

# Personal Care

<b>Dress Code</b>	Attire appropriate to the occupational area
<b>SLC Orientation</b>	<ul style="list-style-type: none"> <li>- Note: this event is for students classified under the provisions of IDEA.</li> <li>- 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.</li> </ul>
<b>Round # 1</b>	Competitors must submit technical skill video to Montana HOSA by deadline. Advisors will be informed of which competitors have moved on from Round 1 to qualify to participate in Round 2 at SLC.
<b>Round # 2</b>	Skill procedures from rubric guidelines will be performed by each competitor. Competitors may be asked to do one or multiple of the performance skills.
<b>Scoring</b>	Round 2 skill procedures rubrics will make up total score.

### Official References

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

- [Dugan, Diana L. Nursing Assisting A Foundation in Caregiving, Hartman Publishing, Latest edition.](#)
- [Roe, Sue. The Nursing Assistant: Essentials of Holistic Care, The Goodheart-Wilcox Company, Inc., Latest edition.](#)

### Skills Assessment

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

Skill I:	Handwashing	(3 minutes)
Skill II:	Donning & Doffing a Full Set of PPE	(6 minutes)
Skill III:	Make an Unoccupied Bed	(10 minutes)
Skill IV:	Make an Occupied Bed	(12 minutes)
Skill V:	Admitting a Patient	(10 minutes)
Skill VI:	Transfer patient with specified disability from bed to a chair/wheelchair.	(6 minutes)
Skill VII:	Measure and record vital signs: TPR and blood pressure (aneroid)	(12 minutes)
Skill VIII:	Caring for an Ostomy	(10 minutes)

**Competitor Must Provide:**

- Two #2 lead pencils with eraser
- Watch required for Round 2 for Vital Signs
- Barrier devices (non-latex gloves, gown, goggles or safety glasses, mask)
- Gait belt - HOSA will provide a gait belt, OR the competitor has the option of providing his/her own gait belt.

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.

# PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill I Handwashing (Time: 3 minutes)</b>	<b>Possible</b>		<b>Awarded</b>
1. Stand back from sink to avoid contamination of clothing.	2	0	
2. Removed rings and pushed wristwatch or long sleeves up above wrist using a paper towel.	2	0	
3. Turned faucet on with paper towel, adjusted temperature (water should be warm) and discarded towel in waste container.	2	0	
4. Wet hands, wrists, and the skin 1-2 inches above the wrist thoroughly with fingertips pointing down.	2	0	
5. Removed hands from water stream and applied soap to create thick lather on hands.	2	0	
6. Rubbed palms together in a circular, counterclockwise motion.	2	0	
7. Pushed the fingers of the right hand between the fingers of the left hand and rubbed up and down.	2	0	
8. Repeated Step #7 with left hand.	2	0	
9. Interlaced fingers, rubbed the palms together from side to side.	2	0	
10. Bent fingers and interlocked them with backs of fingers touching the opposite palm. Rubbed side to side.	2	0	
11. Cleaned under fingernails by rubbing them against other palm and forcing soap underneath them. Continued rubbing to clean around tops of nails.	2	0	
12. Reversed hands and repeated Step #11.	2	0	
13. Held the left thumb in the palm of the right hand. Rubbed in a circular, counterclockwise motion.	2	0	
14. Reversed hands and repeated Step #13.	2	0	
15. Held the fingers of the right hand together and placed them in the middle of the left palm. Rubbed in a circular, counterclockwise motion.	2	0	
16. Reversed hands and repeated Step #15.	2	0	
17. Washed hands for a minimum of 20 seconds.	2	0	
18. Held hands under running water with fingers pointed downward. Rinsed wrists and hands thoroughly.	2	0	
19. Dried hands thoroughly with a clean paper towel starting with hands and then the wrists. Did not shake hands or touch dispenser. Repeated if needed.	2	0	

Skill I Handwashing (con't) - Items Evaluated	Possible	Awarded
20. Used clean, dry paper towel to turn off faucet.	2 0	
21. Discarded paper towel in waste container without touching the container.	2 0	
<b>TOTAL POINTS -- SKILL I</b> <b>70% Mastery for Skill I = 29.4</b>	<b>42</b>	

## PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill II</b>	<b>Donning &amp; Doffing a Full Set of PPE (Time: 6 minutes)</b>	<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
3.	Opened the gown by holding it in front of you & allowing it to unfold without shaking the gown.	2	0	
4.	Faced the back opening of the gown & placed arms through each sleeve.	2	0	
5.	Fastened the neck opening.	2	0	
6.	Reached behind & pulled the gown until it completely covered all clothing & secured at the waist.	2	0	
7.	Picked up mask by top strings or elastic strap not touching the inside of the mask.	2	0	
8.	Pulled elastic strap or tied top strings first & then tied bottom strings.	2	0	
9.	Pinched the metal strip at the top of the mask to fit tightly around the nose.	2	0	
10.	Fitted mask snugly around face & below chin.	2	0	
11.	Placed goggles over your eyes or eyeglasses while making sure they fit snugly.	2	0	
12.	If right-handed slid one glove on left hand (reverse if left-handed).	2	0	
13.	Used the gloved hand to slide the other hand into the second glove.	2	0	
14.	Interlaced fingers to smooth out folds & created a comfortable fit.	2	0	
15.	Checked gloves for tears, holes, cracks, or discolored spots & replaced if needed.	2	0	

<b>Skill II Donning &amp; Doffing a Full Set of PPE (con't) - Items Evaluated</b>		<b>Possible</b>		<b>Awarded</b>
16.	Adjusted gloves until they are pulled over the wrist fitting correctly & pulled cuffs of gloves over the sleeves of the gown.	2	0	
17.	Removed gloves by touching only the outside of one gloved hand at the palm and pulled the glove off.	2	0	
18.	With the fingertips of gloved hand, held removed glove.	2	0	
19.	With the ungloved hand, slid two fingers under the remaining glove at the wrist without touching the outside of the glove.	2	0	
20.	Pulled down, turning the glove inside out over the first glove as you removed it & dropped gloves in appropriate container.	2	0	
21.	Removed goggles.	2	0	
22.	Unfastened the gown at the neck & waist.	2	0	
23.	Removed gown without touching the outside of the gown by rolling dirty side in, while holding gown away from the body.	2	0	
24.	Disposed of gown in appropriate container.	2	0	
25.	Untied mask and removed without touching mask.	2	0	
26.	Disposed of mask in appropriate container.	2	0	
27.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
<b>TOTAL POINTS – SKILL II</b>		<b>53</b>		
<b>70% Mastery of Skill II = 37.1</b>				

## PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill III Make an Unoccupied Closed Bed (Time: 10 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene and put on non-latex gloves (if indicated).	2	0	
3.	Placed items on an accessible location and arranged in the order they will be used.	1	0	
4.	Locked the bed wheels and raised the bed to a comfortable working level.	2	0	
5.	Removed the soiled linens by rolling the edges inward and not allowing soiled linens to touch your scrubs.	2	0	
6.	Deposited soiled linen in the laundry hamper.	1	0	
7.	Worked on one side of bed until that side is complete.	1	0	
8.	Removed pillows and placed pillowcases in hamper.	1	0	
9.	Used fitted bottom sheet, pulling the corners tightly and smooth over the corners of the mattress.	1	0	
10.	Placed drawsheet at center of bed and tucked under mattress to fit tightly and smoothly. (An incontinence/absorbent pad may be used instead of drawsheet if the competitor chooses).	1	0	
11.	Unfolded top sheet on mattress, wrong side up, with hem even with top edge of mattress and center fold used to center the sheet.	1	0	
12.	Placed the spread/blanket on the bed, using the center fold to center the spread.	1	0	
13.	Tucked the top sheet and blanket under the mattress at the foot of the bed.	1	0	
14.	Made a mitered corner at the foot of the bed and tucked in the sides of the top sheet and blanket.	1	0	
15.	Folded the top sheet back over the blanket to make a 6 inch cuff.	1	0	

