

SKILL PERFORMANCE CHECKLISTS FOR STATE COMPETENCY EVALUATION *

The letter "C" at the beginning of each skill's title designates the skill as a competency evaluation skill.

Students must pass each skill at 100% prior to direct patient care.

* Critical Element Steps are in **bold type**.

C-WASHES HANDS

Name _____

	Yes	No
1. Identifies self to client by name, and addresses client by name	_____	_____
2. Turns on water at sink	_____	_____
3. Wets hands and wrists thoroughly	_____	_____
4. Applies skin cleanser or soap to hands	_____	_____
5. Lathers all surfaces of hands, wrists, and fingers producing friction, for at least 15 (fifteen) seconds	_____	_____
6. Clean fingernails by rubbing fingertips against palms of the opposite hand	_____	_____
7. Rinses all surfaces of wrists, hands, and fingers keeping hands lower than the elbows and the fingertips down	_____	_____
8. Uses clean, dry paper towel to dry all surfaces of hands, wrists, and fingers	_____	_____
9. Uses clean, dry paper towel or knee to turn off faucet	_____	_____
10. Does not touch inside of sink at any time	_____	_____
11. Disposes of used paper towel(s) in wastebasket immediately after shutting off faucet	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-ASSISTS CLIENT TO AMBULATE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Before ambulating, puts on and properly fastens non-skid footwear	_____	_____
3. Before standing client, places bed at a safe and appropriate level for the client	_____	_____
4. Stands in front of and facing client	_____	_____
5. Braces client's lower extremities	_____	_____
6. With transfer (gait) belt: Places belt around client's waist and grasps the belt, while assisting client to stand Without transfer belt: Places arms around client's torso under client's arms, while assisting client to stand	_____	_____
7. With transfer belt: Walks slightly behind and to one side of client for the full distance, while holding onto the belt Without transfer belt: Walks slightly behind and to one side of client for the full distance, with arm supporting client's back	_____	_____
8. After ambulation, assists client to a position of comfort and safety in bed and removes transfer belt, if used	_____	_____
9. Signaling device is within client's reach	_____	_____
10. Leaves bed in low position	_____	_____
11. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-ASSISTS CLIENT WITH USE OF BEDPAN

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Before placing bedpan, lowers head of bed	_____	_____
4. Puts on clean gloves before handling bedpan	_____	_____
5. Places bedpan correctly under client's buttocks (Standard bedpan: Position bedpan so wider end of pan is aligned with client's buttocks; Fracture pan: Position bedpan with handle toward foot of bed)	_____	_____
6. Raises head of bed after placing bedpan under client	_____	_____
7. Puts toilet tissue within client's reach	_____	_____
8. Leaves signaling device within client's reach while client is using bedpan	_____	_____
9. Asks client to signal when finished	_____	_____
10. Without removing gloves, candidate remains outside curtain until called by client	_____	_____
11. Lowers head of bed before removing bedpan	_____	_____

- | | | |
|---|-------|-------|
| 12. Removes bedpan | _____ | _____ |
| 13. Empties and rinses bedpan, and pours rinse into toilet | _____ | _____ |
| 14. Removes and disposes of gloves into wastebasket | _____ | _____ |
| 15. Washes hands | _____ | _____ |
| 16. Puts on clean gloves | _____ | _____ |
| 17. Returns bedpan to proper storage | _____ | _____ |
| 18. Assists client with hand washing and disposes of soiled
Washcloth or wipes in proper container | _____ | _____ |
| 19. Avoids unnecessary exposure of client throughout procedure | _____ | _____ |
| 20. Removes and disposes of gloves into wastebasket | _____ | _____ |
| 21. Signaling device is within client's reach | _____ | _____ |
| 22. Leaves bed in low position | _____ | _____ |
| 23. Washes hands | _____ | _____ |

