Wisconsin Mock Skills

Effective: 11-1-2025

D&SDT-HEADMASTER

Note: The skill task steps included in this handbook are the discrete skill tasks steps used for objective testing purposes only. The steps included herein are not intended to be used to provide complete care that would be inclusive of best care practiced in an actual work setting.

TABLE OF CONTENTS

1. Apply an Anti-Embolic Stocking to a Resident's Leg

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Raise the bed height.	
	Provide for privacy using a curtain.	
	Provide for the resident's privacy by only exposing one leg.	
	Roll, gather, or turn the stocking down inside out to the heel.	
	Place the stocking over the resident's toes, foot, and heel.	
	Roll OR pull the stocking up the leg.	
	Check toes for possible pressure from the stocking.	
	Adjust stocking as needed.	
	Leave the resident with a stocking that is smooth/wrinkle-free.	
	Lower bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signal calling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

2. Assist a Resident to Ambulate using a Gait Belt

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Obtain a gait belt for the resident.	
	Lock the bed brakes to ensure the resident's safety.	
	Lock the wheelchair brakes to ensure the resident's safety.	
	Position the bed so the resident's feet will rest comfortably flat on the floor when sitting on the bed.	
	Bring the resident to a sitting position with the resident's feet flat on the floor.	
	Properly place a gait belt around the resident's waist.	
	Tighten the gait belt.	
	Check the gait belt for tightness by slipping fingers between the gait belt and the resident.	
	Assist the resident in putting on non-skid footwear BEFORE standing.	
	Bring the resident to a standing position.	
	Use proper body mechanics at all times.	
	Grasp the gait belt.	
	Stabilize the resident.	
	Ambulate the resident at least ten steps.	
	Assist the resident to pivot/turn.	
	Sit the resident in the wheelchair in a controlled manner that ensures safety.	
	Remove the gait belt.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signal device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

3. Assist a Resident who is Dependent with a Meal

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Ask the resident to state their name and verify that their name matches the name on the diet card.	
	Position the resident in an upright position, at least 45 degrees.	
	Protect the resident's clothing from soiling using a napkin, clothing protector, or towel.	
	Provide hand hygiene for the resident BEFORE feeding. (*You may use hand sanitizer on the resident, covering all surfaces of the resident's hands and rubbing the sanitizer until dry, or you may wash, rinse, and dry the resident's hands using a wet washcloth with soap.)*	
	Position yourself at eye level, facing the resident while assisting the resident with their meal.	
	Describe the food 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 the resident's face during the meal at least once. a. The actor will say, "I'm full," before all the solid food and fluids are gone.	
	Leave the resident clean.	
	Leave the resident in bed with the head of the bed set up to at least 30 degrees.	
	Record the intake as a percentage of total solid food eaten on the previously signed recording form.	
	The Candidate's calculation must be within 25 percentage points of the RN Test Observer's.	
	Record the sum total of the estimated fluid intake in mL on the previously signed recording form.	
	The Candidate's calculation must be within 60mL of the RN Test Observer's.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

4. Assist a Resident with a Bedpan (Modified) with Hand Washing Required

(One of the possible mandatory first tasks.)

	Knock.	
	Introduce yourself to the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Provide for privacy using a curtain.	
	Put on gloves.	
	Turn the resident or raise the resident's hips and place a barrier under the resident's buttocks. *(Candidate will choose a barrier such as a towel, waterproof pad, chux, etc.)*	
	Position the resident on the bedpan/fracture pan correctly. *(Pan is not upside down, it is centered, etc.)*	
	Position the resident on the bedpan/fracture pan using correct body mechanics.	
	Raise the head of the bed to a comfortable level.	
	Leave the call light within easy reach of the resident.	
	Move to an area of the room away from the Actor.	
	When the RN Test Observer indicates, the candidate returns.	
	Gently remove the bedpan/fracture pan. *(Hold the bedpan/fracture pan while the RN Test Observer pours liquid [fake urine] into the bedpan/fracture pan.)*	
	Empty the equipment used in the designated toilet.	
	Rinse the equipment used and empty the rinse water into the designated toilet.	
	Safely remove the barrier from under the resident's buttocks.	
	Remove gloves, turning them inside out.	
	Dispose of gloves in an appropriate container.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Wash hands: Begin by wetting your hands.	
	Apply soap to hands.	
	Rub hands together using friction with soap.	
	Rub hands together for at least twenty (20) seconds with soap.	
	Interlace fingers pointing downward.	
	Wash all surfaces of your hands with soap.	

