

Home Health Aide

Dress Code	Attire appropriate to the occupational area
SLC Orientation	<ul style="list-style-type: none"> - Event explained to the competitors and individual timecards handed out. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret scenario to solve when it is their turn to compete. Students not share the secret scenario when they leave the event as it is an automatic disqualification.
Round # 1	Competitors must submit technical skill video to Montana HOSA by deadline. Additionally, competitors will take an online test during the testing window. Advisors will be informed of which competitors have moved on from Round 1 to qualify to participate in Round 2 at SLC.
Round # 2	Skill procedures from rubric guidelines will be performed by each competitor. Competitors may be asked to do one or multiple of the performance skills.
Scoring	Round 1 online testing scores will be combined with Round 2 skill procedures for a total score.

Official References

All official references are used in the development of the written test and skill rating sheets.

- [Balduzzi, Suzann. Homemaker Home Health Aide. Cengage Learning. Latest edition](#)
- [Leahy, Fuzy, & Grafe. Providing Home Care: A Textbook for Home Health Aides. Hartman Publishing, Inc. Latest edition.](#)

Round One Test

Test Instructions: The written test will consist of 50 multiple choice items in a maximum of 60 minutes taken during the online testing window.

Written Test Plan

Becoming a Home Health Aide.....	10%
Responsibilities and Legal Rights.....	6%
Effective Communication Procedures and Documentation.....	10%
Infection Control.....	6%
Wellness and Mental Health.....	4%
Body Systems and Common Disorders.....	40%
Caring for Terminally Ill Patient.....	6%
Caring for Patient with Alzheimer’s Disease.....	4%
Caring for Patient with Cancer.....	4%
Maternal and Infant Care.....	10%

Round Two Skills

2.Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

Skill I:	Taking an Adult Tympanic Temperature	(3 minutes)
Skill II:	Taking an Apical Pulse	(3 minutes)
Skill III:	Emptying a Urinary Drainage Unit	(4 minutes)
Skill IV:	Changing a Dry Dressing Using Non-sterile Technique	(5 minutes)
Skill V:	Giving a Back Rub	(5 minutes)
Skill VI:	Caring for Dentures	(5 minutes)
Skill VII:	Moving a Patient Up in Bed Using a Drawsheet	(3 minutes)
Skill VIII:	Applying Elasticized Stockings	(5 minutes)

(FOR ALL SKILLS, BODY FLUIDS WILL BE A SIMULATED PRODUCT)

Competitor Must Provide:

- Two #2 lead pencils with eraser
- Watch required for Round 2 for Vital Signs
- Tape ½" or 1"
- Bandage scissors
- Gloves non-latex (3 pairs per competitor)

The following pages include the exact rubrics competitors will be scored on. Competitors should practice and know these steps. They may be tested on 1-3 of these skill procedures.

HOME HEALTH AIDE

Section # _____
 Competitor # _____

Division: _____ SS _____ PS/C
 Judge's Signature _____

Skill I Taking an Adult Tympanic Temperature (Time: 3 minutes)	Possible	Awarded
1. Gathered equipment: tympanic thermometer, disposable probe cover, daily record sheet, gloves.	1 0	
2. Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3. Explained skill to patient.	2 0	
4. Placed new probe cover on thermometer.	1 0	
5. Turned thermometer on.	1 0	
6. Pulled top of ear up and back.	1 0	
7. Pressed top button and inserted covered probe in ear.	1 0	
8. Removed probe from ear when beep sounded.	1 0	
9. Read the temperature on the screen.	1 0	
10. Removed the probe cover and disposed of properly.	2 0	
11. Removed gloves, and washed hands or use alcohol-based handrub for hand hygiene.	2 0	
12. Accurately recorded temperature on daily record sheet.	4 0	
13. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14. Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL I	23	
70% Mastery for Skill I = 16.1		

HOME HEALTH AIDE

Section # _____ Division: _____ SS _____ PS/C
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Skill II	Taking an Apical Pulse (Time: 3 minutes)	Possible		Awarded
1.	Gathered equipment: stethoscope, wristwatch with second hand, alcohol wipes, daily record sheet.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
3.	Explained skill to patient.	2	0	
4.	Cleaned stethoscope diaphragm and earpieces.	2	0	
5.	Placed stethoscope earpieces in ears.	1	0	
6.	Placed the diaphragm over the apex of the patient's heart.	1	0	
7.	Counted the louder sound (lub) for one complete minute.	1	0	
8.	Removed the stethoscope from ears and patient.	1	0	
9.	Washed hands or use alcohol-based handrub for hand hygiene.	2	0	
10.	Accurately recorded apical pulse on daily record sheet, within + or – 2 of the judges count.	4	0	
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
12.	Practiced standard precautions throughout skill	2	0	
TOTAL POINTS -- SKILL II		21		
70% Mastery for Skill II = 14.7				

