

Nursing Assisting



New for 2023 – 2024

A new edition of *Nursing Assisting a Foundation in Caregiving Essentials of Holistic Care* has been released.

Skill events now require attire appropriate to the occupational area be worn for Round 2.

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference.

Editorial updates have been made.

Event Summary

Nursing Assisting provides members with the opportunity to gain knowledge and skills required for patient care in medical settings. This competitive event consists of 2 rounds. Round One is a written, multiple-choice test and the top scoring competitors will advance to Round Two for the skills assessment. This event aims to inspire members to learn more about the field of nursing and how to provide quality care.

Sponsorship

This competitive event is sponsored by the [U.S. Army](#)



Dress Code

Competitors shall wear proper business attire or official HOSA uniform or attire appropriate to the occupational area during testing. Round 2 skill events require attire appropriate to the occupational area be worn. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide:

- ☐ A [photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with eraser for both rounds
- ☐ Manual watch with second hand required for Round 2 for Vital Signs (no iWatches)
- ☐ Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
- ☐ Gait belt - HOSA will provide a gait belt, OR the competitor has the option of providing their own gait belt.

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. **Eligible Divisions:** Secondary and Postsecondary / Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.
5. **Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an advanced practice nursing course should compete in Clinical Nursing and not Nursing Assisting.**

Official References

6. All official references are used in the development of the written test and skill rating sheets.
7. [Dugan, Diana L. *Nursing Assisting A Foundation in Caregiving*. Hartman Publishing, Latest edition.](#)
8. [Roe, Sue. *The Nursing Assistant: Essentials of Holistic Care*. The Goodheart-Wilcox Company, Inc., Latest edition.](#)

Round One Test

9. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
10. **Time Remaining Announcements:** There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.
11. **Written Test Plan**
 - Communication and Person Qualities..... 4%
 - Ethical and Legal Responsibilities..... 6%
 - Human Growth and Development..... 6%
 - Anatomy and Physiology..... 20%
 - Nutrition and Fluid Balance..... 10%
 - Safety and Body Mechanics..... 10%
 - Infection Prevention and Control..... 10%
 - Vital Signs..... 10%
 - Metric Measurements/Conversions..... 4%
 - Disabilities and Disorders..... 20%
12. The test score from Round One will be used to qualify the competitor for the Round Two.

13. **Sample Test Questions**

1. Which type of diet is often prescribed for patients with chronic constipation, irritable bowel syndrome, or an elevated risk for colon cancer? (Roe pp 615)
A. High-fiber
B. Low-cholesterol
C. High-fat
D. Low-fiber
2. Which of the following statements best describes active listening skills for a nursing assistant? (Dugan pp 38)
A. Assuming to understand the basis for a patient's statement
B. Giving the patient your full attention while they are speaking
C. Trying to interpret the meaning of patient's comment
D. Rejecting a patient's complaint as unfounded
3. What is the primary purpose of performing passive range-of-motion exercises? (Dugan pp 471)
A. Prevent bone demineralization
B. Preserve muscle mass
C. Prevent contractures and atrophy
D. Increase muscle tone

Round Two Skills

14. Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

| | | |
|-------------|--|------------|
| Skill I: | Handwashing | 3 minutes |
| Skill II: | Donning & Doffing a Full Set of PPE | 4 minutes |
| Skill III: | Make a Closed Bed | 8 minutes |
| Skill IV: | Make an Occupied Bed | 10 minutes |
| Skill V: | Admitting a Patient | 8 minutes |
| Skill VI: | Transfer patient with specified disability from bed to a chair/wheelchair. | 4 minutes |
| Skill VII: | Measure and record vital signs: TPR and blood pressure (aneroid) | 10 minutes |
| Skill VIII: | Ostomy Care | 8 minutes |

15. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).
16. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed.
17. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
18. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient's condition and will be included in the scenario or judge script.

Final Scoring

19. The competitor must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
20. Final rank is determined by adding the round one test score plus round two skill score. In case of a tie, the highest test score will be used to determine final placement.

