



District 8 Competition

Medical Assisting Contest

Purpose:

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of medical assisting.

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 programs with medical assisting as the occupational objective.

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:

The contest includes an assessment of proficiency of skills in the following areas:

1. Complete history and assessment
2. Measure and record oral/axillary/aural temperature
3. Measure and record pulse
4. Measure and record respirations
5. Measure and record blood pressure
6. Demonstrate emergency measures for choking
7. Handwashing

Contestants will be evaluated on neatness, professional appearance and communication skills.

Contestant: _____.

History & Assessment of a client			
Procedure:	Yes (+1)	No (0)	Comments:
1. Checks orders or obtains authorization.			
2. Washes hands.			
3. Assembles equipment and supplies.			
4. Prepares room for admission.			
5. Opens bed.			
6. Unpacks admission kit.			
7. Places supplies/equipment in bedside stand.			
8. Greets and identifies patient.			
9. Introduces self and other patient.			
10. Asks family/visitors to wait in lounge/lobby.			
11. Closes door and screens unit.			
12. Assists patient into gown/pajamas			
13. Positions patient comfortably in bed/chair.			
14. Completes admission form/checklist.			
15. Measures and records vital signs.			
16. Weighs and measures patient.			
17. Completes personal inventory list.			
18. Lists personal items.			
19. Obtains proper signatures.			
20. Hangs up clothes and puts items away.			
21. Completes valuables list.			
22. Obtains proper signatures.			
23. Places valuables in safe.			
24. Obtains routine urine specimen if required.			
25. Fills water pitcher if allowed.			
26. Positions patient in correct alignment.			
TOTAL= 26 POINTS			

Contestant: _____

Measures, Records and 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.			
4. Provides privacy and make client comfortable sitting or lying.			
5. Before using stethoscope, wipes the bell/diaphragm and earpieces of stethoscope with alcohol.			
6. Client's arm is positioned with palm up and upper arm is exposed.			
7. Feels for brachial artery on inner aspect of arm at the bend if elbow.			
8. Places blood pressure cuff snugly on client's upper arm, with sensor/arrow over brachial artery.			
9. Earpieces of stethoscope are in ears and bell/diaphragm is over brachial artery site.			
10. Candidate inflates cuff between 160 mm Hg to 180 mm Hg. If beat heard immediately upon cuff deflation, completely deflate cuff. Re-inflate cuff to no more than 200 mm 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 2 mm 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 both systolic and diastolic pressures each within plus or minus 8 mm Hg of evaluator's reading.			
TOTAL= 15 Points:			

Contestant: _____.

Measure & Record Axillary Temperature (Electronic Thermometer)			
Procedure:	Yes (+1)	No (0)	Comments:
1. Washes hands.			
2. Identifies self by name and identifies resident by name.			
3. Explains procedure.			
4. Provides privacy.			
5. Puts on gloves.			
6. Removes the probe from base unit, put probe cover on.			
7. Positions probe in center of armpit.			
8. Folds residents arm over chest. Reads temperature and remembers reading.			
9. Read the temperature on the display screen. Remember the temperature reading. Remove the probe.			
10. Removes and discards gloves.			
11. Washes hands.			
12. Puts residents arm back into sleeve.			
13. Documents temperature, date, time and method used.			
14. Places call light within resident's reach.			
TOTAL= 14 Points:			

Contestant: _____.

Measure & Record Aural Temperature (Mercury-Free Thermometer)			
Procedure:	Yes (+1)	No (0)	Comments:
1. Washes hands.			
2. Identifies self by name and identifies resident by name.			
3. Explains procedure.			
4. Provides privacy.			
5. Puts on gloves.			
6. Put a disposable sheath over earpiece of the thermometer.			
7. Position the resident's head so that the ear is in front of you. Straighten the ear canal by pulling up and back on the outside edge of the ear. Insert the covered probe into the ear canal. Press button.			
8. Hold thermometer in place either for one second or until thermometer blinks or beeps.			
9. Read temperature. Remember the temperature reading.			
10. Dispose of sheath. Return the thermometer to storage or to the battery charger if thermometer is rechargeable.			
11. Removes and discards gloves.			
12. Washes hands.			
13. Immediately record the temperature, date, time and method used.			
14. Places call light within resident's reach.			
15. Documents temperature, date, time and method used. Report any changes in resident to nurse.			
TOTAL= 15 Points:			

Contestant: _____.