HOME HEALTH AIDE

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Division: _____ SS _____ PS/C _____
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Skill III Emptying a Urinary Drainage Unit (Time: 4 minutes)		Possible	Awarded
1.	Gathered equipment: gloves, alcohol wipes, measuring device, paper towel.	1 0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2 0	
3.	Explained skill to patient.	2 0	
4.	Placed paper towel underneath measuring device on floor below drainage bag.	1 0	
5.	a. Opened drain or spout and allowed urine to drain into measuring device.	1 0	
	b. Avoided allowing tip of tubing to touch sides of measuring device.	1 0	
6.	Closed drain, wiped it with the alcohol wipe, and replaced it in the holder on the bag.	1 0	
7.	Noted amount and color of urine (verbalized to judge).	4 0	
8.	Emptied urine into toilet (or designated container).	1 0	
9.	Washed and rinsed measuring device.	1 0	
10.	Removed gloves, and washed hands or use alcohol-based handrub for hand hygiene.	2 0	
11.	Recorded output on daily record sheet.	4 0	
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
13.	Practiced standard precautions throughout skill.	2 0	
TOTAL POINTS -- SKILL III		25	
70% Mastery for Skill III = 17.5			

HOME HEALTH AIDE

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Skill IV	Changing a Dry Dressing Using Non-sterile Technique (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: gloves, 4X4 gauze pads, waste bag, tape and scissors.	1	0
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2	0
3.	Explained skill to patient.	2	0
4.	Positioned patient so area with dressing is accessible while maintaining patient comfort and privacy.	1	0
5.	Cut tape.	1	0
6.	Opened gauze pads while maintaining pad sterility.	2	0
7.	a. Removed old dressing.	1	0
	b. Noted color, amount of drainage, and condition of surrounding skin (verbalized to judge).	4	0
	c. Disposed of used dressing in the waste bag.	2	0
	d. Removed and discarded used gloves.	2	0
	e. Washed hands or used alcohol based hand-rub for hand hygiene.	2	0
8.	Put on new gloves.	2	0
9.	Applied dressing without touching center, holding dressing on the corners only.	2	0
10.	Applied tape correctly.	1	0
11.	Positioned patient comfortably.	1	0
12.	Discarded waste and returned supplies to storage.	2	0
13.	Removed gloves, and washed hands or use alcohol-based handrub for hand hygiene.	2	0
14.	Recorded dressing change on daily record sheet, noting observation of skin condition, that dressing was changed, and any patient complaints.	4	0
15.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
16.	Practiced standard precautions throughout skill	2	0
TOTAL POINTS -- SKILL IV		38	
70% Mastery for Skill IV = 26.6			

HOME HEALTH AIDE

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Skill V	Giving a Back Rub (Time: 5 minutes)	Possible		Awarded
1.	Gathered equipment: small towel, lotion.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
3.	Explained skill to patient.	2	0	
4.	Provided privacy for the patient (if appropriate).	1	0	
5.	Positioned patient on side.	1	0	
6.	Placed small amount of lotion on hands, rubbing them together to warm lotion.	1	0	
7.	a. Started at base of spine and rubbed toward the neck in the center of the back, using both hands in one long stroke.	1	0	
	b. When reaching the neck, continued back down the sides of the back.	1	0	
	c. Repeated this circular pattern 3 more times.	1	0	
8.	Throughout skill, added more lotion when necessary.	1	0	
9.	Repeated the steps above but changed to a spiral motion when continuing down the sides of the back, for a total of 45 – 90 seconds.	1	0	
10.	Removed excess lotion with small towel and repositioned patient.	1	0	
11.	Washed hands or use alcohol-based handrub for hand hygiene, and returned supplies to their proper place.	2	0	
12.	Recorded back rub on daily record sheet, noting observation of skin condition and any patient complaints.	4	0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
14.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL V		24		
70% Mastery for Skill V = 16.8				

HOME HEALTH AIDE

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Division: _____ SS _____ PS/C
 Judge's Signature _____

