

PERFORMANCE CHECKLIST

Name _____

Dressing and Undressing

*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: Clothing selected by resident, bath blanket or equivalent

Note: Steps may need to be modified if resident has one-sided weakness or other physical conditions. Clothing is always placed on affected side first.

- _____ 1. Knock before entering room.
- _____ 2. Address resident by name.
- _____ 3. State your name and title.
- _____ 4. Identify resident.
- _____ 5. Explain procedure and obtain permission.
- _____ 6. Wash hands.
- _____ 7. Assist to select clothing.
- _____ 8. Open all zippers, buttons and fasteners and arrange clothing in order that they will be put on.
- _____ 9. Provide for resident safety and elevate bed to best level for body mechanics.
- _____ 10. Position in semi-Fowler's if appropriate.
- _____ 11. Cover resident with bath blanket or equivalent and fanfold top linen to bottom of bed.
- _____ 12. Remove nightwear while keeping covered.
- _____ 13. Put on undershirt, pullover shirt, or pullover dress by using following steps:
 - _____ a. Place arms in sleeves and adjust garment as high on arms as possible.
 - _____ b. Gather garment to neck opening and slip over head.
 - _____ c. Position sleeves comfortably at shoulders.
 - _____ d. Assist to sit forward and adjust garment to cover upper body.
 - _____ e. Smooth and ease dress over lower body by pulling garment down or assisting to roll from side to side while adjusting garment.
 - _____ f. Secure any fasteners on clothing.
- _____ 14. Put on shirt, blouse or dress that opens in front by using following steps:
 - _____ a. Slide sleeve up arm to shoulder on weak side first.
 - _____ b. Assist to sit forward while arranging garment around back.
 - _____ c. Slide sleeve up strong arm and adjust at shoulder.

- _____ d. Button or secure fasteners.
- _____ 15. Put on underwear, slacks, or trousers by using following steps:
 - _____ a. Slide garment over feet and pull up legs as far as possible.
 - _____ b. Have resident raise hips and pull garment to waist.
 - _____ c. If unable to lift hips, turn to strong side and pull up garment on weak side.
 - _____ d. Turn onto weak side and pull up garment on strong side.
 - _____ e. Fasten slacks or trousers as indicated.
- _____ 16. Assist as needed with socks/stockings and shoes.
- _____ 17. Provide for resident safety and lower bed.
- _____ 18. Reverse procedure to undress.
- _____ 19. Return bath blanket or equivalent to proper location.
- _____ 20. Provide for comfort with call signal in reach.
- _____ 21. Wash hands.

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