

**Update to the Mock Skills,
effective May 16, 2022**

The mock skills document has been updated with the changes described below. There will be changes to the following task:

Assist resident with the use of a bedpan, measure and record urine output with hand washing PAGES 3-4: The hand hygiene step sequence has been changed to ensure current infection control practices are implemented.

Minnesota Mock Skills

Updates Effective: May 16, 2022

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Please note:

The skill task steps included in this document are offered as guidelines to help prepare candidates for the Minnesota nurse aide skill test and the steps included herein are not intended to be used to provide complete care that would be all inclusive of best care practiced in an actual work setting.

These mock skills are an added tool to help prepare your candidates for the skills exam. They may be used in a practice testing setting that emulates an actual test event to check off steps as they are demonstrated, which familiarizes the candidate with what to expect when they test and may help ease testing anxiety. They are the same steps listed in the Candidate Handbook.

APPLY A KNEE-HIGH ANTI-EMBOLIC (ELASTIC) STOCKING TO ONE LEG

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Raise bed height.	
Provide for privacy.	
Provide for resident's privacy by only exposing one leg.	
Roll, gather or turn stocking down inside out to at least the heel.	
Place foot of stocking over the resident's toes, foot, and heel.	
Roll OR pull top of stocking over resident's foot, heel and up the leg.	
Move resident's foot and leg gently and naturally avoiding force and over-extension of limb and joints.	
Check toes for possible pressure from stocking.	
Adjust stocking as needed.	
Leave resident with stocking that is smooth/wrinkle free.	
Lower bed, if it was raised.	
Place call light or signal calling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

ASSIST RESIDENT TO AMBULATE USING A GAIT BELT

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Provide for privacy.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Obtain a gait belt for the resident.	
Assist resident to put on non-skid shoes/footwear BEFORE assisting to stand.	
Adjust the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed BEFORE assisting to stand.	
Lock bed brakes to ensure resident's safety BEFORE assisting to stand.	
Lock wheelchair brakes to ensure resident's safety.	
Bring resident to a sitting position.	
Place gait belt around resident's waist to stabilize trunk.	
Tighten gait belt.	
Check gait belt for tightness by slipping fingers between gait belt and resident.	
Ensure resident's safety by standing and positioning self facing the resident.	
Grasp gait belt on both sides with an upward grasp.	
Bring resident to standing position.	
Grasp gait belt with one hand and stabilize resident.	
Safely ambulate resident at least 10 steps to the wheelchair.	
Assist resident to pivot/turn and sit resident in the wheelchair in a controlled manner that ensures safety.	
Use proper body mechanics at all times.	
Remove gait belt.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

ASSIST RESIDENT WITH THE USE OF A BEDPAN, MEASURE AND RECORD URINE OUTPUT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Put on gloves.	
Position resident on bedpan/fracture pan safely and correctly. (Pan not upside down, is centered, etc.)	
Remove gloves turning inside out as they are removed and dispose.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
AFTER positioning resident on bedpan/fracture pan and removing gloves, raise head of bed to comfortable level.	
Leave tissue within reach of resident.	
Leave call light or signaling device within reach of resident.	
Step behind privacy curtain to provide privacy for resident.	
When the RN Test Observer indicates, candidate returns.	
Put on gloves.	
Lower the head of the bed BEFORE gently removing bedpan.	
Hold the bedpan for the RN Test Observer while an unknown quantity of liquid is poured into bedpan.	
Place graduate on designated level flat surface.	
Pour bedpan contents into graduate without spilling or splashing urine outside of the graduate.	
With graduate at eye level, measure output.	
Empty equipment used into designated toilet/commode.	
Rinse equipment used and empty rinse water into designated toilet/commode.	
Return equipment to storage.	
Remove gloves turning inside out as they are removed and dispose. BEFORE recording output. REMOVED	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