NURSING ASSISTING

Section # _____
Competitor # _____

Division: _____ SS _____ PS/Collegiate
Judge's Signature _____

| Skill I Handwashing (Time: 3 minutes) | | Possible | Awarded |
|---|--|-----------------|----------------|
| 1. | Stand back from sink to avoid contamination of clothing | 2 0 | |
| 2. | Removed rings and pushed wristwatch or long sleeves up above wrist using a paper towel. | 2 0 | |
| 3. | Turned faucet on with paper towel, adjusted temperature (water should be warm) and discarded towel in waste container. | 2 0 | |
| 4. | Wet hands, wrists, and the skin 1-2 inches above the wrist thoroughly with fingertips pointing down. | 2 0 | |
| 5. | Removed hands from water stream and applied soap to create thick lather on hands. | 2 0 | |
| 6. | Rubbed palms together in a circular, counterclockwise motion. | 2 0 | |
| 7. | Pushed the fingers of the right hand between the fingers of the left hand and rubbed up and down. | 2 0 | |
| 8. | Repeated Step #7 with left hand. | 2 0 | |
| 9. | Interlaced fingers, rubbed the palms together from side to side. | 2 0 | |
| 10. | Bent fingers and interlocked them with backs of fingers touching the opposite palm. Rubbed side to side. | 2 0 | |
| 11. | Cleaned under fingernails by rubbing them against other palm and forcing soap underneath them. Continued rubbing to clean around tops of nails. | 2 0 | |
| 12. | Reversed hands and repeated Step #11. | 2 0 | |
| 13. | Held the left thumb in the palm of the right hand. Rubbed in a circular, counterclockwise motion. | 2 0 | |
| 14. | Reversed hands and repeated Step #13. | 2 0 | |
| 15. | Held the fingers of the right hand together and placed them in the middle of the left palm. Rubbed in a circular, counterclockwise motion. | 2 0 | |
| 16. | Reversed hands and repeated Step #15. | 2 0 | |
| 17. | Washed hands for a minimum of 20 seconds. | 2 0 | |
| 18. | Held hands under running water with fingers pointed downward. Rinsed wrists and hands thoroughly. | 2 0 | |
| 19. | Dried hands thoroughly with a clean paper towel starting with hands and then the wrists. Did not shake hands or touch dispenser. Repeated if needed. | 2 0 | |
| 20. | Used clean, dry paper towel to turn off faucet. | 2 0 | |
| 21. | Discarded paper towel in waste container without touching the container. | 2 0 | |
| TOTAL POINTS -- SKILL I 70% Mastery for Skill I = 29.4 | | 42 | |

NURSING ASSISTING

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

| Skill II | Donning & Doffing a Full Set of PPE (Time: 4 minutes) | Possible | Awarded |
|----------|---|----------|---------|
| 1. | Assembled equipment and supplies. | 1 0 | |
| 2. | Washed hands or used alcohol based hand-rub for hand hygiene. | 2 0 | |
| 3. | Opened the gown by holding it in front of the body & allowing it to unfold without shaking the gown. | 2 0 | |
| 4. | Faced the back opening of the gown & placed arms through each sleeve. | 2 0 | |
| 5. | Fastened the neck opening. | 2 0 | |
| 6. | Reached behind & pulled the gown until it completely covered all clothing & secured at the waist. | 2 0 | |
| 7. | Picked up mask by top strings or elastic strap not touching the inside of the mask. | 2 0 | |
| 8. | Pulled elastic strap or tied top strings first & then tied bottom strings. | 2 0 | |
| 9. | Pinched the strip at the top of the mask to fit tightly around the nose. | 2 0 | |
| 10. | Fitted mask snugly around face & below chin. | 2 0 | |
| 11. | Placed goggles over eyes or eyeglasses while making sure they fit snugly. | 2 0 | |
| 12. | If right-handed slid one glove on left hand (reverse if left-handed). | 2 0 | |
| 13. | Used the gloved hand to slide the other hand into the second glove. | 2 0 | |
| 14. | Interlaced fingers to smooth out folds & created a comfortable fit. | 2 0 | |
| 15. | Checked gloves for tears, holes, cracks, or discolored spots & replaced if needed. | 2 0 | |
| 16. | Adjusted gloves until they are pulled over the wrist fitting correctly & pulled cuffs of gloves over the sleeves of the gown. | 2 0 | |
| | * Judge states, skill is completed, remove PPE. | | |
| 17. | Removed gloves by touching only the outside of one gloved hand at the palm and pulled the glove off. | 2 0 | |
| 18. | With the fingertips of gloved hand, held removed glove. | 2 0 | |
| 19. | With the ungloved hand, slid two fingers under the remaining glove at the wrist without touching the outside of the glove. | 2 0 | |

