY** this completed form is needed.

For Regional and State/Country competition: This signed form must be uploaded to STEM Premier by the published deadline.

For International competition: The competitor must upload this form to STEM Premier by midnight Eastern Standard Time on May 15, 2018. For international competition, HOSA-Future Health Professionals will provide the same accommodations that were provided at the state level.

In order to be recognized on stage as an award recipient, this form must be uploaded to STEM Premier by May 15th per the instructions on page 3 of these guidelines.

Student: _____

Chapter: _____ State _____

- The above named student is classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). (Students classified under Section 504 are NOT eligible to compete in this event.)

School Official* Signature: _____
*Exceptional children (special education) teacher, guidance counselor or principal

Chapter Advisor Signature: _____

HOSA will provide the same accommodations that were provided at the state level.
Please list specific accommodations PROVIDED AT THE STATE LEVEL and explain:

- Additional time (one minute for hand washing, positioning, transferring, or changing a gown, and two minutes for bed making and TPR) should only be requested if the student's IEP indicates a need for extra time in performing psychomotor tasks.

Competitor ID # _____

Discharge Checklist

Initial when completed:

_____ Discharge order is written.

_____ Medications have been reviewed by nurse.

_____ Patient has prescriptions.

_____ Patient has been informed by nurse of any restrictions of activity or diet.

_____ Patient has a scheduled follow up appointment.

_____ Checked room for any belongings not removed by family.

Signature

Date