Wash/assist resident to wash and dry hands with soap and water.	
Place soiled linen in designated laundry hamper.	
Perform hand hygiene BEFORE recording output. NEW STEP ADDED a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Record output in ml's on the previously signed recording form.	
Candidate's recorded measurement is within 25ml's of RN Test Observer's reading.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Turn on water.	
Wet hands and wrists thoroughly.	
Apply soap to hands.	
Rub hands together using friction with soap.	
Scrub/wash hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlace fingers pointing downward with soap.	
Wash all surfaces of hands with soap.	
Wash wrists with soap.	
Clean fingernails by rubbing fingertips against palm of the opposite hand.	
Rinse fingers, hands and wrists thoroughly under running water with fingers pointed downward.	
Starting at the fingertips, dry fingers, hands and wrists on clean paper towel(s).	
Discard paper towels to trash container as used.	
Turn off faucet with a clean, dry paper towel and discard paper towel to trash container as used, or uses knee/foot control to turn off faucet.	
Do not re-contaminate hands at any time during the hand washing procedure.	

CATHETER CARE FOR A FEMALE RESIDENT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Fill basin with comfortably warm water.	
Put on gloves.	
Expose area surrounding catheter, only exposing resident between hip and knee.	
Hold catheter at the meatus.	
Use water and soapy washcloth.	
While holding catheter at the meatus, wash at least 4 inches away from the meatus down the drainage tube (wash w/strokes only away from meatus).	
Use a clean portion of the washcloth for each stroke.	
While holding catheter at the meatus, rinse at least 4 inches away from the meatus down the drainage tube (rinse w/strokes only away from meatus).	
Rinse using a clean portion of the washcloth for each stroke.	
While holding the catheter at the meatus, dry at least 4 inches away from meatus using a dry towel/washcloth.	
Do not allow the tube to be tugged/pulled at any time during the procedure.	
Replace top cover over resident.	
Place soiled linen in designated laundry hamper.	
Empty equipment.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Remove gloves turning inside out as they are removed and dispose.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Turn on water.	
Wet hands and wrists thoroughly.	

Apply soap to hands.	
Rub hands together using friction with soap.	
Scrub/wash hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlace fingers pointing downward with soap.	
Wash all surfaces of hands with soap.	
Wash wrists with soap.	
Clean fingernails by rubbing fingertips against palms of the opposite hand.	
Rinse fingers, hands and wrists thoroughly under running water with fingers pointed downward.	
Starting at the fingertips, dry fingers, hands and wrists on clean paper towel(s).	
Discard paper towels to trash container as used.	
Turn off faucet with a clean, dry paper towel and discard paper towel to trash container as used, or use knee/foot control to turn off faucet.	
Do not re-contaminate hands at any time during the hand washing procedure.	

DENTURE CARE – CLEANING UPPER OR LOWER DENTURE

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Place a protective lining/basin in the sink.	
Put on gloves BEFORE handling denture.	
Apply denture cleanser (paste) to denture brush (or toothbrush).	
Remove denture from cup.	
Handle denture carefully to avoid damage.	
Rinse denture under tepid running water BEFORE brushing.	
Thoroughly brush denture inner surfaces of upper or lower denture.	
Thoroughly brush denture outer surfaces of upper or lower denture.	
Thoroughly brush denture chewing surfaces of upper or lower denture.	
Rinse all surfaces of denture under tepid running water.	
Rinse denture cup and lid.	
Place denture in rinsed cup.	
Add tepid clean water to denture cup and replace lid on denture cup.	
Rinse equipment (denture brush or toothbrush and basin, if used).	
Return equipment to storage.	
Discard sink protective lining in an appropriate container, if used.	
Remove gloves turning inside out as they are removed and dispose.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	