| Skill II Donning & Doffing a Full Set of PPE (con't) - Items Evaluated | | Possible | | Awarded |
|---|---|-----------------|---|----------------|
| 20. | Pulled down, turning the glove inside out over the first glove as you removed it & dropped gloves in appropriate container. | 2 | 0 | |
| 21. | Removed goggles. | 2 | 0 | |
| 22. | Unfastened the gown at the neck & waist. | 2 | 0 | |
| 23. | Removed gown without touching the outside of the gown by rolling dirty side in, while holding gown away from the body. | 2 | 0 | |
| 24. | Disposed of gown in appropriate container. | 2 | 0 | |
| 25. | Untied mask and removed without touching mask. | 2 | 0 | |
| 26. | Disposed of mask in appropriate container. | 2 | 0 | |
| 27. | Washed hands or used alcohol based hand-rub for hand hygiene. | 2 | 0 | |
| TOTAL POINTS – SKILL II | | 53 | | |
| 70% Mastery of Skill II = 37.1 | | | | |

NURSING ASSISTING

Section # _____
Competitor # _____

Division: _____ SS _____ PS/Collegiate
Judge's Signature _____

| Skill III Make an Unoccupied Closed Bed (Time: 8 minutes) | | Possible | | Awarded |
|--|--|-----------------|---|----------------|
| 1. | Assembled equipment and supplies. | 1 | 0 | |
| 2. | Washed hands or used alcohol based hand-rub for hand hygiene and put on non-latex gloves (if indicated). | 2 | 0 | |
| 3. | Placed items on an accessible location and arranged in the order they will be used. | 1 | 0 | |
| 4. | Locked the bed wheels and raised the bed to a comfortable working level. | 2 | 0 | |
| 5. | Removed the soiled linens by rolling the edges inward and not allowing soiled linens to touch your scrubs. | 2 | 0 | |
| 6. | Deposited soiled linen in the laundry hamper. | 1 | 0 | |
| 7. | Worked on one side of bed until that side is complete. | 1 | 0 | |
| 8. | Removed pillows and placed pillowcases in hamper. | 1 | 0 | |
| 9. | Used fitted bottom sheet, pulling the corners tightly and smooth over the corners of the mattress. | 1 | 0 | |
| 10. | Placed drawsheet at center of bed and tucked under mattress to fit tightly and smoothly. (An incontinence/absorbent pad may be used instead of drawsheet if the competitor chooses). | 1 | 0 | |
| 11. | Unfolded top sheet on mattress, wrong side up, with hem even with top edge of mattress and center fold used to center the sheet. | 1 | 0 | |
| 12. | Placed the spread/blanket on the bed, using the center fold to center the spread. | 1 | 0 | |
| 13. | Tucked the top sheet and blanket under the mattress at the foot of the bed. | 1 | 0 | |
| 14. | Made a mitered corner at the foot of the bed and tucked in the sides of the top sheet and blanket. | 1 | 0 | |
| 15. | Folded the top sheet back over the blanket to make a 6 inch cuff. | 1 | 0 | |
| 16. | Inserted pillows into the pillowcases. | 1 | 0 | |
| 17. | Placed pillows at the head of the bed with the open end away from the door. | 1 | 0 | |
| 18. | Checked the bed wheels to be sure they are locked and lowered the bed to its lowest position. | 2 | 0 | |

| Skill III Make an Unoccupied Closed Bed (con't) - Items Evaluated | | Possible | | Awarded |
|--|---|-----------------|---|----------------|
| 19. | Removed gloves if worn and disposed of properly, and washed hands or used alcohol-based handrub for hand hygiene. | 2 | 0 | |
| 20. | Placed call light on the bed. | 2 | 0 | |
| 21. | Replaced any items that were moved to proper place. | 1 | 0 | |
| 22. | Conducted a safety check before leaving room. | 2 | 0 | |
| 23. | Washed hands or used alcohol based hand-rub for hand hygiene. | 2 | 0 | |
| 24. | Practiced standard precautions throughout skill. | 2 | 0 | |
| TOTAL POINTS -- SKILL III | | 33 | | |
| 70% Mastery for Skill III = 23.1 | | | | |

NURSING ASSISTING

Section # _____
Competitor # _____

Division: _____ SS _____ PS/Collegiate
Judge's Signature _____

| Skill IV Make an Occupied Bed (Time: 10 minutes) | | Possible | Awarded |
|--|--|----------|---------|
| 1. | Assembled equipment and supplies. | 1 0 | |
| 2. | Washed hands or used alcohol-based hand-rub for hand hygiene and put on non-latex gloves (if indicated). | 2 0 | |
| 3. | Greeted patient and introduced self. | 1 0 | |
| 4. | Identified patient. | 2 0 | |
| 5. | Explained skill to patient. | 2 0 | |
| 6. | Locked the bed wheels and raised the bed to hip level. | 2 0 | |
| 7. | Lowered side rail on working side. | 1 0 | |
| 8. | Arranged the linen in the order in which the linen will be used. | 1 0 | |
| 9. | Removed the call light from the bed. | 1 0 | |
| 10. | Made sure the bed is flat, unless otherwise indicated by the plan of care. | 1 0 | |
| 11. | Loosened top linen from the end of the bed. | 1 0 | |
| 12. | Placed a bath blanket over the top linens and asked patient to hold the top edge of the bath blanket or tucked it under the patient's shoulders. | 1 0 | |
| 13. | Removed the top linens without exposing the patient and placed in laundry hamper. | 1 0 | |
| 14. | Gently assisted the patient to roll to the side of the bed farthest away from competitor and instructed to grasp side rail. | 1 0 | |
| 15. | Moved the pillow with the patient and adjusted for comfort. | 1 0 | |
| 16. | Loosened the soiled bottom linens starting at the head of the bed and tucked them against the patient's back. | 1 0 | |
| 17. | Placed fitted sheet on bed. | | |
| a. | Placed fitted sheet with the center crease in the center. | 1 0 | |
| b. | Pulled the corners of the sheet tightly and smoothly over the corners of the mattress. | 1 0 | |
| c. | Rolled the extra material toward the patient. | 1 0 | |
| 18. | Placed drawsheet on bed; tucked under mattress; fan-folded to center of bed. (An incontinence/absorbent pad can be used instead of a drawsheet if the competitor chooses). | 1 0 | |
| 19. | Turned the patient toward competitor, explaining they will be moving over linen and raised side rail. | 1 0 | |

