

## PERSONAL CARE

Competitor #: Ashley C 10/17 Judge's Signature: \_\_\_\_\_

Procedure I	Handwashing (Time: 3 minutes)	Possible	Allocated
1.	Removed jewelry	1	1
2.	Turned faucet on with paper towel, adjusted temperature (water should be warm) and discarded towel in waste container	1	1
3.	Wet hands and wrists thoroughly with fingertips pointing down	1	1
4.	Applied soap to get a lather on hands	1	1
5.	Put the palms of hands together and rubbed them using friction and a circular motion for 20 seconds	2	2
6.	Put the palm of one hand on the back of the other hand, rubbed together several times and repeated after reversing position of hands	2	2
7.	Interlaced fingers on both hands and rubbed them back and forth	1	1
8.	Encircled wrist with palm and fingers from opposite hand, and used a circular motion to clean the wrist. Repeated for the opposite wrist.	1	1
9.	Cleaned nails with an orange/cuticle stick and/or hand brush	1	0
10.	Rinsed hands with fingertips pointed downward	1	1
11.	Dried hands thoroughly, from <u>tips of fingers to wrist</u> , and discarded towel	1	0
12.	Turned faucet off with dry paper towel and discarded towel in wastebasket	1	1
13.	Avoided touching inside of sink	1	1
<b>TOTAL POINTS – PROCEDURE I</b>		<b>15</b>	<b>13</b>

**\*\*If a student jeopardizes the patient's or his/her own safety or fails to perform a critical technique and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) will be deducted.**

**MEDICAL ASSISTING**

Competitor #: Ashley C

Judge's Signature: [Signature] 11/7/14

Procedure VII	Put on Sterile Gloves (Time: 3 minutes)	Possible	Allocated
1.	Removed rings, used alcohol-based handrub for hand hygiene.	1	1
2.	Opened sterile glove package.	2	2
3.	Grasped glove for dominant hand by fold of cuff with finger and thumb of non-dominant hand.	2	2
4.	Inserted dominant hand, pulling glove on with other hand, keeping cuff turned back.	2	2
5.	Placed gloved fingers under cuff of other glove.	2	2
6.	Inserted non-dominant hand.	1	1
7.	Eased glove on by pushing on inside fold of cuff.	2	2
8.	Smoothed gloves over wrists and fingers for better fit.	1	1
9.	Kept hands above waist level.	2	2
10.	Maintained sterile technique throughout procedure.	2	-2
<b>TOTAL POINTS -- PROCEDURE VII</b>		<b>17</b>	<b>15</b>

*\*\*If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

**HOME HEALTH AIDE**

Competitor #: Ashley C

Judge's Signature: 11/18 JMC

Procedure VII	Moving the Client Up in Bed Using the Drawsheet (Time: 3 minutes)	Possible	Awarded
1.	Asked the family member (judge) to help you move the client up in bed.	1	1
2.	Washed hands or used alcohol-based handrub for hand hygiene.	1	1
3.	Practiced standard precautions throughout procedure	2	2
4.	Explained procedure to client.	2	1
5.	Instructed the family member (judge or event person) on what to do and how to help throughout all steps of the procedure, as needed. (points awarded at end of rating sheet.)	-	/
6.	Placed pillow at the head of the bed to protect the client's head.	2	2
7.	a. Rolled both sides of the drawsheet (or flat sheet folded in fours) toward the client.	1	1
	b. Placed the client's feet 12 inches apart.	1	1
	c. Bent the client's knees	1	1
	d. With the hand nearest the client's feet, grasped the rolled drawsheet.	1	1
	e. With the other hand, both cradled the client's head and shoulders and firmly grasped top of the drawsheet.	2	2
8.	Turned body and feet toward the head of the bed, keeping feet 12 inches apart knees slightly bent.	2	2
9.	On a coordinated count of 3, lifted the drawsheet and client up toward the head of the bed without dragging the client.	2	1 <del>0</del>
10.	Aligned client's body and limbs, placed pillow under head, tightened drawsheet and replaced covers.	2	2
11.	Communicated appropriately and effectively to family member throughout procedure.	3	3
12.	Washed hands or used alcohol-based handrub.	1	1
13.	Recorded completion of procedure and client reaction on daily record sheet.		
<b>TOTAL POINTS – PROCEDURE VII</b>		<b>24</b>	<b>22</b>

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Name Ashley C

Date 11/7/14

❖ Steps for donning PPE must be performed in the order listed below.