Instructor's Signature _____ **Date** _____

Pass _____ **%**

C-CLEANS AND STORES DENTURES

Name _____

	YES	NO
1. Puts on gloves before handling dentures	_____	_____
2. Before handling dentures, protects dentures from possible breakage (e.g., by lining sink/basin with a towel/washcloth or by filling it with water)	_____	_____
3. Rinses dentures in cool running water before brushing them	_____	_____
4. Applies toothpaste or denture cleanser to toothbrush	_____	_____
5. Brushes dentures on all surfaces	_____	_____
6. Rinses all surfaces of dentures under cool running water	_____	_____
7. Rinses denture cup before placing clean dentures in it	_____	_____
8. Places dentures in clean denture cup with cool solution/water and then returns denture cup to proper storage (e.g., bedside)	_____	_____
9. Cleans and returns implements to proper storage	_____	_____
10. Maintains clean technique with placement of dentures and toothbrush throughout procedure	_____	_____
11. Disposes of sink liner in appropriate container or drains sink/basin	_____	_____
12. Removes and disposes of gloves into wastebasket	_____	_____
13. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-COUNTS AND RECORDS RADIAL PULSE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Places fingertips on thumb side of client's wrist to locate pulse	_____	_____
3. Count beats for one full minute.	_____	_____
4. Signaling device is within client's reach	_____	_____
5. Washes hands	_____	_____
6. Records pulse rate within plus or minus 4 beats of evaluator's reading	_____	_____

Instructor's Signature _____ Date _____ Pass _____%

C-COUNTS AND RECORDS RESPIRATIONS

Name _____

	YES	NO
1. Explains procedure to client (for testing purposes), speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Counts respirations for one full minute.	_____	_____
3. Signaling device is within client's reach	_____	_____
4. Washes hands	_____	_____
5. Records respiration rate within plus or minus 2 breaths of evaluator's reading	_____	_____

Instructor's Signature _____ Date _____

Pass _____%

C-DRESSES CLIENT WITH AFFECTED (WEAK) RIGHT ARM

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible.	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Asks client which top he/she would like to wear and dresses him/her in top of choice.	_____	_____
4. Removes client's gown without completely exposing client. Removes garments from the unaffected side first, then remove garments from the affected side.	_____	_____
5. Assists client to put the right (affected/weak) arm through the right sleeve of the top before placing garment on left (unaffected) arm.	_____	_____
6. While putting on items, moves client's body gently and naturally, avoiding force and over-extension of limbs and joints	_____	_____
7. Finishes with client dressed appropriately (e.g., clothing right side out, zippers/buttons fastened, etc.)	_____	_____
8. Places gown in soiled linen container	_____	_____
9. Signaling device is within client's reach	_____	_____
10. Leaves bed in low position	_____	_____
11. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-FEEDS CLIENT WHO CANNOT FEED SELF

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Before feeding, picks up name card and verifies that client has received the tray prepared for him/her	_____	_____
3. Before feeding client, ensures client is in an upright sitting position	_____	_____
4. Before feeding client, assists client to put on clothing protector	_____	_____
5. Sits facing client	_____	_____
6. Offers different types of food, allowing for client choices	_____	_____
7. Offers the food in bite-size pieces	_____	_____
8. Makes sure client's mouth is empty before next bite of food or sip of beverage	_____	_____
9. Offers beverage to client throughout the meal	_____	_____
10. Talks with client during meal	_____	_____
11. Wipes food from client's mouth and hands as necessary and at the end of the meal	_____	_____
12. Removes clothing protector and disposes in proper container	_____	_____
13. Removes food tray	_____	_____
14. Signaling device is within client's reach	_____	_____
15. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-GIVES MODIFIED BED BATH (FACE AND ONE ARM, HAND AND UNDERARM)

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Removes or folds back top bedding keeping client covered with bath blanket	_____	_____
4. Removes client's gown	_____	_____
5. Tests water temperature and ensures it is safe and comfortable before bathing client, and adjusts if necessary	_____	_____
6. Beginning with eyes, washes eyes with wet washcloth (no soap), using a different area of the washcloth for each eye, washing inner aspect to outer aspect then proceeds to wash face.	_____	_____
7. Dries face with towel, using a blotting motion	_____	_____
8. Exposes one arm and places towel underneath arm.	_____	_____
9. Using soapy washcloth, washes arm, hand, and underarm	_____	_____
10. Rinses and dries arm, hand, and under arm.	_____	_____
11. Moves client's body gently and naturally, avoiding force and over-extension of limbs and joints throughout the procedure	_____	_____
12. Puts clean gown on client	_____	_____
13. Pulls up bedcovers and removes bath blanket	_____	_____
14. Empties, rinses, and wipes bath basin and returns to proper storage	_____	_____
15. Places soiled clothing and linen in soiled linen container	_____	_____
16. Avoids contact between candidate clothing and soiled linens/pads throughout procedure	_____	_____
17. Signaling device is within client's reach	_____	_____
18. Leaves bed in low position.	_____	_____
19. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-MAKES AN OCCUPIED BED

