



Wyoming NA Mock Skills

Effective for testing: October 2024

D&SDT-Headmaster

Please note: The skill task steps included in this document are offered as guidelines to help prepare candidates for the Wyoming 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.

APPLY AN ANTI-EMBOLIC STOCKING TO ONE LEG

-Knee-high, elastic stocking-

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 bed height.	
Provide for resident's privacy.	
Provide for resident's privacy by only exposing one leg.	
Roll, gather, or turn the stocking down inside out to at least the heel.	
Place the foot of the stocking over the resident's toes, foot, and heel.	
Roll or pull stocking up the leg.	
Check toes for possible pressure from stocking.	
Adjust stocking as needed.	
Leave the resident with a stocking that is smooth/wrinkle-free.	
Lower bed.	
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 your hands together until they 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 your hands together until they are completely dry.	
Explain the procedure to the resident.	
Obtain a gait belt for the resident.	
Assist the resident in putting on non-skid shoes/footwear.	
Adjust the bed height so that the resident's feet will be flat on the floor when the resident is sitting on the edge of the bed.	
Lock bed brakes to ensure resident's safety.	
Lock wheelchair brakes to ensure resident's safety.	
Bring the resident to a sitting position.	
Place the 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.	
Face the resident.	
Grasp the gait belt on both sides with an upward grasp.	
Bring the resident to a standing position.	
Stabilize the resident.	
Ambulate the resident at least ten (10) steps to the wheelchair.	
When ambulating the resident, use an upward grasp on the gait belt.	
Assist the resident in pivoting/turning and sitting in the wheelchair in a controlled manner that ensures safety.	
Use proper body mechanics at all times.	
Remove the 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 your hands together until they are completely dry.	

ASSIST RESIDENT WITH THE USE OF A BEDPAN AND HAND WASHING

(One of the possible mandatory first tasks.)

-EMBEDDED HAND WASHING ADDED-

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 resident's privacy.	
Put on gloves.	
Position resident on bedpan/fracture pan correctly. <i>(Pan is not upside down, it is centered, etc.)</i>	
Raise the head of the bed to a comfortable level.	
Leave tissue within reach of the resident.	
Leave the call light or signaling device within reach of the resident.	
Move to an area of the room to provide privacy for the resident.	
When the RN Test Observer indicates, the candidate returns.	
Lower the head of the bed.	
Gently remove the bedpan/fracture pan.	
Hold the bedpan for the RN Test Observer while liquid (fake urine) is poured into the bedpan.	
Empty equipment used into designated toilet/commode.	
Rinse equipment used and empty rinse water into the designated toilet/commode.	
Return equipment to storage.	
Wash/assist the resident in washing hands (with soap and water) and drying hands. <i>(A wet washcloth with soap is okay.)</i>	
Place soiled linen in a designated laundry hamper.	
Remove gloves, turn them inside out as they are removed, and dispose in a trash container.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
WASH HANDS: Turn on the 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 interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	
Wash wrists with soap.	

	Clean fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Dry hands with a clean paper towel(s).	
	Discard paper towel(s) in a trash container as used.	
	Turn off the faucet with a clean, dry paper towel, and discard the paper towel in a trash container as used.	
	Do not recontaminate hands at any time during the hand washing procedure. <i>(Such as touching the sides of the sink during the procedure or crumpling up the paper towel used to turn off the faucet with both hands before discarding, etc.)</i>	

CATHETER CARE FOR A FEMALE RESIDENT WITH HAND WASHING

(One of the possible mandatory first tasks.)

-EMBEDDED HAND WASHING ADDED / DEMONSTRATED ON 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.	
Provide for resident's privacy.	
Fill a basin with comfortably warm water.	
Put on gloves.	
Expose the area surrounding the catheter, only exposing the lower half of the resident's body.	
Hold the catheter where it exits the urethra with one hand.	
While holding the catheter, clean at least 3-4 inches down the drainage tube.	
Clean with strokes (at least two strokes), only away from the urethra.	
Use a clean portion of the washcloth for each stroke.	
While holding the catheter, rinse at least 3-4 inches down the drainage tube.	
Rinse using 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 tugged/pulled at any time during the procedure.	
Replace the top cover over the resident.	
Place soiled linen in a designated laundry hamper.	
Empty, rinse, dry, and return equipment to storage.	
Remove gloves, turn them inside out as they are removed, and dispose in a trash container.	
Place call light or signaling device within easy reach of the resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
WASH HANDS: 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 interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	

	Wash wrists with soap.	
	Clean fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Dry hands with a clean paper towel(s).	
	Discard paper towel(s) in a trash container as used.	
	Turn off the faucet with a clean, dry paper towel and discard the paper towel in a trash container as used.	
	Do not recontaminate hands at any time during the hand washing procedure. <i>(Such as touching the sides of the sink during the procedure or crumpling up the paper towel used to turn off the faucet with both hands before discarding, etc.)</i>	

DENTURE CARE – CLEAN UPPER OR LOWER DENTURE

-WITHOUT MOUTH CARE-

	<p>Perform hand hygiene.</p> <ul style="list-style-type: none"> 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 that will help prevent damage to the denture. <i>(Towel, washcloth or paper towels are all acceptable.)</i>	
	Put on gloves.	
	Apply denture cleanser (paste) to denture brush (or toothbrush).	
	Remove the denture from the cup.	
	Handle the denture carefully to avoid damage.	
	Rinse the denture under cool running water.	
	Thoroughly brush the inner surfaces of an upper or lower denture.	
	Thoroughly brush the outer surfaces of an upper or lower denture.	
	Thoroughly brush the chewing surfaces of an upper or lower denture.	
	Rinse all surfaces of the denture under cool running water.	
	Rinse the denture cup and lid.	
	Place denture in rinsed cup.	
	Add cool, clean water to the denture cup and replace the lid on the denture cup.	
	Rinse equipment.	
	Return equipment to storage.	
	Discard the sink protective lining in an appropriate container.	
	Remove gloves, turn them inside out as they are removed, and dispose in a trash container.	
	<p>Perform hand hygiene.</p> <ul style="list-style-type: none"> a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry. 	
	Place call light or signaling device within easy reach of the resident.	
	Maintain respectful, courteous interpersonal interactions at all times.	

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

(One of the possible mandatory first tasks.)

-PUTTING ON AND REMOVING PPE (GOWN & GLOVES) AND EMBEDDED HAND WASHING ADDED-

Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
Unfold the gown.	
Face the back opening of the gown.	
Place arms through each sleeve.	
Secure the neck opening.	
Secure the gown at the waist, making sure that the back flaps cover the clothing as completely as possible.	
Put on gloves.	
The cuffs of the gloves overlap the cuffs of the gown.	
Explain the procedure to the resident.	
Provide for resident's 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 the 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 the drainage bag.	
Place the graduate on a level, flat surface.	
With the graduate at eye level, measure output.	
Empty the graduate into the designated toilet/commode.	
Rinse equipment, emptying rinse water into the designated toilet/commode.	
Return equipment to storage.	
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.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
Remove gloves BEFORE removing the gown, <i>or with gloves on</i> , pull/pop the gown off by pulling on the front of the gown.	

	Remove gloves, turning inside out and folding one glove inside the other or pull/pop the gown from the neck, always keeping gloved hands on the outside (contaminated) portion of the gown.	
	Do not touch the outside of the gloves with your bare hand at any time or work the gown down the arms from the neck and roll the gown inside out as it is removed.	
	Dispose of the gloves in the appropriate container or peel them off, keeping them inside out and rolling up inside the gown.	
	Remove the gown at the neck with bare hands if not using an alternate removal method.	
	Unfasten the gown at the waist with bare hands if not using an alternate removal method.	
	Remove the gown by folding/rolling the soiled area to the soiled area with either removal method.	
	Dispose of the gown in a designated container without contaminating yourself.	
	WASH HANDS: 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 interlaced fingers pointing downward with soap.	
	Wash all surfaces of your hands with soap.	
	Wash wrists with soap.	
	Clean fingernails by rubbing fingertips against the palm of the opposite hand.	
	Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
	Dry hands with a clean paper towel(s).	
	Discard paper towel(s) in a trash container as used.	
	Turn off the faucet with a clean, dry paper towel, and discard the paper towel in a trash container as used.	
	Do not recontaminate hands at any time during the hand washing procedure. <i>(Such as touching the sides of the sink during the procedure or crumpling up the paper towel used to turn off the faucet with both hands before discarding, etc.)</i>	

DRESSING A RESIDENT WITH AN AFFECTED (WEAK) SIDE IN BED

-SHIRT, PANTS, AND SOCKS- (Candidate will be read the affected (weak) side in the scenario.)

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 resident's privacy.	
Raise bed height.	
Keep resident covered while removing gown.	
Remove the gown from the 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 resident's hand.	
When dressing the resident in a button-up shirt, always dress from the affected (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 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 (pants pulled up to waist front and back and shirt completely buttoned and not bunched up).	
Lower bed.	
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 your hands together until they are completely dry.	

FEEDING A DEPENDENT RESIDENT IN BED

-WITH A RESIDENT IN THE BED / MUST ACTUALLY FEED AND OFFER FLUID TO THE ACTOR -

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 the name matches the name on the diet card.	
Position the resident in an upright, sitting position at least 75-90 degrees BEFORE feeding.	
Protect clothing from soiling using a napkin, clothing protector, or towel.	
Provide hand hygiene for the resident BEFORE feeding. <i>(Candidate may use a disposable wipe and dispose of it in a 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>	
Place soiled linen in a designated laundry hamper, or dispose of disposable wipes in a trash container if used.	
Describe the food and fluid 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.	
Remove the clothing protector and place it in the designated laundry hamper. If a napkin is, dispose of it in a trash container.	
Leave the resident sitting upright in bed with the head of the bed set up to at least 45 degrees.	
Record 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 calculation.	
Record estimated intake as the sum of total fluid consumed in mls on the previously signed recording form.	
The candidate's calculation must be within 60ml of the RN Test Observer's calculation.	
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 your hands together until they are completely dry.	

FOOT CARE ON 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 comfortably warm water.	
Remove a sock from the resident's (left/right) foot. <i>(The scenario read to you will specify whether it is left or right.)</i>	
Immerse the resident's foot in warm water. a. Verbalize the 5 to 20 minutes of soaking time after you begin soaking the foot. b. Once the 5 to 20 minutes of soaking time is verbalized, the RN Test Observer will acknowledge the stated time and say, "You may continue with your demonstration now."	
Use water and a soapy washcloth.	
Wash entire foot.	
Wash between toes.	
Rinse the entire foot.	
Rinse between toes.	
Dry foot thoroughly.	
Dry between toes.	
Apply lotion to the top and bottom of the foot.	
Avoid getting lotion between the toes.	
If any excess lotion on the foot, wipe it with a towel/washcloth.	
Replace the sock on the resident's foot.	
Empty, rinse, dry, and return equipment to storage.	
Placed soiled linens in a designated laundry hamper.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they 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

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 resident's privacy.	
Raise bed height.	
Cover the resident with a bath blanket.	
Remove the remaining top covers. Fold to the bottom of the bed or place aside.	
Remove the resident's gown without exposing the resident and place the soiled gown in a designated laundry hamper.	
Fill a basin with comfortably warm water.	
Beginning with eyes, wash eyes WITHOUT SOAP using a clean portion of the washcloth for each stroke, washing the inner aspect to the outer aspect.	
Wash the resident's face WITHOUT soap.	
Pat dry face.	
Place a towel under the arm, exposing one arm.	
Wash the resident's arm with soap.	
Wash the resident's hand with soap.	
Wash the resident's underarm with soap.	
Rinse arm.	
Rinse hand.	
Rinse underarm.	
Pat dry arm.	
Pat dry hand.	
Pat dry underarm.	
Assist the resident in putting on a clean gown.	
Empty equipment, rinse, dry and return equipment to storage.	
Place soiled linen in a designated laundry hamper.	
Lower bed.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they 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 – BRUSH 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 resident’s privacy.	
Drape the resident's chest with a towel to prevent soiling.	
Put on gloves BEFORE cleaning the resident’s mouth.	
Wet the toothbrush and apply a small amount of toothpaste.	
Gently brush the inner surfaces of the resident’s upper and lower teeth.	
Gently brush the outer surfaces of the resident’s upper and lower teeth.	
Gently brush the chewing surfaces of the resident’s upper and lower teeth.	
Gently brush the resident's tongue.	
Assist the resident in rinsing their mouth.	
Wipe the resident's mouth.	
Remove soiled linen.	
Place soiled linen in the designated laundry hamper.	
Empty container. <i>(The container may be an emesis basin or a disposable cup.)</i>	
Rinse the emesis basin, if used, or discard disposable items in a trash can.	
Dry emesis basin, if used.	
Rinse toothbrush.	
Return equipment to storage.	
Remove gloves, turn them inside out as they are removed, and dispose in a trash container.	
Perform hand hygiene. a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	