<b>Skill III Make an Unoccupied Closed Bed (con't) - Items Evaluated</b>	<b>Possible</b>		<b>Awarded</b>
16. Inserted pillows into the pillowcases.	1	0	
17. Placed pillows at the head of the bed with the open end away from the door.	1	0	
18. Checked the bed wheels to be sure they are locked and lowered the bed to its lowest position.	2	0	
19. Removed gloves if worn and disposed of properly Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
20. Placed call light on the bed.	2	0	
21. Replaced any items that were moved to proper place.	1	0	
22. Conducted a safety check before leaving room.	2	0	
23. Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
24. Practiced standard precautions throughout skill.	2	0	
<b>TOTAL POINTS -- SKILL III</b> <b>70% Mastery for Skill III = 23.1</b>	<b>33</b>		



## PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill IV Make an Occupied Bed (Time: 12 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene and put on non-latex gloves (if indicated).	2	0	
3.	Greeted patient and introduced self.	1	0	
4.	Identified patient.	2	0	
5.	Explained skill to patient.	2	0	
6.	Locked the bed wheels, and raised the bed to hip level.	2	0	
7.	Lowered side rail on working side.	1	0	
8.	Arranged the linen in the order in which the linen will be used.	1	0	
9.	Removed the call light from the bed.	1	0	
10.	Made sure the bed is flat, unless otherwise indicated by the plan of care.	1	0	
11.	Loosened top linen from the end of the bed.	1	0	
12.	Placed a bath blanket over the top linens and asked patient to hold the top edge of the bath blanket or tucked it under the patient's shoulders.	1	0	
13.	Removed the top linens without exposing the patient and placed in laundry hamper.	1	0	
14.	Gently assisted the patient to roll to the side of the bed farthest away from competitor and instructed to grasp side rail.	1	0	
15.	Moved the pillow with the patient and adjusted for comfort.	1	0	
16.	Loosened the soiled bottom linens starting at the head of the bed and tucked them against the patient's back.	1	0	
17.	Placed fitted sheet on bed.			
	a. Placed fitted sheet with the center crease in the center.	1	0	
	b. Pulled the corners of the sheet tightly and smoothly over the corners of the mattress.	1	0	
	c. Rolled the extra material toward the patient.	1	0	
18.	Placed drawsheet on bed; tucked under mattress; fan-folded to center of bed. (An incontinence/absorbent pad can be used instead of a drawsheet if the competitor chooses).	1	0	
19.	Turned the patient toward competitor explaining they will be moving over linen.	1	0	

<b>Skill IV Make an Occupied Bed (con't) - Items Evaluated</b>		<b>Possible</b>		<b>Awarded</b>
20.	Moved to the opposite side of bed and lowered side rail.	1	0	
21.	Removed soiled bottom linen by rolling from head to foot of bed and avoiding contact with skin or clothing.	2	0	
22.	Placed soiled linen in hamper.	2	0	
23.	Pulled clean linen through as quickly as possible.	1	0	
24.	Pulled the fitted bottom sheet tightly and smoothly over the corners of the mattress.	1	0	
25.	Pulled clean draw sheet into place and tucked it firmly under the side of the mattress without wrinkles.	1	0	
26.	Assisted patient to turn to center of bed on his/her back and raised the side rail.	1	0	
27.	Changed the pillowcases and placed pillows under the patient's head.	1	0	
28.	Placed soiled pillowcases in hamper.	1	0	
29.	Unfolded the top sheet and centered over patient over bath blanket, centered using the sheets center fold.	1	0	
30.	Asked patient to hold the top sheet, and pulled the bath blanket out from underneath, and placed in hamper.	1	0	
31.	Placed spread/blanket over the top sheet, and centered, and tucked the top sheet and blanket at foot of bed and mitered corners.	1	0	
28.	If needed, created room for toes by making toe pleats in the top linens.	1	0	
29.	Folded the top sheet over the spread/blanket to make a 6" cuff.	1	0	
30.	Observed all checkpoints before leaving the patient: placed call signal within easy reach, lowered bed, positioned patient in good body alignment, and reported any changes to the nurse.	2	0	
31.	Removed gloves if worn and disposed of properly, and washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
32.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
33.	Practiced standard precautions throughout skill.	2	0	
<b>TOTAL POINTS -- SKILL IV</b>		<b>49</b>		
<b>70% Mastery of Skill IV = 34.3</b>				

# PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill V Admit Patient (Time: 10 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene	2	0	
3.	Greeted patient and introduced self.	1	0	
4.	After identifying patient, placed an identification bracelet on the patient's wrist.	2	0	
5.	Explained skill to patient.	2	0	
6.	Provided for privacy.	1	0	
7.	Obtained admission paperwork from patient and handed to supervisor (judge).	1	0	
8.	Belongings			
	a. verified that patient's belongings are in the room.	1	0	
	b. questioned patient regarding the need to place any valuables in the safe.	1	0	
9.	Provided orientation to the room.			
	a. identified purpose of items on bedside table	1	0	
	b. explained how to use overbed table	1	0	
	c. instructed patient how to use the call light, bed controls, TV & light control	2	0	
	d. explained how to make telephone calls & placed telephone within reach	1	0	
	e. showed the patient the bathroom & how to use the bathroom's emergency call light	2	0	
10.	Provided orientation to the facility.			
	a. explained visiting hours & policies	1	0	
	b. explained how to locate nurse's station, chapel, dining room or cafeteria	1	0	
	c. explained how to identify staff (clothing or ID badge)	1	0	
	d. explained when meals are served & how to request snacks	1	0	
11.	Made sure patient was comfortable & placed call light within reach.	2	0	

Skill V Admit Patient (con't) - Items Evaluated	Possible		Awarded
12. Conducted a safety check before leaving room.	2	0	
13. Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
14. Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
15. Reported any concerns to the nurse (judge).	1	0	
16. Documented skill performed.	4	0	
<b>TOTAL POINTS -- SKILL V</b> <b>70% Mastery of Skill V = 25.2</b>	<b>36</b>		

## PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill VI Transfer Patient with Specified Disability from Bed to Chair/Wheelchair (Time: 6 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene	2	0	
3.	Greeted patient and introduced self.	1	0	
4.	Identified patient.	2	0	
5.	Explained skill and provided privacy.	2	0	
6.	Placed chair/wheelchair at head of bed, facing the foot of the bed, or at the foot of the bed, facing the head of bed. If patient has a weak side, positioned so patient could use strong side.	1	0	
7.	Locked wheels of wheelchair and folded up foot rest, if needed. <i>* Judge awards points if chair is used.</i>	2	0	
8.	Lowered bed and locked wheels.	2	0	
9.	Elevated the head of bed.	1	0	
10.	Lowered the side rails on the exit side of bed.	1	0	
11.	Fanfolded the bed linen to the foot of the bed.	1	0	
12.	Assisted patient to dangle feet and observed for signs of stress.	2	0	
13.	Put robe and slippers with non-slip soles on the patient.	1	0	
14.	Applied gait belt.			
	a. Positioned belt around patient's waist – on top of clothing.	1	0	
	b. Positioned buckle/clasp so it is in front of patient.	1	0	
	c. Tightened belt so that fingers can be placed under the belt.	1	0	
15.	Transferred patient into chair/wheelchair.	1	0	
	a. Stood in front of patient with feet about 12 inches apart.	1	0	
	b. Used leg to support by placing one of knees against patient's knee or both knees against patient's knees.	1	0	
	c. Instructed patient to assist by pushing against bed with hands to raise to standing position on a given signal (such as on the count of three).	1	0	

<b>Skill VI Transfer Patient with Specified Disability from Bed to Chair/Wheelchair Items Evaluated (con't) – Items Evaluated</b>		<b>Possible</b>		<b>Awarded</b>
d.	At the given signal, assisted patient to stand at bedside, lifting up on the belt while the patient pushes up from the bed.	1	0	
e.	Instructed the patient to take small steps in the direction of the chair.	1	0	
f.	Assisted patient to pivot until back of legs are touching the seat of the chair/wheelchair, place his/her hands on the armrests, bend at the knees and sit down in chair/wheelchair.	1	0	
g.	Adjusted footrest of wheelchair (as needed) and removed gait belt.	1	0	
16.	Draped patient with blanket/sheet.	1	0	
17.	Checked to determine if patient was comfortable.	1	0	
18.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
19.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
20.	Practiced standard precautions throughout skill.	2	0	
<b>TOTAL POINTS -- SKILL VI</b>		<b>37</b>		
<b>70% Mastery for Skill VI – 25.9</b>				

