



District 8 Competition

Basic Health Care

Purpose:

To evaluate each contestant's beginning level of health occupations knowledge and to recognize outstanding students for excellence and professionalism.

Clothing Requirements:

Official blue scrubs, white socks or skin-tone seamless hose and health professional's white leather work shoes.

Work shoes must be all-white leather (no canvas), completely enclosed (no open toe or open heel). Athletic style shoes that meet the aforementioned criteria are acceptable.

Eligibility:

Open to active SkillsUSA members enrolled in any high school health program.

Equipment and Materials:

Supplied by PTC:

- All instruments, equipment and material required for the contest

Supplied by Contestant:

- Watch with second hand
- Pen
- Safety glasses/shield

Contest Specifications:

Contestants will be evaluated for professional appearance and communication skills.

Contestants will need to be prepared to exercise the following skills:

1. Blood pressure
2. Bandaging- Figure 8
3. Bandaging- Spiral Wrap
4. Donning and Removing PPE
5. Vital signs T/P/R, Ht & Wt and Record
6. Handwashing

Contestants may also complete a written evaluation test assessing general knowledge of basic health care skills.

Contestant: _____.

Measure and Record/ Reports Client's Blood Pressure			
Procedure:	Yes (+1)	No (0)	Comments:
1. Washes hands before contact with client.			
2. Identifies yourself to client by name and address client by name.			
3. Explains procedure to client.			
4. Provides for privacy and make client comfortable sitting or lying.			
5. Before using stethoscope, wipes the bell/diaphragm and earpieces with alcohol.			
6. Client's arm is positioned with palm up and upper arm exposed.			
7. Feels for brachial artery on inner aspect of arm, at the bend of elbow.			
8. Places blood pressure cuff snugly on client's upper arm, with sensor/arrow over brachial artery site.			
9. Earpieces of stethoscope are in ears and bell/diaphragm is over brachial artery site.			
10. Candidate inflates cuff between 160mm Hg to 180mm Hg. If beat heard immediately upon cuff deflation, completely deflate cuff. Re-inflate cuff to no more than 200mm Hg.			
11. Deflates cuff slowly and notes the first sound (systolic reading) and last sound (diastolic reading) If rounding needed, measurements are rounded UP to the nearest 2mm Hg.			
12. Removes cuff.			
13. Signaling device is within reach.			
14. Before recording, washes hands.			
15. After obtaining reading using BP cuff and stethoscope, records systolic and diastolic pressures each within plus or minus 8 mm Hg of evaluator/s reading			
TOTAL= 15 POINTS			

Contestant: _____

Apply Figure-8 Bandage			
Procedure:	Yes (+1)	No (0)	Comments:
1. Wash hands (gloves must be worn if there is any possibility of coming into contact with blood or any body fluids).			
2. Assemble needed supplies.			
3. Apply dressing. DO NOT contaminate any part that will touch wound area.			
4. Anchor bandage with one or two turns around palm of hand.			
5. Roll gauze diagonally across front of wrist and in figure-eight pattern.			
6. Tie off at the wrist.			
7. Discard contaminated material and gloves in bio-hazardous waste bag.			
8. Wash hands			
9. Record and initial procedure on patient's chart.			
TOTAL= 9 POINTS			

Contestant: _____.

Apply Bandage- Spiral Wrap			
Procedure:	Yes (+1)	No (0)	Comments:
1. Wash hands (gloves must be worn if there is any possibility of coming into contact with blood or any body fluids).			
2. Assemble needed supplies.			
3. Carefully open dressing, without contaminating, and place over wound area.			
4. Anchor bandage by placing end of bandage on bias at starting point.			
5. Encircle part, allowing corner of bandage end to protrude.			
6. Turn down protruding tip of bandage.			
7. Encircle part again.			
8. Continue to encircle area to be covered with spiral turns spaces so that they DO NOT overlap or form closed spiral by continuing to encircle with overlapping spiral turns until all open spaces are covered.			
9. Complete bandage by tying off or taping in place. <ul style="list-style-type: none"> • Tape should be long enough to hold bandage snugly in place. • Tape should be applied to run in opposite direction from body movement. • It may be necessary to remove gloves and discard them into proper container to be able to tear tape. 			
10. If gloves were removed, re-glove to clean up area.			
11. Discard contaminated materials and gloves in bio-hazardous waste bag.			
12. Wash hands.			
13. Record and initial procedure on patient's chart.			
TOTAL= 13 POINTS			

Contestant: _____.

