

CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Partial bed bath & back rub

The candidate is asked to bathe a resident who is in bed and who is not able to help with his/her bathing. Instructions ask to wash the resident's face, neck, back, one hand and arm, and the chest and abdomen. Soap and water should be used for the bathing. The resident also needs a back rub. When completing the skill, the mannequin is dressed in a clean hospital-style gown. A mannequin is used for the role of the resident.

Resident 2

Position to a Side-lying position

The candidate is asked to change the position of a resident who is lying on his/her back, to a side-lying position. The resident requires support to remain positioned on the side. The role of the resident is played by a person.

Resident 3

Measures and Records Respirations

Measure and record the resident's respirations. Record your results on the provided measurement form.

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Resident 2

Transfer to wheelchair

The candidate is asked to transfer a resident who is lying in bed, into a wheelchair. A pivot transfer technique is required and a transfer/gait belt is required. The resident is able to stand but cannot take steps. The role of the resident is played by a person

Resident 3

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Resident 2

PROM-shoulder

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her shoulder flexed and extended, and abducted and adducted for three repetitions of both exercises. The role of the resident is played by a person.

Resident 3

Pulse

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute and recorded on the Measurement Form.

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Resident 2

PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

Resident 3

Pulse

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute and recorded on the Measurement Form.

CLINICAL SKILLS TEST INSTRUCTION CARD

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Resident 1

Assist Resident with Bedpan

The candidate is asked to help a resident who has asked for a bedpan. The role of the resident is played by a person who will be wearing a hospital-style gown over clothing. For the purposes of testing, the candidate will pretend that the resident (actor) is not wearing underpants.

Resident 2

Position to a Side-lying position

The candidate is asked to change the position of a resident who is lying on his/her back, to a side-lying position. The resident requires support to remain positioned on the side. The role of the resident is played by a person.

Resident 3

Measures and Records Respirations

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Resident 2

PROM-shoulder

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her shoulder flexed and extended, and abducted and adducted for three repetitions of both exercises. The role of the resident is played by a person.

Resident 3

Measures and Records Pulse

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CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Mouth Care

A resident who has his/her natural teeth is lying in bed and needs mouth care. The resident is not able to provide own mouth care. The role of the resident is played by a person.

Resident 2

Position to a Side-lying position

The candidate is asked to change the position of a resident who is lying on his/her back, to a side-lying position. The resident requires support to remain positioned on the side. The role of the resident is played by a person.

Resident 3

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CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Denture

A resident is sitting at an overbed table and the resident's denture is in a denture cup. The resident is not able to provide own mouth or denture care. The resident's denture needs to be cleaned and the resident needs mouth care. The denture is stored in a denture cup after cleaning. The role of the resident is played by a person.

Resident 2

Position to a Side-lying position

The candidate is asked to change the position of a resident who is lying on his/her back, to a side-lying position. The resident requires support to remain positioned on the side. The role of the resident is played by a person.

Resident 3

Measures and Records Respirations

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Resident 2

Transfer to wheelchair

The candidate is asked to transfer a resident who is lying in bed, into a wheelchair. A pivot transfer technique is required and a transfer/gait belt is required. The resident is able to stand but cannot take steps. The role of the resident is played by a person

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Resident 2

PROM-shoulder

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her shoulder flexed and extended, and abducted and adducted for three repetitions of both exercises. The role of the resident is played by a person.

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PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

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CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Hand and nail care

The candidate is asked to provide hand and nail care to one hand. The role of the resident is played by a person.

Resident 2

Transfer to wheelchair

The candidate is asked to transfer a resident who is lying in bed, into a wheelchair. A pivot transfer technique is required and a transfer/gait belt is required. The resident is able to stand but cannot take steps. The role of the resident is played by a person

Resident 3

Empty & Record a Urinary bag

The candidate is asked to empty the resident's urinary drainage bag into a graduate container and to measure and record the amount of urine on an Intake and Output (I&O) Form. The output should be recorded as urine and the correct time recorded for the measurement. The role of the resident is played by a mannequin.

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Resident 3

Feeding a Resident Sitting in a Chair

The candidate is asked to feed a snack to a resident who is not able to feed him/herself. The resident is sitting in a chair in an inappropriate position for feeding. Record the resident's estimated food and fluid intake on the Food and Fluid Intake form. The role of the resident is played by a person.

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Resident 1

Hand and nail care

The candidate is asked to provide hand and nail care to one hand. The role of the resident is played by a person.

Resident 2

Ambulate with a gait belt

The candidate is asked to walk a resident who needs some assistance to stand. A transfer/gait belt is used while walking the resident. The role of the resident is played by a person

Resident 3

Measures and Records Pulse

The candidate is asked to take the resident's radial pulse, measured at the wrist. The pulse should be counted for one full minute and recorded on the Measurement Form

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Resident 2

PROM – leg

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her hip and knee flexed and extended, and dorsiflexion and plantar flexion to the ankle for three repetitions of both exercises. The role of the resident is played by a person

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Resident 2

Position to a Side-lying position

The candidate is asked to change the position of a resident who is lying on his/her back, to a side-lying position. The resident requires support to remain positioned on the side. The role of the resident is played by a person.