DONNING PPE (GOWN AND GLOVES), EMPTYING A URINARY DRAINAGE BAG, MEASURE AND RECORD URINE OUTPUT AND REMOVE PPE WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Unfold the gown.	
Face the back opening of the gown.	
Place arms through each sleeve.	
Secure the neck opening.	
Secure gown at the waist, making sure that the back flaps cover clothing as completely as possible.	
Put on gloves.	
Cuffs of gloves overlap cuffs of gown.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Place a barrier on the floor under the drainage bag.	
Place the graduate on the previously placed barrier.	
Open the drain to allow the urine to flow into the graduate until bag is completely empty.	
Avoid touching the graduate with the tip of the tubing.	
Close the drain.	
Wipe the drain with an alcohol wipe AFTER emptying drainage bag.	
Place graduate on a level flat surface.	
With graduate at eye level, measures output.	
Empty graduate into designated toilet/commode.	
Rinse equipment emptying into designated toilet/commode.	
Return equipment to storage.	
Record the output in ml's on previously signed recording form.	
Candidate's recorded measurement is within 25ml's of the RN Test Observer's measurement.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Remove gloves BEFORE removing gown with one gloved hand grasping the other glove at the palm to remove.	
Slip fingers from ungloved hand underneath cuff of remaining glove at the wrist and remove glove turning inside out as it is removed.	

Dispose of gloves in trash can without contaminating self.	
Unfasten gown at the waist AFTER gloves are removed.	
Unfasten gown at the neck AFTER gloves are removed.	
Remove gown without touching outside of the gown AFTER gloves are removed.	
While removing gown, hold gown away from body without touching the floor.	
While removing gown, turns gown inward and keeps it inside out.	
Disposes of gown in designated container without contaminating self.	
Turn on water.	
Wet hands and wrists thoroughly.	
Apply soap to hands.	
Rub hands together using friction with soap.	
Scrub/wash hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlace fingers pointing downward with soap.	
Wash all surfaces of hands with soap.	
Wash wrists with soap.	
Clean fingernails by rubbing fingertips against palms of the opposite hand.	
Rinse fingers, hands and wrists thoroughly under running water with fingers pointed downward.	
Starting at the fingertips, dry fingers, hands and wrists on clean paper towel(s).	
Discard paper towels to trash container as used.	
Turn off faucet with a clean, dry paper towel and discard paper towel to trash container as used, or use knee/foot control to turn off faucet.	
Do not re-contaminate hands at any time during the hand washing procedure.	

DRESSING A RESIDENT WITH AN AFFECTED (WEAK) SIDE

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Raise bed height.	
Keep resident covered while removing gown.	
Remove gown from unaffected side first.	
Place soiled gown in designated laundry hamper.	
Dress the resident in a button-up shirt. Insert hand through the sleeve of the shirt and grasp the hand of the resident.	
When dressing the resident in a button-up shirt, always dress from the affected (weak) side first.	
Assist the resident to raise her/his buttocks or turn the resident from side-to-side and draw the pants over the buttocks and up to the resident's waist.	
When dressing the resident in pants, always dress the affected (weak) side leg first.	
Put on the resident's socks. Draw the socks up the resident's foot until they are smooth.	
Leave the resident comfortably/properly dressed.	
Lower bed, if it was raised.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

FEEDING A DEPENDENT RESIDENT

USING COVID PRECAUTIONS: THIS TASK IS NOT BEING TESTED AT THIS TIME.

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Ask resident to state name and verify name matches the name on the diet card.	
Position the resident in an upright, sitting position BEFORE feeding. At least 75-90 degrees.	
Offer napkin, clothing protector, or towel to protect clothing from soiling.	
Provide hand hygiene for the resident BEFORE feeding. <i>(Candidate may use a disposable wipe and dispose of in trash can –or– wash resident’s hands with soap and a wet washcloth –or– they may rub hand sanitizer over all surfaces of the resident’s hands until dry.)</i>	
Ensure resident's hands are dry BEFORE feeding. <i>(If a wet washcloth with soap was used, the candidate will need to dry the resident’s hands. If a disposable wipe or hand sanitizer was used, must make sure hands are dry.)</i>	
Place soiled linen in designated laundry hamper, or dispose in appropriate container, if used.	
Sit in a chair, facing the resident, while feeding the resident.	
Describe the food and fluids being offered to the resident.	
Offer each fluid frequently.	
Offer small amounts of food at a reasonable rate.	
Allow resident time to chew and swallow.	
Wipe resident's hands and mouth AFTER the feeding demonstration.	
Remove clothing protector or napkin and place in appropriate container, if used.	
Leave resident sitting upright in bed with the head of the bed set up to at least 75-90 degrees.	
Record intake as a percentage of total solid food eaten on the previously signed recording form.	
Candidate's calculation must be within 25 percentage points of the RN Test Observer’s.	
Record estimated intake as the sum total fluid consumed in ml’s on the previously signed recording form.	
Candidate's calculation must be within 30ml’s of the RN Test Observer's.	