# PERSONAL CARE

Section # \_\_\_\_\_  
 Competitor # \_\_\_\_\_

Division: \_\_\_\_\_ SS  
 Judge's Signature \_\_\_\_\_

<b>Skill VII</b>	<b>Measure and Record Vital Signs (Time: 12 minutes)</b>	<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
3.	Greeted patient and introduced self.	1	0	
4.	Identified patient.	2	0	
5.	Explained vital sign skill.	2	0	
6.	Questioned patient about eating, drinking, and smoking	1	0	
7.	Positioned patient comfortably.	1	0	
8.	<b>TEMPERATURE – Electronic Thermometer</b>			
	a. Placed digital thermometer in disposable sheath or placed a probe cover over the probe.	1	0	
	b. Instructed patient to open mouth and lift tongue. Slowly inserted the covered probe into mouth until tip of probe touched base of mouth and tongue and to one side.	1	0	
	c. Asked patient to close mouth.	1	0	
	d. Held the thermometer/probe in place until unit signals.	1	0	
	e. Removed thermometer/probe from patient's mouth.	1	0	
	f. Read and verbalized the patient's temperature correctly.	4	0	
	g. Disposed of sheath/probe cover in biohazardous waste container without touching it.	2	0	
	h. Returned thermometer to cover or returned probe to stored position.	1	0	
	i. Recorded accurately on graphic form.	4	0	
9.	<b>RADIAL PULSE</b>			
	a. Positioned patient's hand and arm so they were well supported and rested comfortably.	1	0	
	b. Located the radial artery by placing middle and index finger toward the inside of the patient's wrist on the thumb side.	1	0	
	c. Exerted light pressure, counted for full minute.	1	0	
10.	<b>RESPIRATION</b>			
	a. Continued pulse position to keep patient unaware of counting.	1	0	
	b. Counted regular respirations for full minute.	1	0	

<b>Skill VII Measure and Record Vital Signs (con't) -</b>		<b>Items Evaluated</b>	<b>Possible</b>		<b>Awarded</b>
11.	Verbalized pulse count and respiration count within plus or minus 2 of judge's count.		4	0	
12.	Described quality characteristics of pulse (volume – character strength, and rhythm - regularity) AND respirations (depth and rhythm) to judge.		4	0	
13.	Recorded pulse and respiration accurately on the graphic form.		4	0	
14.	<b>BLOOD PRESSURE</b>				
a.	Cleaned earpieces and diaphragm of the stethoscope		2	0	
b.	Exposed patient's upper arm and positioned the arm so that it rests level with the heart with the palm turned upward.		1	0	
c.	With the valve open, squeezed the cuff to make sure it is completely deflated.		1	0	
d.	With fingertips located the brachial artery where center of cuff will be located.		1	0	
e.	Wrapped cuff around patient's arm above the elbow, snugly and smoothly about 1 inch above the elbow.		1	0	
f.	Placed the center of the cuff above the brachial artery.		1	0	
g.	Closed valve on bulb, by turning clockwise.		1	0	
h.	Correctly positioned earpieces of stethoscope in ears.		1	0	
i.	Palpated brachial artery.		1	0	
j.	Placed stethoscope over brachial artery.		1	0	
k.	Inflate cuff to 180 mg Hg systolic pressure.		1	0	
l.	Deflated the cuff by slowly turning the valve counterclockwise at an even rate of 2 – 4 mL per second.		2	0	
m.	Continued deflating the cuff slowly and noted the first sound and the last sound.		1	0	
n.	Completely deflated the cuff and removed cuff from patient's arm and made patient comfortable.		1	0	
o.	Recorded blood pressure accurately on graphic form.		4	0	
p.	Cleaned earpieces of stethoscope.		2	0	
q.	Replaced equipment appropriately.		1	0	
r.	Maintained accuracy within +/- 2 mm Hg of judge's reading of systolic pressure.		4	0	
s.	Maintained accuracy within +/- 2 mm Hg of judge's reading of diastolic pressure.		4	0	
15.	Washed hands or used alcohol based hand-rub for hand hygiene.		2	0	