| Skill IV Make an Occupied Bed (con't) | | Possible | | Awarded |
|--|---|-----------------|---|----------------|
| 20. | Moved to the opposite side of bed and lowered side rail. | 1 | 0 | |
| 21. | Removed soiled bottom linen by rolling from head to foot of bed and avoiding contact with your skin or clothing. | 2 | 0 | |
| 22. | Placed soiled linen in hamper. | 2 | 0 | |
| 23. | Pulled clean linen through as quickly as possible. | 1 | 0 | |
| 24. | Pulled the fitted bottom sheet tightly and smoothly over the corners of the mattress. | 1 | 0 | |
| 25. | Pulled clean draw sheet into place and tucked it firmly under the side of the mattress without wrinkles. | 1 | 0 | |
| 26. | Assisted patient to turn to center of bed on their back and raised the side rail. | 1 | 0 | |
| 27. | Changed the pillowcases and placed pillows under the patient's head. | 1 | 0 | |
| 28. | Placed soiled pillowcases in hamper. | 1 | 0 | |
| 29. | Unfolded the top sheet and centered over patient over bath blanket, centered using the sheets center fold. | 1 | 0 | |
| 30. | Asked patient to hold the top sheet, and pulled the bath blanket out from underneath, and placed in hamper. | 1 | 0 | |
| 31. | Placed spread/blanket over the top sheet, and centered, and tucked the top sheet and blanket at foot of bed and mitered corners. | 1 | 0 | |
| 32. | If needed, created room for toes by making toe pleats in the top linens. | 1 | 0 | |
| 33. | Folded the top sheet over the spread/blanket to make a 6 inch cuff. | 1 | 0 | |
| 34. | Observed all checkpoints before leaving the patient: placed call signal within easy reach, lowered bed, positioned patient in good body alignment, and reported any changes to the nurse. | 2 | 0 | |
| 35. | Removed gloves if worn and disposed of properly, and washed hands or used alcohol-based hand-rub for hand hygiene. | 2 | 0 | |
| 36. | Used appropriate verbal and nonverbal communication with patient and other personnel. | 2 | 0 | |
| 37. | Practiced standard precautions throughout skill. | 2 | 0 | |
| TOTAL POINTS -- SKILL IV | | 49 | | |
| 70% Mastery of Skill IV = 34.3 | | | | |

NURSING ASSISTING

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

| Skill V Admit Patient (Time: 8 minutes) | | Possible | | Awarded |
|--|--|-----------------|---|----------------|
| 1. | Assembled equipment and supplies. | 1 | 0 | |
| 2. | Washed hands or used alcohol-based handrub for hand hygiene. | 2 | 0 | |
| 3. | Greeted patient and introduced self. | 1 | 0 | |
| 4. | After identifying patient, placed an identification bracelet on the patient's wrist. | 2 | 0 | |
| 5. | Explained skill to patient. | 2 | 0 | |
| 6. | Provided for privacy. | 1 | 0 | |
| 7. | Obtained admission paperwork from patient and handed to supervisor (judge). | 1 | 0 | |
| 8. | Belongings | | | |
| | a. verified that patient's belongings are in the room. | 1 | 0 | |
| | b. questioned patient regarding the need to place any valuables in the safe. | 1 | 0 | |
| 9. | Provided orientation to the room. | | | |
| | a. identified purpose of items on bedside table | 1 | 0 | |
| | b. explained how to use overbed table | 1 | 0 | |
| | c. instructed how to use the call light, bed controls, TV & light control | 2 | 0 | |
| | d. explained how to make telephone calls & placed telephone within reach | 1 | 0 | |
| | e. showed the patient the bathroom & how to use the bathroom's emergency call light | 2 | 0 | |
| 10. | Provided orientation to the facility. | | | |
| | a. explained visiting hours & policies | 1 | 0 | |
| | b. explained how to locate nurse's station, chapel, dining room or cafeteria | 1 | 0 | |
| | c. explained how to identify staff (clothing or ID badge) | 1 | 0 | |
| | d. explained when meals are served & how to request snacks | 1 | 0 | |
| 11. | Made sure patient was comfortable & placed call light within reach. | 2 | 0 | |

| Skill V | Admit Patient (con't) | Items Evaluated | Possible | Awarded |
|--------------------------------------|---|------------------------|-----------------|----------------|
| 12. | Conducted a safety check before leaving room. | | 2 0 | |
| 13. | Washed hands or used alcohol-based hand-rub for hand hygiene. | | 2 0 | |
| 14. | Used appropriate verbal and nonverbal communication with patient and other personnel. | | 2 0 | |
| 15. | Reported any concerns to the nurse (judge). | | 1 0 | |
| 16. | Documented skill performed. | | 4 0 | |
| TOTAL POINTS -- SKILL V | | | 36 | |
| 70% Mastery of Skill V = 25.2 | | | | |

