



# Nurse Assistant

## ELIGIBILITY

Open to active SkillsUSA members enrolled in programs with nurse assisting as the occupational objective.

## CLOTHING REQUIREMENTS

Home school uniform or Official blue scrubs, white socks, health professional's white or black leather work shoes. Shoes must be all-white or all-black leather (no canvas), completely enclosed (no open toe or open heel).

Athletic style shoes that meet the aforementioned criteria are acceptable.

*NOTE: At the district level if a student is not able to wear the official SkillsUSA attire he/she may wear an outfit that would be acceptable in their specific field of study. Please keep in mind that official SkillsUSA attire will be required at the state and national level.*

## SAFETY REQUIREMENTS

The SkillsUSA Technical Committee, judges, and WMCTC are released from all responsibility relating to personal injury resulting from the use of equipment. Competitors will be removed from competition if they are using the equipment in an unsafe manner.

## EQUIPMENT AND MATERIALS SUPPLIED BY HOST

1. All instruments, equipment and materials required for the contest

## EQUIPMENT AND MATERIALS SUPPLIED BY CONTESTANT

1. All students must have a one-page, typewritten résumé
2. Watch with second-hand
3. Pen (black ink)
4. Pencil (sharpened)
5. CPR Card or photocopy; American Heart Association
6. No additional tools will be permitted

## SCOPE OF THE CONTEST (DEFINED BY THE NATIONAL COMPETITION REGULATIONS)

*(District Competitions are meant to be a scaled down version of National Competition. It is important for the students to participate in a competition that will reflect a cross-section of the industry skills needed to prepare them for the state and national levels)*

The contest is set within the framework of accepted industry standards. To gain employment in the nursing assistant field, a state certification examination is required.

## KNOWLEDGE PERFORMANCE

The contest includes a 50 questions written knowledge test including topics but are not limited to, functions of body parts, basic human needs pertaining to client care, nutrition, observation and assessment, employability skills, safety, communication, infection control, ethics, basic mathematical operation, malpractice and liability issues, medical terms and abbreviations from Hartman's Nurse Assistant Care, 4th Edition by Hedman, Fuzy, Rymer.



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## **SKILL PERFORMANCE**

The may contest includes an assessment of skills in the areas of daily living activities, personal care, CPR, employability skills, assessment and observation, nutrition and elimination. The procedure checklist will be used for the skills listed below from the NOCTI Program of Study CIP- 51.0899.

### **Contest Guidelines**

1. Contestants perform procedures or skills selected from the following list of Standards and Competencies as determined by the SkillsUSA health occupations technical committee.
2. All procedures must be performed using safety precautions and correct body mechanics.
3. All skills demonstrated will be based on nationally accepted accreditation and certification standards recognized by the American Medical Association.
4. Contestants, as part of the demonstration, should voluntarily express pertinent information.

### **Standards and Competencies** – *(Summary of national technical standards list)*

1. Display knowledge of human anatomy and physiology
2. Employ knowledge of basic client care in the areas of nutrition, medical mathematical operations and malpractice/liability issues
3. Exhibit basic employability skills and professional demeanor when writing a résumé, completing a job application, and interviewing in accordance with workforce development guidelines
4. Explain infection control and methods of preventing the spread of infections
5. Perform nurse assistant skills/procedures including dressing, undressing and bathing patients, providing hair and oral care, and transferring, turning and assisting patients with walking
6. Implement knowledge of patient care regarding nutrition and elimination
7. Monitor patient's vital signs
8. Perform adult, child and infant CPR and first aid in accordance with current guidelines provided by the American Heart Association and the American Red Cross
9. Communicate effectively with co-workers and clients
10. Manage patient care to prevent legal issues



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## Nursing Assistant Scoring Sheet

Items evaluated	Description	Possible Points
Written test	50 questions (2 points each)	100
Handwashing and Glove Application		64
Vital signs - TPR	Temperature, Pulse, Respiration	96
Personal Care, Denture Care		56
Patient Transfer	From bed to wheelchair with gait belt	72
Range of Motion	Shoulder and wrist	88
	Subtotal =	532
Clothing Penalty	Deduction -10	
No resume	Deduction -10	
Safety Penalty	Deduction -10	
CPR card/photocopy (American Heart per State Scope)	Deduction -5	
	TOTAL	

*Note: No cell phones or other electronic devices may be used at any time during a competition; this includes using a calculator function on a cell phone for competitions in which calculators are permitted.*

*Note: Scorecards should only be used as guidance. Changes may occur.*