<b>Skill VII Measure and Record Vital Signs (con't) -</b>		<b>Items Evaluated</b>	<b>Possible</b>	<b>Awarded</b>
16.	Executed all vital sign skills (temperature, pulse, respiration and blood pressure) smoothly and in logical order, overlapping skills to maximize efficiency of time.		1      0	
17.	Observed all checkpoints before leaving the patient: placed call signal within easy reach, lowered bed, positioned patient in good body alignment, and reported any changes to the nurse.		2      0	
18.	Used appropriate verbal and nonverbal communication with patient and other personnel.		2      0	
19.	Practiced standard precautions throughout skill.		2      0	
<b>TOTAL POINTS – SKILL VII</b>			<b>83</b>	
<b>70% Mastery for Skill VII = 58.1</b>				

<b>Attending Physician</b>					<b>Patient Name</b> Last Name: First Name:																		
<b>Date</b>																							
					0 0 0	0 4 0	1 2 0	1 6 0	2 0 0	0 0 0	0 4 0	1 2 0	1 6 0	2 0 0	0 0 0	0 4 0	1 2 0	1 6 0	2 0 0				
<b>Pulse</b>					104																		
					103																		
					102																		
					101																		
					100																		
					99 Normal																		
					98																		
					97																		
					96																		
					<b>Respiration</b>					140													
130																							
120																							
110																							
100																							
90																							
80																							
70																							
60																							
50																							
<b>Blood Pressure</b>																							
<b>Weight</b>																							

## PERSONAL CARE

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS

Competitor # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill VIII      Ostomy Care (Time: 10 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Assembled equipment and supplies.	1	0	
2.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
3.	Knocked before entering room.	1	0	
4.	Greeted patient and introduced self.	1	0	
5.	Identified patient.	2	0	
6.	Explained skill to patient.	2	0	
7.	Provided for privacy.	1	0	
8.	Adjusted bed to hip level and locked the bed wheels.	2	0	
9.	Lowered the side rails in indicated.	1	0	
10.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
11.	Donned non-latex gloves.	2	0	
12.	Placed patient on back if possible & placed a disposable protective pad under the buttocks.	1	0	
13.	Covered patient with a bath blanket.	1	0	
14.	Fanfolded top linens & moved clothing to expose stoma.	1	0	
15.	Placed a second protective pad alongside the patient's body & covered the patient from the waist down.	1	0	
16.	Pulled gently on one edge of ostomy pouch to release air.	1	0	
17.	Removed ostomy pouch carefully and placed in plastic bag.	1	0	
18.	Wiped area around stoma with disposable wipe and discarded.	1	0	
19.	Used a washcloth & warm water, washing in one direction, away from the stoma.	1	0	
20.	Rinsed & patted the area dry with a towel & temporarily covered stoma opening with a wipe.	1	0	
21.	Applied deodorant (if indicated by scenario) & disposed of wipe.	1	0	

<b>Skill VIII</b>	<b>Ostomy Care (con't) - Items Evaluated</b>	<b>Possible</b>		<b>Awarded</b>
22.	Applied the clean ostomy pouch by holding in place & securing seal making sure the bottom of the pouch is clamped.	1	0	
23.	Removed the bed protector & discarded.	1	0	
24.	Placed soiled linens in proper container.	1	0	
25.	Discarded plastic bag in proper container.	2	0	
26.	Removed & discarded gloves.	2	0	
27.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
28.	Made patient comfortable.	1	0	
29.	Returned bed to the lowest position & removed privacy measures.	2	0	
30.	Left call light within patient's reach.	2	0	
31.	Washed hands or used alcohol based hand-rub for hand hygiene.	2	0	
32.	Documented skill.	4	0	
33.	Noted color, odor, consistency & amount of stool in the pouch in documentation.	1	0	
34.	Reported any changes to the nurse (judge) regarding stoma or patient's condition.	1	0	
35.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
36.	Practiced standard precautions throughout skill.	2	0	
<b>TOTAL POINTS – SKILL VIII</b>		<b>53</b>		
<b>70% Mastery of Skill VIII = 37.1</b>				