NURSING ASSISTING

Section # _____
Competitor # _____

Division: _____ SS _____ PS/Collegiate
Judge's Signature _____

| Skill VI Transfer Patient with Specified Disability from Bed to Chair/Wheelchair (Time: 4 minutes) | | Possible | Awarded |
|---|---|----------|---------|
| 1. | Assembled equipment. | 1 0 | |
| 2. | Washed hands or used alcohol-based hand-rub for hand hygiene | 2 0 | |
| 3. | Greeted patient and introduced self. | 1 0 | |
| 4. | Identified patient. | 2 0 | |
| 5. | Explained skill and provided privacy. | 2 0 | |
| 6. | Placed chair/wheelchair at head of bed, facing the foot of the bed, or at the foot of the bed, facing the head of bed. If patient has a weak side, positioned so patient could use strong side. | 1 0 | |
| 7. | Locked wheels of wheelchair and folded up footrest, if needed. <i>*Judge awards points if chair is used.</i> | 2 0 | |
| 8. | Lowered bed and locked wheels. | 2 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 in front of patient. | 1 0 | |
| | c. Tightened belt so that fingers can be placed under the belt. | 1 0 | |
| 15. | Transferred patient into chair/wheelchair. | | |
| | a. Stood in front of patient with feet about 12 inches apart. | 1 0 | |
| | b. Used leg to support by placing one of knees against patient's knee or both knees against patient's knees. | 1 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 | |

| Skill VI Transfer Patient with Specified Disability from Bed to Chair/Wheelchair (con't) - 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. | 1 | 0 | |
| e. | Instructed the patient to take small steps in the direction of the chair. | 1 | 0 | |
| f. | Assisted patient to pivot until back of legs are touching the seat of the chair/wheelchair, place hands on the armrests, bend at the knees and sit down in chair/wheelchair. | 1 | 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. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 | 0 | |
| 19. | Used appropriate verbal and nonverbal communication with patient and other personnel. | 2 | 0 | |
| 20. | Practiced standard precautions throughout skill. | 2 | 0 | |
| TOTAL POINTS -- SKILL VI | | 37 | | |
| 70% Mastery for Skill VI – 25.9 | | | | |

NURSING ASSISTING

Section # _____
Competitor # _____

Division: _____ SS _____ PS/Collegiate
Judge's Signature _____

| Skill VII Measure and Record Vital Signs (Time: 10 minutes) | | Possible | Awarded |
|---|---|----------|---------|
| 1. | Assembled equipment and supplies. | 1 0 | |
| 2. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 0 | |
| 3. | Greeted patient and introduced self. | 1 0 | |
| 4. | Identified patient. | 2 0 | |
| 5. | Explained vital sign skill. | 2 0 | |
| 6. | Questioned patient about eating, drinking, and smoking | 1 0 | |
| 7. | Positioned patient comfortably. | 1 0 | |
| 8. | TEMPERATURE – Electronic Thermometer | | |
| a. | Placed digital thermometer in disposable sheath or placed a probe cover over the probe. | 1 0 | |
| b. | Instructed patient to open mouth and lift tongue. Slowly inserted the covered probe into mouth until tip of probe touched base of mouth and tongue and to one side. | 1 0 | |
| c. | Asked patient to close mouth. | 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. | Read and verbalized the patient's temperature correctly. | 4 0 | |
| g. | Disposed of sheath/probe cover in biohazardous waste container without touching it. | 2 0 | |
| h. | Returned thermometer to cover or returned probe to store position. | 1 0 | |
| i. | Recorded accurately on graphic form. | 4 0 | |
| 9. | RADIAL PULSE | | |
| a. | Positioned patient's hand and arm so they were well supported and rested comfortably. | 1 0 | |
| b. | Located the radial artery by placing middle and index finger toward the inside of the patient's wrist on the thumb side. | 1 0 | |
| c. | Exerted light pressure, counted for full minute. | 1 0 | |
| 10. | RESPIRATION | | |
| a. | Continued pulse position to keep patient unaware of counting. | 1 0 | |
| b. | Counted regular respirations for full minute. | 1 0 | |
| 11. | Verbalized pulse count and respiration count within plus or minus 2 of judge's count. | 4 0 | |