	Place call light or signaling device within easy reach of the resident.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

FOOT CARE ON ONE FOOT

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Fill basin with comfortably warm water.	
Place basin on a protective barrier and in a comfortable position for resident.	
Put on gloves BEFORE washing foot.	
Immerse resident's bare foot into the water.	
Use water and a soapy washcloth.	
Wash entire foot.	
Wash between toes.	
Rinse entire foot.	
Rinse between toes.	
Dry foot thoroughly.	
Dry thoroughly between toes.	
Apply lotion to top and bottom of foot.	
Avoid getting lotion between toes.	
If any excess lotion on foot, wipe with a towel/washcloth.	
Support foot and ankle during procedure.	
Empty equipment.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Placed soiled linens in designated laundry hamper.	
Remove gloves turning inside out as they are removed and dispose.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	

MODIFIED BED BATH –FACE AND ONE ARM, HAND AND UNDERARM

Using COVID precautions – this task will be performed on a manikin.

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident/manikin. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Raise bed height.	
Cover resident/manikin with a bath blanket.	
Remove remaining top covers to bottom of bed or place aside.	
Remove resident/manikin's gown without exposing resident/manikin and place soiled gown in designated laundry hamper.	
Fill basin with comfortably warm water.	
Put on gloves BEFORE washing resident.	
Beginning with eyes, wash eyes WITHOUT SOAP using a clean portion of the washcloth for each stroke, washing inner aspect to outer aspect.	
Wash face WITHOUT SOAP.	
Pats dry face.	
Place towel under arm, exposing one arm.	
Wash arm with soap.	
Wash hand with soap.	
Wash underarm with soap.	
Rinse arm.	
Rinse hand.	
Rinse underarm.	
Dry arm.	
Dry hand.	
Dry underarm.	
Assist resident/manikin to put on a clean gown.	
Empty equipment.	
Rinse equipment.	
Dry equipment.	
Return equipment to storage.	
Place soiled linen in designated laundry hamper.	
Lower bed, if it was raised.	
Remove gloves turning inside out as they are removed and dispose.	

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
	Place call light or signaling device within easy reach of the resident.	
	Maintain respectful, courteous interpersonal interactions at all times.	

MOUTH CARE – BRUSHING RESIDENT’S TEETH

USING COVID PRECAUTIONS: THIS TASK IS NOT BEING TESTED AT THIS TIME.

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Drape resident's chest with a towel to prevent soiling.	
Put on gloves BEFORE cleaning resident’s mouth.	
Wet toothbrush and apply a small amount of toothpaste.	
Gently brush the inner surfaces of resident’s upper and lower teeth.	
Gently brush the outer surfaces of resident’s upper and lower teeth.	
Gently brush the chewing surfaces of resident’s upper and lower teeth.	
Gently brush the resident's tongue.	
Assist the resident in rinsing mouth.	
Wipe resident's mouth.	
Remove soiled linen.	
Place soiled linen in the designated laundry hamper.	
Empty container. (<i>Container may be an emesis basin or a disposable cup.</i>)	
Rinse emesis basin, if used, or discards disposable items in trash can.	
Dry emesis basin, if used.	
Rinse toothbrush.	
Return equipment to storage.	
Remove gloves turning inside out as they are removed and dispose.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	