Donning and Removing Gown and Gloves (PPE)			
Procedure:	Yes (+1)	No (0)	Comments:
1. Assembles equipment.			
2. Washes hands.			
3. Applies mask correctly <ul style="list-style-type: none"> • Handles very little • Covers mouth and nose • Ties in back securely 			
4. Rolls up uniform sleeves.			
5. Puts gown on correctly: <ul style="list-style-type: none"> • Keeps hands inside shoulders • Work arms in gently • Adjusts neck with hands inside neckband • Ties at neck first • Ties at waist • Handles only inside of gown 			
6. Applies gloves correctly. Covers cuffs of gown with gloves.			
7. Unties waist ties of gown first.			
8. Removes gloves: <ul style="list-style-type: none"> • Uses gloved hand to grasp outside of opposite glove • Pulls glove off inside out • Places hand under cuff to remove second glove • Pulls glove off inside out • Places gloves in proper waste container 			
9. Removes mask after gloves <ul style="list-style-type: none"> • Handles ties only • Places in infectious waste container 			
10. Removes gown last <ul style="list-style-type: none"> • Unites neck ties • Places one hand inside cuff and pulls sleeve over hand • Places covered hand on outside of gown to pull own sleeve over second hand • Eases out of gown gently 			
11. Washes hands.			
TOTAL= 11 POINTS			

Contestant: _____.

Vital Signs: Temperature/Pulse/Respirations, Height & Weight and Record			
Procedure:	Yes (+1)	No (0)	Comments:
HEIGHT & WEIGHT			
1. Assembles equipment			
2. Washes hands.			
3. Introduces self, identifies patient, explains procedure.			
4. Balances scale to zero.			
5. Places paper towel on foot platform of scale.			
6. Tells patient to remove shoes/slippers.			
7. Positions patient on scale <ul style="list-style-type: none"> • Assists as needed • Positions in center of platform • Positions feet slightly apart • Checks that patient is standing unassisted 			
8. Balances scale correctly.			
9. Reads weight accurately.			
10. Records weight correctly.			
11. Assists patient off scale.			
12. Raise height bar.			
13. Assists patient back onto scale with back toward scale.			
14. Asks patient to stand as erect as possible.			
15. Moves measuring bar without hitting patient.			
16. Positions bar correctly.			
17. Accurately reads measurement in inches.			
18. Assists patient off scale after elevating height bar.			
19. Converts height measurement to feet and inches.			
20. Records height correctly.			
21. Replaces all equipment.			
22. Returns weight beams to zero.			
23. Lowers measurement bar.			

MEASURING & RECORDING PULSE			
24. Positions patient with arm supported.			
25. Places fingers correctly over selected pulse site.			
26. Counts one minute.			
27. Obtains correct count to plus or minus 2 beats.			
28. Records accurately.			
29. Notes rhythm and volume.			
MEASURE & RECORD RESPIRATIONS			
30. Positions patient correctly.			
31. Leaves band on pulse site.			
32. Counts one minute.			
33. Keeps patient unaware of counting activity.			
34. Obtains correct count to plus or minus 1 breath per minute.			
35. Records correctly.			
36. Notes rhythm and character.			
MEASURING & RECORDING ORAL TEMPERATURE			
37. Puts on gloves.			
38. Remove the probe from base unit. Put on probe cover.			
39. Insert the end of electronic thermometer into resident's mouth, under tongue and to one side.			
40. Leave in place until thermometer blinks or beeps.			
41. Remove the probe.			
42. Press eject button to discard the cover, return the probe to the holder.			
43. Removes and discards gloves.			
44. Documents temperature, date, time and method used.			
45. Places call light within resident's reach.			
TOTAL= 45 POINTS			

Contestant: _____.

Handwashing			
Start time: _____.			
Stop time: _____.			
Procedure:	Yes (+1)	No (0)	Comments:
1. Gathers equipment.			
2. Turns on faucet with dry towel.			
3. Regulates temperature of water.			
4. Wets hands with fingertips pointed down.			
5. Creates soapy lather.			
6. Scrubs palms using friction and a circular motion for at least 20 seconds.			
7. Scrubs tops of hands with opposite palms.			
8. Cleans wrists with circular motion using palms and fingers of opposite hand.			
9. Interlaces fingers to wash between them.			
10. Rinses hands from forearms down to fingertips with fingertips pointed down.			
11. Dries thoroughly.			
12. Places towels in waste can.			
13. Turns off faucet with dry towel.			
14. Leaves area neat and clean.			
TOTAL= 14 POINTS			



Basic Health Care Rating Sheet

SkillsUSA District 8 Competition

Contestant: _____.

Items Evaluated	Point Value	Points Earned	Comments:
Professional Appearance:	10		
Blood Pressure	15		
Figure-8 Bandage:	9		
Spiral Wrap Bandage:	13		
Donning & Removing PPE:	11		
Vital Signs:	45		
Handwashing:	14		
TOTAL Possible Points:	117		
TOTAL POINTS:			