Infection Control and Transmission-Based Precautions PPE (5 minutes)	Possible	Allocated
1. Assembled equipment and PPE (Personal Protective Equipment) including gloves, mask and gown).	2	2
2. Used alcohol-based handrub a. Applied handrub to palm of hand and rubbed hands together vigorously for at least 15 seconds, covering all surfaces of hands and fingers. b. Continued procedure until all alcohol has evaporated and hands are completely dry.	3 1	-1
* Steps for donning PPE must be performed in the order listed below. 3. Slipped arms into the sleeves of a gown, being careful to touch only the inside of the gown.	2	2
4. Secured gown at neck and back of waist, covering clothing completely.	2	2
5. Donned mask a. Picked up mask and place it over the mouth and nose, being careful not to touch the face with the fingers. b. Tied the ends of the mask around the head and neck.	2 1	2 1
6. Donned gloves a. Put on gloves, avoiding touching the outside of the gloves b. Pulled the glove cuffs over the sleeves of the gown.	2 1	2 1
* Judge instructs competitor to remove PPE. 7. Removed the gloves by folding them down and turning them inside out, then discarded them in receptacle for contaminated materials.	3	3
8. Untied ties at neck and waist.	1	1
9. Removed gown by pulling down from the neck and slipping hands back into gown sleeve, touching only the inside of the gown.	2	2
10. Folded the gown down over the arms inside-out and discarded in appropriate receptacle. (without touching you)	2	-1
11. Removed mask, touching only the ties.	2	2
13. Held the mask by the ties and discarded in proper receptacle.	2	2
14. Used alcohol-based handrub for hand hygiene	2	2
<b>TOTAL POINTS - PROCEDURE II</b>	<b>30</b>	<b>28</b>

\*\*\*Refold gown as instructed or fail!!!!

*Handwritten signature*

**NURSING ASSISTING**

Competitor #: Ashley C 10/9 Judge's Signature: \_\_\_\_\_

Procedure #	Make a Closed Bed Reference: Simmers, page 770-774 Time: 8 minutes	Possible	Allocated
1.	Assembled equipment and supplies	1	1
2.	Used alcohol-based handrub for hand hygiene	1	1
3.	Practiced standard precautions throughout procedure		
4.	Arranged the linen on a chair in the order in which the linen is to be used	1	1
5.	Adjusted bed to appropriate height and <u>locked wheels</u>	2	1
6.	Removed <u>soiled linens by rolling into compact bundle</u> , and placed in hamper, <u>hold linen away from body</u> & reapply alcohol based handrub	2	1
7.	Unfolded bottom sheet on bed	1	1
a.	Right side up	1	
b.	With small hem even with foot of mattress	1	
c.	With center fold of sheet at center of bed	1	
d.	The wide hem should be at the head of the bed	1	
8.	Tucked clean bottom sheet under mattress to fit tightly and smoothly at head of bed	1	
9.	Made a mitered corner at head of mattress to fit tightly and smoothly	2	
10.	Tucked entire side from head to foot of bed	1	
11.	Placed drawsheet at center of bed (14-16 inches from head of bed) and tucked under mattress to fit tightly and smoothly	1	1
12.	Unfolded top sheet on mattress, <u>wrong side up</u> , with hem even with top edge of mattress and center fold used to center the sheet	1	1
13.	Placed the spread/blanket on the bed right side up with the top edge even with the top edge of the mattress, using the center fold to center the spread.	1	1
14.	Tucked top sheet and spread/blanket as a unit under foot of mattress; mitered corner to fit tightly and smoothly, allowing the top sheet and spread to hang free on the side of the mattress	2	2
15.	Moved to opposite side of bed	1	1

