



District 8 Competition

## Nurse Assisting Contest

### **Purpose:**

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of nurse 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 nurse 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 bed bath
2. Occupied Bed
3. ROM- one extremity (elbow)
4. Transfer patient to chair or wheelchair
5. Donning/Removing PPE
6. Dressing/Undressing patient
7. Assisting to Ambulate

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

Contestant: \_\_\_\_\_.

<b>Assists to Ambulate Using Transfer Belt</b>			
<b>Procedure:</b>	<b>Possible points:</b>	<b>Points earned:</b>	<b>Comments:</b>
1. Explain procedure	1		
2. Privacy provided with a curtain, screen or door	1		
3. Before assisting to stand, client is wearing non-skid shoes/footwear	1		
4. Before assisting to stand, bed is at safe level	1		
5. Before assisting to stand, checks and/or locks wheels	1		
6. Before assisting to stand, client is assisted to a sitting position with feet flat on the floor	1		
7. Before assisting to stand, applies transfer belt securely at the waist over clothing/gown.	1		
8. Before assisting to stand, provides instructions to enable client to assist in standing including prearranged signal to alert client to begin standing.	2		
9. Stands facing client positioning self to ensure safety of candidate and client during transfer. Counts to three (or says other prearranged signal) to alert client to begin standing.	3		
10. On signal, gradually assists client to stand by grasping transfer belt on both sides with an upward grasp (candidate's hands are in an upward position) and maintaining stability of client's legs by standing knee to knee or toe to toe with client.	3		
11. Walks slightly behind and to one side of client for a distance of ten (10) feet, while holding onto the belt.	2		
12. Assists client to bed and removes transfer belt.	2		
13. Signaling device is within reach and bed is in low position.	1		
14. After completing skill, wash hands	1		
<b>TOTAL Points:</b>	<b>21</b>		

Contestant: \_\_\_\_\_

<b>Donning and Removing PPE</b>			
Procedure:	Possible points:	Points earned:	Comments:
1. Pick up gown and unfolds.	1		
2. Facing the back opening of the gown places arms through each sleeve.	2		
3. Fastens the neck opening.	1		
4. Secures gown at waist making sure that back of clothing is covered by gown (as much as possible).	2		
5. Puts on gloves	1		
6. Cuffs of gloves overlap cuffs of gown.	1		
7. Before removing gown, with one gloved hand, grasps the other glove at the palm, remove glove.	2		
8. Slips fingers from ungloved hand underneath cuff of remaining glove at wrist, and removes glove turning it inside out as it is removed.	2		
9. Disposes of gloves into designated waste container without contaminating self.	1		
10. After removing gloves, unfastens gown at waist and neck.	2		
11. After removing gloves, removes gown without touching outside of gown.	2		
12. While removing gown, holds gown away from body without touching the floor, turns gown inward and keeps it inside out.	3		
13. Disposes of gown in designated container without contaminating self.	2		
14. After completing skill, washes hands.	1		
TOTAL Points:	23		

Contestant: \_\_\_\_\_.

<b>Giving a Complete Bed Bath</b>			
Procedure:	Possible points:	Points earned:	Comments:
1. Knocks on door, introduces self, identifies patient, and explains procedures	2		
2. Closes door and screens for privacy.	2		
3. Washes hands and puts on gloves if needed.	2		
4. Elevates bed to correct working level and locks bed.	2		
5. Lowers side rail if elevated.	1		
6. Drapes patient with bath blanket.	1		
7. Shaves patient if needed.	1		
8. Obtains basin of bath water at 105 F.	2		
9. Removes bedclothes properly.	1		
10. Makes wash mitten.	1		
11. Washes body correctly: <ul style="list-style-type: none"> <li>• Washes eyes</li> <li>• Washes face, neck, and ears</li> <li>• Washes arms</li> <li>• Gives nail care to fingernails</li> <li>• Washes chest</li> <li>• Washes abdomen</li> <li>• Washes legs and feet</li> </ul>	1 3 1 1 1 1 2		
12. Changes water after elevating side rails.	2		
13. Lowers side rails if elevated.	1		
14. Washes back.	1		
15. Administers backrub	1		
16. Washes or helps patient wash perineal area <ul style="list-style-type: none"> <li>• Positions patient on back</li> <li>• Washes with front-to-back direction on female</li> <li>• Washes penis top to bottom and washes under scrotal area on male</li> </ul>	1 1 2		
17. Replaces bedclothes.	1		
18. Administers hair care.	1		
19. Changes linen on bed.	1		
20. Positions patient in proper alignment.	1		
21. Elevate side rails if indicated and lowers bed to lowest level.	2		
22. Places call signal and other supplies within reach of patient.	1		
23. Cleans and replaces all equipment.	2		
24. Removes gloves if worn and washes hands.	2		
25. Records and reports required information.	2		
<b>TOTAL Points:</b>	<b>47</b>		