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Places clean linen on clean surface within candidate's reach (e.g., bedside stand, over-bed table, or chair)	_____	_____
3. Provides for client's privacy throughout procedure with curtain, screen, or door	_____	_____
4. Lowers head of bed before moving client	_____	_____
5. Loosens top linen from the end of the bed on working side	_____	_____
6. Unfolds bath blanket over the top sheet and removes top sheet	_____	_____
7. Raises side rail, goes to other side, moves client's body toward self, then slowly rolls client onto side toward raised side rail	_____	_____
8. Loosens bottom soiled linen on working side and moves bottom soiled linen toward center of bed	_____	_____
9. Places and tucks in clean bottom linen or fitted bottom sheet on working side (If flat sheet is used, tucks in at top and working side), then raises side rail	_____	_____
10. Goes to other side of bed, lowers side rail, then assists client to turn onto clean bottom sheet	_____	_____
11. Removes soiled bottom linen	_____	_____
12. Pulls and tucks in clean bottom linen, finishing with bottom sheet free of Wrinkles	_____	_____

- | | | |
|---|-------|-------|
| 13. Covers client with clean top sheet and removes bath blanket | _____ | _____ |
| 14. Changes pillowcase | _____ | _____ |
| 15. Centers and anchors clean linen over client | _____ | _____ |
| 16. Avoids contact between candidate's clothing and soiled linen throughout | | |
| Procedure | _____ | _____ |
| 17. Disposes of soiled linen in soiled linen container | _____ | _____ |
| 18. Signaling device is within client's reach | _____ | _____ |
| 19. Leaves bed in low position | _____ | _____ |
| 20. Washes hands | | |

Instructor's Signature _____ **Date** _____ **Pass** _____ %

C-MEASURES AND RECORDS BLOOD PRESSURE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Before using stethoscope, wipes diaphragm and earpieces of stethoscope with alcohol	_____	_____
3. Exposes client's upper arm and positions arm with palm up	_____	_____
4. Locates brachial pulse with fingertips	_____	_____
Places blood pressure cuff snugly on client's upper arm, with		
5. sensor placed over artery	_____	_____
6. Places earpieces of stethoscope in ears	_____	_____
7. Places diaphragm over brachial artery	_____	_____
8. Candidate does one of the following;		
a. Inflates cuff quickly between 160 mm Hg to 180 mm Hg. (If the beat is heard immediately upon deflation of the cuff, completely deflate the cuff. Then re-inflate cuff to no more than 200 mm Hg.)		
OR		
b. Inflates the cuff 30 mm Hg beyond where radial or brachial pulse last heard or felt	_____	_____
9. Deflates cuff slowly and removes	_____	_____
10. Signaling device is within client's reach	_____	_____
11. Washes hands	_____	_____
12. Records both systolic and diastolic pressures each within plus or minus 4 mm of evaluator's reading	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

**C-MEASURES AND RECORDS ORAL TEMPERATURE WITH
NON-MERCURY GLASS THERMOMETER**

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Puts on clean gloves before handling oral thermometer	_____	_____
3. Holds oral thermometer by stem	_____	_____
4. Before inserting oral thermometer in client's mouth, shakes oral thermometer down to 96 degrees F or lower	_____	_____
5. Places a sheath/protective cover on oral thermometer	_____	_____
6. Inserts bulb end of oral thermometer into client's mouth, under tongue and to one side	_____	_____
7. Tells client to hold oral thermometer in mouth with lips closed and assists as necessary	_____	_____
8. Leaves thermometer in place for at least 3 minutes (for testing purposes only, may leave thermometer in place for one minute)	_____	_____
9. Removes sheath/protective cover and disposes of in wastebasket	_____	_____
10. Reads oral thermometer before cleaning thermometer	_____	_____
11. Cleans oral thermometer and returns to container for used Thermometers	_____	_____
12. Removes gloves and disposes of in wastebasket	_____	_____
13. Signaling device is within client's reach	_____	_____
14. Washes hands	_____	_____
15. Records oral temperature within plus or minus 0.2 degrees of evaluator's reading	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-MEASURES AND RECORDS URINARY OUTPUT