	Wash wrists with soap.	
	Rinse your hands thoroughly under running water with your fingers pointed downward.	
	Dry hands with a clean paper towel(s).	
	Turn off the faucet with a clean, dry paper towel.	
	Discard paper towels in the trash container as used.	
	Do not recontaminate your hands by touching the faucet or sink at any time during or after the hand-washing procedure.	

5. Catheter Care for a Female Resident with Hand Washing Required

(One of the possible mandatory first tasks.) [DEMONSTRATED ON A MANIKIN]

	Knock.	
	Introduce yourself to the resident/manikin.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident/manikin.	
	Provide for privacy using a curtain.	
	Put on gloves.	
	Avoid overexposure throughout the procedure.	
	Check that urine can flow unrestricted into the drainage bag.	
	Use a clean washcloth, soap and water to carefully wash **the catheter** where it exits the urethra.	
	Use a clean washcloth to carefully rinse **the catheter** where it exits the urethra.	
	Hold the catheter where it exits the urethra with one hand.	
	While holding the catheter, use a clean washcloth, soap, and water, or a clean portion of the washcloth, and clean 3-4 inches down the catheter tube for each stroke.	
	Clean with strokes only away from the urethra (AT LEAST TWO STROKES).	
	Rinse using a clean washcloth with strokes only away from the urethra.	
	Rinse using a clean portion of the washcloth for each stroke.	
	Pat dry.	
	Do not allow the tube to be pulled at any time during the procedure.	
	Replace the top cover over the resident.	
	Leave the resident in a position of safety and comfort.	
	Place the call light or signaling device within easy reach of the resident.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Wash hands: Begin by wetting your hands.	
	Apply soap to hands.	
	Rub hands together using friction with soap.	
	Rub hands together for at least twenty (20) seconds with soap.	
	Interlace fingers pointing downward.	
	Wash all surfaces of your hands with soap.	
	Wash wrists with soap.	
	Rinse your hands thoroughly under running water with fingers pointed downward.	

	Dry hands with a clean paper towel(s).	
	Turn off the faucet with a clean, dry paper towel.	
	Discard paper towels in the trash container as used.	
	Do not recontaminate your hands by touching the faucet or sink at any time during or after the hand-washing procedure.	

6. Denture Care – Clean an Upper or Lower Denture

(ONLY ONE PLATE IS USED FOR TESTING)

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Line the bottom of the sink with a protective lining to help prevent damage to the denture. *(Towels, washcloths, or paper towels are allowed for lining.)*	
	Put on gloves.	
	Apply denture cleanser to a denture brush/toothbrush.	
	Remove the denture from the cup.	
	Handle the denture carefully to avoid damage.	
	Handle the denture carefully to avoid contamination.	
	Thoroughly brush the denture inner surfaces.	
	Thoroughly brush the denture outer surfaces.	
	Thoroughly brush the denture chewing surfaces.	
	Rinse the denture using clean, cool water.	
	Place the denture in the rinsed cup.	
	Add cool, clean water to the denture cup.	
	Rinse equipment. a. Denture brush or toothbrush	
	Return equipment to storage.	
	Discard the protective lining in an appropriate container.	
	Remove gloves, turning them inside.	
	Dispose of gloves in an appropriate container.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

7. Don an Isolation Gown and Gloves; Empty a Urinary Bag; Measure and Record Output and Doff the Gown and Gloves with Hand Washing Required

(One of the possible mandatory first tasks.)

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Face the back opening of the gown.	
	Unfold the gown.	
	Place arms through each sleeve.	
	Secure the neck opening.	
	Secure the waist, making sure that the back flaps cover clothing as completely as possible.	
	Put on gloves.	
	Ensure that the gloves overlap the gown sleeves at the wrist.	
	Knock.	
	Introduce yourself to the resident.	
	Explain the procedure to the resident.	
	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.	
	Avoid touching the graduate with the tip of the tubing.	
	Close the drain.	
	Wipe the drain with an alcohol wipe AFTER emptying the drainage bag.	
	Replace the drain in the holder.	
	Place the graduate on a level, flat surface.	
	With the graduate at eye level, read the output.	
	Empty the graduate into the designated toilet.	
	Rinse equipment, emptying the rinse water into the designated toilet.	
	Return equipment to storage.	
	Leave the resident in a position of comfort and safety.	
	Place the call light or signaling device within easy reach of the resident.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Remove gloves, turning them inside out.	
	Remove gloves BEFORE removing the gown.	
	Dispose of the gloves in an appropriate container.	