Measure & Record Oral Temperature (Electronic Thermometer)			
Procedure:	Yes (+1)	No (0)	Comments:
1. Washes hands.			
2. Identifies self by name and identifies resident by name.			
3. Explains procedure.			
4. Provides privacy.			
5. Puts on gloves.			
6. Remove the probe from base unit. Put on probe cover.			
7. Insert the end of electronic thermometer into resident's mouth, under tongue and to one side.			
8. Leave in place until thermometer blinks or beeps.			
9. Read temperature and remembers reading. Remove the probe.			
10. Press eject button to discard the cover. Return the probe to the holder.			
11. Removes and discards gloves.			
12. Washes hands.			
13. Documents temperature, date, time and method used.			
14. Places call light within resident's reach.			
TOTAL= 14 Points:			

Contestant: _____.

Measure & Record Pulse and Respirations			
Procedure:	Yes (+1)	No (0)	Comments:
1. Assemble equipment.			
2. Washes hands.			
3. Identifies self by name and identifies resident by name.			
4. Positions patient with arm supported.			
5. Places fingers correctly over selected pulse site.			
6. Counts one minute.			
7. Obtains correct count to plus or minus 2 beats.			
8. Records accurately.			
9. Notes rhythm and volume.			
MEASURE & RECORD RESPIRATIONS			
10. Positions patient correctly.			
11. Leaves band on pulse site.			
12. Counts one minute.			
13. Keeps patient unaware of counting activity.			
14. Obtains correct count to plus or minus 1 breath per minute.			
15. Records correctly.			
16. Notes rhythm and character.			
TOTAL= 16 POINTS			

Contestant: _____.

Emergency Choking Procedures			
Procedure:	Yes (+1)	No (0)	Comments:
1. Ask "Are you choking?"			
2. Give abdominal thrusts (chest thrusts for pregnant or obese victims).			
3. Repeat thrusts until effective or victim becomes unconscious.			
Adult Foreign-Body Airway Obstruction- Victim becomes unconscious			
4. Activate EMS system.			
5. Perform a tongue-jaw lift followed by a finger sweep to remove the object.			
6. Open airway and try to ventilate; if still obstructed, reposition head and try to ventilate again.			
7. Give up to 5 abdominal thrusts.			
8. Repeat steps 5 through 7 until effective.			
TOTAL= 8 POINTS			

Contestant: _____.

Perform Correct Hand Washing			
Procedure:	Yes (+1)	No (0)	Comments:
1. Turns on water at sink, keeping clothes dry.			
2. Angles arms down, holding hands lower than elbows. Wets hands and wrists thoroughly.			
3. Applies soap to hands.			
4. Lathers all surfaces of hands, wrists, and fingers, producing friction for at least 30 seconds.			
5. Cleans nails by rubbing them in palm of other hand.			
6. Rinses all surfaces of wrists, hands, and fingers, keeping hands lower than the elbows and the fingertips down.			
7. Uses clean, dry paper towel to dry all surfaces of hands, wrists and fingers. Disposes of towel without touching wastebasket.			
8. Uses clean, dry paper towel to turn off faucet, without contaminating hands.			
9. Disposes of used paper towel(s) in wastebasket immediately after shutting off faucet.			
TOTAL= 9 POINTS			



Medical Assisting Rating Sheet

SkillsUSA District 8 Competition

Contestant: _____.

Items Evaluated	Point Value	Points Earned	Comments:
Professional Appearance:	10		
History & Assessment of a Client:	26		
Measure & Records Respirations & Pulse:	16		
Measure & Record Axillary Temperature:	14		
Measure & Record Aural Temperature:	15		
Measure & Record Oral Temperature:	14		
Measure & Record Blood Pressure:	15		
Emergency Choking Procedures:	8		
Handwashing:	9		
TOTAL Possible Points:	127		
TOTAL POINTS:			