Name _____

1. Puts on gloves before handling bedpan _____
2. Pours the contents of the bedpan into measuring container without
spilling or splashing any of the urine _____
3. Measures the amount of urine at eye level _____
4. After measuring urine, empties contents of measuring container into
toilet without splashing _____
5. Rinses measuring container and pours rinse water into toilet _____
6. Rinses bedpan and pours rinse water into toilet _____
7. Returns bedpan and measuring container to proper storage _____
8. Removes and disposes of gloves into wastebasket _____
9. Washes hands before recording output _____
10. **Records contents of container within plus or minus 25 ml
of evaluator's reading.** _____

Instructor's Signature _____ Date _____

Pass _____ %

C-MEASURES AND RECORDS WEIGHT OF AMBULATORY CLIENT

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Starts with scale balanced at zero before weighing client	_____	_____
3. Assists client to step up onto center of the scale	_____	_____
4. Determines client's weight	_____	_____
5. Assists client off scale before recording weight	_____	_____
6. Records weight within plus or minus 2 lbs. of evaluator's reading	_____	_____
7. Signaling device is within client's reach	_____	_____
8. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____%

C-PERFORMS PASSIVE RANGE OF MOTION (ROM) FOR ONE KNEE AND ONE ANKLE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Supports client's leg at knee and ankle while performing range of motion for knee	_____	_____
4. Bends the knee to the point of resistance and then returns leg to client's normal position. (extension/flexion) (REPEAT AT LEAST 3 TIMES)	_____	_____
5. Supports foot and ankle close to the bed while performing range of motion for ankle	_____	_____
6. Pushes/pulls foot toward head (dorsiflexion), and pushes/pulls foot down, toes point down (plantar flexion) (REPEAT AT LEAST 3 TIMES)	_____	_____
7. While supporting the limb, moves joints gently, slowly, and smoothly through the range of motion to the point of resistance, discontinuing exercise if pain occurs	_____	_____
8. Signaling device is within client's reach	_____	_____
9. Leaves bed in low position	_____	_____
10. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-PERFORMS PASSIVE RANGE OF MOTION (ROM) FOR ONE SHOULDER

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Supports client's arm at elbow and wrist, while performing range of motion for shoulder	_____	_____
4. Raises client's straightened arm from side position forward to above head and returns arm to side of body (flexion/extension) (REPEAT AT LEAST 3 TIMES)	_____	_____
5. Raises arm to side position above head and returns arm to side of body (abduction/adduction) (REPEAT AT LEAST 3 TIMES)	_____	_____
6. While supporting the limb, moves joint gently, slowly, and smoothly through the range of motion to the point of resistance, discontinuing exercise if pain occurs	_____	_____
7. Signaling device is within client's reach	_____	_____
8. Leaves bed in low position	_____	_____
9. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-POSITIONS CLIENT ON SIDE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Before turning client, lowers head of bed	_____	_____
4. Raises side rail on side to which client's body will be turned, goes to other side and moves client's body toward self	_____	_____
5. Slowly rolls client onto side toward raised side rail while supporting client's body	_____	_____
6. Places or adjusts pillow under client's head for support	_____	_____
7. Adjusts shoulder so client is not lying on arm	_____	_____
8. Supports top arm with body or supportive device	_____	_____
9. Places supportive device behind client's back	_____	_____
10. Places supportive device between legs with top knee flexed; knee and ankle supported	_____	_____
11. Covers client with top linen	_____	_____
12. Signaling device within client's reach	_____	_____
13. Leaves bed in low position	_____	_____
14. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-PROVIDES CATHETER CARE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Tests water temperature in basin to determine if it is safe and comfortable before washing, and adjusts if necessary	_____	_____
4. Puts on gloves before contact with linen and/or client	_____	_____
5. Places towel or pad under client's buttocks before washing	_____	_____
6. Covers client with bath blanket and moves top linens to foot of bed	_____	_____
7. Exposes only area surrounding catheter	_____	_____
8. Applies soap to wet washcloth and cleans area around urinary meatus using a clean area of washcloth for each stroke.	_____	_____
9. Holds catheter near meatus without tugging while cleaning at least four inches of catheter nearest meatus, moving in only one direction (i.e., away from meatus) using a clean area of the cloth for each stroke	_____	_____
10. Rinses at least four inches of catheter nearest meatus, moving only in one direction (i.e., away from meatus) using a clean area of the cloth for each stroke	_____	_____
11. Replaces top covers and removes bath blanket	_____	_____
12. Disposes of linen in soiled linen container	_____	_____
13. Avoids contact between candidate clothing and soiled linen/pads throughout procedure	_____	_____
14. Empties, rinses, and wipes basin and returns to proper storage	_____	_____
15. Removes and disposes of gloves into wastebasket.	_____	_____
16. Signaling device is within client's reach	_____	_____
17. Leaves bed in low position	_____	_____
18. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-PROVIDES FINGERNAIL CARE ON ONE HAND