	Unfasten the gown at the neck.	
	Unfasten the gown at the waist.	
	Remove the gown by folding the soiled area to the soiled area.	
	Dispose of the gown in an appropriate container.	
	Record the output in mL on the previously signed recording form.	
	The Candidate's recorded measurement is within 25mL of the RN Test Observer's measurement.	
	Wash hands: Begin by wetting your hands.	
	Apply soap to hands.	
	Rub hands together using friction.	
	Rub hands together for at least twenty (20) seconds.	
	Interlace fingers pointing downward.	
	Wash all surfaces of your hands with soap.	
	Wash wrists with soap.	
	Rinse your hands thoroughly under running water with your fingers pointed downward.	
	Dry hands with a clean paper towel(s).	
	Turn off the faucet with a clean, dry paper towel.	
	Discard paper towels in the trash container as used.	
	Do not recontaminate your hands by touching the faucet or sink at any time during or after the hand-washing procedure.	

8. Dress a Bedridden Resident with an Affected (Weak) Side

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Provide for privacy using a curtain.	
	Raise the bed height.	
	Keep the resident covered while removing the gown.	
	Remove the gown from the resident's unaffected side first.	
	Place the soiled gown in a designated laundry hamper.	
	Dress the resident in a button-up shirt. Insert your 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 resident's weak side first.	
	Assist the resident to raise their 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 resident's weak side leg first.	
	Put on the resident's non-skid socks. Draw the socks up the resident's foot until they are smooth.	
	Leave the resident comfortably/properly dressed.	
	Leave the resident in a position of safety.	
	Lower the bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

9. Foot Care for One Foot

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Fill a basin with warm water.	
	Put on gloves.	
	Remove the sock from the resident's (left/right) foot. *(The scenario read to you will specify left or right.)*	
	Immerse the resident's foot in warm water. a. You **must** verbalize the 5 to 20 minutes of soaking time after you begin soaking the foot.	
	Use water and a soapy washcloth.	
	Wash the resident's entire foot.	
	Wash between the resident's toes.	
	Rinse the resident's entire foot. a. Soapy washcloth dipped in the basin and wrung out is okay for rinsing.	
	Rinse between the resident's toes.	
	Dry the resident's foot thoroughly.	
	Dry thoroughly between the resident's toes.	
	Warm lotion by rubbing it between your hands.	
	Massage lotion over the resident's entire foot.	
	Avoid getting lotion between the resident's toes.	
	If there is any excess lotion, wipe it with a towel.	
	Replace the sock on the resident's foot.	
	Empty the basin.	
	Rinse the basin.	
	Dry the basin.	
	Return the basin to the storage area.	
	Place the soiled linen in a designated laundry hamper.	
	Remove gloves, turning them inside out.	
	Dispose of gloves in an appropriate container.	
	Leave the resident in a position of safety and proper alignment in the chair.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

10. Modified Bed Bath for Resident – Whole Face and One Arm, Hand and Underarm

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Provide for privacy using a curtain.	
	Fill a basin with warm water.	
	Raise the bed height.	
	Cover the resident with a bath blanket.	
	Fanfold the bed linens at least down to the resident's waist or move the linens to the opposite side.	
	Remove the resident's gown without exposing the resident.	
	Place the soiled gown in a designated laundry hamper.	
	Wash face WITHOUT SOAP.	
	Pat dry face.	
	Place a towel under the resident's arm, exposing one arm.	
	Wash the resident's arm with soap.	
	Wash the resident's hand with soap.	
	Wash the resident's underarm soap.	
	Rinse the resident's arm.	
	Rinse the resident's hand.	
	Rinse the resident's underarm.	
	Pat the resident's arm dry.	
	Pat the resident's hand dry.	
	Pat the resident's underarm dry.	
	Assist the resident in putting on a clean gown.	
	Empty the equipment.	
	Rinse the equipment.	
	Dry the basin.	
	Return equipment to storage.	
	Place the soiled linen in a designated laundry hamper.	
	Lower the bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signal calling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