| Skill VII Measure and Record Vital Signs (con't) - Items Evaluated | | Possible | Awarded |
|--|---|-----------|---------|
| 12. | Described quality characteristics of pulse (volume – character strength, and rhythm - regularity) AND respirations (depth and rhythm) to judge. | 4 0 | |
| 13. | Recorded pulse and respiration accurately on the graphic form. | 4 0 | |
| 14. | BLOOD PRESSURE | | |
| a. | Cleaned earpieces and diaphragm of the stethoscope | 2 0 | |
| b. | Exposed patient's upper arm and positioned the arm so that it rests level with the heart with the palm turned upward. | 1 0 | |
| a. | With the valve open, squeezed the cuff to make sure it is completely deflated. | 1 0 | |
| d. | With fingertips located the brachial artery where center of cuff will be located. | 1 0 | |
| e. | Wrapped cuff around patient's arm above the elbow, snugly and smoothly about 1 inch above the elbow. | 1 0 | |
| f. | Placed the center of the cuff above the brachial artery. | 1 0 | |
| g. | Closed valve on bulb, by turning clockwise. | 1 0 | |
| h. | Correctly positioned earpieces of stethoscope in ears. | 1 0 | |
| i. | Palpated brachial artery. | 1 0 | |
| j. | Placed stethoscope over brachial artery. | 1 0 | |
| k. | Inflated cuff to 180 mmHg systolic pressure. | 1 0 | |
| l. | Deflated the cuff by slowly turning the valve counterclockwise at an even rate of 2 – 4 mm Hg per second. | 2 0 | |
| m. | Continued deflating the cuff slowly and noted the first sound and the last sound. | 1 0 | |
| n. | Completely deflated the cuff and removed cuff from patient's arm and made patient comfortable. | 1 0 | |
| o. | Recorded blood pressure accurately on graphic form. | 4 0 | |
| p. | Cleaned earpieces of stethoscope. | 2 0 | |
| q. | Replaced equipment appropriately. | 1 0 | |
| r. | Maintained accuracy within +/- 2 mmHg of judge's reading of systolic pressure. | 4 0 | |
| s. | Maintained accuracy within +/- 2 mmHg of judge's reading of diastolic pressure. | 4 0 | |
| 15. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 0 | |
| 16. | Executed all vital sign skills (temperature, pulse, respiration and blood pressure) smoothly and in logical order, overlapping skills to maximize efficiency of time. | 1 0 | |
| 17. | Observed all checkpoints before leaving the patient: placed call signal within easy reach, lowered bed, positioned patient in good body alignment, and reported any changes to the nurse. | 2 0 | |
| 18. | Used appropriate verbal and nonverbal communication with patient and other personnel. | 2 0 | |
| 19. | Practiced standard precautions throughout skill. | 2 0 | |
| TOTAL POINTS – SKILL VII 70% Mastery for Skill VII = 58.1 | | 83 | |