PASSIVE RANGE OF MOTION EXERCISES FOR ONE HIP AND ONE KNEE

-WITHOUT PROM OF THE ANKLE-

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 resident's 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 move the resident's entire leg away from the body. <i>a. Abduction</i>	
Gently return the resident's leg toward the body. <i>a. Adduction</i>	
Gently complete abduction and adduction of the hip at least three times.	
Continue to 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 and hip toward the resident's trunk. <i>a. Flexion of hip and knee at the same time</i>	
Gently straighten the resident's knee and hip. <i>a. Extension of hip and knee at the same time</i>	
Gently complete flexion and extension of the knee and hip at least three times.	
Do not force any joint beyond the point of free movement.	
Candidate <i>must ask</i> at least once during the PROM exercise if there is/was any discomfort/pain.	
Lower bed.	
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 your hands together until they are completely dry.	

PASSIVE RANGE OF MOTION EXERCISES TO ONE 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.	
Provide for resident's privacy.	
Raise bed height.	
Correctly support joints at all times by placing one hand under the resident's elbow or upper arm 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 complete flexion and extension of the shoulder at least three times.	
Continue to correctly support shoulder joints by placing one hand under the resident's elbow or upper arm 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 the resident's arm to the side of the resident's body. <i>a. Adduction</i>	
Gently complete abduction and adduction of the shoulder at least three times.	
Do not force any joint beyond the point of free movement.	
Candidate <i>must ask</i> at least once during the PROM exercise if there is/was any discomfort/pain.	
Lower bed.	
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 your hands together until they are completely dry.	

PERINEAL CARE FOR A FEMALE RESIDENT WITH HAND WASHING

(One of the possible mandatory first tasks.)

-EMBEDDED HAND WASHING ADDED / DEMONSTRATED ON 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.	
Provide for resident's privacy.	
Fill a basin with comfortably warm water.	
Raise bed height.	
Put on gloves.	
Turn the resident or raise hips and place a waterproof pad under the resident's buttocks.	
Expose perineal area only.	
Separate labia. <i>(It is helpful if you verbalize separating labia as you demonstrate separating labia.)</i>	
Use water and a soapy washcloth <i>(no peri-wash or no-rinse soap allowed)</i> .	
Clean one side of the labia from front to back.	
Use a clean portion of the washcloth to clean the other side of the labia from front to back.	
Use a clean portion of the washcloth, clean the vaginal area from front to back.	
Use a clean washcloth and rinse from one side of the labia from front to back.	
Use a clean portion of the washcloth to rinse the other side of the labia from front to back.	
Use a clean portion of the washcloth to rinse the vaginal area from front to back.	
Pat dry.	
Assist the resident in turning onto their side away from the candidate toward the center of the bed. a. <i>RN Test Observer may help hold the manikin on their side ONLY after the candidate has turned the manikin.</i>	
Use a clean washcloth with water and soap <i>(no peri-wash or no-rinse soap allowed)</i> .	
Wash from vagina to rectal area.	
Use a clean portion of the washcloth with any stroke.	
Use a clean washcloth and rinse the rectal area from front to back.	
Use a clean portion of the washcloth with any stroke.	