11. Oral Care – Brush a Resident's Teeth

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Provide for privacy using a curtain.	
	Put on gloves only AFTER supplies have been gathered.	
	Drape the resident's chest with a towel *(cloth or paper)* to prevent soiling.	
	Wet toothbrush.	
	Apply toothpaste to the toothbrush.	
	Brush the resident's teeth, including the inner surfaces of all upper and lower teeth, while verbalizing the surfaces you are cleaning.	
	Brush the resident's teeth, including the outer surfaces of all upper and lower teeth, while verbalizing the surfaces you are cleaning.	
	Brush the resident's teeth, including the chewing surfaces of all upper and lower teeth, while verbalizing the surfaces you are cleaning.	
	Clean the resident's tongue.	
	Assist the resident in rinsing their mouth.	
	Wipe the resident's mouth.	
	Remove the soiled chest barrier.	
	Place the soiled chest barrier *(cloth or paper)* in the appropriate container.	
	Empty the emesis basin.	
	Rinse the emesis basin.	
	Dry the emesis basin.	
	Rinse the toothbrush.	
	Return equipment to storage.	
	Remove gloves, turning them inside out.	
	Dispose of gloves in an appropriate container.	
	Leave the resident in a position of comfort.	
	Place the 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 your hands together until they are completely dry.	

12. Perineal Care for a Female Resident with Hand Washing Required

(One of the possible mandatory first tasks.) [DEMONSTRATED ON A MANIKIN]

	Knock.	
	Introduce yourself to the resident/manikin.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident/manikin.	
	Provide for privacy using a curtain.	
	Raise the bed height.	
	Fill a basin with warm water.	
	Put on gloves.	
	Direct the RN Test Observer to stand on the opposite side of the bed or raise the side rail on the opposite side of the bed. a. RN Test Observer DOES NOT move into position unless directed to do so by the candidate.	
	Turn the resident or raise the resident's hips and place a barrier under the resident's buttocks. *(Candidate will choose a barrier such as a towel, waterproof pad, chux, etc.)*	
	Expose the perineum only.	
	Separate the labia.	
	Use water and a clean, soapy washcloth.	
	Clean one side of the labia from top to bottom.	
	Use a clean portion of a washcloth and clean the other side of the labia from top to bottom.	
	Use a clean portion of a washcloth, clean the vaginal area from top to bottom.	
	Use a clean washcloth and rinse one side of the labia from top to bottom.	
	Use a clean portion of a washcloth and rinse the other side of the labia from top to bottom.	
	Use a clean portion of a washcloth, rinse the vaginal area from top to bottom.	
	Pat dry.	
	Avoid overexposure throughout the procedure.	
	Assist the resident in turning onto their side away from the candidate.	
	Use water and a clean, soapy washcloth.	
	Clean from the vagina to the rectal area.	

	Use a clean portion of a washcloth with any stroke.	
	Use a clean washcloth, rinse from the vagina to the rectal area.	
	Use a clean portion of a washcloth with any stroke.	
	Pat dry.	
	Safely remove the barrier from under the resident's buttocks.	
	Position the resident/manikin on their back.	
	Place the soiled linen in a designated laundry hamper.	
	Empty equipment.	
	Rinse equipment.	
	Dry equipment.	
	Return equipment to storage.	
	Remove gloves, turning them inside out.	
	Dispose of gloves in an appropriate container.	
	Lower the bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place call light or signaling device within easy reach of resident.	
	Wash hands: Begin by wetting your hands.	
	Apply soap to hands.	
	Rub hands together using friction with soap.	
	Rub hands together for at least twenty (20) seconds with soap.	
	Interlace fingers pointing downward.	
	Wash all surfaces of your hands with soap.	
	Wash wrists with soap.	
	Rinse your hands thoroughly under running water with your fingers pointed downward.	
	Dry hands with a clean paper towel(s).	
	Turn off the faucet with a clean, dry paper towel.	
	Discard paper towels in the trash container as used.	
	Do not recontaminate your hands by touching the faucet or sink at any time during or after the hand-washing procedure.	