HOSA uses flat sheet

Items Evaluated	Possible	Allocated
16. Tucked the bottom sheet under mattress at head and made a mitered corner	2	2
17. Tucked the bottom sheet under mattress at the side, working from head to foot of bed, pulling the sheet to remove wrinkles before tucking	2	2
18. Tucked drawsheet under mattress to fit tightly and smoothly	1	1
19. Tucked top sheet and spread/blanket at the foot of bed; made a mitered corner. Remove all wrinkles and tuck in sheet and spread/blanket on the sides until the middle of the bed.	2	2
20. Folded the top sheet over the spread/blanket to make a 6"-8" cuff	1	1
21. Placed case on pillow; placed pillow at head with open end away from door	2	2
22. Lowered the bed to its lowest position, replacing all other equipment (bedside table, call signal, chair, etc.)	2	2
23. Used alcohol-based handrub for hand hygiene	1	0
24. Used correct body mechanics throughout procedure	2	2
<b>TOTAL POINTS -- PROCEDURE II</b>	29	26

-3

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**NURSING ASSISTING**

Competitor #: Ashley C/23 Judge's Signature: [Signature]

Procedure IV	Position Patient with Specified Disability in Bed (Time: 5 minutes)	Possible	Allocated
<p><i>Competitors will be asked to demonstrate ONE of the following positions:</i></p> <ul style="list-style-type: none"> <li>• <i>Supine</i></li> <li>• <i>Lateral</i></li> <li>• <i>Prone</i></li> </ul>			
1.	Obtained instructions and assembled equipment	1	✓
2.	Used alcohol-based handrub for hand hygiene	1	✓
3.	Practiced standard precautions throughout procedure	2	✓
4.	Greeted and identified patient	1	✓
5.	Introduced self	1	✓
6.	Explained procedure and provided privacy	2	✓
7.	Locked the wheels on the bed, elevated bed to comfortable height, lowered bedrail on the appropriate side of the bed as necessary	2	10 -0.5
8.	<b>Supine Position</b>	2	
a.	Positioned the patient lying on his/her back.		✓
b.	Positioned the head in a straight line with the spine, placing a pillow under the head and neck to provide support	2	✓
c.	Placed a pillow or rolled blanket under the lower legs (from knees to 2" above heels) to provide support and keep heels off bed	2	✓
d.	Positioned pillow or rolled blanket against the soles of the feet to keep the toes pointed upward	2	✓
9.	<b>Lateral Position</b>	1	
a.	Positioned the patient lying on his/her side		
b.	Placed a small pillow under the head and neck for support	1	
c.	Flexed the lower arm at the elbow	1	
d.	Supported the upper arm, flexed at the elbow, on a pillow or rolled blanket	1	
e.	Flexed both knees slightly, placed a firm pillow or rolled blanket between the legs with the pillow/blanket extending from the upper leg to the ankle	1	

2 pillows  
1 rolled blanket

3 pillows  
1 rolled blanket  
2 wash cloths

Items Evaluated	Possible	Allocated
f. Used a pillow or rolled blanket to keep the feet at right angle to the legs	1	
g. Placed rolled washcloths or foam rubber balls in hands	1	
h. Used pillows to support the back and/or abdomen	1	?
10. Prone Position		
a. Positioned the patient lying on his/her abdomen	1	
b. Placed the head in direct line with the spine	1	
c. Turned the head to one side, supported with a small pillow	1	
d. Placed a small pillow under the waist for support	1	
e. Placed a firm pillow under the lower legs to slightly flex the knees	1	
f. Positioned feet at right angles to the legs by ending the feet over the mattress or using pillows/rolled blankets for support	2	
g. Placed arms in line on either side of the head with the elbows slightly flexed for comfort	1	?
11. Checked all aspects of the patient's position and comfort prior to leaving	2	✓
12. Observed all checkpoints prior to leaving the patient, making sure the siderails are elevated, bed is at its lowest level, call signal and supplies within reach, body comfortable in good alignment and area is neat and clean.	2	-1
13. Used alcohol-based handrub for hand hygiene	1	✓
<b>TOTAL POINTS -- PROCEDURE IV (one position)</b>	<b>23</b>	<b>21.5</b>

3 pillows  
1 rolled blanket

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