Pat dry.	
Safely remove the waterproof pad from under the resident's buttocks.	
Position resident on their back.	
Place soiled linen in a designated laundry hamper.	
Empty equipment, rinse, dry and return equipment to storage.	
Remove gloves, turn them inside out as they are removed, and dispose in a trash container.	
Lower bed.	
Place call light or signaling device within easy reach of resident.	
Maintain respectful, courteous interpersonal interactions at all times.	
WASH HANDS: 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 interlaced fingers pointing downward with soap.	
Wash all surfaces of your hands with soap.	
Wash wrists with soap.	
Clean fingernails by rubbing fingertips against the palm of the opposite hand.	
Rinse fingers, hands, and wrists thoroughly under running water with fingers pointed downward.	
Dry hands with a clean paper towel(s).	
Discard paper towel(s) in a trash container as used.	
Turn off the faucet with a clean, dry paper towel and discard the paper towel to the trash container as used.	
Do not recontaminate hands at any time during the hand washing procedure. <i>(Such as touching the sides of the sink during the procedure or crumpling up the paper towel used to turn off the faucet with both hands before discarding, etc.)</i>	

POSITIONING A DEPENDENT RESIDENT IN BED ON THEIR SIDE

	<p>Perform hand hygiene.</p> <ul style="list-style-type: none"> 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 resident's privacy.	
	Position the bed flat.	
	Raise bed height.	
	Direct the RN Test Observer to stand on the side of the bed opposite the working side of the bed, -or- raise the side rail on the side of the bed opposite the working side of the bed to provide for safety.	
	From the working side of the bed – gently move the resident's upper body toward self.	
	From the working side of the bed – gently move the resident's hips toward self.	
	From the working side of the bed – gently move the resident's legs toward self.	
	Gently assist/turn the resident to slowly roll onto the CORRECT side that the RN Test Observer read to the candidate in the scenario at the start of the task.	
	Place or adjust the pillow under the resident's head for support.	
	Reposition the resident's arm and shoulder so that the resident is not lying on the arm.	
	Place a support device under the resident's upside arm.	
	Place a support device behind the resident's back.	
	Place a support device between the resident's knees.	
	Lower bed.	
	Place call light or signaling device within easy reach of resident.	
	Maintain respectful, courteous interpersonal interactions at all times.	
	<p>Perform hand hygiene.</p> <ul style="list-style-type: none"> a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry. 	

TRANSFER 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.	
Provide for resident's privacy.	
Obtain a gait belt for the resident.	
Assist resident in putting on non-skid shoes/footwear.	
Adjust the bed height to ensure that the resident's feet will be flat on the floor when the resident is sitting on the edge of the bed.	
Lock bed brakes to ensure resident's safety.	
Lock wheelchair brakes to ensure resident's safety.	
Bring the resident to a sitting position.	
Place gait belt around resident's waist.	
Tighten the gait belt.	
Check the gait belt for tightness by slipping fingers between the gait belt and the resident.	
Position the wheelchair so that it is touching the side of the bed.	
Face the resident.	
Grasp the gait belt on both sides with an upward grasp.	
Bring the resident to a standing position.	
Assist resident in pivoting/turning in a controlled manner that ensures safety.	
Lower the resident into the wheelchair in a controlled manner that ensures safety.	
Remove the 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 your hands together until they are completely dry.	

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

-COMBINED PULSE AND RESPIRATIONS TASK-

	<p>Perform hand hygiene.</p> <ul style="list-style-type: none"> a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry. 	
	<p>Explain the procedure to the resident.</p>	
	<p>Locate the resident's radial pulse by placing fingertips on the thumb side of the resident's wrist.</p>	
	<p>Count the resident's radial pulse for one full minute.</p> <ul style="list-style-type: none"> a. <i>Tell the RN Test Observer when you start counting and tell them when you stop counting.</i> <p><i>(This is because the RN Test Observer will count the resident's radial pulse on the resident's other arm and will start and stop counting when directed by the candidate.)</i></p>	
	<p>Record the resident's radial pulse rate reading on the previously signed recording form.</p>	
	<p>The candidate's recorded radial pulse rate is within four (4) beats of the RN Test Observer's recorded rate.</p>	
	<p>Count the resident's respirations for one full minute.</p> <ul style="list-style-type: none"> a. <i>Tell the RN Test Observer when you start counting and tell them when you stop counting.</i> <p><i>(This is because the RN Test Observer will count the resident's radial pulse on the resident's other arm and will start and stop counting when directed by the candidate.)</i></p>	
	<p>Record the resident's respiration reading on the previously signed recording form.</p>	
	<p>The candidate's recorded respiratory rate is within two (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> <ul style="list-style-type: none"> a. Cover all surfaces of hands with hand sanitizer. b. Rub your hands together until they are completely dry. 	