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen, or door	_____	_____
3. Tests water temperature and ensures it is safe and comfortable before immersing client's fingers in water, and adjusts if necessary	_____	_____
4. Basin placed at a comfortable level for client	_____	_____
5. Soaks client's fingers (fingernails) in basin of water	_____	_____
6. Puts on clean gloves before cleaning under fingernails	_____	_____
7. Cleans under each fingernail with orangewood stick	_____	_____
8. Wipes orangewood stick on towel after each nail	_____	_____
9. Dries client's hand/fingers, including between fingers	_____	_____
10. Grooms nails with file or emery board	_____	_____
11. Finishes with nails smooth and free of rough edges	_____	_____
12. Empties, rinses, and wipes basin, and returns to proper storage	_____	_____
13. Disposes of soiled linen in soiled linen container	_____	_____
14. Removes and disposes of gloves in wastebasket	_____	_____
15. Signaling device is within client's reach	_____	_____
16. Washes hands	_____	_____

Instructor's Signature _____ **Date** _____

Pass _____ **%**

C-PROVIDES FOOT CARE ON ONE FOOT

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Tests water temperature and ensures it is safe and comfortable before placing client's foot in water, and adjusts if necessary	_____	_____
4. Places basin at comfortable position on protective barrier	_____	_____
5. Completely submerges and soaks foot in water	_____	_____
6. Puts on clean gloves before washing foot	_____	_____
7. Washes entire foot, including between the toes, with soapy washcloth	_____	_____
8. Rinses entire foot, including between the toes	_____	_____
9. Dries entire foot, including between the toes	_____	_____
10. Applies lotion to top and bottom of foot, removing excess (if any) with a towel	_____	_____
11. Supports foot and ankle properly throughout procedure	_____	_____
12. Empties, rinses, and wipes bath basin, and returns to proper storage	_____	_____
13. Disposes of soiled linen in soiled linen container	_____	_____
14. Removes gloves and disposes of in wastebasket	_____	_____
15. Signaling device is within client's reach	_____	_____
16. Washes hands	_____	_____

Instructor's Signature _____ **Date** _____

Pass _____ **%**

C-PROVIDES MOUTH CARE

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen, or door	_____	_____
3. Before providing mouth care, ensures client is in an upright sitting position	_____	_____
4. Puts on clean gloves before cleaning client's mouth	_____	_____
5. Places towel across client's chest before providing mouth care	_____	_____
6. Moistens toothbrush or toothette	_____	_____
7. Applies toothpaste to toothbrush or toothette	_____	_____
8. Cleans entire mouth (including tongue and all surfaces of teeth), using gentle motions	_____	_____
9. Assists client to rinse his or her mouth	_____	_____
10. Holds emesis basin to client's chin	_____	_____
11. Wipes client's mouth and removes towel	_____	_____
12. Disposes of soiled linen in soiled linen container	_____	_____
13. Maintains clean technique with placement of toothbrush or toothette throughout the procedure	_____	_____
14. Empties, rinses, and wipes basin, rinses toothbrush (if used), and returns to proper storage	_____	_____
15. Removes and disposes of gloves into wastebasket	_____	_____
16. Signaling device is within client's reach	_____	_____
17. Leaves bed in low position	_____	_____
18. Washes hands	_____	_____

Instructor's Signature _____ Date _____

Pass _____ %

C-PROVIDES PERINEAL CARE (PERI-CARE) FOR INCONTINENT CLIENT

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Tests water temperature and ensures it is safe and comfortable before washing, and adjusts if necessary	_____	_____
4. Puts on gloves before contact with linen, incontinent pad, and/or client	_____	_____
5. Covers client with bath blanket and moves top linens to foot of bed	_____	_____
6. Protects client from wet incontinent pad while keeping bed clean and dry (e.g., rolls pad into itself with wet side in/dry side out or removes pad and uses clean, dry pad or protective linen)	_____	_____
7. Exposes only perineal area	_____	_____
8. Washes perineal area with soapy washcloth, moving from front to back, while using a clean area of the washcloth or clean washcloth for each stroke	_____	_____
9. Rinses perineal area, moving from front to back, while using a clean area of the washcloth or clean washcloth for each stroke	_____	_____
10. Dries perineal area moving from front to back, using a blotting motion with towel	_____	_____
11. Turns client on side	_____	_____
12. Washes, rinses, and dries buttocks and peri-anal area	_____	_____