Contestant: \_\_\_\_\_

<b>Making an Occupied Bed</b>			
Procedure:	Possible points:	Points earned:	Comments:
1. Knocks on door, introduces self, identifies patient and explains procedure.	2		
2. Closes door and screens for privacy.	2		
3. Washes hands and puts on gloves if needed.	2		
4. Puts linen in order of use.	1		
5. Locks bed to prevent movement.	1		
6. Elevate bed to working level.	1		
7. Lowers head and foot of bed.	1		
8. Lowers side rail (if elevated); checks opposite rail to make sure it is elevated.	2		
9. Cover patient with bath blanket.	1		
10. Removes top linen.	1		
11. Places linen in hamper/bag/cart	1		
12. Turns patient to opposite side of bed.	1		
13. Fanfolds dirty bottom linen to center parallel to patient.	1		
14. Applies bottom sheet: <ul style="list-style-type: none"> <li>• Places right side up</li> <li>• Fanfolds at center of bed</li> <li>• Makes mitered corner after tucking in at top</li> <li>• Tucks top to bottom</li> </ul>	1 1 1 1		
15. Applies drawsheet if used: <ul style="list-style-type: none"> <li>• Places right side up</li> <li>• Positions 14-16 inches from top of mattress</li> <li>• Fanfolds at center</li> <li>• Tucks securely at side</li> </ul>	1 1 1 1		
16. Turns patient after warning about fan-folded linen.	2		
17. Elevates side rail if indicated.	1		
18. Goes to opposite side of bed.	1		
19. Lowers side rail.	1		
20. Removes dirty bottom linen.	1		
21. Places linen in hamper/bag/cart	1		
22. Completes bottom sheet.	1		
23. Completes drawsheet if used.	1		
24. Positions patient in center of bed on back	2		
25. Positions top sheet: <ul style="list-style-type: none"> <li>• Places wrong side up</li> <li>• Center with large hem at top of mattress</li> </ul>	1 1		
26. Removes bath blanket.	1		
27. Positions blanket and/or spread.	1		
28. Tucks in sheet, blanket, spread at bottom.	3		
29. Makes toe pleat, makes mitered corner.	2		
30. Inverts pillow in pillowcase properly.	1		
31. Positions patient in correct alignment.	1		
32. Elevates side rails (if indicated) and lowers bed to lowest level.	2		
33. Places call signal and supplies within patients reach.	1		
34. Replaces equipment and leaves area neat and clean.	2		
35. Replaces gloves if worn and washes hands.	2		
36. Records and reports required information.	2		
TOTAL Points:	56		

Contestant: \_\_\_\_\_.

<b>Performing Range-of-Motion (ROM) Exercises</b>			
<b>Procedure:</b>	<b>Possible points:</b>	<b>Points earned:</b>	<b>Comments:</b>
1. Determines type of ROMs and limitations to movement.	1		
2. Knocks on door, introduces self, identifies patient and explains procedure.	2		
3. Closes door and screens for privacy.	2		
4. Washes hands.	1		
5. Locks bed, elevates bed and lowers siderail if elevated.	3		
6. Positions patient in supine position.	1		
7. Drapes patient with bath blanket.	1		
8. Performs all ROMs as follows: <ul style="list-style-type: none"> <li>• Proceeds in organized manner</li> <li>• Performs each movement 3-5 times</li> <li>• Provides support for body parts</li> <li>• Uses correct body mechanics</li> <li>• Stops exercise if patient complains of pain/discomfort, begins to perspire profusely or has difficulty breathing</li> </ul>	1 1 1 1 1		
9. Exercises nearest elbow: <ul style="list-style-type: none"> <li>• Supports arm properly</li> <li>• Flexes by bending forearm to shoulder</li> <li>• Extends by straightening arm</li> <li>• Pronates by turning forearm and palm of hand down</li> <li>• Supinates by turning forearm and palm of hand up</li> </ul>	1 1 1 1 1		
10. Elevates siderail (if indicated) and lower bed to lowest level.	2		
11. Places call signal and supplies within patients reach.	1		
12. After completing skill, washes hands.	1		
<b>TOTAL Points:</b>	<b>25</b>		

Contestant: \_\_\_\_\_.