PERINEAL CARE FOR A FEMALE RESIDENT WITH HAND WASHING

(ONE OF THE POSSIBLE MANDATORY FIRST TASKS)

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident/manikin. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Fill basin with comfortably warm water.	
Raise bed height.	
Put on gloves BEFORE washing.	
Place pad/linen protector under the perineal area, including the buttocks, BEFORE washing.	
Expose perineal area only. (Only expose between hips and knees.)	
Use water and soapy washcloth (no peri-wash or no rinse soap allowed).	
Wash genital area from front to back.	
Use a clean portion of the washcloth for each stroke.	
Using a clean washcloth, rinse soap from genital area from front to back.	
Use a clean portion of the washcloth for each stroke.	
Pats dry genital area from front to back with a dry washcloth/towel.	
Assist resident (manikin) to turn onto side away from the candidate toward the center of the bed. a. <i>RN Test Observer may help hold the manikin on her side ONLY after the candidate has turned the manikin.</i>	
Using a clean washcloth with water and soap (no peri-wash or no rinse soap allowed).	
Wash rectal area from front to back using a clean portion of a washcloth with each stroke.	
Using a clean washcloth, rinse soap from rectal area from front to back.	
Use a clean portion of the washcloth with for each stroke.	
Pats dry rectal area from front to back with a dry washcloth/towel.	
Safely remove pad/liner from under resident, if used.	
Position manikin on her back.	
Place soiled linen in designated laundry hamper.	
Empty equipment.	
Rinse equipment.	
Dry equipment.	

Return equipment to storage.	
Remove gloves turning inside out as they are removed and dispose.	
Lower bed, if raised.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Turn on water.	
Wet hands and wrists thoroughly.	
Apply soap to hands.	
Rub hands together using friction with soap.	
Scrub/wash hands together for at least twenty (20) seconds with soap.	
Scrub/wash with interlace fingers pointing downward with soap.	
Wash all surfaces of hands with soap.	
Wash wrists with soap.	
Clean fingernails by rubbing fingertips against palms of the opposite hand.	
Rinse fingers, hands and wrists thoroughly under running water with fingers pointed downward.	
Starting at the fingertips, dry fingers, hands and wrists on clean paper towel(s).	
Discard paper towels to trash container as used.	
Turn off faucet with a clean, dry paper towel and discard paper towel to trash container as used, or use knee/foot control to turn off faucet.	
Do not re-contaminate hands at any time during the hand washing procedure.	

POSITIONING RESIDENT ON SIDE

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Position bed flat.	
Raise bed height.	
Direct RN Test Observer to stand on side of the bed opposite working side of the bed to provide safety.	
From the working side of bed – gently move resident's upper body toward self.	
From the working side of the bed – gently move resident's hips toward self.	
From the working side of the bed – gently move resident's legs toward self.	
Gently assist/turn resident to slowly roll onto correct side that the RN Test Observer stated in the scenario that was read to the candidate at the start of the task.	
Place or adjust pillow under resident's head for support.	
Reposition resident's arm and shoulder so that the resident is not lying on arm.	
Place support device under the resident's upside arm.	
Place support device behind resident's back.	
Place support device between resident's legs.	
Lower bed, if raised.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

RANGE OF MOTION FOR ONE KNEE AND ONE ANKLE

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Raise bed height.	
Position resident supine (bed flat).	
Correctly support joints at all times by placing one hand under the resident's knee and the other hand under the resident's ankle.	
Gently bend the resident's knee. <i>a. Flexion</i>	
Gently return (straighten) resident's leg to normal position. <i>a. Extension</i>	
Gently, slowly and smoothly complete flexion and extension of the knee at least three times.	
Correctly support joints at all times by placing one hand under the resident's foot and the other hand under the resident's ankle close to the bed.	
Gently push/pull the resident's foot toward head.	
Gently push/pull the resident's foot down with toes pointing down.	
Gently, slowly and smoothly complete dorsiflexion and plantar flexion of the ankle at least three times.	
Candidate <u>must ask</u> at least once during the ROM exercise if there is/was any discomfort/pain.	
Lower bed, if raised.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