Competitor ID # _____ Graphic Chart for Skill VII

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------|---------------------|---|---|---|---|---|---|---|---|---|---|---|--------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Attending Physician | | | | | | | | | | | | Patient Name | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | Last Name: | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | First Name: | | | | | | | | | | | | | | | | | |
| Date | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 0 | 0 | 0 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 1 | 2 | 0 | 0 | 0 | 1 | 1 | 2 |
| | | 0 | 4 | 8 | 2 | 6 | 0 | 0 | 4 | 8 | 2 | 6 | 0 | 0 | 4 | 8 | 2 | 6 | 0 | 0 | 4 | 8 | 2 | 6 | 0 | 0 | 4 | 8 | 2 | 6 | 0 |
| | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pulse | 104 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 103 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 102 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 101 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 99 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Normal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 97 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pulse | 140 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 130 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 120 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 110 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Respiration | 60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Blood Pressure | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weight | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

NURSING ASSISTING

Section # _____
Competitor # _____

Division: _____ SS _____ PS/Collegiate
Judge's Signature _____

| Skill VIII Ostomy Care (Time: 8 minutes) | | Possible | Awarded |
|---|--|----------|---------|
| 1. | Assembled equipment and supplies. | 1 0 | |
| 2. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 0 | |
| 3. | Knocked before entering room. | 1 0 | |
| 4. | Greeted patient and introduced self. | 1 0 | |
| 5. | Identified patient. | 2 0 | |
| 6. | Explained skill to patient. | 2 0 | |
| 7. | Provided for privacy. | 1 0 | |
| 8. | Adjusted bed to hip level and locked the bed wheels. | 2 0 | |
| 9. | Lowered the side rails as indicated. | 1 0 | |
| 10. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 0 | |
| 11. | Donned non-latex gloves. | 2 0 | |
| 12. | Placed patient on back if possible & placed a disposable protective pad under the buttocks. | 1 0 | |
| 13. | Covered patient with a bath blanket. | 1 0 | |
| 14. | Fanfolded top linens & moved clothing to expose stoma. | 1 0 | |
| 15. | Placed a second protective pad alongside the patient's body & covered the patient from the waist down. | 1 0 | |
| 16. | Pulled gently on one edge of ostomy pouch to release air. | 1 0 | |
| 17. | Removed ostomy pouch carefully and placed in plastic bag. | 1 0 | |
| 18. | Wiped area around stoma with disposable wipe and discarded. | 1 0 | |
| 19. | Used a washcloth & warm water, washing in one direction, away from the stoma. | 1 0 | |
| 20. | Rinsed & patted the area dry with a towel & temporarily covered stoma opening with a wipe. | 1 0 | |
| 21. | Applied deodorant (if indicated by scenario) & disposed of wipe. | 1 0 | |
| 22. | Applied the clean ostomy pouch by holding in place & securing seal making sure the bottom of the pouch is clamped. | 1 0 | |
| 23. | Removed the bed protector & discarded. | 1 0 | |
| 24. | Placed soiled linens in proper container. | 1 0 | |

| Skill VIII Ostomy Care (con't) - Items Evaluated | | Possible | Awarded |
|---|---|-----------|---------|
| 25. | Discarded plastic bag in proper container. | 2 0 | |
| 26. | Properly removed & discarded gloves. | 2 0 | |
| 27. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 0 | |
| 28. | Made patient comfortable. | 1 0 | |
| 29. | Returned bed to the lowest position & removed privacy measures. | 2 0 | |
| 30. | Left call light within patient's reach. | 2 0 | |
| 31. | Washed hands or used alcohol-based hand-rub for hand hygiene. | 2 0 | |
| 32. | Documented skill. | 4 0 | |
| 33. | Noted color, odor, consistency & amount of stool in the pouch in documentation. | 1 0 | |
| 34. | Reported any changes to the nurse (judge) regarding stoma or patient's condition. | 1 0 | |
| 35. | Used appropriate verbal and nonverbal communication with patient and other personnel. | 2 0 | |
| 36. | Practiced standard precautions throughout skill. | 2 0 | |
| TOTAL POINTS – SKILL VIII 70% Mastery of Skill VIII = 37.1 | | 53 | |

Competitor ID # _____

HOSA HOSPITAL Nurses' Notes

[illegible]