Resident 3

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The candidate is asked to empty the resident's urinary drainage bag into a graduate container and to measure and record the amount of urine on an Intake and Output (I&O) Form. The output should be recorded as urine and the correct time recorded for the measurement. The role of the resident is played by a mannequin.

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CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Foot care

The candidate is asked to provide foot care to a resident. Soap and water is used and foot care is provided to only one foot. The resident is sitting in a chair. The resident's sock and shoe are replaced at the end of the skill. The resident role is played by a person.

Resident 2

Ambulate with a gait belt

The candidate is asked to walk a resident who needs some assistance to stand. A transfer/gait belt is used while walking the resident. The role of the resident is played by a person.

Resident 3

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Resident 2

PROM – leg

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her hip and knee flexed and extended, and dorsiflexion and plantar flexion to the ankle for three repetitions of both exercises. The role of the resident is played by a person

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Resident 3

Empty & Record a Urinary bag

The candidate is asked to empty the resident's urinary drainage bag into a graduate container and to measure and record the amount of urine on an Intake and Output (I&O) Form The output should be recorded as urine and the correct time recorded for the measurement. The role of the resident is played by a mannequin.

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CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Change an Occupied Bed

The candidate is asked to change the top and bottom sheets and pillowcase on the bed while the resident stays in the bed. The role of the resident is played by a person

Resident 2

PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

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Resident 2

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PROM – leg

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Resident 1

Dress a Resident with a Weak Arm

The candidate is asked to put a long-sleeved shirt, pants, and socks on a resident who is lying in bed. The resident is not able to help with the dressing and has a weak arm. A mannequin is used for the role of the resident

Resident 2

PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

Resident 3

Empty & Record a Urinary bag

The candidate is asked to empty the resident's urinary drainage bag into a graduate container and to measure and record the amount of urine on an Intake and Output (I&O) Form The output should be recorded as urine and the correct time recorded for the measurement. The role of the resident is played by a mannequin.

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Resident 1

Dress a Resident with a Weak Arm

The candidate is asked to put a long-sleeved shirt, pants, and socks on a resident who is lying in bed. The resident is not able to help with the dressing and has a weak arm. A mannequin is used for the role of the resident

Resident 2

PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

Resident 3

Feeding a Resident Sitting in a Chair

The candidate is asked to feed a snack to a resident who is not able to feed him/herself. The resident is sitting in a chair in an inappropriate position for feeding. Record the resident's estimated food and fluid intake on the Food and Fluid Intake form. The role of the resident is played by a person.

CLINICAL SKILLS TEST INSTRUCTION CARD

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Resident 2

PROM-shoulder

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her shoulder flexed and extended, and abducted and adducted for three repetitions of both exercises. The role of the resident is played by a person.

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Resident 3

Empty & Record a Urinary bag

The candidate is asked to empty the resident's urinary drainage bag into a graduate container and to measure and record the amount of urine on an Intake and Output (I&O) Form The output should be recorded as urine and the correct time recorded for the measurement. The role of the resident is played by a mannequin.

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Resident 2

Ambulate with a gait belt

The candidate is asked to walk a resident who needs some assistance to stand. A transfer/gait belt is used while walking the resident. The role of the resident is played by a person.

Resident 3

Measures and Records Respirations

Measure and record the resident's respirations. Record your results on the provided measurement form.

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PROM – leg

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs his/her hip and knee flexed and extended, and dorsiflexion and plantar flexion to the ankle for three repetitions of both exercises. The role of the resident is played by a person.

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CLINICAL SKILLS TEST INSTRUCTION CARD

The care plan requires that the residents receive the care listed below. Perform the care in the order listed.

Resident 1

Catheter Care

The candidate is asked to provide catheter care to a female resident who has an indwelling urinary catheter. Soap and water should be used for the catheter care. For testing purposes, only the cleansing of the front perineal area and catheter are evaluated; cleansing of the rectal area and buttocks is not tested in this skill. A mannequin is used for the role of the resident.

Resident 2

PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

Resident 3

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The candidate is asked to feed a snack to a resident who is not able to feed him/herself. The resident is sitting in a chair in an inappropriate position for feeding. Record the resident's estimated food and fluid intake on the Food and Fluid Intake form. The role of the resident is played by a person.

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Resident 1

Perineal Care

The candidate is asked to provide perineal care to a resident who is incontinent of urine. The resident is lying in bed on an underpad and is wearing a hospital-style gown that is dry. A mannequin is used for the role of the resident.

Resident 2

PROM-elbow & wrist

The candidate is asked to provide range of motion exercise to a resident who is not able to help with the exercises. The resident needs three repetitions of his/her elbow flexed and extended, and the wrist flexed and hyperextended. The role of the resident is played by a person.

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