<b>Transferring a Patient to a Chair or Wheelchair</b>			
Procedure:	Possible points:	Points earned:	Comments:
1. Knocks on door, introduces self, identifies patient and explains procedure.	2		
2. Closes door and screens for privacy.	2		
3. Washes hands.	1		
4. Prepares wheelchair/chair: <ul style="list-style-type: none"> <li>• Positions correctly</li> <li>• Locks wheels or secures against wall</li> <li>• Elevates footrests</li> </ul>	1 1 1		
5. Locks bed to prevent movement.	1		
6. Lowers bed to lowest level.	1		
7. Elevates head slowly.	1		
8. Lowers siderail (if elevated) on side patient will exit bed.	1		
9. Assists patient to put on robe.	1		
10. Assists patient to sitting position-dangles	1		
11. Puts transfer belt on patient.	1		
12. Helps with slippers or shoes.	1		
13. Stands close to patient with broad base of support.	2		
14. Grasps each side of belt with underhand grasp.	2		
15. Gives signal.	1		
16. Assists to standing position by lifting up on belt while patient pushes up from the bed.	2		
17. Allows patient to adjust to upright position.	1		
18. Turns patient to chair slowly and provides support for patient's legs as needed.	2		
19. Lowers gently into chair when patient's legs touch seat of chair.	2		
20. Covers with blanket.	1		
21. Observes for signs of distress.	1		
22. Transports patient in wheelchair correctly: <ul style="list-style-type: none"> <li>• Directs wheelchair to right of hallway</li> <li>• Watches intersections</li> <li>• Pulls backward into elevator</li> <li>• Walks backward down ramp</li> <li>• Uses weight of body to push chair</li> </ul>	1 1 1 1 1		
23. Returns patient to bed correctly.	1		
24. Positions patient in correct alignment.	1		
25. Elevates side rail if indicated and lowers bed to lowest level.	2		
26. Places call signal and other supplies within reach of patient.	2		
27. Replaces all equipment and leaves area neat and clean.	2		
28. Washes hands.	1		
<b>TOTAL Points:</b>	<b>44</b>		

Contestant: \_\_\_\_\_.

<b>Dresses Client with Affected (Weak) Right Arm</b>			
<b>Procedure:</b>	<b>Possible points:</b>	<b>Points earned:</b>	<b>Comments:</b>
1. Explains procedure.	1		
2. Privacy is provided with curtain, screen or door.	1		
3. Asks which shirt he/she would like to wear and dresses him/her in shirt of choice.	2		
4. Avoids overexposure of client by ensuring client's chest is covered.	1		
5. Removes gown from the left (unaffected) side first, then removes gown from the right (affected/weak) side.	2		
6. Before dressing client, disposes of gown into soiled linen container.	2		
7. Assists to put the right (affected/weak) arm through the right sleeve of the shirt before placing garment on left (unaffected) arm.	2		
8. While putting on shirt, moves body gently and naturally, avoiding force and over-extension of limbs and joints.	2		
9. Finishes with clothing in place.	1		
10. Signaling device is within reach and bed is in low position.	1		
11. After completing skill, washes hands.	1		
<b>TOTAL Points:</b>	<b>16</b>		





## Nurse Assisting Rating Sheet

SkillsUSA District 8 Competition

Contestant: \_\_\_\_\_.

Items Evaluated	Point Value	Points Earned	Comments:
Professional Appearance:	10		
Ambulate with Transfer Belt:	21		
Donning and Removing PPE:	23		
Complete Bed Bath:	47		
Making an Occupied Bed:	56		
ROM exercise:	25		
Transfer to Wheelchair:	44		
Dressing Client with Affected Arm:	16		
<b>TOTAL Possible Points:</b>	<b>242</b>		
<b>TOTAL POINTS:</b>			