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|--|-------|-------|
| 13. Replaces wet incontinent pad with dry incontinent pad | _____ | _____ |
| 14. Repositions client | _____ | _____ |
| 15. Replaces top covers and removes bath blanket. | _____ | _____ |
| 16. Disposes of soiled linen and incontinent pad in proper containers | _____ | _____ |
| 17. Avoids contact between candidate clothing and soiled linens/pads
throughout procedure | _____ | _____ |
| 18. Empties, rinses, and wipes basin and returns to proper storage | _____ | _____ |
| 19. Removes and disposes of gloves into wastebasket | _____ | _____ |
| 20. Signaling device is within client's reach | _____ | _____ |
| 21. Leaves bed in low position | _____ | _____ |
| 22. Washes hands | _____ | _____ |

Instructor's Signature _____ **Date** _____

Pass _____ **%**

C-PUTS ONE KNEE-HIGH ELASTIC STOCKING ON CLIENT

Name _____

YES NO

- | | | |
|---|-------|-------|
| 1. Explains procedure to client, speaking clearly, slowly,
and directly, maintaining face-to-face contact whenever possible | _____ | _____ |
| 2. Provides for client's privacy during procedure with curtain, screen or door | _____ | _____ |
| 3. Turns stocking inside-out at least to heel area | _____ | _____ |
| 4. Places foot of stocking over toes, foot, and heel | _____ | _____ |
| 5. Pulls top of stocking over foot, heel, and leg | _____ | _____ |
| 6. Moves client's foot and leg gently and naturally, avoiding force and
over-extension of limb and joints throughout the procedure | _____ | _____ |
| 7. Finishes procedures with no twists or wrinkles and stocking properly
placed | _____ | _____ |
| 8. Signaling device is within client's reach | _____ | _____ |
| 9. Leaves bed in low position | _____ | _____ |
| 10. Washes hands | _____ | _____ |

Instructor's Signature _____ Date _____

Pass _____ %

C-TRANSFERS CLIENT FROM BED TO WHEELCHAIR

Name _____

	YES	NO
1. Explains procedure to client, speaking clearly, slowly, and directly, maintaining face-to-face contact whenever possible	_____	_____
2. Provides for client's privacy during procedure with curtain, screen or door	_____	_____
3. Positions wheelchair close to bed.	_____	_____
4. Before transferring client, folds up footrests	_____	_____
5. Before transferring client, places bed at a safe and appropriate level for the client	_____	_____
6. Before transferring client, locks wheels on wheelchair	_____	_____
7. Before transferring client, checks and/or locks bed wheels	_____	_____
8. Before transferring client, supports client's back and hips and assists client to sitting position with feet flat on the floor	_____	_____
9. Before transferring client, puts non-skid footwear on client and securely Fastens	_____	_____
10. <u>With transfer (gait) belt</u> : Stands in front of client, positioning self to ensure safety of candidate and client during transfer (e.g., knees bent, feet apart, back straight), places belt around client's waist, and grasps belt	_____	_____
<u>Without transfer belt</u> : Stands in front of client, positioning self to ensure safety of candidate and client during transfer (e.g., knees bent, feet apart, back straight, arms around client's torso under the arms)	_____	_____
11. Provides instructions to enable client to assist in transfer	_____	_____

- | | | |
|---|-------|-------|
| 12. Braces client's lower extremities to prevent slipping | _____ | _____ |
| 13. Counts to three (or says other prearranged signal) to alert client to
begin transfer | _____ | _____ |
| 14. On signal, gradually assists client to stand | _____ | _____ |
| 15. Assists client to pivot to front of wheelchair with back of client's
legs against wheelchair | _____ | _____ |
| 16. Lowers client into wheelchair | _____ | _____ |
| 17. Positions client with hips touching back of wheelchair and removes
transfer belt, if used | _____ | _____ |
| 18. Positions client's feet on footrests | _____ | _____ |
| 19. Signaling device is within client's reach | _____ | _____ |
| 20. Washes hands | _____ | _____ |

Instructor's Signature _____ **Date** _____

Pass _____ **%**