

## PERFORMANCE CHECKLIST

**Giving Back Rub**

**Name** \_\_\_\_\_

*To be completed by instructor during observation of 100%, unassisted mastery of procedure. Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.*

**Equipment:** Bath towel, washcloth, basin of warm water, soap, lotion, bath blanket or equivalent, gloves (optional)

- \_\_\_\_\_ 1. Knock before entering room.
- \_\_\_\_\_ 2. Greet and identify resident.
- \_\_\_\_\_ 3. State your name and title.
- \_\_\_\_\_ 4. Explain procedure and obtain permission.
- \_\_\_\_\_ 5. Wash hands.
- \_\_\_\_\_ 6. Assemble equipment and place lotion in warm water.
- \_\_\_\_\_ 7. Provide privacy.
- \_\_\_\_\_ 8. Provide for resident safety and elevate bed to comfortable working level.
- \_\_\_\_\_ 9. Cover resident with bath blanket or equivalent and fanfold linen to bottom of bed.
- \_\_\_\_\_ 10. Put on gloves. (Optional)
- \_\_\_\_\_ 11. Position resident in prone or side-lying position so back is toward you, providing for safety of resident.
- \_\_\_\_\_ 12. Position towel on bed next to back.
- \_\_\_\_\_ 13. Expose, wash, and dry back, if necessary, and examine for pressure areas. Do not massage reddened areas.
- \_\_\_\_\_ 14. Put small amount of lotion in your hands and apply to back.
- \_\_\_\_\_ 15. Stroke upward from base of spine to neck, around shoulders and down sides of back and buttocks for 3 to 5 minutes using circular motions and long, smooth, firm strokes.
- \_\_\_\_\_ 16. Remove towel, straighten and tighten bottom sheet, pull up top linen and remove bath blanket without exposing resident.
- \_\_\_\_\_ 17. Lower bed.
- \_\_\_\_\_ 18. Clean and return equipment to proper place.
- \_\_\_\_\_ 19. Remove gloves and wash hands.
- \_\_\_\_\_ 20. Provide for comfort with call signal in reach.
- \_\_\_\_\_ 21. Record actions and report any abnormal observations to supervisor.

**Pass** \_\_\_\_\_ **Instructor's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

***The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. 2005***