RANGE OF MOTION SHOULDER

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Provide for privacy.	
Raise bed height.	
Position resident supine (bed flat).	
Correctly support joints at all times by placing one hand under the resident's elbow and the other hand under the resident's wrist.	
Gently raise the resident's straightened arm up and over the resident's head to ear level. <i>a. Flexion</i>	
Gently bring the resident's arm back down to the side of the resident's body. <i>a. Extension</i>	
Gently, slowly and smoothly complete flexion and extension of the shoulder at least three times.	
Continue same support for shoulder joints by placing one hand under the resident's elbow and the other hand under the resident's wrist.	
Gently move the resident's entire arm away from the side of the resident's body to shoulder level. <i>a. Abduction</i>	
Gently return resident's arm to the side of the resident's body. <i>a. Adduction</i>	
Gently, slowly and smoothly complete abduction and adduction of the shoulder at least three times.	
Candidate <u>must ask</u> at least once during the ROM exercise if there is/was any discomfort/pain.	
Lower bed, if raised.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

TRANSFER RESIDENT FROM BED TO WHEELCHAIR USING A GAIT BELT

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	
Provide for privacy.	
Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)	
Obtain a gait belt for the resident.	
Assist resident to put on non-skid shoes/footwear BEFORE assisting to stand.	
Adjust the bed height to ensure that the resident's feet are flat on the floor when the resident is sitting on the edge of the bed BEFORE assisting to stand.	
Lock bed brakes to ensure resident's safety BEFORE assisting to stand.	
Lock wheelchair brakes to ensure resident's safety BEFORE assisting to stand.	
Bring resident to a sitting position.	
Place gait belt around resident's waist to stabilize trunk.	
Tighten gait belt.	
Check gait belt for tightness by slipping fingers between gait belt and resident.	
Ensure resident's safety by standing and positioning self facing the resident.	
Grasp gait belt on both sides with an upward grasp.	
Bring resident to standing position.	
Assist resident to pivot/turn to stand in front of the wheelchair with back of resident's legs against the wheelchair in a controlled manner that ensures safety.	
Lower resident into the wheelchair in a controlled manner that ensures safety.	
Position resident with resident's hips touching the back of the wheelchair seat.	
Remove gait belt.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub hands together until hands are completely dry.	

VITAL SIGNS: COUNT AND RECORD RESIDENT'S RADIAL PULSE AND RESPIRATIONS

<p>Perform hand hygiene.</p> <ol style="list-style-type: none"> Cover all surfaces of hands with hand sanitizer. Rub hands together until hands are completely dry. 	
<p>Explain the procedure to the resident. (Speak clearly, directly, maintaining face-to-face contact whenever possible.)</p>	
<p>Locate the resident's radial pulse by placing fingertips on thumb side of the resident's wrist.</p>	
<p>Count resident' radial pulse for one full minute.</p> <ol style="list-style-type: none"> Tell the RN Test Observer when you start counting and tell him/her when you stop counting. 	
<p>Record your radial pulse rate reading on the previously signed recording form.</p>	
<p>Candidate's recorded radial pulse rate is within 4 beats of RN Test Observer's recorded rate.</p>	
<p>Count resident's respirations for one full minute.</p> <ol style="list-style-type: none"> Tell the RN Test Observer when you start counting and tell him/her when you stop counting. 	
<p>Record your respirations reading on the previously signed recording form.</p>	
<p>Candidate's recorded respiratory rate is within 2 breaths of the RN Test Observer's recorded rate.</p>	
<p>Place call light or signaling device within easy reach of resident.</p>	
<p>Maintain respectful, courteous interpersonal interactions at all times.</p>	
<p>Perform hand hygiene.</p> <ol style="list-style-type: none"> Cover all surfaces of hands with hand sanitizer. Rub hands together until hands are completely dry. 	