13. Position a Resident in Bed on their Side

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Provide for privacy using a curtain.	
	Position the bed flat.	
	Raise the bed height.	
	To ensure safety, raise the side rail or direct the RN Test Observer to stand on the side of the bed opposite the working side. *(RN Test Observer DOES NOT move into position unless directed by the candidate.)*	
	Move the resident's body toward self from the working side of the bed.	
	Assist/turn the resident on their left/right side. *(The RN test observer will read the side to the candidate.)*	
	Ensure that the resident's face never becomes obstructed by the pillow.	
	Check to ensure that the resident is not lying on their down side arm.	
	Ensure the resident is in the center of the bed.	
	Ensure the resident is in correct body alignment.	
	Place support devices under the resident's head.	
	Place support devices under the resident's upside arm.	
	Place support devices behind the resident’s back.	
	Place support devices between the resident’s knees.	
	Leave the resident in a position of comfort and safety.	
	Lower the bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

14. Range of Motion for a Resident's Hip and Knee

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Do not cause the resident discomfort or pain anytime during ROM.	
	Raise the bed height.	
	Provide for privacy using a curtain.	
	Position the resident supine (bed flat).	
	Position the resident in good body alignment.	
	Place one hand under the resident's knee.	
	Place the other hand under the resident's ankle.	
	ROM for Hip: Move the resident's entire leg away from their body. a. abduction	
	Move the resident's entire leg toward their body. a. adduction	
	Complete abduction and adduction of the resident's hip at least three times.	
	Continue correctly supporting the resident's joints by placing one hand under the resident's knee and the other hand under the resident's ankle.	
	Bend the resident's knee and hip toward the resident's trunk. a. flexion of the hip and knee at the same time	
	Straighten the resident's knee and hip. a. extension of the knee and hip at the same time	
	Complete flexion and extension of the resident's knee and hip at least three times.	
	Do not force any joint beyond the point of free movement.	
	While performing the ROM exercise, you must ask the resident at least once if there is any discomfort or pain.	
	Leave the resident in a comfortable position.	
	Lower the bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

15. Range of Motion for a Resident's Shoulder

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Do not cause the resident discomfort or pain at any time during ROM.	
	Provide for privacy using a curtain.	
	Raise the bed height.	
	Position the resident supine (bed flat).	
	Position the resident in good body alignment.	
	Place one hand under the resident's elbow.	
	Place the other hand under the resident's wrist.	
	Raise the resident's arm up and over the resident's head. a. flexion	
	Bring the resident's arm back down to the resident's side. a. extension	
	Complete flexion and extension of the resident's shoulder at least three times.	
	Continue correctly supporting the resident's joints by placing one hand under the resident's elbow and the other hand under the resident's wrist.	
	Move the resident's entire arm out away from their body. a. abduction	
	Return the resident's arm to the resident's side. a. adduction	
	Complete abduction and adduction of the shoulder at least three times.	
	Do not force any joint beyond the point of free movement.	
	While performing the ROM exercise, you must ask the resident at least once if there is any discomfort or pain.	
	Leave the resident in a comfortable position.	
	Lower the bed.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

16. Stand and Pivot Transfer a Weight-Bearing Resident from their Bed to a Wheelchair using a Gait Belt

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Obtain a gait belt.	
	Lock the bed brakes to ensure the resident's safety.	
	Assist the resident in putting on non-skid footwear.	
	Position the bed so the resident's feet will be flat on the floor when the resident is sitting on the bed.	
	Assist the resident to a sitting position.	
	Position the wheelchair arm/wheel touching the side of the bed.	
	Lock the wheelchair brakes to ensure the resident's safety.	
	Place a gait belt around the resident's waist to stabilize the trunk.	
	Tighten the gait belt.	
	Check the gait belt for tightness by slipping fingers between the gait belt and the resident.	
	Face the resident.	
	Grasp the gait belt with both hands.	
	Bring the resident to a standing position.	
	Use proper body mechanics.	
	Assist the resident in pivoting in a controlled manner that ensures safety.	
	Sit the resident in the wheelchair in a controlled manner that ensures safety.	
	Remove the gait belt.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signaling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	

17. Vital Signs: Count and Record a Resident's Radial Pulse and Respirations

	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
	Explain the procedure to the resident.	
	Locate the resident's radial pulse by placing the tips of fingers on the thumb side of the resident's wrist.	
	Count the resident's pulse for 60 seconds. a. Tell the RN Test Observer when you start counting and tell them when you stop counting.	
	Record your reading on the previously signed recording form.	
	The Candidate's recorded pulse rate is within six (6) beats of the RN Test Observer's recorded rate.	
	Count the resident's respirations for 60 seconds. a. Tell the RN Test Observer when you start counting and tell them when you stop counting.	
	Record your reading on the previously signed recording form.	
	The Candidate's recorded respiratory rate is within two (2) breaths of the RN Test Observer's recorded rate.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	Place the call light or signal calling device within easy reach of the resident.	
	Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	