

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.

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

Contestant:

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

Giving a Complete Bed Bath			
Procedure:	Possible	Points	Comments:
	points:	earned:	
1. Knocks on door, introduces self, identifies patient, and	2		
explains procedures			
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:			
Washes eyes	1		
Washes face, neck, and ears	3		
Washes arms	1		
Gives nail care to fingernails	1		
Washes chest	1		
Washes abdomen	1		
Washes legs and feet	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			
Positions patient on back			
Washes with front-to-back direction on female	1		
Washes penis top to bottom and washes under	1		
scrotal area on male			
	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	2		
level.			
22. Places call signal and other supplies within reach of	1		
patient.			
23. Cleans and replaces all equipment.	2		
24. Removes gloves if worn and washes hands.	2		
25. Records and reports required information.	2		
TOTAL Points:	47		

Contestant:

Procedure: Possible points: 1. Knocks on door, introduces self, identifies patient and explains procedure. 2. Closes door and screens for privacy. 3. Washes hands and puts on gloves if needed. 2. Louses hands and puts on gloves if needed. 5. Locks bed to prevent movement. 6. Elevate bed to working level. 7. Lowers head and foot of bed. 8. Lowers side rail (if elevated); checks opposite rail to make sure it is elevated. 9. Cover patient with bath blanket. 1. Description of the process o	Making an Occupied Bed			
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1. Knocks on door, introduces self, identifies patient and explains procedure. 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. 5. Locks bed to prevent movement. 6. Elevate bed to working level. 7. Lowers head and foot of bed. 8. Lowers side rail (if elevated); checks opposite rail to make sure it is elevated. 9. Cover patient with bath blanket. 1. 1. Places linen in hamper/bag/cart. 1. Places linen in hamper/bag/cart. 1. 1. Places linen in hamper/bag/cart. 1. 1. Places linen in hamper/bag/cart. 1. 1. Applies bottom sheet: 9. Places right side up 9. Fanfolds at center of bed 1. Makes mitered corner after tucking in at top 1. Tucks top to bottom 1. Tucks top to bottom 1. Splies drawsheet if used: 9. Places right side up 1. Fanfolds at center of bed 1. Tucks top to bottom 1. Tucks top top tucks to tuck top tucks to tuck to tuck to tuck tucks to tuck tucks to tuck tuck tucks tuck tuck tucks tuck tuck tucks tuck tuck tucks tuck tucks tuck tuck tucks tucks tuck tucks tucks tucks tucks tucks t		points:	earned:	
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36. Records and reports required information.				
		2		

Contestant:

Performing Range-of-Motion (ROM) Exercises Procedure:	Possible	Points	Comments:
Flocedule.	points:	earned:	Comments.
Determines type of ROMs and limitations to	1	carricu.	
movement.	_		
Knocks on door, introduces self, identifies	2		
patient and explains procedure.			
3. Closes door and screens for privacy.	2		
4. Washes hands.	1		
5. Locks bed, elevates bed and lowers siderail if	3		
elevated.			
6. Positions patient in supine position.	1		
7. Drapes patient with bath blanket.	1		
8. Performs all ROMs as follows:			
 Proceeds in organized manner 	1		
 Performs each movement 3-5 times 	1		
 Provides support for body parts 	1		
 Uses correct body mechanics 	1		
 Stops exercise if patient complains of 	1		
pain/discomfort, begins to perspire			
profusely or has difficulty breathing			
9. Exercises nearest elbow:			
 Supports arm properly 	1		
 Flexes by bending forearm to shoulder 	1		
 Extends by straightening arm 	1		
 Pronates by turning forearm and palm of 	1		
hand down	1		
 Supinates by turning forearm and palm of 			
hand up			
10. Elevates siderail (if indicated) and lower bed	2		
to lowest level.			
11. Places call signal and supplies within patients	1		
reach.			
12. After completing skill, washes hands.	1		
TOTAL Points:	25		

Contestant:

Transferring a Patient to a Chair or Wheelchair			
Procedure:	Possible	Points	Comments:
	points:	earned:	
1. Knocks on door, introduces self, identifies patient and	2		
explains procedure.			
2. Closes door and screens for privacy.	2		
3. Washes hands.	1		
4. Prepares wheelchair/chair:			
 Positions correctly 	1		
 Locks wheels or secures against wall 	1		
 Elevates footrests 	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	2		
patient pushes up from the bed.			
17. Allows patient to adjust to upright position.	1		
18. Turns patient to chair slowly and provides support for	2		
patient's legs as needed.			
19. Lowers gently into chair when patient's legs touch seat	2		
of chair.			
20. Covers with blanket.	1		
21. Observes for signs of distress.	1		
22. Transports patient in wheelchair correctly:			
 Directs wheelchair to right of hallway 	1		
 Watches intersections 	1		
 Pulls backward into elevator 	1		
Walks backward down ramp	1		
Uses weight of body to push chair	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	2		
level.			
26. Places call signal and other supplies within reach of	2		
patient.			
27. Replaces all equipment and leaves area neat and clean.	2		
28. Washes hands.	1		
TOTAL Points:	44		

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



Nurse Assisting Rating Sheet

SkillsUSA District 8 Competition

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		
TOTAL Possible Points:	242		
TOTAL POINTS:			