Skill VI	Caring for Dentures (Time: 5 minutes)	Possible	Awarded
1.	Gathered equipment: toothbrush, toothpaste, denture cleaning tablet, denture cup, gloves, mouthwash, small cup, emesis basin, washcloth, small towel.	1	0
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on gloves.	2	0
3.	Explained skill to patient.	2	0
4.	Asked patient to remove dentures and place in denture cup.	1	0
5.	Placed 2-3 inches cool water and washcloth in bottom of sink.	1	0
6.	Turned on cold water and brushed all surfaces of the upper and lower plate with toothpaste, and rinsed.	1	0
7.	Rinsed denture cup, filled with cold water and a denture cleaning tablet, and placed dentures in cup.	1	0
8.	Assisted patient to rinse mouth with mouthwash, expel rinse in emesis basin and wipe mouth.	1	0
9.	Described (verbalized to the judge) the use of toothettes to clean the gums and tongue to observe the condition of the patient's mouth.	2	0
10.	Placed the denture cup within reach of the patient and instructed patient to insert dentures when needed.	1	0
11.	Removed gloves, washed hands or used alcohol-based handrub for hand hygiene, and returned supplies to their proper place.	2	0
12.	Recorded completion of skill on daily record sheet, noting observation of skin (oral cavity) condition and any patient complaints.	4	0
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
14.	Practiced standard precautions throughout skill.	2	0
TOTAL POINTS -- SKILL VI		23	
70% Mastery for Skill VI = 16.1			

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Skill VII Moving the Patient Up in Bed Using the Drawsheet (Time: 3 minutes)		Possible		Awarded
1.	Asked the family member (judge or event personnel) to help you move the patient up in bed.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
3.	Explained skill to patient.	2	0	
4.	Instructed the family member (judge or event personnel) on what to do and how to help throughout all steps of the skill, as needed. (points awarded at end of rating sheet.)		-	/
5.	Placed pillow at the head of the bed to protect the patient's head.	2	0	
6.	a. Rolled both sides of the drawsheet (or flat sheet folded in fours) toward the patient.	1	0	
	b. Placed the patient's feet 12 inches apart.	1	0	
	c. Bent the patient's knees.	1	0	
	d. With the hand nearest the patient's feet, grasped the rolled drawsheet.	1	0	
	e. With the other hand, both cradled the patient's head and shoulders and firmly grasped top of the drawsheet.	1	0	
7.	Turned body and feet toward the head of the bed, keeping feet 12 inches apart, knees slightly bent.	2	0	
8.	On a coordinated count of 3, lifted the drawsheet and patient up toward the head of the bed without dragging the patient.	2	0	
9.	Aligned patient's body and limbs, placed pillow under head, tightened drawsheet and replaced covers.	1	0	
10.	Communicated appropriately and effectively to family member throughout skill.	2	0	
11.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
12.	Recorded completion of skill and patient reaction on daily record sheet.	4	0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
14.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL VII		29		
70% Mastery for Skill VII = 20.3				

HOME HEALTH AIDE

Section # _____ Division: _____ SS _____ PS/C
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Skill VIII	Applying Elasticized Stockings (One leg) (Time: 5 minutes)	Possible		Awarded
1.	Gathered equipment: knee-length elasticized stockings.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
3.	Explained skill to patient.	2	0	
4.	With patient lying in bed, exposed the leg indicated in the scenario.	4	0	
5.	Turned stocking inside out to heel by placing hand inside stocking and grasping heel.	1	0	
6.	a. Positioned stocking over the foot and heel of patient making sure the heel of the stocking is in the proper place.	1	0	
	b. Slid the remaining stocking over the foot and heel.	1	0	
	c. Continued to pull the stocking over the calf to the knee.	1	0	
7.	Checked to be sure stocking is applied evenly and smoothly with no wrinkles.	2	0	
8.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
9.	Recorded completion of skill and patient reaction on daily record sheet.	4	0	
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
11.	Practiced standard precautions throughout skill.	2	0	
TOTAL POINTS -- SKILL VIII		25		
70% Mastery for Skill VIII = 17.5				

COMPETITOR ID # _____

HOME HEALTH AIDE DAILY RECORD

HOSA HOME HEALTH SERVICES

Patient:	Day/Date:
Treatment/Results	Observations/Patient/Reaction
Bath	
Grooming	
Dressing	
Mobility	
Catheter	
Temperature	
Pulse	
Respiration	
Blood Pressure	
Other Instructions:	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
Additional Treatment or Observations:	
Home Health Aide Signature:	Date: